

## Invited Speaker Abstract

### Author

Giddens, Janice  
Global Sustainable Nutrition Affairs and Research  
National Dairy Council  
Rosemont, Illinois  
United States

### Title

Think Globally, Act Locally: A Recipe for Sustainable Nutrition

### 1. Abstract

Our global food system is a complex web of inputs and outputs that impact the broader world we all share. As dietitians working with individuals, communities, companies and organizations across the globe, we are primely positioned and uniquely qualified to be catalysts for positive change at every key stage – from the food supply chain and the food environment to the consumer behavior level.

In this session, be empowered through real-life examples of nutrition experts from around the globe who are making a difference in their own communities and in a variety of work environments. Be prepared to leave this session equipped with actionable strategies, opportunities and resources to spark change and support sustainability efforts that benefit people, the planet and communities.

### 2. key references

1. Academy of Nutrition and Dietetics Foundation. 2018. *Sustainable, Resilient, and Healthy Food and Water Systems (SRS): A Curriculum for Dietetic Interns*. Accessible at: <https://eatrightfoundation.org/why-it-matters/public-education/future-of-food/sfs/>
2. Food and Agriculture Organization of the United Nations. 2017. Nutrition and food systems. A report by the High-Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security. HLPE Report 12. Accessible at: <http://www.fao.org/policy-support/resources/resources-details/en/c/1155796/>
3. Martin, DS. 2018. Pave the way for our global future. *Journal of the Academy of Nutrition and Dietetics*, 118(5), 779. Accessible at: [https://jandonline.org/article/S2212-2672\(18\)30277-6/fulltext](https://jandonline.org/article/S2212-2672(18)30277-6/fulltext)

### 3. key messages

- 1) Nutrition experts are primely positioned to promote healthy and sustainable food systems change in their various practice settings, from foodservice, school nutrition and community health, to clinical practice, academia and marketing –regardless of where you work, there are leadership opportunities
- 2) Dietitians can utilize systems-level approaches to support sustainable nutrition, from embracing technology and incorporating sustainability in the classroom, to promoting proper food storage and meal planning, championing health food availability, and more.