

TERRITORIALIZING A FOOD TRANSITION TOWARDS HEALTHY DIETS AND FOOD JUSTICE BY 2040

SUMMARY OF THE PILOT WORKSHOP

(PARIS, 18 APRIL 2026)

2023-2026
18 PARTNERS



CONTEXT

EYE OF EUROPE OBJECTIVES

- Strengthen the integration of foresight practices into Research and Innovation (R&I) EU policy-making
- Support the Futures4Europe platform in nurturing an influential R&I foresight community

PILOT WORKSHOPS SERIES

- Address key topics relevant to the European Research Area (ERA)
- Experiment with innovative foresight methodologies and diverse groups of participants

KEY TAKEAWAYS

The workshop Territorializing a Food Transition towards Healthy and Equitable Food Diets by 2040, held in Paris on 18 April 2026, brought together 17 citizens to develop a shared vision for healthier, more sustainable and equitable food systems in the 14th District of Paris. Using a participatory foresight approach co-designed with the 14th District Food Social Security initiative, participants explored future challenges and opportunities across food consumption, supply and access.

Participants identified major barriers to healthy diets, including the growing consumption of ultra-processed foods, limited cooking skills and time, rising food prices, unequal access to nutritious food, and environmental pressures linked to food production. They also highlighted increasing public awareness of the connections between food, health and sustainability as a key opportunity for change.

The workshop generated a range of recommendations combining policy action with community initiatives. These included strengthening food education, supporting local and agroecological production, expanding short supply chains, promoting cooperative food initiatives, improving food security mechanisms, and introducing measures to make healthy food more affordable.

The resulting 2040 vision places food as a common good that supports health, environmental sustainability, economic resilience and social cohesion. It is built around three strategic priorities: sustainable local food systems, healthier consumption practices, and stronger solidarity across the food sector. Participants also proposed practical actions, such as creating local food networks, strengthening school-community partnerships, improving public procurement, and embedding sustainable food initiatives within municipal policies and participatory governance. Overall, the workshop demonstrated the value of citizen-centred foresight in supporting locally driven food system transformation.

