



Sustainable Food Systems that Promote Healthy Diets:

A proposed Roadmap for
Dietitians of Canada
Summary of the Delphi Inquiry Process
January-June 2017

A research collaboration between



Get in touch with the authors of this report



Lead Author
Liesel Carlsson, MSc. PDt., PhD Candidate
Department of Strategic Sustainable Development
Blekinge Institute of Technology, Sweden
School of Nutrition and Dietetics
Acadia University, Canada
liesel.carlsson@acadiu.ca



Project Assistant & Workshop Facilitator
Jesper Revald Dorph, MSc.
Department of Strategic Sustainable Development
Blekinge Institute of Technology, Sweden
jrj@bth.se



Research Supervisor
Dr. Edith Callaghan, Project Lead
Department of Strategic Sustainable Development
Blekinge Institute of Technology, Sweden
F.C. Manning School of Business
Acadia University, Canada
exc@bth.se

Acknowledgements

We would like to acknowledge the commitment and hard work that all the participating members from Dietitians of Canada put into this project. Collectively, countless hours have been spent thinking long and hard about what sustainable food systems are and about what matters most to include in a vision that can guide us towards sustainable food systems and a healthy, nutritious future.

Thank you to Pat Vanderkooy and Marsha Sharp, from Dietitians of Canada, who have consistently stressed the importance of food system sustainability in our profession, and poured energy into making it a priority.

Our gratitude also goes to the members of the Dietitians of Canada Sustainable Food Systems Leadership Team who have contributed to this project in countless ways. We hope this can be a document which provides guidance on the voice of dietitians in this journey.

Chelsea Sellers, who listened hard, took notes and photographs, and provided feedback on the process in the end, also deserves thanks for her support during the workshop.

We are grateful to Acadia University for providing financial support for the final workshop through the 25.55 small research grants. Financial support from VINNOVA (Swedish Governmental Agency for Innovation Systems) is also gratefully acknowledged.



Contents

Background – Page 4

Workshop Objectives – Page 4

Summary – Research Participants' Point of View – Page 4

Sustainability: A Systems Perspective – Page 6

Vision – Page 7

What Stands in our Way? - High leverage areas for the profession – Page 9

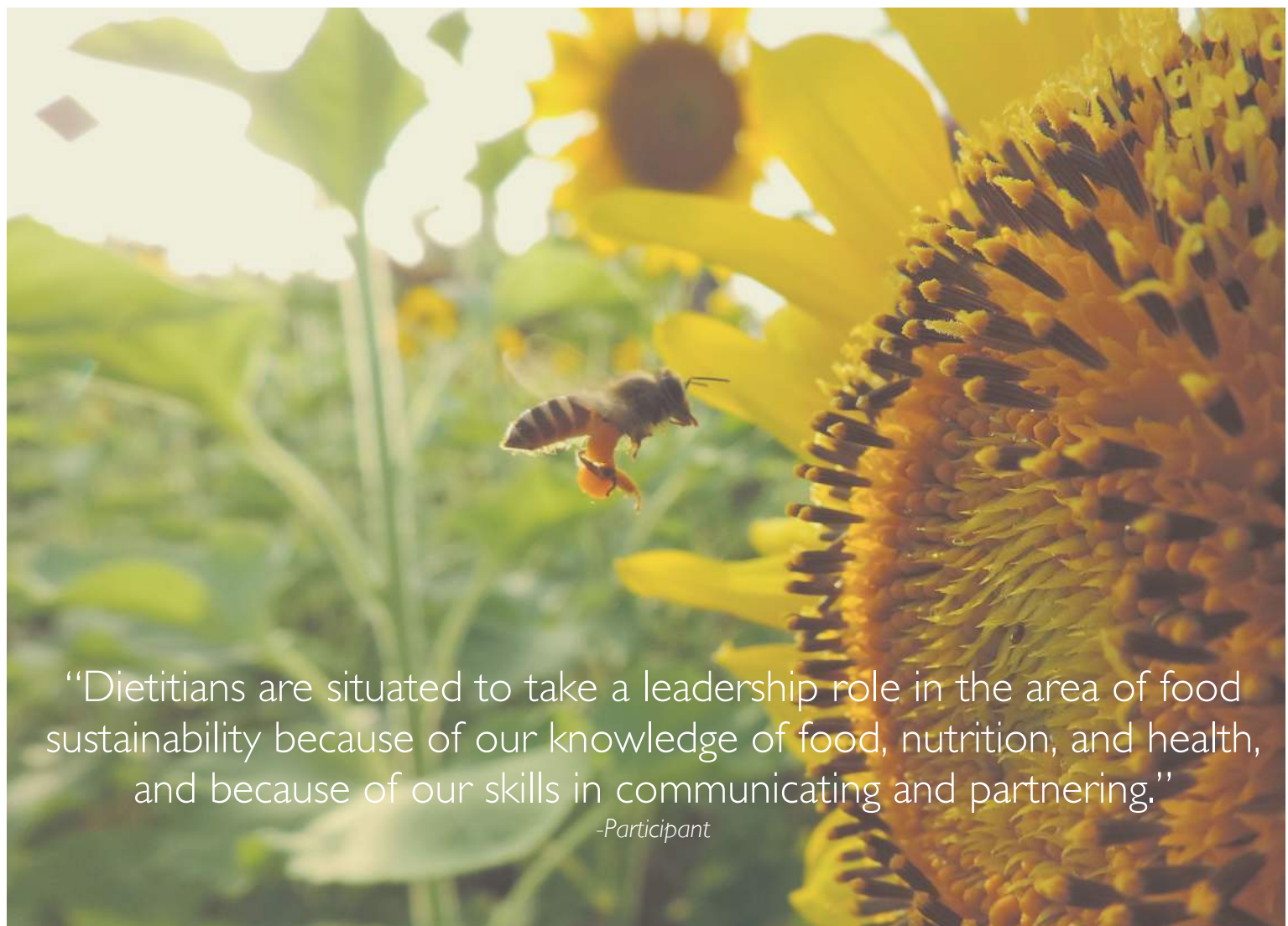
What can we do - Today & Tomorrow? - High leverage actions for change – Page 11

Indicators – Page 13

Conclusions, Key Outcomes & Next Steps – Page 14

Participant Reflections – Page 14

Appendices A1 & A2: Sustainability Principles – Page 16



“Dietitians are situated to take a leadership role in the area of food sustainability because of our knowledge of food, nutrition, and health, and because of our skills in communicating and partnering.”

