

PRESS RELEASE

AGROECOLOGY FOR HEALTHIER DIETS
AND SUSTAINABLE FOOD SYSTEMS



17. OCTOBER - 18. NOVEMBER 2022



In order to meet the challenges of reducing greenhouse gas emissions, preserving biodiversity, and improving animal welfare, public health, and the rights of farmers, while ensuring food security and sovereignty, structural changes are as necessary and urgent on our fields as on our plates.

Dietary patterns and food habits are deeply rooted in social and cultural contexts but they can, and must, be addressed and transformed through public policies.

During the Month of Agroecology 2022, which will be held from the 17th of October to the 18th of November, Agroecology Europe will draw on collective solutions and create pathways of reflection to instigate a change in our dietary patterns and allow a space for them to be the driving force we need for the transition. Agroecology is indeed the way to healthier, more sustainable and fairer food systems!

What is Agroecology?

Agroecology is a dynamic concept that has gained prominence in scientific, agricultural and political discourse in recent years. It is increasingly promoted as being able to contribute to transforming food systems by **applying ecological principles to agriculture** and ensuring a regenerative use of natural resources and ecosystem services while also addressing the need for socially equitable food systems within which people can exercise choice over what they eat and how and where it is produced.

Agroecology embraces a **science, a set of practices and a social movement** and has evolved over recent decades to expand in scope from a focus on fields and farms to encompass whole agriculture and food systems.

It now represents a **transdisciplinary field** that includes all the ecological, sociocultural, technological, economic and political dimensions of food systems, **from production to consumption**.

Agroecology Europe Association

Agroecology Europe is a non-profit organisation whose goal is to analyse, design, develop, and promote agroecology. The association intends to place agroecology high on the European agenda by fostering interactions between actors in science, practice, and social movements, as well as by facilitating knowledge sharing and action.



More legumes, better health, and

environment!

In 2013, Europe had net imports of around 27 million tonnes of soybeans and soybean products for oil production and animal feed for the livestock industry, causing 44% of exported deforestation mostly to South America. This means that Europe is dependent on overseas land for its own livestock production at their expense.

On the other hand, livestock farming makes it possible to use uncultivable agricultural land in the form of grasslands and provides organic fertilisation to the land. Grasslands can store carbon in the soil, meaning that if profoundly and thoughtfully redesigned, pasture-based livestock farming can be part of the solutions to keep EU food system below the planetary boundaries.

Legumes and grain legumes (beans, peas, and clover, among others) have unique properties that **help to restore the vitality of the soil** through the addition of biologically fixed nitrogen. When introduced into a regular crop rotation, they can also break the development cycles of diseases, pests, and weeds, reducing the need for pesticides. Legumes not only make organic and agroecological farming more viable, they are **an essential part of sustainable food systems**. For consumers, they provide proteins, amino acids, energy, fibre, and micronutrients, and can help to prevent chronic diseases such as diabetes and cancer. Despite the numerous benefits, grain legumes are currently under-represented in European agriculture and produced on only 1.5% of the arable land and their consumption dropped by 75% in 20 years. As a result, small farmers struggle to make money from them, even with value-added products.



During the Month of Agroecology 2022, which will be held from the 17th of October to the 18th of November, Agroecology Europe will draw on collective solutions and create pathways of reflection to instigate a change in our dietary patterns and allow a space for them to be the driving force we need for the transition. Agroecology is indeed the way to healthier, more sustainable and fairer food systems!

Stay tuned for the upcoming activities that our association will organise during the Month of Agroecology:

WEBINAR



The Webinar **“Transforming dietary patterns for the agroecological transition in Europe : how to achieve the protein transition?”** will address the issue of the necessary rebalancing of intakes between animal and plant proteins, their quality, and supply chains. In this webinar, we will be pleased to welcome experts from the International Panel of Experts on Sustainable Food Systems (IPES-Food) who will present the recently released the report "Politics of Proteins", from Institute for Sustainable Development and International Relations (IDRRI) who published the TYFA Ten Years for Agroecology scenario and a representative from the European Coordination La Via Campesina (ECVC) organisation.

ARTICLES
FACTSHEETS

We will release different articles and factsheets along the Month of Agroecology in different languages (French, English, Italian, Spanish) about the importance of reintegrating legumes in the fields and on our plates presenting traditional legume recipes from all over Europe.



WEBINAR



The Webinar “**From Science to Action: How to use health benefits of food cultivated with agroecological practices to accelerate the food transition in the EU?**” where experts from the Coalition of Health professionals for Regenerative Agriculture will bridge the gap between nutrition and agriculture and present how agroecology can contribute to a one health approach integrating human, animals and ecosystems.

VIDEO-INTERVIEW



A video interview with **MEP Benoit Biteau** (Greens/EFA) to learn more about the current EU policy agenda and opportunities to promote fair, healthy and environmentally friendly food systems

We are delighted to announce that this Month of Agroecology is organised simultaneously with the Days of Agroecology organised by the network Agroecology Works. We will have the pleasure to share their activities throughout our channels as well! To stay up to date on this and other agroecological initiatives, consider following Agroecology Europe on social media, with the **#MonthofAgroecology2022** and **#AgroecologyWorks**.



#MonthofAgroecology2022

#AgroecologyWorks



@AgroecologyEurope



@AgroecologyE



Agroecology Europe



agroecology_europe

The publication reflects the views only of the authors, the European Union, the Fondation de France, and the Fondation Ecotone cannot be held responsible for any use which may be made of the information contained therein.

