

Food for thought: For more healthy and sustainable food for all

06
MAI
2019

*An intersectoral conference on food, health and sustainability,
crossing perspectives from research, inspiring practice and policy*

MESTRADO EM PSICOLOGIA SOCIAL DA SAÚDE, ISCTE-IUL

Auditório
J.J. Laginha,
Edifício I,
ISCTE-IUL

FREE ADMISSION



Programa

09:00 Formal Opening

Sibila Marques, Director of Master in Social and Health Psychology, ISCTE-IUL, PT
Luísa Lima, Chairman of the Scientific Council, ISCTE-IUL, PT
Catarina Roseta Palma, ISCTE-IUL, Sustainability Group (Director), PT
Ingrid Stegeman, Program Manager, EuroHealthNet, BE

09:30 SESSION 1 HEALTHIER FOOD: Shaping patterns of consumption behavior

Key findings from the National Food, Nutrition and Physical Activity Survey 2015-2016
Sofia Vilela, ISPUP, University of Porto, PT

From the practice: PROVE
Daniela Craveiro, CIS-IUL, ISCTE-IUL, PT

Sugar intake - What does knowledge and nutritional information have got to do with it?

Cristina Godinho and Marília Prada, CIS-IUL, ISCTE-IUL, PT

From the practice: Gardening with green gyms and meat free Mondays

Ruth Bell, UCL, Health Equity Institute, UK

11:00 Coffee-break

11:30 SESSION 2 MORE SUSTAINABLE FOOD: Fostering better production and distribution system

From the practice: An urban Food Garden in Rotterdam, the Netherlands
Nina van der Vliet, Dutch National Institute for Public Health and the Environment (RIVM), NE

From the practice: FRUTA FEIA [Ugly fruit] - against food waste

Maria Canelhas, Fruta Feia, PT

Sustainable School Meals: Unlocking the potential of the public plate towards a large-scale transition to plant-based meals in schools

João Graça, Social Sciences Institute (ICS), University of Lisbon, PT

From the practice: Sustainable food in public schools in Spain
Sonia Quiroga, University of Alcalá, ES

13:00 Lunch

14h30 SESSION 3 FOOD FOR ALL: Fostering community interventions for healthier and more sustainable diets for all

Food poverty among Portuguese families with children

Monica Truninger, Social Sciences Institute (ICS), University of Lisbon, PT

From the practice: EAT MEDITERRANEAN

Sofia Mendes, Center for Studies and Research in Social Dynamics and Health (CEIDSS), PT

From the practice: GENT EN GARDE

Wendy Van Lippevelde, Ghent University, BE

From the practice: SINTRA CRESCE SAUDÁVEL [Sintra Healthy Growth]

Telma Nogueira, Faculty of Medicine, University of Lisbon, PT

16h00 Coffee-break

16h30 - SESSION 4 FUTURE FOR ALL: Fostering policy interventions for healthier and more sustainable diets for all (round table)

Recommendations from INHERIT project

Ingrid Stegeman, EuroHealthNet (Program Manager), BE

Recommendations from EIPAS: Integrated Strategy for the Promotion of Healthy Eating
Miguel Arriaga, General Health Directorate (DSG), PT

The national platform - Feeding Sustainable Cities: Lessons learned so far and challenges for the future

Cecília Delgado, Maria José Ilhéu, Fátima Ferreira, Alimentar Cidades Sustentáveis (CICS.NOVA - FCSH; QUERCUS, RRN/DSTAR, CMTV, ISCTE-IUL, outros), PT

Local governance on sustainable agricultural practices and short circuits networks
Marlene Marques, Division of Economy and Innovation - City Council of Loures, PT