-Participant

Background

This report summarizes the outcomes of the work on sustainable food systems, a collaborative research project between Dietitians of Canada (DC), Acadia University, and Blekinge Institute of Technology. The research objectives of the project are to:

- Spark dialogue about sustainable food systems (SFS) and result in a collective vision of success.
- Identify barriers and supports for SFS in the current Canadian context.
- Identify and prioritize actions that will bring us toward our vision of success.
- Identify indicators relevant to the nutrition professional, and necessary to measure progress toward the vision. I.e., how will we know we are on track?

The information presented in this document has been synthesized through four iterative rounds of research called the Delphi Inquiry process. The first three Delphi rounds were facilitated via online survey and follow-up summaries, with over 50 participating members of Dietitians of Canada. The summary of the third Delphi round provides a critical companion document to this summary, as it includes definitions and conceptual background. The 4th round was a face-to-face workshop held prior to the DC National Conference in St. John's, NL; 18 participants attended. A 'pre-workshop' webinar was hosted on May 23rd, which 15 participants attended. The webinar was intended to accommodate those not able to make it to St. John's for the final workshop, providing an opportunity to contribute important ideas and questions to the face-to-face workshop. In this report, key points from the webinar are also integrated.

This report is a strategy level document. It synthesizes the findings on how participating members envision sustainable food systems, and explores leverage points and actions valuable to strategic planning at an organizational and individual level. It is not a detailed platform for action and should not be referenced as such. The evidence informing advocacy and action content is will be drawn from the literature. The views presented in this document represent those of the individual DC members participating in the research project. The intended audience for this report is the DC Sustainable Food System Leadership Team, participants that have been engaged in the research process, and other interested DC members.

Workshop Objectives

The aim of the workshop was to build momentum and enthusiasm, get to know each other, create common understanding of a systems approach to sustainable food systems, and provide input on a pathway forward.

Below are the key points that shaped the agenda for the workshop:

1. Defining sustainability from a systems perspective & sustainability principles
2. Revisiting and building on the the vision from Delphi rounds 1-3
3. Examining our leverage points for change?
4. Prioritize our actions - what is most strategic to do and when?
5. Indicators - how can we track our progress?

Key outcomes of the workshop are included in the below Summary.

Summary

Research Participants' Point of View

The intention of this report is to act as a compass and road map for dietetic practice in sustainable food systems. It summarizes the dialogue (facilitated through the Delphi Inquiry process) among the members, between January and June, 2017, and highlights key themes that have been identified in those conversations. The bulk of the content is generated by the participants and so represents the views expressed by the participants; it is framed by sustainability theory, and is intended to provide non-prescriptive guidance. The outcome of this work can be viewed as both guidance and advice for practitioners as well as an attempt to set a course for the profession in tackling sustainability.

This work is an inspiring example of the collective expertise and capacity of the profession. Key outcomes of this work include a member-informed vision of success for sustainable food systems in Canada that articulates key themes of

importance to dietitians, and the identification of key leverage points for action. These leverage points were identified through analysis of today's reality and examination of the most upstream barriers to our vision, barriers on which dietitians have leverage. Finally, this work has laid the foundation for a plan for measuring our progress on this journey.

