

25th of September 2024

9:00 - 12:40 EEST

Event held in English and Lithuanian with simultaneous interpreting  
Talent Garden Vilnius, Vilniaus str. 33, Vilnius and online

# From Sustainable Agriculture to Healthy and Sustainable Food Choices



**The aim of the conference:** To increase awareness among relevant stakeholders about the Nordic Nutrition Recommendations, encourage the public—particularly target groups—to discuss and consider sustainability aspects and healthier diets, and motivate producers to shift towards more sustainable food production while broadening the range of healthy options. Additionally, the conference aims to share best practices, experiences, and insights from projects implemented in the Baltic Sea Region.

**Participants:** policy makers, scientists, municipal representatives, farmers, food producers and suppliers, NGOs (incl. environmentalists, plant-based food promoters, consumer representatives).

**Registration:** <https://forms.gle/L5oVPU5UaePFtDcC6>



# Agenda

**08:30 – 09:00** Registration

**09:00 – 09:10** Opening remarks

*Laura Ramanauskaitė*, Vice-Minister, Ministry of Agriculture of Lithuania

*Helén Nilsson*, Director, Nordic Council of Ministers office in Lithuania

**Session 1: Nordic Nutrition Recommendations 2023: Science and Practice**

**09:10 – 09:30** Nordic Nutrition Recommendations NNR2023

*Sebastian Hielm*, Director of Food Safety, Ministry of Agriculture and Forestry of Finland

**09:30 – 09:45** Promotion of healthy nutrition in Lithuania

*Ieva Gudavičienė*, Adviser of Health Promotion Unit, Ministry of Health of the Republic of Lithuania

**09:45 – 10:00** Promotion of healthy and sustainable diets in Denmark

*Iben Humble Kristensen*, Special Consultant of Sustainable Diet and Health Division, The Danish Veterinary and Food Administration, Ministry of Food, Agriculture and Fisheries Denmark

**10:00 – 10:40** Panel Discussion:

Shifting to a healthier diet: is a reduction in meat consumption inevitable? How to do it the right way?

Panelists: *Sebastian Hielm, Ieva Gudavičienė, Iben Humble Kristensen*

**10:40 – 11:10** – Coffee Break

**Session 2: Sustainable Production and Good Practices: From Farms to Consumers**

**11:10 – 11:25** Healthy food production starts at the farm - sustainable/regenerative farming

*Justina Kaučikienė*, Farmer, Smėlyne Ūkis, Lithuania

**11:25 – 11:40** Organic-district as a strategy to promote sustainability and healthy food in the region. The first bioregion in Baltics - Bioregion of Gauja National Park

*Lāsma Ozola*, board member of NGO "Greenfest"

**11:40 – 11:55** "Coffee with KISMET": practices for developing sustainable food systems

*Giedrė Ramanauskienė*, Head of Innovation analysis and policy department of Lithuanian Innovation Center

**11:55 – 12:35** Panel Discussion:

What should we do to ensure a complete, balanced and sustainable diet? Practical experience in promoting healthier and environmentally sustainable diets, changing of habits, challenges.

Panelists: *Justina Kaučikienė, Lāsma Ozola, Giedrė Ramanauskienė.*

**12:35 – 12:40** Closing Remarks

Event moderator: *Aurimas Perednis*

**Contact person: Vitalija Fokienė** [vitalija.fokiene@zum.lt](mailto:vitalija.fokiene@zum.lt)

