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Workshop Report

Territorializing a food transition towards healthy and equitable food diets by 2040

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Date of the workshop: 18/04/2026

Location : Maison de la Vie Associative et Citoyenne, 76 Rue
Daguerre, 75014 Paris



1.1 Introduction

Food in European countries have become a societal, health and environment issue due to its impact on human health (non-communicable diseases linked to diets), environment and biodiversity (synthetic pesticides, chemical fertilizers, changes in land use), and climate change (greenhouse gas emissions from livestock and cropping systems). Change of diets is an important public policy goal in R&I and other policies for reasons of both health and sustainability. Yet, policy makers struggle to achieve changes as influencing such an intimate area of daily life is extremely sensitive. The workshop will explore possible inroads together with a diverse group of citizens.

Numerous global foresight studies (e.g. Eat Lancet; Agrimonde-Terra) have highlighted the need for a dietary transition to achieve a sustainable and healthy future, by reducing the consumption of animal-based foods and ultra-processed foods and increasing that of pulses, fruit and vegetables. However, the path to achieving this target remains unclear. Furthermore, access to food as well as food inequalities continue to be a barrier to healthy eating (which is generally more expensive than conventional diets). In France, local citizens' groups have formed a network to facilitate access to food and foster solidarity among consumers at local level. Beyond global foresight, a transition towards healthy and equitable diets depends on concrete changes in access to food, food supply and food consumption. Densely populated metropolitan areas are ideal places to work together with citizens to imagine future changes towards equitable and healthy diets.

This workshop with citizens focused on Territorializing food transition towards healthy and equitable diets by 2040.

The workshop was co-designed with a local food organization, the 14th District Food Social Security in Paris. The participatory foresight workshop took place on Saturday 18th April at the Maison de la Vie Associative et Citoyenne, 76 Rue Daguerre, 75014 Paris, from 1.40 pm to 5.00 pm.

1.2 Process and methods

Over the course of a half-day, a group of 17 citizens developed a long-term scenario for healthy and equitable food in 2040 and discussed a strategy for achieving this at the level of an administrative area of Paris.

The workshop was opened to the general public. This invitation was sent through the networks of the 14th District Food Social Security. Everyone who wished to contribute to the topic was welcome, drawing on the own experience of food of citizens and on the local actors of the food system. 17 citizens participated to the workshop.

The workshop drew on a scenario-based approach grounded in a system approach. The system was built with three components: (1) Consumption patterns and diets, (2) Food supply, (3) Food solidarity and access. The workshop examined current trends, weak signals and ongoing changes, including cultural, environmental and social dimensions. The method incorporated social issues related to food. The outcomes enabled the participants to develop a shared vision of a future food transition and to envisage strategies that could be developed to achieve a healthy and equitable food diet in the 14th District of Paris.

The workshop was divided in four sequences.

During the *first sequence*, an introduction begun with opening remarks about the objective of the workshop by the 14th District Food Social Security, then an Icebreaker took place dealing with the relationship of the participants with the future, and a presentation of the method mobilised in the workshop introduced participants to some concepts used in foresight studies by INRAE. Then two

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presentations were given to open the debate of the foresight workshop. One by the nutritionist Anthony Fardet (INRAE) entitled ‘Eating well for our health and that of the planet: what does that mean?’ gave elements about what is and what could be a healthy diet and what are the main obstacles to achieve it with a focus on the unhealthy role of ultra-processed foods. The second presentation by Mathilde Boitias from a French think tank (La Fabrique Ecologique), entitled ‘The challenges of solidarity and cooperation in the food sector’ explored the issue of access to food and provided an overview of initiatives aimed at implementing food equity.

The *second sequence* consisted in three parallel subgroups working respectively on the changes in diets to achieve healthy diets in 2040, the changes in food supply to enable healthy and equitable food systems by 2040 and the changes in food systems to become more equitable and democratic by 2040. In each parallel workshop, participants were first invited to identify the main challenges to be dealt with for achieving the target, and then participants had to propose hypotheses of change that could be implemented to reach the target in 2040. The parallel workshops were based on two post-it sessions and a paperboard to collect the ideas of the participants. Below is the method mobilised for this sequence in the parallel subgroups:

Subgroup1: Changes in consumption patterns and diets by 2040. How might diets and consumption patterns evolve to become healthier?