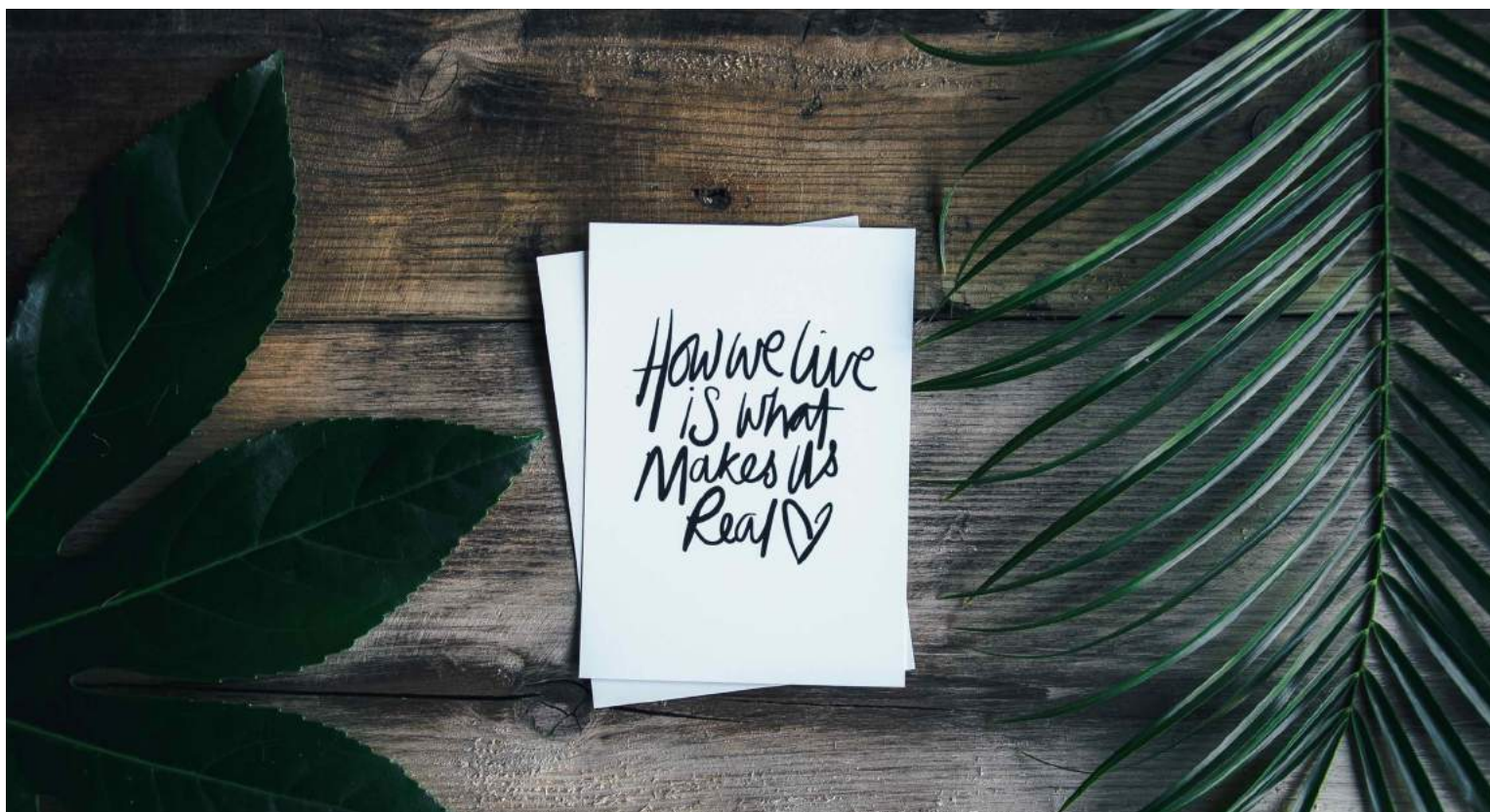
The vision of success includes key themes necessary for supporting ecological sustainability, including: Climate Stability, Water Integrity, Soil Integrity, and Animal Welfare. It also includes key themes necessary for social sustainability, including: Justice, Security, Sovereignty, Literacy, Culture, and Trust. It includes key themes for human health, including: Nutrition and Well Being. Finally, it includes themes related to food system infrastructure, including: Governance and Healthy Food Environments. Dietitians envision our profession as taking an active role in the envisioned food system.

Areas identified as key leverage points -- where dietitians can make a tangible difference -- included: advocacy for a food systems lens and strong regulations on government policy that impacts food and nutrition (e.g., Food Policy, Canadian Food Guidance, Food Labelling and Marketing to Children; basic income or minimum wage negotiations); engaging in institutional-level policy revisions using a sustainability and food systems lens; creating strong partnerships and networks in this very interdisciplinary work; strengthening of dietetic education and professional development opportunities related to sustainability and food system; developing accessible, evidence-based tools for working with the public and integrating sustainability into practice; and investing in research.

Workshop outcomes also highlighted the importance of reflexivity in our approach to sustainability. Important first steps in our journey will include reflecting on our own assumptions, views and values about important topics such as health, and seeking to understand the views of those resistant to the change we seek to make.

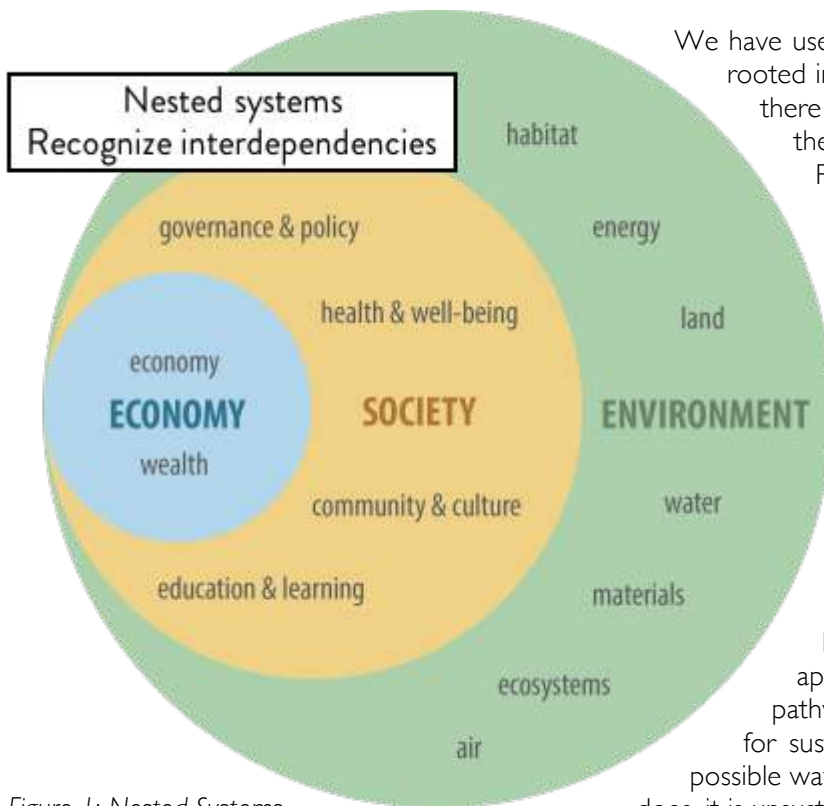
“We still need to have broader conversations about the meaning of health. It is important to moving forward on issues such as sustainability.” *-participant*

In conclusion, this report presents the views of participating members who donated hundreds of collective hours to help compile a member-informed vision of success, and practice-based knowledge of our key leverage points for system-change. The process for tracking progress in our path forward is now well-informed, and will be the continued work of the research team as we follow what paths we will follow.



