



# THE ROLE OF ACADEMIA IN TRANSITION TO SUSTAINABLE FOOD SYSTEMS

UNA EUROPA

SEED FUNDING – 2020

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How can universities improve the resilience of the food system?

2

What academic dimensions contribute the most to sustainable food systems?

3

How can universities support policies and collaboration among different stakeholders?

# 1

# How can universities improve the resilience of the food system?

The focus is a healthy and sustainable lifestyle

### Plato Innovadieta

<https://www.ucm.es/innovadieta> - @INNOADIETA

**Legumbres:**  
Recomendaciones:  
2-3 raciones/semana  
Peso de la ración:  
50-70 g en crudo

**Cereales (mejor integrales) y más legumbres**

**Más verduras y hortalizas y mayor variedad**

**Más frutas, más colores**

**Pescados, aves y huevos  
Menos carnes rojas y derivados cárnicos**

**Aceites vegetales**

**Condimentos:**

- Mantente activo
- Cuida tu peso
- Duermes bien
- Planifica tus menús
- Disfruta cocinando a diario
- Realiza 3-5 comidas/día
- Y de postre, fruta fresca
- Cuida el tamaño de las porciones que consumes, en casa y fuera de casa
- Come en compañía
- Cuida el medio ambiente

**Menos grasa, sal y azúcar**

**¡Gira y varía el plato, muévete!**

Plato de unos 23 cm de diámetro

**noche europea**  
de las investigadoras

\*Este Proyecto de la Noche Europea de los Investigadores de Madrid 2016 está financiado por el Programa Marco de Investigación e Innovación Horizonte 2020 bajo las Acciones Marie Skłodowska-Curie de la Comisión Europea. DG-ERC, Comisión Europea bajo el acuerdo de subvención número 721631\*

### Seis líneas estratégicas del programa ucm saludable y sostenible

- 1 Habilidades para la vida y fortalezas humanas.** (Empatía, relaciones solidarias, pensamiento crítico, manejo de tensiones o estrés, Perseverancia, generosidad, autocontrol)
- 2 Desarrollo sostenible y responsabilidad social** (sujeto a la naturaleza, políticas ambientales, económicas y sociales responsables)
- 3 Protección psicológica y física** para prevenir trastornos (Campañas preventivas de trastornos cardiovasculares, musculoesqueléticos, cáncer, sida, anorexia...)
- 4 Estilos de vida saludables y bienestar** (Dieta sana, ejercicio adecuado, prevención del consumo de tabaco y otras drogas)
- 5 Entornos físicos seguros** (edificios, aulas, laboratorios sostenibles y con riesgos higiénicos alimentarios o controlados)
- 6 Entornos psicosociales positivos** (para fomentar la motivación y el desarrollo profesional y humano en el trabajo y en el estudio, y prevenir los riesgos psicosociales)

# 1

## How can universities improve the resilience of the food system?

### Basic pillars of a Sustainable Food System

- Good nutrition is a public health issue
- Resilience and sustainability at all scales

### At the university scale (cafeterias)

1. Sustainable and healthy menus
2. Suppliers should meet sustainability requirements
3. Correct separation of organic waste
4. Reduce food waste
5. Certified energy efficient equipment

# 1

## How can universities improve the resilience of the food system? □ Institutional perspective

### UNIVERSITY

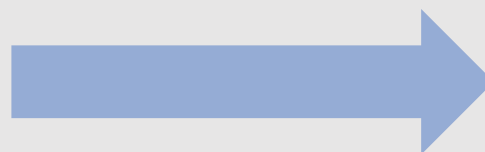
University staff training, including the cafeteria staff

Create alliances with different public and private entities

Cafeterias with sustainable criteria

### STUDENTS iNEW GENERATION!

act as transmission belts to society



Transferring to students:  
-innovation  
(through research)  
-knowledge  
(through teaching)

### SOCIETY

Healthy and sustainable way of life (resilience and sustainability of food systems)

# 1

## How can universities improve the resilience of the food system?

### At the UCM

Exhibition and sale of products from local farmers on campuses

Environmental educational  
project of the Madrid City  
Council. EUROPEAN FOOD  
WAVE Project.



THIS WEEK 5-7 APRIL



Alimentando al Campus ect Universidad de Madrid MADRID

**DE PRODUCTORES**

mercado **MERCAMPUS**

6 DE ABRIL DE 11 A 18 HORAS

EXPLANADA DEL EDIFICIO DE ESTUDIANTES  
AVDA. COMPLUTENSE, S/N.  
FRENTE METRO CIUDAD UNIVERSITARIA

pasacalles, visitas a huertos, exposiciones...

yincana, juegos, charlas, talleres...

verduras, vinos, cervezas, quesos, panes, carnes...

madrid.es/foodwave

Proyecto Alimentando al Campus financiado por:  
iMIDRA UNIÓN EUROPEA Madrid

# 1

How can universities improve the resilience of the food system?

