



SmartFood: Engaging citizens in food diversity in cities
D7.3.2. White paper report on policy recommendations regarding the impact measures on improving healthier eating habits, reducing GHG emission, food waste and improving sustainable community

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Executive Summary

This white paper reflects the findings from the Smartfood project, in which an innovative technology for sustainable urban agriculture was developed and tested. It outlines a framework of policy recommendations aimed at creating resilient and sustainable urban food systems, fostering social cohesion, promoting healthier eating habits, and reducing environmental impacts.

For the promotion of the sustainable food production in urban areas, key intervention requires integrating urban agriculture into city planning, providing financial support, and offering training on sustainable farming practices. Encouraging the adoption of technologies like vertical farming and hydroponics, along with developing local food distribution systems, is crucial for improving green food consumption as well as food security. Public-private partnerships are essential for driving innovation in urban agriculture.

To reduce environmental impact, local food production should be promoted to cut transportation emissions and at the same time increase consumption of green foods. Public campaigns and educational programs can shift residents towards plant-based diets. Sustainable retail practices, including sourcing locally and reducing packaging waste, are encouraged. Public institutions should prioritize locally produced, organic, and sustainable food.

Reducing food waste through educational programs on conscientious consumption and food sharing is vital. Supporting networks for food sharing fosters social cohesion and waste reduction. Urban Living Labs (ULLs) are highlighted for their role in creating community networks and promoting sustainable living. These labs provide spaces for social interaction and shared responsibilities in food production, enhancing social connectedness and attitudes towards communal spaces.

Future research needs include expanding Urban Living Labs, combining them with social and environmental projects, and securing long-term funding. Further research on small-scale hydroponic systems is needed to overcome technical barriers and improve urban food production sustainability and resilience.