Sustainability: A Systems Perspective

To discuss sustainable food systems, we need to first define sustainability. In this work we hold a nested systems perspective to understand sustainability challenges (see fig. 1). That means that the environment, society and economy are nested within each other – inherently interdependent and interrelated. Life exists in the biosphere (environment), our society is nested within the environment, and the economy is a societal construct and thus nested within society.



We have used a principled approach to defining sustainability, rooted in biophysical and social sciences. We assume that there are fundamental “laws,” or principles, that govern the sustainability of ecosystems and social systems. For a society to be sustainable, these principles must be adhered to. **Sustainable food systems are those that are governed by the basic principles of sustainability.** See Appendix A1 & A2 for a list of these principles.

The principles act as overall constraints or boundary conditions. In order for a vision to be successful, it must at least comply with the principles. Exactly like the rules of a game. There are many strategies to win a game but winning the game may also require you to adapt and change your strategy along the way. You just can't violate the rules.

By not being prescriptive in nature, the principled approach provides ample, flexible space to find one's pathway to the vision of success. In that way, a vision for sustainable food systems can be designed in many possible ways, so long as it does not violate the principles; if it does, it is unsustainable by default.

Figure 1: Nested Systems

When our vision is bounded by sustainability principles, we can then “backcast” from a desirable future (the vision), working backwards to create a flexible plan of action that will bring us in the right direction -- connecting the present to the future vision of success (see fig. 2).¹ That plan is where time-bound issues (like lack of food literacy) get addressed by appropriate actions. It is also the place where expert (e.g. a dietitian) evaluation of the situation, and planning for action can be performed in a way that is inclusive, innovative, and community building -- that is to say legitimate. It is also the stage at which it is valuable to include values, norms, beliefs, emotions in the visioning and planning, as they bring transformational power beyond boring laws.

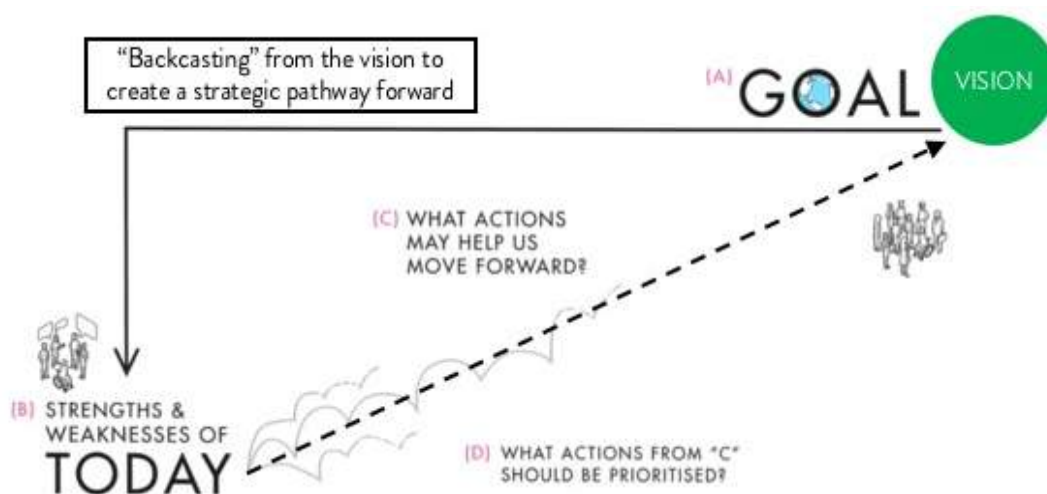
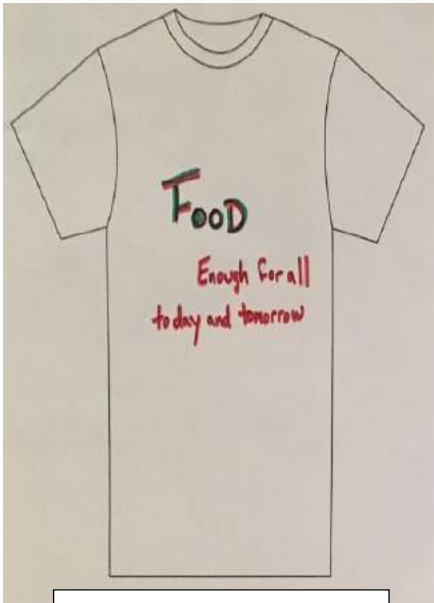


Figure 2: “Backcasting”

¹ Broman, G., et al. Science in Support of Systematic Leadership Towards Sustainability. Journal of Cleaner Production. Vol. 140 (2017). P. 1-9.

Vision



Vision posters made by participants during the workshop in St. John's

This vision is the result of four rounds of iterative, online and face to face dialogue that asked the question: what is your vision of success for sustainable food systems in Canada? It represents participating member voices, and is intended to be an inspirational articulation of our goal. This vision is bounded by principles of sustainability (the rules that govern how we work to achieve our vision), which anchors it in a concrete definition of sustainability.

The Purpose of Food Systems

The purpose of human food systems is to provide nutritious, safe, and high-quality food and water that supports human health and welfare.

But just any old food system won't do. We have a vision.

Food: Enough for all, today and tomorrow.

So what does this mean?



Our Vision

For Sustainable Food Systems in Canada

Sustainable food systems (SFS) in Canada steward and enhance ecosystems, and respect the needs of other species in those ecosystems. They prioritize biodiversity, fertile soils, clean water, and clean air by using resources at a rate they can sustain, within and outside national borders, and through responsible use of materials and energy along the entire the supply chain. They strive to be “closed loop” in terms of materials and energy flows. Sustainable food systems are sovereign and self-sufficient while supporting other countries’ food sovereignty. A collaborative network of food system actors (producers, processors, retailers, consumers, etc.) share decision making power, resources and returns equitably. These networks support viable, intergenerational livelihoods, and genuine consumer choice.

