

Södertälje municipality – a living lab for sustainable food systems

Sara Seing, Head of the Diet Unit Södertälje municipality, Sweden



Background

2001: Political decision in Södertälje to use food purchase as a tool for environmental work

2006-2010: Södertälje's municipal diet policy is formed

2010-13: Implementation of Diet for a Green Planet

2015 MatLust/Södertälje Science Park



Diet for a Green planet - Five core criteria

- 1. Tasty and healthy
- 2. Organic, preferably from Ecological Regenerative Agriculture
- 3. Less animal products, more vegetables, legumes and whole grains
- 4. Locally produced in season
- 5. Reduced waste



Swedish whole grain cereals instead of rice

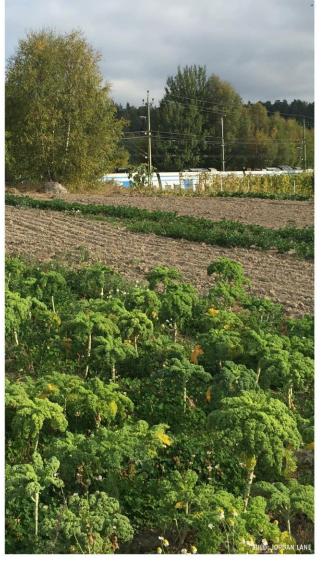
- Reduces climate impact with 1/6
- Better nutrient content and satisfaction
- Locally produced
- Lower purchasing cost
- Neutral taste
- 10 time increase in purchase of Swedish whole grain in Södertälje since 2016
- 1/3 decrease in purchase of rice during the same period



Swedish peas instead of imported chick peas

- In Sweden we have grown and eaten peas since the stone age
- The Swedish Nutritional Agency recommends increased consumption of legumes
- Very functional can be used in everything from hummus to falafel
- Many Swedish legumes available on the market – e.g. yellow peas, grey peas and different lentils











EKOODLARNA I TELGE är ett Socialt Företag där grönsaker odlas ekologiskt.

Grundidén med Ekoodlarna i Telge är att odla ekologiskt på mark som annars inte utnyttjas och arbetskraften ska bestå av människor som har svårt att komma in på arbetsmarknaden.

Besöka EKOODLARNA - Gärtunavägen 9, Södertälje



ett odlingskooperativ

hållbart sätt.







UNDER TALLARNA är ett odlingskooperativ som arrenderar kommunal mark.

Här produceras livsmedel på ett hållbart sätt.

Läs mer: undertallarna.se

Activities in the municipality

– in cooperation for a local
sustainable food system

2011-14 LEADER project: Södertälje locally grown

2014-15 URBACT project: **Diet for a Green Planet – best practice transfer**

2015-21 European Regional Development Fund project: **MatLust**

2016-18 Municipal farming strategy & URBACT project Agri-Urban

2018-20 Municipal Food supply strategy





MatLust

- Sustainable, profitable and growing food enterprisers
- Södertälje as a regional development node for sustainable food at Södertälje Science Park



















About 180 SME has participated in Matlusts programmes and network since 2015

































































