



Course

Sustainable & Healthy Nutrition

The whole food ecosystem is facing challenges that keep it from meeting both sustainable and nutritional needs. These challenges can only be met if there is a proper understanding of how to deal with the dilemma between the qualitative and quantitative aspects of sustainability and nutrition. We also need to look beyond just the product and take into consideration people's eating habits and the choices they make when it comes to their daily consumption.

Target group

This course is intended for professionals working throughout the whole food ecosystem. This includes the food industry, food service, food retail and f.i. consultants or people from education or research. The course provides hands-on tools to compare foods on health and sustainability aspects, and will help to make policy decisions for the own organisation. This is occurring in a strong context of changing consumer behaviour and demand regarding health and sustainability.

Results

This course enables you to deliberate, calculate, and review the current and future product (group) or menu portfolio, on qualitative and quantitative aspects of sustainability and nutrition. This will improve for example your communication towards business clients and consumers regarding this topic.

Date	2 - 3 October 2023
Location	Wageningen Campus
Course leader	Kasper Hettinga, Wageningen University & Research, associate Professor at the Food Quality and Design group

Outline and topics

The programme consists of key-notes and practical assignments. There is plenty of time for discussion and interaction between the participants and experts during the course.

The following topics will be addressed:

- Different quality of proteins
- Sustainable packaging
- Food waste prevention, reduction and utilisation
- Dietary patterns in different food environments
- Role of behaviour change towards climate-friendly diets
- A business example of healthy and sustainable by a business speaker



Programme

Day 1: Monday 2 October 2023

- **Introduction and qualitative sustainability aspects in food**
Dr. Kasper Hettinga, Wageningen University & Research
- **Food waste prevention, reduction & utilisation**
Sanne Stroosnijder Msc, Wageningen Food & Biobased Research
- **Sustainable food packaging**
Marieke Brouwer, Wageningen Food & Biobased Research
- **Quantitative analysis of nutritional aspects of food**
Dr. Kasper Hettinga, Wageningen University & Research
- **Healthy & sustainable dietary patterns in different food contexts**
Prof. Pieter van 't Veer, WUR Human Nutrition & Health
- **Turning the protein transition into sustainable business!**
Jeroen Willemsen, Foodvalley
- **Networking diner**

Day 2: Tuesday 3 October 2023

- **Quantitative approach to sustainability calculations for food products**
Dr. Kasper Hettinga, Wageningen University & Research
- **Behaviour change towards climate friendly diets**
Dr. Marleen Onwezen, Wageningen Economic Research
- **Cases from the sustainable food industry**
Gillian Herpers, Federatie Nederlandse Levensmiddelen Industrie (FNLI)
- **Quantitative computer assignments (2 parts) nutrient density & sustainability (participants work in groups)**
Dr. Kasper Hettinga, Wageningen University & Research
- **Networking drinks & bites**

Practical information



€1,495.- for two days, including tuition, course materials, coffee/tea, lunch, diner (on the first day) and a closure with drinks and bites.



Max. 25 participants.



Based on your attendance you will receive a certificate after the programme is finished.

Registration

You can register until 4 September 2023, or until the maximum number of participants is reached.

[Register](#)

Wageningen Academy

We develop and organise courses for professionals, based on Wageningen University & Research expertise.

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tomorrow's business