They support food literacy. The systems are transparent (e.g., food labelling, industry activities, etc.), traceable and trustworthy. Canadians have the capacity to produce, access, and prepare food, reflect and act on the socioecological implications of their food choices.

They support equitable and just access to food for all Canadians in a manner that is empowering, inclusive, dignifying and respectful. Healthful foods are affordable and available for all Canadians, including marginalized and remote communities, in particular indigenous and Northern communities.

They support a healthy relationship with food, such that Canadians value food, its origin and quality, and express identity and culture through foods.

All of these core values are reflected in institutional settings (schools, workplaces) and Canadian food policy. The governance of sustainable Canadian food systems involves multiple stakeholders in a reflexive process that honours traditional and expert knowledge, to continually support dynamic change in our system. Governance applies a precautionary principle to decision making at all levels, in order to achieve the above vision.

Responsibility in the system, including the ecosystems on which it depends, is also shared by stakeholders, and this responsibility is enforced. The above is captured in a comprehensive Canadian Food Policy.

Vision of Dietitians in Sustainable Food Systems

Canadian dietitians take an active leadership role in food system advocacy, education and governance, guided by current evidence on food in a sustainable society.

Key Themes in the Vision

Figure 3 represents a summary of the key themes that members identified as important to sustainable food systems, and supported by the sustainable food systems literature. These themes (listed within each circle) provide us with a roadmap that helps us identify our destination as well as choose and revise our route. These themes are also what needs to be tracked in order to measure progress; as such they guide indicator work and are referred to at the end of this document under Indicators.

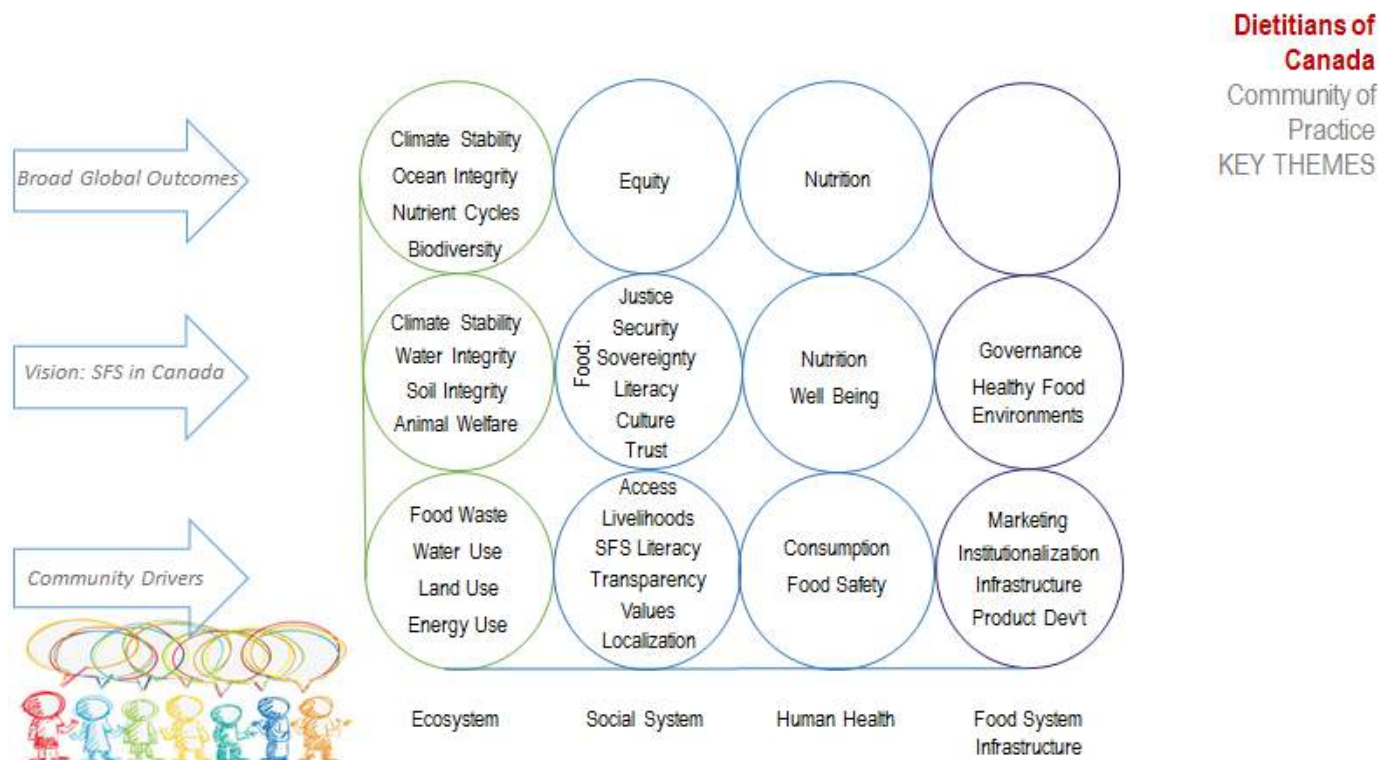


Figure 3: Themes/Indicator Framework for Sustainable Food Systems.

The top row (Broad Global Outcomes) reminds us of the broader themes important in globally sustainable food systems. These are informed to some extent by DC members, but primarily through work with sustainable food systems experts and literature from around the work.²

The central themes in the vision are reflected in the middle row, (Vision: SFS in Canada) representing our vision of sustainable food systems in Canada.

The bottom row represents key themes at the community level (Community Drivers); in this case the nutrition and dietetics community of practice. At this level are key drivers of action toward our common vision, and the themes lay out the areas where our community can influence food systems.

