



By eating well  
we help the Planet



VISIT OUR WEBSITE

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**SU-EATABLE LIFE**  
Reducing carbon emissions in  
the EU through sustainable diets

Coordinating beneficiary:



Associated beneficiaries:





## THE PROJECT AT A GLANCE

Our current food system accounts for **1/3 of total anthropogenic greenhouse gas (GHG) emissions** and 92% of humanity's water footprint, while causing deforestation, biodiversity loss, and impressive amounts of losses and waste from farm to fork.

Consumption patterns drive food production and its impacts. This is why a radical transformation towards **healthier and more sustainable eating habits** would have substantial benefits for the environment, economic growth, social wellbeing and public health.

The **SU-EATABLE LIFE** project aims to demonstrate the potential of **reducing CO<sub>2</sub> eq. emissions and water use related to food consumption** in Europe through the adoption of healthy and more sustainable diets.



As part of the project, a series of engagement activities have been carried out at university and company canteens located in Italy and UK, combining **educational and informative campaigns** with a **sustainable food offering** and the use of a **dedicated digital platform** to involve people.

## 5 KEY AREAS OF ACTION

- **Food offer improvement:** analysis and revision of the menu, marking the most sustainable dishes with the **MY PLATE 4 THE FUTURE** logo.
- **Training** of chefs and kitchen personnel.
- **Communication:** informative printed and digital materials for canteen users + online recipes from our [sustainable cookbook](#).
- **Engagement via the greenApes.com app** using the 4 P's approach (positive, playful, practical, participatory) and gamification dynamics.
- **Impact calculation** in terms of carbon and water footprint reduction.



## JOIN SU-EATABLE LIFE

- By participating to the project, you could **rise awareness and knowledge on sustainable and healthy diets** of your students, employees, customers, management and food service operator.
- You could **reduce the average environmental impact** of served dishes in your canteen (CO<sub>2</sub> eq. emissions and water used).
- Contact us to receive the **SU-EATABLE LIFE guidelines and free toolkit** (ITA/ENG) to implement the project in your organization.



## RESULTS AND IMPACT

- **6,557 people engaged** by pilot activities in canteens in Italy and UK (Nov 2019 – Dec 2021) by **17 partners** (companies, universities and caterers).
- A saving of about **1.7 kg of CO<sub>2</sub> eq. (carbon footprint)** and **1,670 litres of water (water footprint)** per person per day, compared to the daily average impact of a EU citizen.
- The estimated potential saving is up to **4.5K+ tons of CO<sub>2</sub> eq. emissions** and **4.23M m<sup>3</sup> of water**, considering the adoption of a sustainable diet by people engaged in pilot activities for one year.
- **Engagement is a learning process that develops over time**, enabling learners to steer their way of thinking, feeling and taking action in a more sustainable, healthful way.
- **Strategic partnerships** for replicability and transferability of the proposed solutions to other contexts and activities.

