

Enabling sustainable food choices out-of-home – Insights from the project NAHGAST II

To achieve sustainable development, food consumption and production patterns have to change. In this context, lifestyles (e.g. characterized by eating out-of-home) and diets (following sustainability trends) are important aspects to be considered. Regarding production, we have to improve dishes taking into account the sustainability of ingredients, cooking and handling processes of food, food waste, and leftovers as well as classical product characteristics such as price, revenue, contribution margin, and profit. Regarding demand, notable research topics are consumer choices and how they can be altered to consider sustainability aspects, starting from the selection of the most sustainable dish to finishing the plate.

This session provides insights into ongoing transdisciplinary research as a starting point for discussing possible future activities. The following aspects/papers are highlighted:

- Which information, tools, knowledge, competences do kitchens need to be able to plan, cook and serve sustainable meals?
 1. Introduction into the NAHGAST tool for sustainability assessment.
 2. Feedback from 20 cafeterias using The NAHGAST tool will be presented.
- Which method can be recommended to assess quantity and quality of leftovers in cafeterias?
 3. Two methods were compared: videotaping returned plates and weighing leftovers. Both methods were applied for a period of one week; 57.000 plates were analyzed.
- Is it more effective to apply type 1 nudges (focusing on choice-architecture) or type 2 nudges (providing information) to influence consumer choices towards the most sustainable dish?
 4. Results are based on three intervention weeks and three practitioners with a harmonized experimental design.

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