



Summary

This handbook presents a must-read, comprehensive and state of the art overview of sustainable diets, an issue critical to the environment and the health and well-being of society.

Sustainable diets seek to minimise and mitigate the significant negative impact food production has on the environment. Simultaneously they aim to address worrying health trends in food consumption through the promotion of healthy diets that reduce premature disability, disease and death. Within the *Routledge Handbook of Sustainable Diets*, creative, compassionate, critical, and collaborative solutions are called for across nations, across disciplines and sectors. In order to address these wide-ranging issues the volume is split into sections dealing with environmental strategies, health and well-being, education and public engagement, social policies and food environments, transformations and food movements, economics and trade, design and measurement mechanisms and food sovereignty. Comprising of contributions from up and coming and established academics, the handbook provides a global, multi-disciplinary assessment of sustainable diets, drawing on case studies from regions across the world. The handbook concludes with a call to action, which provides readers with a comprehensive map of strategies that could dramatically increase sustainability and help to reverse global warming, diet related non-communicable diseases, and oppression and racism.

This decisive collection is essential reading for students, researchers, practitioners, and policymakers concerned with promoting sustainable diets and thus establishing a sustainable food system to ensure access to healthy and nutritious food for all.

Critics' Reviews

"The broad pathway to feeding everyone a diet that is healthy and sustainable is clear, but to make this happen will take enormous local and regional creativity and perseverance. This can be greatly facilitated by learning from the experiences of each other, and this handbook is a giant step in this direction." **Walter Willett**, *Professor of Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health, USA*

"Our recognition that we are now in the Anthropocene era has highlighted that many activities of humans are not sustainable; therefore, we should recognize and learn from our past mistakes and successes. This involves re-evaluating our past behaviour, considering new pathways to sustainability, educating ourselves, and finding opportunities from crises. This book, co-edited by Kathleen Kevany and Paolo Prospero, helps each of us to do that re-evaluation, through meeting the four interwoven critical challenges of our time: global demand for food; weather chaos due to climate change; decreasing quality and quantity of freshwater; and human livelihood disruption. A positive future is possible, and the authors of this comprehensive and wide-ranging text help point the way." **CD Caldwell**, *Prof. Emeritus, Faculty of Agriculture, Dalhousie University, Canada*

"This comprehensive, all encompassing handbook on sustainable diets, curated by Kathleen Kevany and Paolo Prospero, provides us with the theory, the measuring, the meaning and the cultivating of sustainable diets around the world. If you were unclear on *what* exactly are sustainable diets in all their facets, this book will provide the nuanced answers from different experienced perspectives." **Professor Jessica Fanzo**, *Johns Hopkins University, USA*

"*Handbook of Sustainable Diets* thoughtfully and unapologetically tackles the difficult conversations that need to be had now about the impacts of sustainable eating and sustainable food systems. It provides much needed practical methods from every facet of life and beautifully lays them out for us to follow. This is a must read for all researchers, policy makers, activists and eaters." **Amy Symington**, *Cookbook author, nutrition professor, researcher and plant-based chef with George Brown College, Canada*

"Our food system is central to our interlinked health, climate, and ecological crises which pose an imminent and existential threat to the survival of our species and many others. At the heart of this sadly lies a crisis of ethics. We have taken little care of our planet, each other, and the non-human animals with whom we share it. Dr. Kathleen Kevany and Dr. Paolo Prospero are to be deeply commended on this monumental international effort to provide an all-encompassing, interdisciplinary and systems level handbook on the urgent need and considerations for a more sustainable and healthful plant-based food system, that is culturally appropriate, equitable and just. I hope this incredible book, vast in its

scope and knowledge, will fuel the actions required by all of us, so we can look forward to a better future." **Zahra Kassam** *MBBS MSc FRCP(UK) FRCP(C) DiplABLM, Oncologist, University of Toronto, Canada. Co-Founder and Co-Director of Plant-Based Canada*

"As we move from and through a pandemic crisis, to supply-chain crisis and even war disruptions, a constant is the need for people to sustain themselves via the food they consume. This is a timely publication that warrants a focused read." **Joe Sbrocchi**, *General Manager, Ontario Greenhouse Vegetable Growers, Canada*

"In these critical times of simultaneous environmental, equity, and health crises, we need transdisciplinary and transprofessional approaches to wicked problem solving. This handbook offers insightful strategies, helps to map the way, and as such, holds the potential to become a definitive guide for actors collaborating across all sectors to facilitate the effective and urgent adoption of sustainable diets. After all, eating, as Wendell Berry puts it, is an agricultural act."

Duncan Hilchey, *Publisher, and Editor in Chief: of The Journal of Agriculture, Food Systems, and Community Development (JAFSCD), Lyson Center for Civic Agriculture and Food Systems*

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