



NEWSLETTER

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Sustainable
Development
Office

ZILONY
WSiZ

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



ISSUE TOPIC:

FOOD

**Sustainable Development Goal 12:
Ensure sustainable consumption
and production patterns**

**Task 12.8: By 2030, ensure access to information
and promote awareness for sustainable development
and a lifestyle in harmony with nature**

Sustainable consumption and production aim to promote efficient use of energy and other resources, sustainable infrastructure, access to basic services, and decent jobs, including in the environmental sector, to improve the quality of life. These practices aid in the implementation of development plans, reduce economic, environmental, and social costs, enhance economic competitiveness, and alleviate poverty*.

* <https://sdgs.un.org/goals/goal12>

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THROUGH THE EYES OF A SPECIALIST

Dr Jan Krupa, PhD, prof. UITM

Planetary Diet Plate

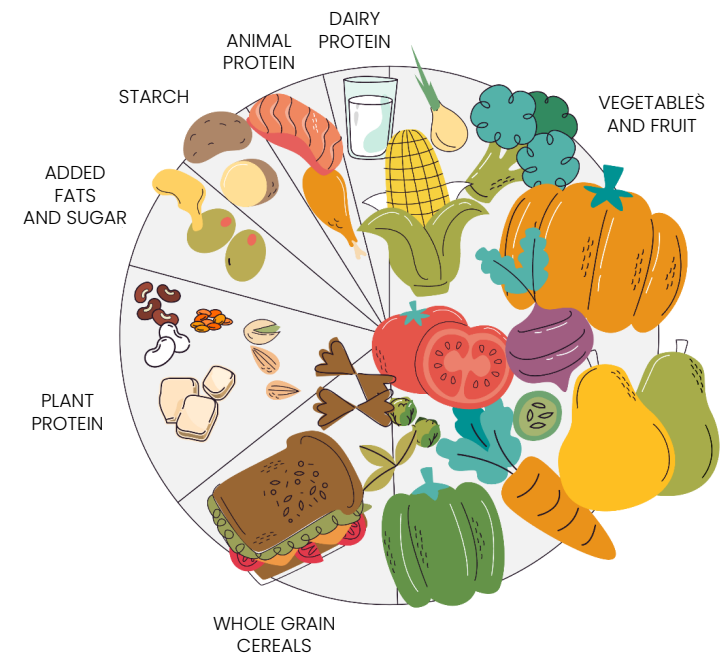
The typical Polish diet consists of a wide range of food items, which is a positive sign of good nutritional value. Diversity in food is considered to be beneficial in terms of providing valuable nutrients and antioxidants¹. However, it is concerning to note that the raw materials and animal products consumed by Poles are mainly sourced from conventional farming and industrial production.

An international team of EAT-Lancet scientists have developed a nutritional model that can improve health while ensuring sustainable food production to reduce further damage to the environment.

The so-called **the planetary diet assumes:**

- halving the consumption of red meat and sugar;
- doubling the consumption of vegetables, fruit and legumes.

Adopting this diet can prevent over **11,6 million premature deaths** globally by reducing the risk of cardiovascular diseases, type II diabetes, insulin resistance, and some cancers, while also benefiting the environment².



Planetary Diet Plate

Source: Raport Talerz Polaka – Nawyki żywieniowe polskiego społeczeństwa, Zymetria 2023.
<https://samorzad.gov.pl/web/scdn-kielce/talerz-przyszlosci-raport-otwarcia-think-tanku> (access: 05.01.2024).

¹ Hallmann E., Karaczun Z., Wolnicka K., Borycka M., Talerz przyszłości – Raport otwarcia ThinkTanku, Żywność dla Przyszłości Interdyscyplinarne Centrum Analiz i Współpracy, Warszawa 2023, <https://samorzad.gov.pl/web/scdn-kielce/talerz-przyszlosci-raport-otwarcia-think-tanku> (access: 05.01.2024).

² Willett, W., Rockström J., Loken B., Sprigmann M., Lang T., Vermeulen S., i in., Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems, „Lancet”, Vol. 393, 2019, s. 447–492., [https://doi.org/10.1016/S0140-6736\(18\)31788-4](https://doi.org/10.1016/S0140-6736(18)31788-4) (access: 26.01.2024)

PLANETARY DIET PLATE

1. BUY WHAT YOU NEED

On average, a Polish individual discards

235 kg

of food annually,
which is valued at around

PLN **1,000**

This unfortunate trend has earned our country the fifth position in the EU's list, with Great Britain, Germany, France, and the Netherlands taking the top spots*.