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- Question 1: What challenges exist today in changing diets and consumption patterns (price, time spent cooking, access to certain products)? What potential breakthroughs might there be?
- Question 2: What hypothesis might we envisage to encourage a shift towards healthier eating habits by 2040?

Subgroup2: Changes in food supply in 2040 for reaching healthy diets. What kind of supply? What kind of agriculture, processing and retailing?

- Question 1: What are the food supply challenges for developing healthy diets? What potential disruptions might there be?
- Question 2: What changes in the food supply should we envisage to encourage a shift towards healthy diets by 2040?

Subgroup3: Changes in Food solidarity and access for achieving healthy diets in 2040. How might food systems change to become more equitable and democratic by 2040?

- Question 1: What are the challenges for access to healthy food and the establishment of food justice? What potential breakthroughs are there?
- Question 2: What changes in the food access and food justice should we envisage to encourage a shift towards healthy diets by 2040?

The *third sequence* was dedicated to the building of a scenario for healthy and equitable diets by 2040. This took place as part of a collective plenary discussion based on the presentation of the hypotheses that had been developed within the



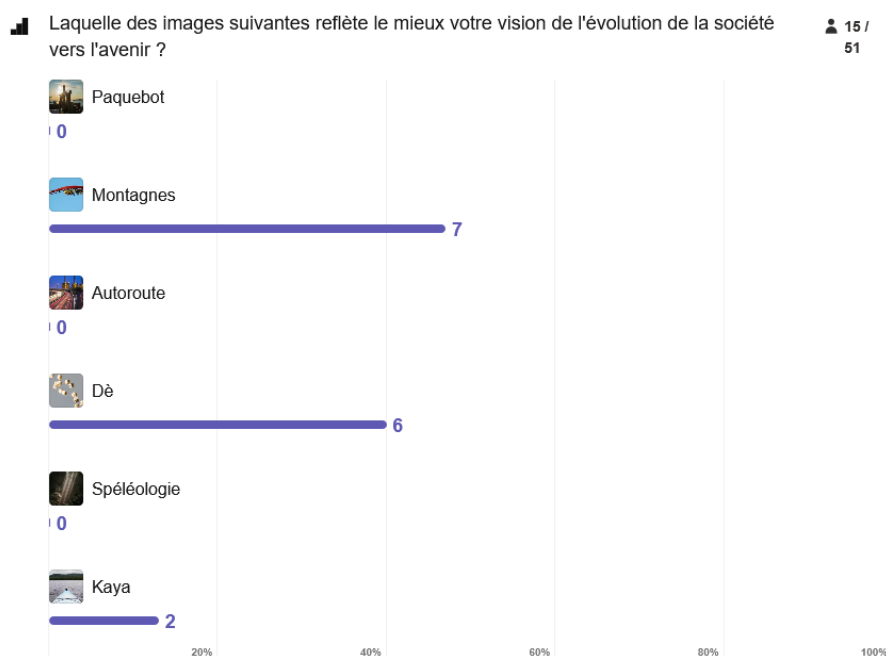
three sub-groups (diets, food supply, food justice). By combining the various hypotheses put forward by the three sub-groups, a scenario aimed at establishing healthy and equitable diets by 2040 began to take shape, with participants' contributions converging towards a shared vision of the future. The next and last step of the workshop was to territorialise this scenario by answering the questions: 'What changes in the food system of the 14th District are needed to move towards healthy diets and food justice by 2040? What actions should be implemented by actors to reach this target?'

The *fourth sequence* was the conclusion and participants' evaluation of the workshop .