## At the UCM

- The UCM, through its [Campus and Environment Unit](#), is taking part in:
  - *Healthy and Sustainable Food Strategy of Madrid*
  - *Research and education on agroecology in the orchards of their campuses*
- [Entrepreneurship Office](#) (Compluemprende): information about business development
- Participation in the call for the [Madrid City Council awards](#) for academic and research works on healthy and sustainable food

# 1

## How can universities improve the resilience of the food system? □ Academic perspective

PRODUCTION

Research to achieve triple-bottom-line sustainability. The highest possible **production**, with viable **economic benefits** and the lowest possible **environmental impact**

PROCESSING

Research into the best techniques and processes to transform fresh products into food in a sustainable way

STORAGE

Research to improve techniques and processes for the use of more environmental and friendly packaging and wrapping



# 1

## How can universities improve the resilience of the food system?

### TRANSPORT

Research into more sustainable means of transportation, and in promoting local farmers markets (reducing the carbon footprint and the number of intermediaries)

### SALES

Promote local commerce and new sustainable and cooperative sales models (bulk stores, proximity stores, plastic-free products, new forms of sales between cooperatives, alliances between different entities)

### CONSUMPTION

Carrying out education and awareness-raising campaigns to consume seasonal products

## 2 What academic dimensions contribute the most to sustainable food systems?

### ■ Teaching and research

- *Academic curricula with cross-cutting subjects in all degree courses that address issues about environment, gender equality, sustainability, social inclusion...*
- *A module dedicated exclusively to sustainable and healthy food*
- *Complementary expert courses, seminars, congresses*
- *Alternative learning environments as university orchards*
- *Promoting transdisciplinary research projects and entrepreneurship in sustainable food systems*

# 2 What academic dimensions contribute the most to sustainable food systems?

## At the UCM Courses

### AGROECOLOGY AND ECOSOCIAL EDUCATION

**MÉTODO BIOINTENSIVO DE CULTIVO DE ALIMENTOS 2020-2021**  
 "Aprende a cultivar tus propios alimentos ecológicos en una pequeña huerta sustentable"  
**Certificado de Formación Continua UCM**

#### Teórico-práctico 30h

HuertAula Comunitaria de Agroecología "Cantarranas"

**Octubre 2020 del 16 al 25 de octubre 2020**

Viernes 16 de 15h a 20 h Sesión inaugural: Salón de Actos de la Facultad de Veterinaria UCM

Sábado 17 de 9 h a 20 h Resto de sesiones: HuertAula Comunitaria de

Sábado 24 de 9 h a 20 h Agroecología "Cantarranas" UCM

Domingo 25 de 9 h a 14 h

**Abril 2021 del 9 al 18 de abril 2021**

Viernes 9 de 15h a 20 h Sesión inaugural: Salón de Actos de la Facultad de Veterinaria UCM

Sábado 10 de 9 h a 20 h Resto de sesiones: HuertAula Comunitaria de

Sábado 17 de 9 h a 20 h Agroecología "Cantarranas" UCM

Domingo 18 de 9 h a 14 h

2 ECTS (UCM) y 1 ECTS (UPM)

ORGANIZA



COLABORA



INSCRIPCIONES +info: [paecograin@gmail.com](mailto:paecograin@gmail.com)

[www.ucm.es/agroecologia/biointensivo-2020-2021](http://www.ucm.es/agroecologia/biointensivo-2020-2021)

### FOOD SOVEREIGNTY

**CURSO SOBERANÍA ALIMENTARIA**  
 ¿LO QUE COMEMOS CONSTRUYE O DESTRUYE?

Programa de Actividades Medioambientales UCM  
 Facultad de Veterinaria UCM - Febrero 2020  
 30 horas (hasta 2 ECTS estudiantes UCM)  
 Gratuito: abierto al público general

**SESIONES**

- I. **Soberanía Alimentaria: modelos agroalimentarios bajo una mirada ambiental, social y ética**  
 Miércoles 19 de Febrero (16:30 - 20:30)
- II. **Modelos de transformación y comercialización de alimentos para la Soberanía Alimentaria**  
 Jueves 20 de Febrero (16:30 - 20:30)
- **Visita: ganaderías ecológicas de caprino con queso**  
 Sábado 22 de Febrero (todo el día)
- III. **Emergencia climática: modelos agroalimentarios para enfriar el planeta**  
 Lunes 24 de Febrero (16:30 - 20:30)
- IV. **Migraciones, despoblación del medio rural y feminismo**  
 Martes 25 de Febrero (16:30 - 20:30)
- V. **Derecho a la Alimentación: el papel de las instituciones**  
 Miércoles 26 de Febrero (16:30 - 20:30)
- VI. **Cinero: "Barbecho, en el corazón del despoblamiento"**  
 Jueves 27 de Febrero (16:30 - 20:30)

