

Conscious food choices towards sustainability

- Towards the transition to (more) plant-based
University

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My story short

- saving potato bugs, eating rabbits
- priest at dinner: „This is the best meat!” (about carrot), me: „How stupid is he!” (primary school)
- stopped eating meat at the beginning of my studies, felt weak after one week without meat, came back to meat (unconscious belief „you need to eat meat to be healthy and strong”)
- few years later quitted meat because of the dental braces; no negative unconscious beliefs any more – no problems! :D
- quitted cow milk and diary, inspired by a person who got up permanently from her wheelchair (multiple sclerosis)
- 2015 – read „Eating animals” by Jonathan Safran Foer

Food choices other than in our culture / at our age etc.

- making fun of my grandma that she is eating groats
- making fun of my Swedish boyfriend that he is eating porridge (as an adult)



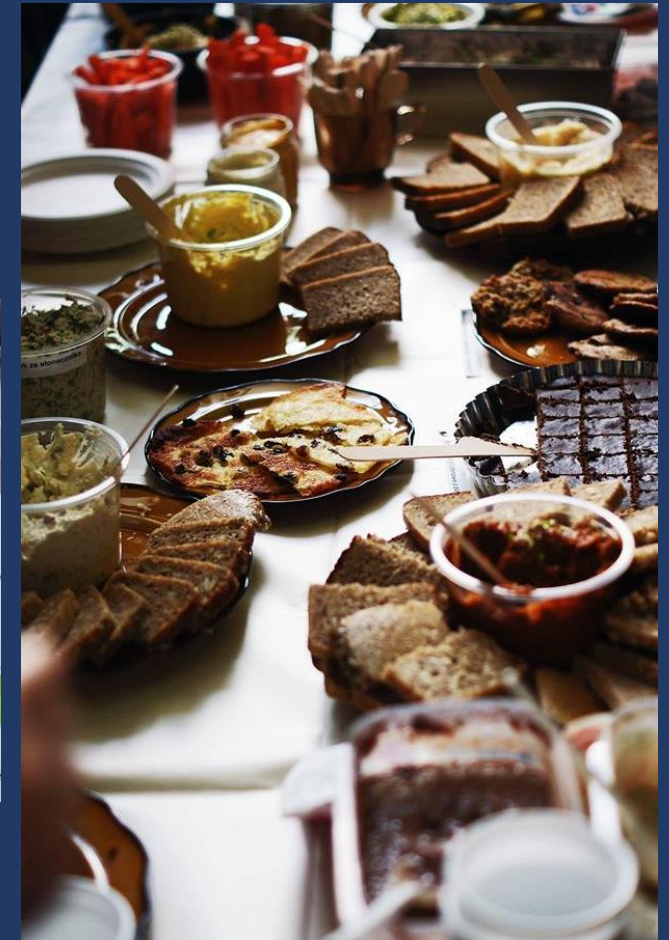
My story short

- quitted butter and eggs
- „the world is like this”
- interview in radio („I have just eaten a delicious schnitzel!”)
- vegan (Indian) catering at conference („Why there is no normal food?”)
- Vegan Mondays at Artificial Intelligence / Samsung (2015)
- Vegan Days at University of Warsaw (from 2017)
- Climate Week at France (2020)
- petition about plant-based dishes in canteen (2023)
- goal: eating meat is not a norm; the food landscape is diverse
- literature, reports by Open Cage (Otwarte Klatki) & RoślinnieJemy

First Vegan Day (2017)



First Vegan Day (2017)



IV Vegan Day (2023)



IV Vegan Day (2023)



Workshop in canteen (2022)