1.3 Results and outcomes

Results of the ice breaker

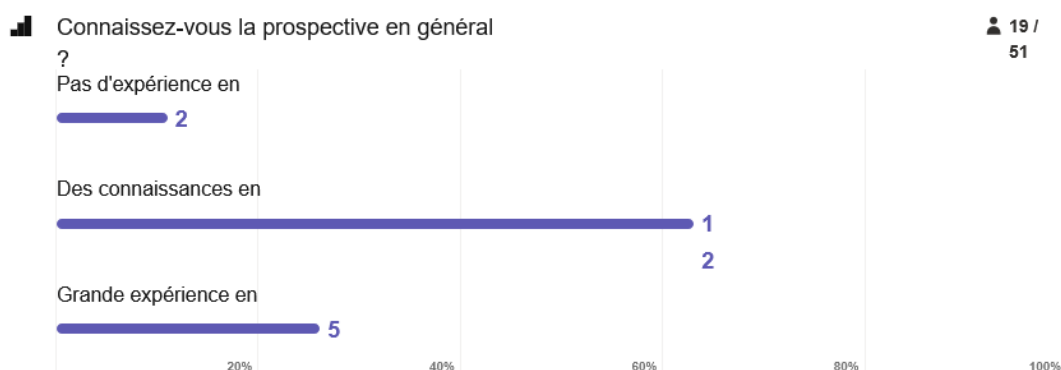
The icebreaker was performed in presence in room through direct participation.



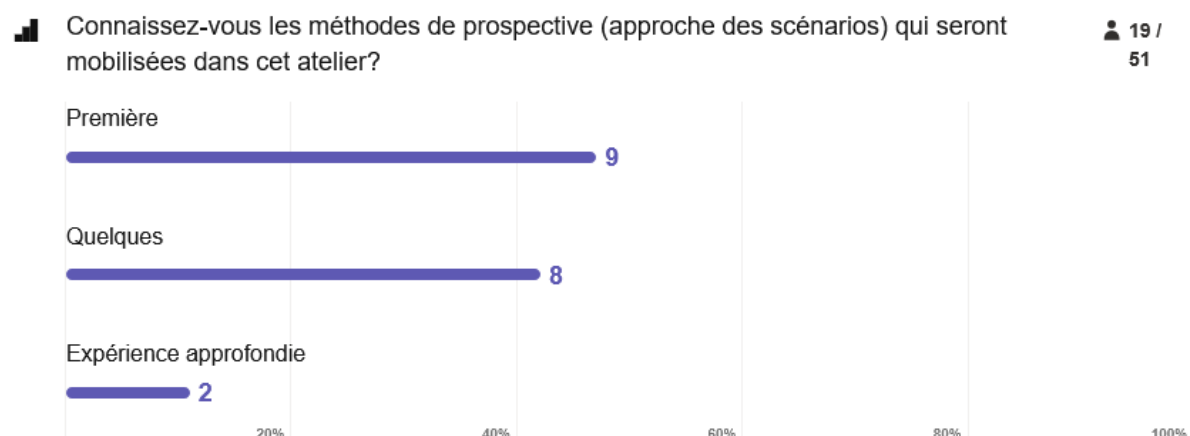
The vision of the future of society by participants was mainly Rollercoaster (7 answers) and Dice (6 answer) showing both a strong instability and uncertainty in their perception of the future.



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Most of the participants (12) had some knowledge about what is foresight, only two participants had no knowledge about foresight.



Half of the participants (10) had some experience with foresight methods, and the rest had no experience with foresight method (9).

Result of the workshop

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During the participatory foresight workshop on the food transition in the 14th district, hypotheses describing the changes of the three components of the system were first elaborated, then a scenario of healthy and equitable diets by 2040 was built, and finally several courses of action were proposed to strengthen future local initiatives aimed at achieving a more sustainable, accessible and community-based food system by 2040.

First, participants formulated **hypotheses regarding the changes expected by 2040** across the three components.

1. Consumption patterns and diets

The main challenges identified for changing consumption patterns towards healthy diet were:

- The decreasing time available for preparing meals and the loss of cooking skills and knowledge
- The trends towards increased consumption of ultra processed foods and junk food for young people (sugar addiction, role of digital platform in this shift)
- The rise in diet-related illnesses and allergies
- As a weak signal, the raising awareness among people of all backgrounds of the link between food quality and good health, and conversely, the link between junk food and disease.