² Carlsson, L., et al. Food System Sustainability across Scales: A Proposed Local-To-Global Approach to Community Planning and Assessment. Sustainability 2017, 9(6), 1061; doi:10.3390/su9061061

What Stands in our Way?

High-leverage areas for the profession

In this section we focus on the key challenges or barriers of today that, if addressed successfully, will help us on the path to reach our desired tomorrow -- our vision. These are barriers identified and described by participating dietitians.

Here, barriers to a sustainable food system are defined as violations of basic principles for governing a sustainable society. One of the key systems in this unfortunate development is our food system. For a more comprehensive and detailed description of the barriers to our vision, please see Summary of Results, Delphi Round 3, April 2017.³

We highlight those obstacles that directly relate to food systems, those identified by participating members as “upstream” and areas where we, as a profession, currently have leverage.

The upstream perspective is essential when we are attempting to identify systematic or structural obstacles to sustainability. We are aiming, where possible, to identify those upstream issues, as tackling those tend to simultaneously address downstream issues. We do however also include some actions that are further downstream as they should not be ignored. In fact, they can be viewed as symptoms pointing to a larger upstream problem thus informing the appropriate strategic response. Think of the analogy of the overflowing bathtub - Is it most strategic to keep throwing towels on the floor to soak up the water knowing that there is a pretty good chance you will run out of towels before the leak runs out of water? Or, should we look at the wet floor as a pretty solid indicator that there is a leak somewhere and fix that first?

As we established in our vision, sustainable food systems steward and enhance ecosystems -- soil, water, air... -- which support human food production. These systems can be degraded by chemical toxicity and physical destruction when they occur at rates that surpass natural mechanisms for “cleaning” and regeneration. Structures that systematically degrade our ecological systems in turn systematically lowers our ability to produce adequate, safe and nutritious foods.



Key barriers to protecting our natural resources from harmful substances made by humans are:

- Lack of a Food Policy that clearly acknowledges a food systems lens and articulates the use of a precautionary approach to decision making around the use of harmful substances in food systems.
- Lack of legal mechanisms to lend strength to such a policy.
- Food distribution structures that are fuelled by non-renewable energy sources such as fossil fuels.
- Common misunderstanding between wants and needs. That is to say, what our human food needs are, and how we satisfy those needs with respect to the type and quantity of foods. This often overlaps with cultural expectations of access to a variety of imported foods year round.
- Systematically increasing urban sprawl on fertile lands.

Sustainable food systems support and enhance human social systems, which include human health, now and for generations to come; and these social systems are what supports our food. Of course, it is we who produce, distribute and eat food, along with all the steps in between. Structures that systematically create conditions that undermine our social system puts the sustainability of food systems at risk.

For example, there are obstacles that create systemic barriers to health. This does not mean individuals will never become unhealthy, but rather that conditions that routinely stand in the way of population health impede sustainability. This is an area of direct concern for most dietitians. There are currently several structural obstacles to health that result in increasingly poor outcomes.

- Healthism, or the use of the term health to mean many things by many groups.
- Unregulated marketing of foods, in particular ultra-processed foods and to children.
- Inadequate regulation of the healthfulness of our food environment.

³ Summary of Delphi Round 3 available at: <https://www.bth.se/eng/food-commons/>

- Cultural deprioritization of food.

An imbalance of power in our food systems undermines system sustainability. This affects whose voice is heard in the shaping and regulating of the system; it affects also which foods dominate the food environment, which can influence health and social outcomes. Key obstacles to voice or influence in the system are:

- An overrepresentation of large and powerful food industries in government lobbying.
- Inadequate regulation on marketing, especially to children.

Food literacy is a critical aspect of sustainable food systems, which are dependent on eaters who are able to navigate complex decision making everyday. Key obstacles to food literacy are:

- Inadequate food labelling laws; we require more transparency about where ingredients come from and how they are produced.
- Inadequate understanding of the socioecological interactions between food, people and the environment at all levels, from the public to the decision makers.
- Competing food/health messages that lack evidence.

Societal structures that systematically fuel inequalities are barriers to a sustainable society as they result in partial treatment of individuals and groups. Currently, we have significant inequality in Canadian society, which contributes to instability in our food system. It takes the form of inadequate access to food, as well as unfair advantage for larger companies to succeed in the market. Key structural obstacles include:

- Lack of a basic income guarantee, or adequate minimum income.
- Economic structures (e.g., supports, incentives, policies) which favour larger, intensified food production systems and international, open trade agreements.

Food is one of the ways that we express our identity, culture and selves! In that way, food is a source of individual and collective meaning making, and part of a sustainable social system. While dietitians currently have more downstream leverage, through education on issues such as prioritizing time for food, the meaning of food, and food skills, we can address structural obstacles through advocacy. Key upstream or structural obstacles to this are:

- Regulations which require federally inspected meat in institutions, like schools, which impacts communities who wish to purchase meaningful local, or traditional foods.
- Corporate influence through marketing.



What can we do, Today and Tomorrow?

High-Leverage Actions for Change

“Some of the leverage points ... are things I could do right now.”
-Participant

Yes indeed, we can. In this section we provide strategic guidance from our participating members on moving forward toward our vision. Some we can do tomorrow; others will take time. For a full and inspirational list of ideas, see Summary of Results Delphi Round 3, April 2017. The actions prioritized in the below lists are those identified as having potential for high-impact, combined with being from an area where dietitians have existing influence.

Low Hanging Fruit

“Low hanging fruit” are things we can do now, or at least start, very soon with existing resources and networks. These can be done individually, or as a profession.