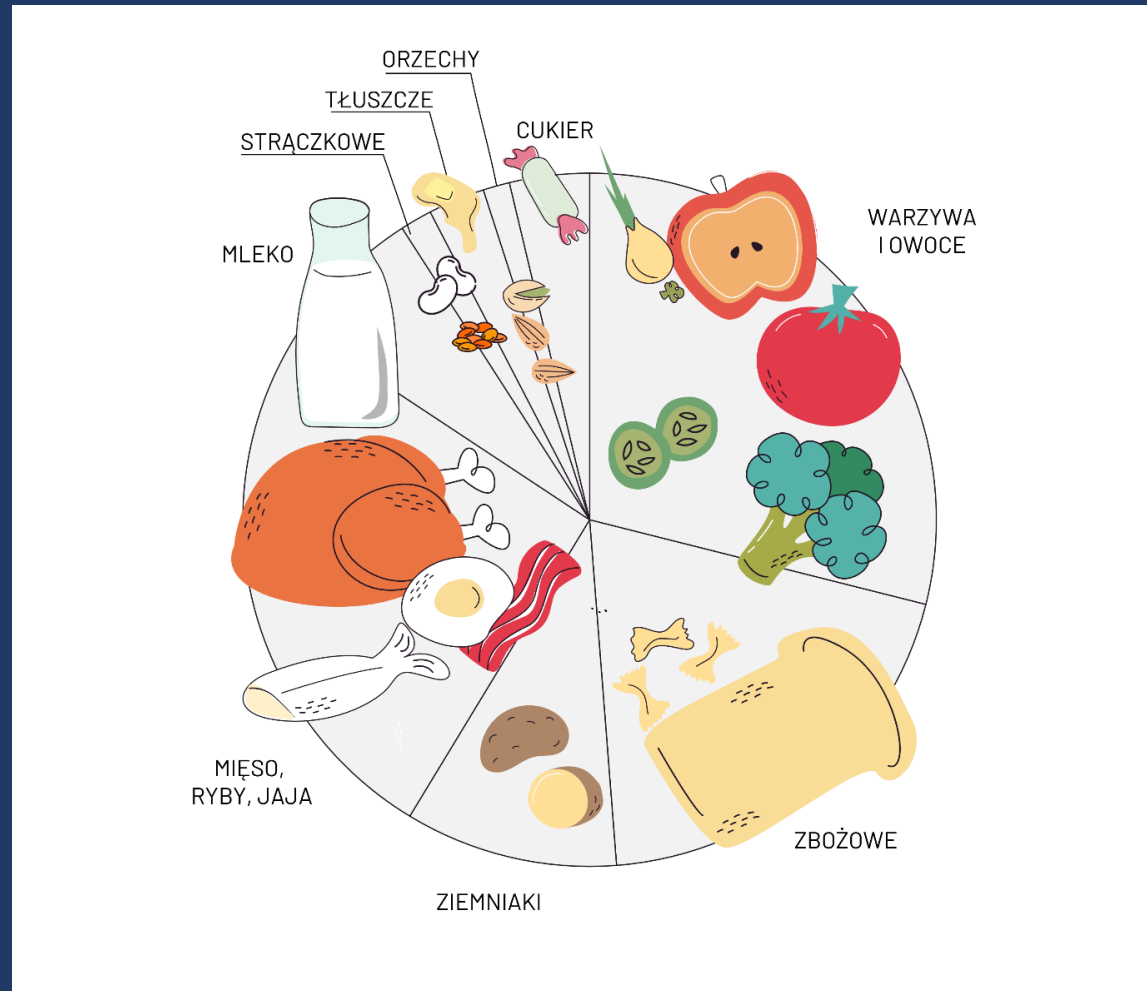
- The Sustainable Development Goals by United Nations
- Climate and Sustainable Development Agenda by University of Warsaw
- plant-based soups