- The shrinking budget dedicated to food, the price of healthy food as a barrier
- The need to reduce animal product consumption

Based on these challenges the participants identified several changes that could be implemented to reverse these trends. Key hypotheses for developing a healthy and equitable diet by 2040 are:

- Raise awareness of the negative effects of ultra-processed foods (information campaigns modelled on anti-smoking campaigns; Increase public awareness of the effects of ultra-processed food and highlight additional costs through impacts on healthcare systems)
- Implement public policies to limit the consumption of unhealthy products (Apply a 'polluter pays' principle to food and health; Establish differentiated VAT rates favouring healthy products and disadvantaging conventional products)
- Implement public policies and initiatives promoting access to healthy products (Subsidy fruit and vegetables consumption through public policies; Restore individuals' purchasing power for food, notably through food security schemes)
- Improve culinary skills and knowledge for cooking with fresh produced through training, peer-to-peer exchanges, or cooking education in schools

2. Food supply

Key considerations for developing a healthy and equitable food supply system by 2040 were identified by the subgroup participants:



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- **The development of agroecological:** the development of permaculture and agroecology (more included in agricultural education), the public support for organic farming
- The **implementation of public policies targeting processing, equity in the food chain, food regulation, consumers** by: Relocating processing; Developing local supply chains; Supporting processing of local produce and de-industrialise food processing (ultra-processed foods); Banning ultra-processing and imposing more taxes on unhealthy products; Legislating on distribution margins to reduce them on healthy products and increase them on junk food and require transparency on margins; Raising awareness through labelling (such as Nutriscore)
- The **implementation of grassroots initiatives targeting schools and public institutions, and developing cooperation initiatives in the food system:** such as School–farmer partnerships, Raising children’s awareness in schools, nutrition lessons in canteens; Incorporating environmental and health criteria into tenders /do not base decisions solely on price; Developing kitchens for school canteens, care homes, hospitals, and Community-run canteens; Reducing the number of intermediary in the value chain; Developing Co-operative supermarkets, AMAP shops, enabling more frequent direct supply

3. Food solidarity and access

The main challenges identified for changing Food solidarity and access towards equitable and healthy diet were:

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- The **time available for eating and cooking**: Workload involved in cooking (schedules/family); Weak signal: less importance placed on cooking among young people
- **Cultural issues** including: Diversity of eating habits; Sharing cooking knowledge; Weak signal: neighborhood meals (immediate neighbors); Way we talk about food, we need to change mindsets; Risk of very short-lived changes with a return to the previous situation

Key considerations for developing food solidarity and cooperation by 2040 were identified by the subgroup participants:

- Implementing **public policies targeting the right to food**: Amending the CAP and reorient subsidies towards sustainable agriculture; Establishing a right to food, a social security for food
- Implementing **grassroots initiatives around local organisation of food solidarity** with: Development of Food Banks (CAS) in neighborhoods; Coalition of Food Banks to put pressure on the distribution sector; Scholar's involvement in the canteen (meal preparation)

Second, a common vision for healthy and equitable food by 2040 was developed through a collective oral exchange during a plenary session.

By 2040, the 14th district has made food a key driver of health, social justice, the green transition and community spirit. Every resident, regardless of their age,



income or lifestyle, have easy access to healthy, sustainable, locally sourced and culturally appropriate food. Food is no longer seen as mere individual consumption, but as a common good that links human health, agriculture, the environment, the local economy and neighbourhood solidarity.

This vision is based on three main complementary pillars arising from the work of the sub-groups:

- i. Developing a sustainable and locally sourced food supply;
- ii. Transforming food consumption practices;
- iii. Strengthening solidarity and cooperation in the food sector.

Developing a sustainable and locally sourced food supply

The 14th arrondissement supports sustainable agriculture based on agroecology, permaculture and organic farming. Short supply chains are prioritised in order to bring food supply closer to home and strengthen links between producers and consumers.

Local food processing networks are being developed to limit dependence on large industrial groups and reduce the prevalence of ultra-processed foods. The number of intermediaries is being reduced through direct partnerships with producers, Community Supported Agriculture (CSA) schemes, cooperative shops and citizen-led initiatives.

Markets, local shops and catering facilities are becoming showcases for local, seasonal and environmentally friendly food.