“Dietitians are situated to take a leadership role in the area of food sustainability because of our knowledge of food, nutrition, and health, and because of our skills in communicating and partnering.”
-Participant

Individually

Important first steps

- Reflect on your own practice and assumptions about: other sectors, what health means, etc.
- Educate yourself about food systems, and the relationship between food systems and our social and ecological environment.
- Begin to feel confident about what SFS means to you, as an individual and as a dietitian.
- Seek to understand the worldviews of “those” most resistant to change.
- Educate yourself about how to step into advocacy.
- Educate yourself about how to step into the policy process.

Key leverage points

- Participate in government consultations now! In June and July 2017 there are opportunities to provide your voice on issues such as food policy and marketing to children. Include in your message that health, social and ecological outcomes carry equal weight to economic outcomes.
- Get involved in media: increasing the evidence-based messaging about food and health in the mass and social media is important. Include a food systems sustainability perspective in shaping your message to contribute to our reputation as a legitimate source of food and nutrition information.
- Get involved and support food-skilling and food literacy programming.

- Make allies in other professions and sectors (e.g., agriculture, environment, medicine, etc.).

- Examine or create a sustainable standards policy for use within your work & organizations.
- Support (advocate for, participate in, advocate to fund) smaller scale food initiatives and structures such as Community Supported Agriculture, farmer's markets, food policy councils etc.
- Assist emergency food organizations (such as food banks) to advocate for longer term strategies to support food security.
- Be prepared to “build your case” for sustainability in a professional/appropriate manner.
- Help dispel common myths about sustainable food systems.

Profession

Important first steps

- Develop common meaning, a common language/discourse, and shared understanding of SFS in our profession.
- Reflect and re-evaluate how we as a profession define human health.

Key leverage points

- Coordinate with government and advocate for shaping and regulating the food environment such that health, social and ecological outcomes carry equal weight to economic outcomes; include clear messages around a food systems sustainability lens, and legal mechanisms bound to a precautionary

approach. Examples include: Canada's Food Guide and related tools and policies, Canadian Food Policy, and marketing to children; systems for monitoring and reporting on a healthy, sustainable food environment; examining current trade policies, examining the legal rights of migrant workers, transparency and labelling regulations, etc.

- Advocate for the Departments of Health and Agriculture to share responsibility for human health and disease.
- Advocate for the inclusion sustainable food systems curriculum in public school curriculum.
- Advocate for policies which do not systematically create inequalities, or better yet, which systematically dismantle inequalities: Basic Income guarantees, incomes relative to the cost of living, programs that address food security for isolated and/or low income communities.
- Advocate for structures (policy, incentives, etc.) which also support small to medium scale players in the food system. There is need for a diversity of scales (local, regional, global) in food systems.
- Advocating for a revision of the requirements for federally inspected food in some institutions, such that culture, meaning and sustainability is honoured without compromising safety.
- Develop continuing education opportunities for dietitians around sustainable food systems.
- Engage in education and awareness within our profession: webinars, speaker series, making
- Support the creation of a PEN pathway on sustainable food systems. Ensure that it includes tools and resources that support RDs in their practice, as well as public education resources that are accessible at low literacy levels
- Advocate for more research on SFS and food security in Canada, including the role of the dietitian.
- Advocate for food security, food system sustainability, and food self-sufficiency indicators in the national census.
- Develop key messages around SFS to be disseminated to the public.
- Advocate for the inclusion of sustainable food systems as a core competency in dietetic education.
- Identify key partners: other organizations in Canada and beyond who are working for sustainable food systems; other disciplines and sectors such as agriculture, food science, etc.

Medium to long term

Medium to long term actions are things that will take longer to do, and likely involve several intermediate steps like finding funding and developing relationships. Like low-

hanging fruit, they can be tackled individually or as a profession.

Individually

- Use a principled approach to sustainability in your practice or organization: identify structural barriers to social sustainability (including but not limited to health); identify root causes of ecological damage (pollution, waste, resource use); examine appropriate actions. See this report for potential high-leverage actions, and Summary of Delphi Round 3, April 2017 for a collective brainstorm of other potential actions.
- Share tools, resources and research that you have with your colleagues.
- Advocate for urban planning through advocacy work or direct collaboration, where a key message is the role of the built environment and land use planning, not only in issues of food access, but also securing sustainable food availability.

Profession

- Continue to advocate for shaping and regulating the food environment such that health, social and ecological outcomes carry equal weight to economic outcomes; include clear messages around a food systems sustainability lens, and legal mechanisms bound to a precautionary approach.
- Form/continue to form coalitions for a common cause with identified partners (under low-hanging fruit).
- Proactively invite ourselves to policy tables that are relevant to sustainable food systems (Food Policy, healthy eating, marketing to children).
- Produce a position paper, and/or a role paper, on sustainable food systems.
- Fund more action research for food sustainability
- Advocate for positions within government to drive change for sustainable food systems.
- Advocate for food product development and marketing that supports a healthy eating environment.
- Advocacy and education that strengthens cultural prioritization of food (e.g., creating time for meals, placing value on food, etc).
- Investigate successful paradigm shifts and models, which value eco-sensitive, in other countries and cultures.
- Participate in the international community mobilizing for sustainable food systems.

Indicators

Indicators measure two things. They measure where we want to go, as well as the steps along the way that we have chosen on our journey. The sustainable food systems themes, captured within the circles in the below figure highlight what needs to be tracked in order to follow our progress toward our vision (themes in the middle row), and contributions toward it (community drivers).

Each theme has one or more indicator (metric) behind it. Currently, we are ready to measure some of these indicator themes, while others still require further work on finding appropriate indicators that are sufficient, necessary, practical and high quality to measure. Thanks to the hundreds of suggestions from participating members, we have options to investigate!