**INSCRIPCIONES**

ESTUDIANTES, PDI Y PAS UCM:

EXTERNAS:

Fecha límite 14 de Febrero

**CONTACTO**  
[sec.sostenibilidad@ucm.es](mailto:sec.sostenibilidad@ucm.es)

**PROGRAMA**

[www.ucm.es/agroecologia/soberania.alimentaria](http://www.ucm.es/agroecologia/soberania.alimentaria)

## THE EDUCATIONAL DIMENSION IN HEALTHY, SUSTAINABLE AND FAIR NUTRITION

**Alimenta la universidad**

**LA DIMENSIÓN EDUCATIVA EN LA ALIMENTACIÓN SALUDABLE, SOSTENIBLE Y JUSTA**

Facultad de Educación  
 Universidad Complutense de Madrid  
 17, 18, 24 y 25 de marzo y 1 de abril

Curso con reconocimiento de 1 ECTS  
[alimentauniversidad.org](http://alimentauniversidad.org)

**¡APÚNTATE!**

# 2 What academic dimensions contribute the most to sustainable food systems?

**At the UCM**  
**Awareness**  
**programmes**

(complementary to the formal university education)



Student movements for their commitment to sustainable food

THE GREAT NIGHT OF SCIENCE  
healthy, sustainable and face-to-face

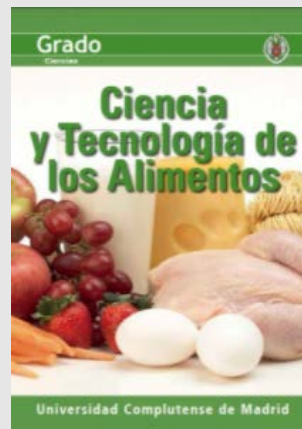
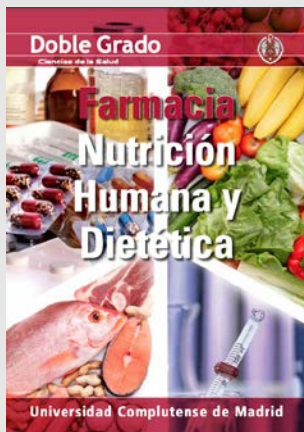


The orchard HuertoAula de Cantarranas: Soil Test Station of the GROW BIOINTENSIVE method as part of a project by Ecology Action (15 countries, 4 years)

# 2 What academic dimensions contribute the most to sustainable food systems?

At the UCM

Formal education: undergraduate and master degrees in this field



# 2 What academic dimensions contribute the most to sustainable food systems?

## At the UCM

- Research projects, teaching innovation projects, undergraduate's degree theses, master's degree theses, doctoral theses, scientific publications of impact and dissemination...(<https://eprints.ucm.es/> )
- Research Teams:
  - Nutritional value of individuals and collectives
  - Methodology and applications
  - Nutrition on the net
  - Natural food preservatives



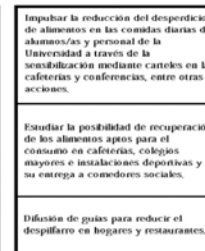
Aplicación de la tecnología a alimentos.

# 2 What academic dimensions contribute the most to sustainable food systems?

## At the UCM Sustainable food policies



- Since 2020, no single-use plastic
- Sustainable nutrition → more food less waste!



- Complutense carer : Sustainable diets must protect biodiversity and ecosystems, be culturally acceptable, economically fair, accessible, affordable, nutritionally adequate, safe and healthy

# 3 How can universities support policies and collaboration among different stakeholders?

Universities can support policy and promote collaboration on the sustainability of food systems through:

- Institutional policies, innovation projects, awareness-raising and training programs, with agreements and alliances with public and private entities
- Promoting competitions, awards and encouraging innovative entrepreneurship
- All these initiatives should be addressed with the national and European policies in mind



# 3 How can universities support policies and collaboration among different stakeholders?

## ■ KEY POINTS

- Create a specific and funded unit or department for the university sustainability with specialists to coordinate the different dimensions involved, such as sustainable food systems
- Create a budget line for research in this area and for development cooperation projects

# 3 How can universities support policies and collaboration among different stakeholders?

## Through New “Formal” Education

- Innovation-based education
- Project-based education
- Training for sustainability practitioners and small-scale entrepreneurs

## Through Management and Governance

- Social leadership through alliances
- Raising funds from funders and public-private projects
- Patronage of university R&D&I through transfer of knowledge

# Thank you for your attention!

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FOR MORE INFORMATION: [WWW.UCM.ES](http://WWW.UCM.ES)

[WWW.UCM.ES/SOSTENIBILIDAD](http://WWW.UCM.ES/SOSTENIBILIDAD)