

## The EAT-Lancet Commission on Food, Planet, Health

Source / Link: <https://eatforum.org/>

### Thematic area:

- ☒ Climate
- ☒ Nutrition
- ☐ Environment

### Type of good practice:

- ☐ Project
- ☒ Initiative
- ☐ Programme
- ☐ Production
- ☐ Information
- ☐ Education
- ☐ Other

### Target group:

- ☐ Children up to 14 years
- ☐ Adolescents
- ☒ Teachers / educators
- ☒ Youth counsellors
- ☐ Young refugees and asylum seekers

### Summary:

The EAT-Lancet Commission on Food, Planet, Health brought together 37 world-leading scientists from across the globe to answer this question: Can we feed a future population of 10 billion people a healthy diet within planetary boundaries? The answer is yes, but it will be impossible without transforming eating habits, improving food production and reducing food waste.

### Description:

EAT is the science-based global platform for food system transformation. It is a global, non-profit start-up dedicated to transforming the global food system through sound science, impatient disruption and novel partnerships. The initiative's vision is a fair and sustainable global food system for healthy people and planet. The initiative is guided by a set of principles that define their working culture:

- Scale bold systems change based on solid science
- Accelerate impact through collaboration
- Deliver disruptive solutions, where others can't
- Embody diversity, honesty and integrity
- Champion fairness and equity, leaving no one behind



**The EAT-Lancet report** is the first full scientific review of what constitutes a healthy diet from a sustainable food system, and which actions can support and speed up food system transformation. Encouraging conclusion: it would be feasible to feed about 10 billion people healthily by 2050 without destroying the planet. However, the Western affluent nations would have to give up many eating habits: significantly less meat, fish and dairy products, much more vegetables, fruit, nuts and legumes, an average of 2,500 calories per day and person.

Another EAT report focuses on "Diets for a Better Future" and states that G20 diets have a disproportionate impact on our climate and health: <https://eatforum.org/diets-for-a-better-future-report/>. It gives answers who is leading and what is needed to ensure that the necessary greenhouse gas emission cuts are made.

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