Shockingly, 44% of Poles admit that they sometimes throw away food,

 **42%**

35%

with 35% of them doing it several times a month.

10%

10% of people admitted to throwing away food multiple times a week,

17%

while 17% do it once a week,

18%

and 18% do it once a month.

2. ZERO/LESS WASTE IN THE KITCHEN

Did you know that **carrot leaves** are a great choice for pesto, and you can make homemade broth from **the green part of the leek**?

There are more such examples:



Use wilted **cabbage leaves** to make delicious chips in the oven with oil or healthier ones without them.



Grind, chop, and freeze **leftover herbs** before they spoil.

* <https://www.forbes.pl/gospodarka/marnowanie-zywnosci-w-polsce-dane-z-2018-r/8etbgkq> (access: 11.11.2019)

Krupa J., Mantaj A., Stokłosa Ł. 2020. *Marnotrawstwo żywności w gospodarstwach domowych [in:] Zrównoważony rozwój społeczno-gospodarczy determinantą ochrony dóbr przyrodniczych i kulturowych oraz rozwoju turystyki*, (red.) J. Krupa, K. Szpara, Wyd. Politechnika Rzeszowska, Dynów, s. 189-206.

PLANETARY DIET PLATE

3. CHOOSE LOCAL PRODUCTS

Diets that rely on locally produced goods aim to minimize **the distance that products travel** before reaching stores and ultimately the consumers.

By purchasing items closer to their source, you can also help support producers who use environmentally friendly methods such as organic and regenerative agriculture, as well as ethical animal breeders*.

* <https://ncez.pzh.gov.pl/abc-zywienia/zasady-zdrowego-zywienia/jak-jesc-zdrowo-i-dbac-o-planete-dieta-planetarna-w-praktyce/> (access: 31.01.2024)

4. FREEZE FOOD SO YOU DON'T WASTE IT

This form of food preservation promotes lower losses of **vitamins A, C and B group** compared to other methods of preservation.

herbs 8-12 months	bread 4-6 months	cheese 4-8 months	poultry 6-10 months	game 12 months	fish 3-4 months
vegetables and fruits 8-12 months	dough 3-6 months	butter 8-10 months	pork 4-7 months	minced meat 2 months	How long to freeze food? https://ncez.pzh.gov.pl
mushrooms 6-10 months	muffins 6-8 months	dairy products 6-12 months	beef 9-12 months	cold cuts 3-6 months	

PLANETARY DIET PLATE

5. EAT MORE VEGETABLES AND FRUIT

Colorful vegetables and fruits are divided into five groups:

white	have antibacterial properties • strengthen the immune system • have anti-inflammatory properties
yellow and orange	remove free radicals from the body • have a positive effect on eyesight, skin, nails and hair
red	support heart function • lower bad cholesterol • rejuvenate • have anti-cancer properties • lower blood pressure • reduce the risk of osteoporosis
green	play an important role in removing toxins • have a beneficial effect on the circulatory system • prevent aging
purple and navy blue	cleanse the body of toxins • stimulate digestion • reduce the risk of stroke

6. COOK EFFICIENTLY

➤ When **cooking food in water**, the longer it takes and the more water is used, the more it reduces the nutritional value of the food. Therefore, it is recommended to cook over low heat, cover the food and avoid overcooking, especially vegetables.

➤ **Steaming** is the most effective method for preserving the maximum amount of vitamins in the food.

➤ **Baking** is a healthier alternative to frying that allows you to bring out your favorite flavors.



Task 12.8 under Goal 12 included in the 2030 Agenda for Sustainable Development

By 2030, ensure access to information and promote awareness for sustainable development and a lifestyle in harmony with nature.

ARCHIVING THE NEWSLETTER

For **students and lecturers**, the newsletter is available on the Moodle platform in the "Sustainable Development at UITM - Newsletter" course (navigation bar on the left, tab under the Technical Forum).

Employees can find the newsletter on the General Drive O:, in the folder of the Office of Sustainable Development.



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