“Sustainable food systems are constantly evolving”

-Participant

Like most things, goals and plans change, and so do indicators. These indicator themes have an important quality: they are dynamic. While the indicator themes in the top and middle rows, which represent important themes in national and global food system sustainability, are relatively stable compared to the bottom row. The bottom row, which represents current themes of community-level importance, is relatively flexible, and these themes represent more topical issues of current concern to our community of practice. All of the themes, and the underlying indicators that we use to capture them, require continual reflection and adjustment as the world around us changes.

This report does not contain the details of each indicator, or their measurements. These will be the focus of continuing work with the intention of providing good feedback and guidance for continued work in this area.

Conclusions, Key Outcomes & Next Steps

Food System sustainability is critical to the everyday work of dietitians, and the outcomes of this research project tell us that it is a topic that many dietitians care about. The depth and scope of the responses that participating dietitians contributed to this project tell us that it is also a topic that many of us have been thinking hard about for a long time. We hope that participating in this research provided an avenue for us to begin to bring our disparate conversations and thoughts together, to share and learn from one another, and spark a dialogue at a professional level.

Key outcomes of this project, of this collective dialogue, include a member-informed vision of success for sustainable food systems in Canada that articulates key themes of importance to dietitians, and the identification of key leverage points for action. These leverage points were identified through analysis of today's reality and examination of the most upstream barriers to our vision, barriers on which dietitians have leverage. Finally, this work has laid the foundation for a plan for measuring our progress on this journey.

The outcomes are intended to provide a roadmap that captures the collective knowledge and values of participating members. The intention is that this work will be useful to members of the Dietitians of Canada Sustainable Food Systems Leadership Team to draw from as they make strategic decisions about which themes and actions to prioritize.

Participant Reflections

To conclude this report, we thought it appropriate to share some of your good reflections, comments, worries and questions that we have heard expressed during our work together. We have heard and seen a great deal of excitement, we have heard tough questions being posed, we have seen confusion as well as epiphany.

Let us begin with some concerns along with some remaining questions that have been expressed. We will reserve the next page for a bit of fresh optimism and excitement.

"Can we get our short and long terms actions to happen soon enough?"

"Will we miss out on opportunities with a collective voice (i.e. National Food Policy)?"

"Can we do more than advocacy?"

"If we define sustainability in negative terms (i.e., what the rules of the game are), how can we ensure we can stay on track with high standards for sustainability."

"We still need to have broader conversations about the meaning of health. It is important to moving forward on issues such as sustainability."

"How do we translate this into practical terms? i.e., can I buy oranges and be sustainable?"

"How do we include economic or private industry standards?"

"Choice is a privilege"

"How can we as dietitians effectively "mop-up" (work within our current situation of sustainable practices) while also taking the upstream approach to "turn off the tap?"

"How do we (as a profession) address public perspectives on sustainable food systems to ensure that our definition, our materials we develop, our messages, etc., resonate with the public's questions, interests, and hot topics?" i.e. how do we engage in a way that is relevant?!

"It is exciting work...so big!... but don't let that stop you from making small change."

"I am impressed by the broad level of discussion about this topic. It shows to me that many dietitians are seriously thinking about the complex theme of sustainability."

"Exciting that DC is taking this on!"

"RDs are a cool, fun, motivated group!"

"The power of group work" ...partnerships ... interdependence... and critical, reflective practice."

"We have a strong foundation and there are areas of great debate that need to be further defined."

"Sustainable food systems are constantly evolving"

"What more can I do to help others to be reflexive, and adopt a food systems lens?"

"Advocacy starts with me."

"We need to engage more with local politicians on sustainable food systems."

"Start now by rethinking individual choices."

"Using a sustainability lens in my practice..."

"Change for a sustainable tomorrow is closer than we think!"

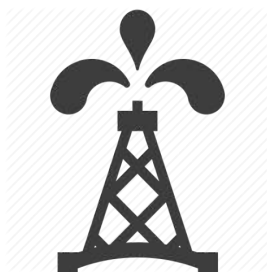
"We currently have opportunities, and a climate for engagement."

"We need to engage broadly (other sectors, DC members, etc.) to ensure we have a broad perspective on sustainable food systems."

SUSTAINABILITY PRINCIPLES 1-3

Governing ecological sustainability

In a sustainable society, nature is not subject to *systematically increasing*...



1... Concentrations of substances extracted from the earth's crust

Which means: We cannot dig up harmful stuff from the earth and release it into our environment at a rate faster than the environment can handle naturally.

Examples: Heavy metals, fossil fuels



2... Concentrations of substances produced by society

Which means: We cannot release man-made stuff into our environment at a rate faster than the environment can handle naturally.

Examples: CFCs, pesticides



3... Degradation by physical means

Which means: We cannot cause destruction to our environment at a rate faster than it can naturally regenerate.

Examples: Deforestation, overfishing

⁴ Broman, G.I., & Robèrt, K-H. "A Framework for Strategic Sustainable Development." Journal of Cleaner Production, 2016. doi:10.1016/j.jclepro.2015.10.121.

SUSTAINABILITY PRINCIPLES 4-8

Governing social sustainability

In a sustainable society, nature is not subject to *systematically increasing*...



4... Health = People are not exposed to social conditions that undermine their ability to avoid injury and/or illness; physically, mentally or emotionally.

Example: Insufficient access to health care



5... Influence = People are not hindered from participating in shaping and influencing the social systems which they are a part.

Example: People are not allowed to join a workers union



6... Competence = People are not hindered from learning and developing competence individually and/or collectively.

Example: Limited access to education



7... Impartiality = People are not exposed to partial treatment.

Example: Racial discrimination



8... Meaning-making = People are not hindered from creating individual meaning and co-creating common meaning.

Example: Not allowed to attend prayer

⁵ Broman, G.I. & Robèrt, K-H. "A Framework for Strategic Sustainable Development." Journal of Cleaner Production, 2016. doi:10.1016/j.jclepro.2015.10.121.