

25th of September 2024

9:00 - 12:40 EEST

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

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, Waste-free Community Manager and Activities Coordinator Cēsis county central administration, Development Administration, Environment and Climate Neutrality Division

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