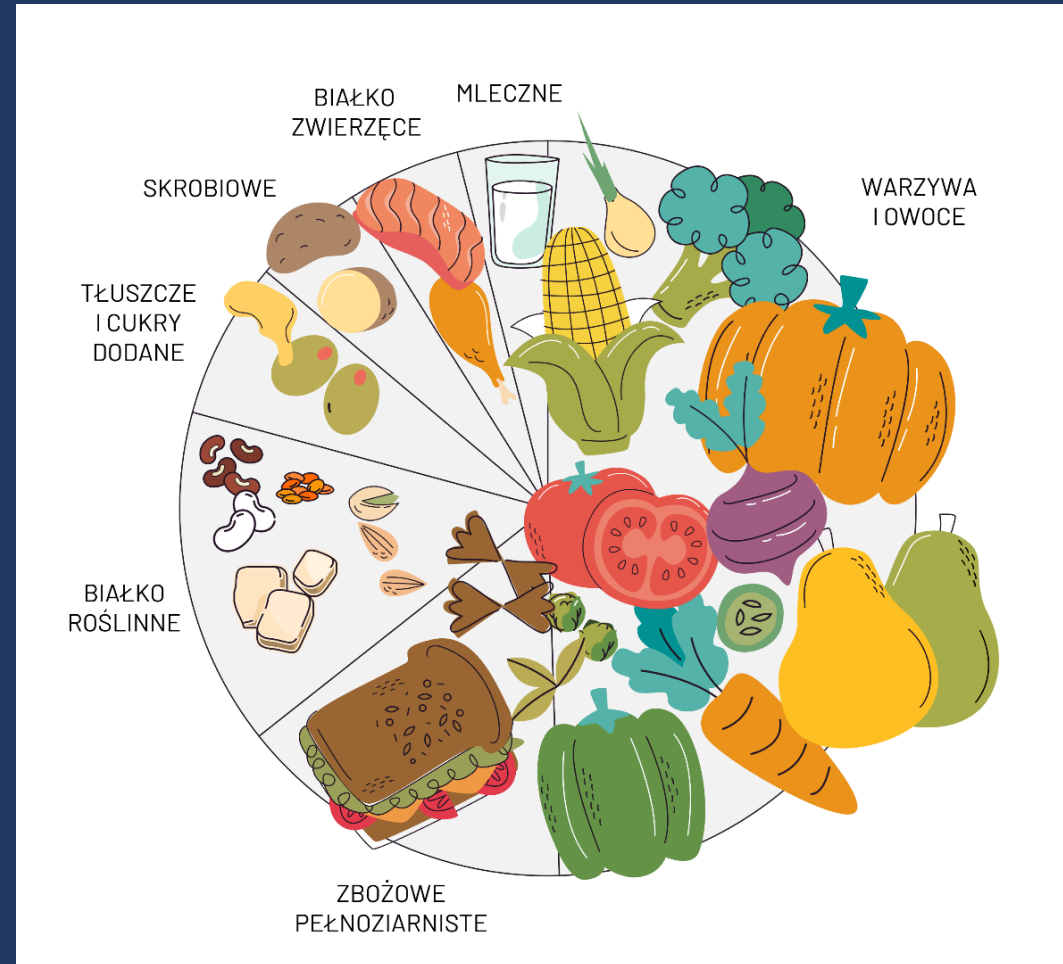
The Planetary Health Diet

- a global planetary health diet that is healthy for both people and planet, launched by the EAT-Lancet Commission
- is flexible, provides guidelines to ranges of different food groups that together constitute an optimal diet for human health and environmental sustainability
- emphasizes a plant-forward diet where whole grains, fruits, vegetables, nuts and legumes comprise a greater proportion of foods consumed; meat and dairy constitute important parts of the diet but in significantly smaller proportions than whole grains, fruits, vegetables, nuts and legumes
- is science-based
- adopted for Polish reality by Danone group in the report „Talerz przyszłości” (Plate of the Future)

Polish Plate today



Polish Plate of the Future



Towards sustainability in a smart way

Jan Dutkiewicz (2021) How Do You Convince People to Eat Less Meat?

- „choice architecture” – the placement of products in supermarkets and restaurants in order to promote more healthful options
- changes in institutional spaces like schools; such changes can shift both individuals’ habits and influence the economics of food distribution; studies have shown that simply increasing the number of vegetarian options or making plant-based meals the default instead of meat [the case of hospitals in New York] massively increases more sustainable eating – and shifting food patterns in schools can build the next generation of more sustainable eaters
- individual changes in diet, while minuscule in their immediate impact, can play an important role in shifting norms

Change begins on your plate 😊