WORKSHOP METHODOLOGY

1. MAPPING FOOD SYSTEM CHALLENGES

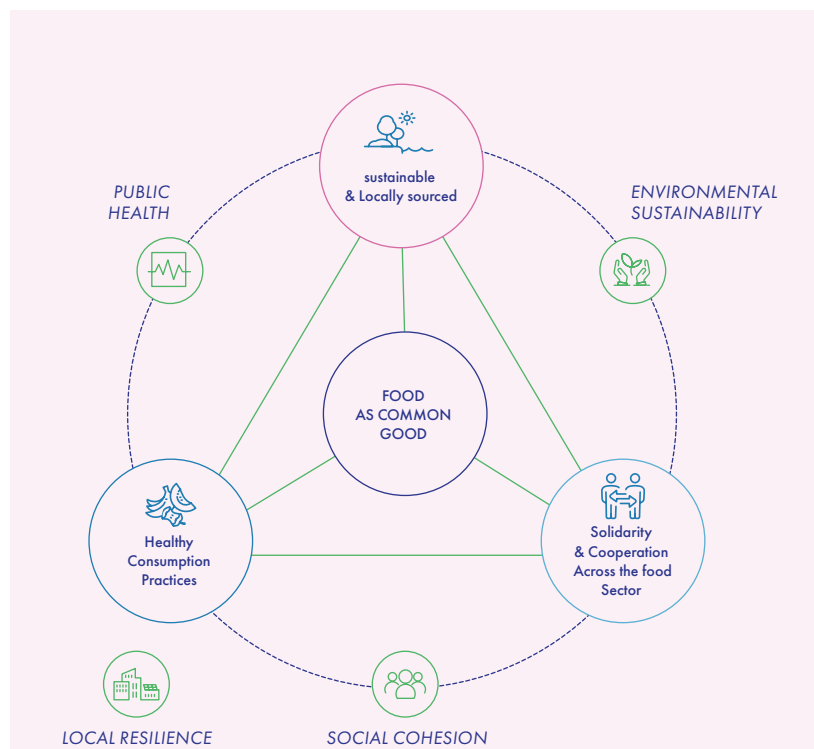
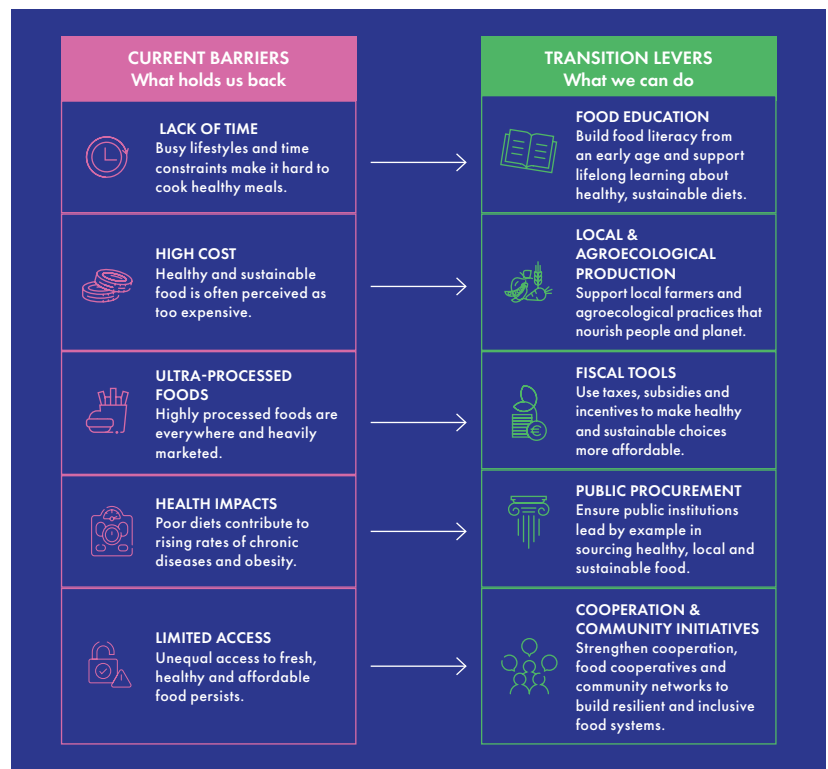
The workshop used a participatory, scenario-based foresight methodology to explore how healthy and equitable diets could be achieved by 2040 in the 14th District of Paris. Working from a systems perspective, participants examined three interconnected dimensions of the food system: consumption patterns and diets, food supply, and food solidarity and access. Following expert inputs on nutrition and food equity, participants worked in parallel groups to identify key challenges, emerging signals and hypotheses for change. These alternative pathways were then combined in plenary sessions to construct a shared vision for 2040 and identify the local actions needed to translate this vision into practice. The approach enabled citizens to connect everyday food practices with longer-term systemic transformations and territorial governance.



2.

BUILDING PATHWAYS TOWARDS HEALTHIER DIETS

Participants assessed a broad range of social, technological, geopolitical and institutional factors before identifying those with the greatest uncertainty and potential impact. While emerging technologies such as artificial intelligence featured prominently, discussions also emphasised the importance of social trust, international trade, geopolitical alliances, disaster preparedness and research security. Together, these interconnected drivers form the foundation for exploring multiple futures rather than predicting a single outcome.



3.

ROAD TO 2040: FOOD AS COMMON GOOD

The workshop produced a shared vision in which food is treated not only as individual consumption, but as a common good linking health, agriculture, the environment, the local economy and neighbourhood solidarity. By 2040, residents of the 14th District would have access to healthy, sustainable, locally sourced and culturally appropriate food. This vision rests on three complementary pillars: developing sustainable and locally sourced food supply, transforming food consumption practices, and strengthening solidarity and cooperation across the food sector. Participants also highlighted the need to structure local food initiatives, connect schools and families, strengthen collective catering procurement, and embed sustainable food within municipal policies and participatory budgets.

READ THE WORKSHOP REPORT

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