Public policies support this transformation through: the development of local production and processing networks; the integration of environmental and health criteria into public procurement; transparency regarding distribution margins; tax

mechanisms favouring healthy products; the gradual reduction of ultra-processed products.

The catering sector is playing a leading role in this transition. School canteens, care homes and healthcare facilities are prioritising fresh, local, minimally processed and predominantly plant-based produce.

Children are learning about nutrition, cooking and agricultural issues from a very young age thanks to partnerships between schools and local producers.

Transforming food consumption practices

The 14th arrondissement promotes a food culture based on the joy of cooking, sharing and mealtimes. In response to the rise in diet-related illnesses, sugar and fat addictions, and the widespread availability of junk food, an ambitious policy of public food education is being rolled out.

Inhabitants are developing their culinary skills through workshops, training courses, peer-to-peer exchanges and initiatives in schools. Simple, healthy and economical cooking is promoted to demonstrate that high-quality food can be affordable and compatible with the demands of everyday life.

The local authority is also taking action to: raise awareness of the health effects of ultra-processed foods; promote a balanced and minimally processed diet; gradually reduce the consumption of animal proteins; promote plant-based, local and seasonal produce; tackle food inequalities linked to budget constraints or lack of time.

Ambitious public campaigns inform residents about the links between diet and health, as well as the social and health costs of junk food. The diversity of dietary



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habits is recognised and respected. Food becomes a space for intercultural dialogue, conviviality and the passing on of knowledge.

Strengthening solidarity and cooperation in the food sector

The 14th District regards access to healthy food as a fundamental right. Thanks to food security schemes, neighborhood food banks and community initiatives, healthy, high-quality produce is becoming accessible to everyone.

Community kitchens, community canteens, neighborhood meals and cooperative projects strengthen ties between residents and help combat isolation and food insecurity. The area supports food governance based on cooperation between inhabitants, associations, schools, producers, retailers, health professionals and local authorities. Citizen initiatives are networked to empower residents and build a genuine local food democracy.

This collective dynamic enables: the region's food resilience to be strengthened; the sharing of culinary knowledge and practices to be developed; mutual support among inhabitants to be fostered; spaces for social interaction centred on food to be created; a fairer, healthier and more sustainable food model to be built.

The diversity of dietary habits is recognised and respected. Food becomes a space for intercultural dialogue, social interaction and the transmission of knowledge.

Third, based on the vision for 2040, the discussions were developed around strategic issues for reaching the 2040 target in the 14th District of Paris.





Discussions initially highlighted the **need to better structure and give visibility to the local initiatives**. Participants proposed creating a collective of food-related associations in the 14th District to strengthen their ability to make their voices heard by the town hall and the Territorial Professional Health Community. This collective initiative could, in particular, build on key awareness-raising and promotional events, such as the Food Days organised by the town hall or Taste Week, which would help to raise the visibility of local stakeholders, encourage dialogue and strengthen local cooperation.

Particular attention was also paid to **educational issues and the involvement of inhabitants**. The establishment of working groups bringing together parents and school staff was discussed with a view to devising evening workshops on food. These sessions could help raise families' awareness of health, taste and sustainability issues, while strengthening the links between the various educational stakeholders and local inhabitants.

The discussions also highlighted the importance of **strengthening the capacity of collective catering organisations** to take action. It was proposed that groups be formed bringing together hospitals, prisons, care homes and schools in order to pool their requirements and negotiate better terms for their supplies. With this in mind, participants suggested approaching Agri Paris Seine to explore potential links between local agriculture and public procurement, particularly through central purchasing schemes that could support more sustainable and locally-based supply chains. A more ambitious idea also emerged regarding the possibility for the local authority to purchase farms directly, under a municipal





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management model, in order to help supply the 14th District with high-quality products from sustainable agriculture.

Finally, participants emphasised the need to **embed food-related issues sustainably within local public policies**. The idea of setting aside a portion of the **council's participatory budgets** to fund projects related to sustainable food was put forward to ensure **long-term support for local initiatives**. The discussions also highlighted the **importance of regulatory issues**, particularly hygiene protocols within local authorities, identified as a key challenge in enabling the evolution of food-related practices.

