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Workshop Report

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

Report by Olivier Mora and Audrey Béthinger (INRAE DEPE)

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 .

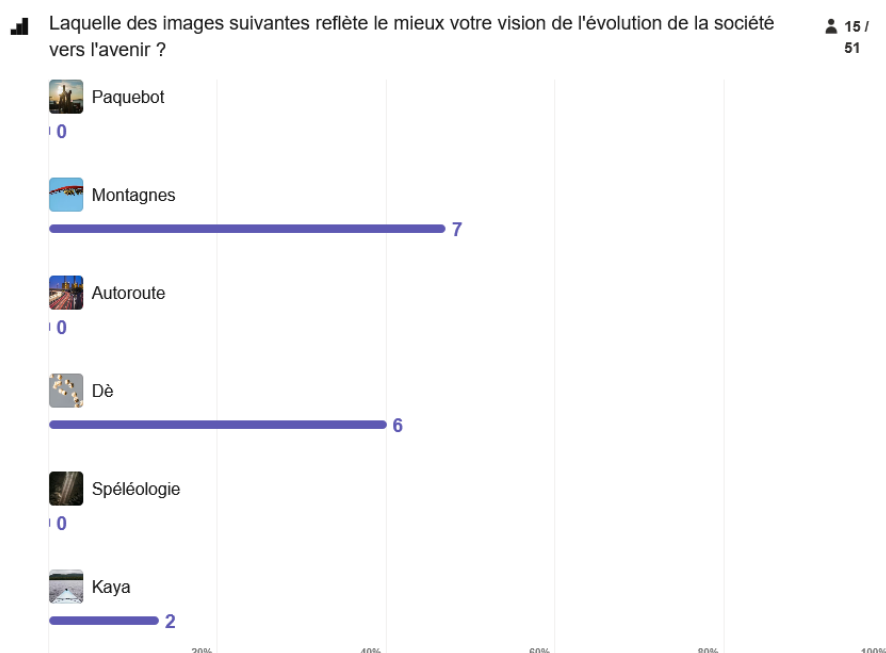


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1.3 Results and outcomes

Results of the ice breaker

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

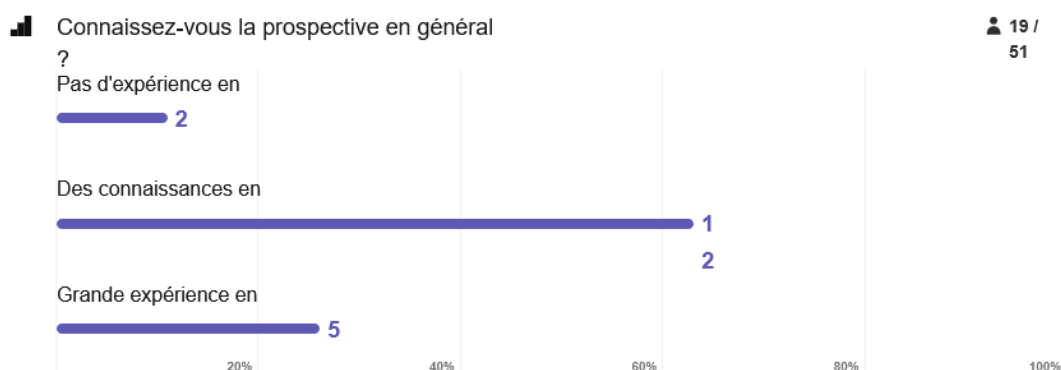


The vision of the future of society by participants was mainly Rollercoaster (7 answers) and Dice (6 answer) showing both a strong instability and uncertainty in their perception of the future.

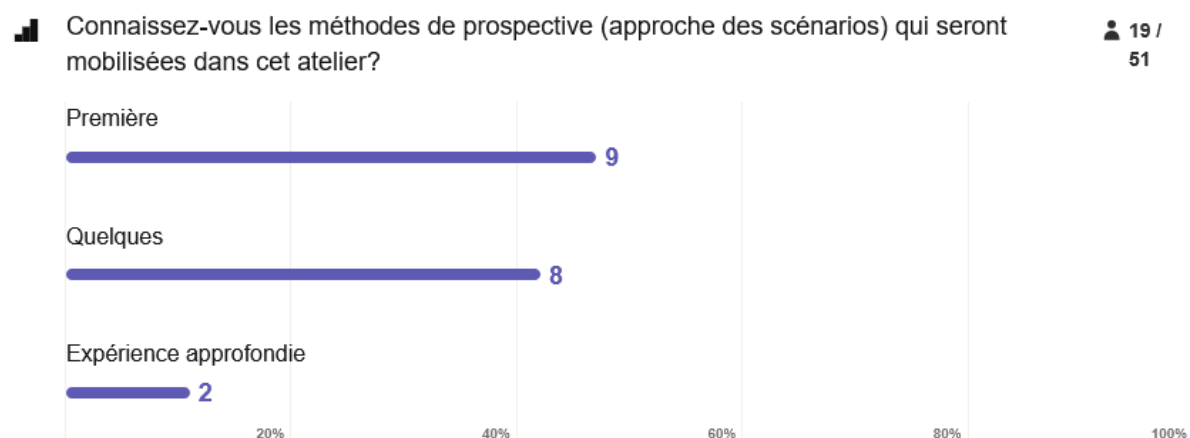




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Most of the participants (12) had some knowledge about what is foresight, only two participants had no knowledge about foresight.



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:

- **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

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.



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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.

1.4 Annexes





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Reflection Template for Pilot Activity Design (ex-ante)

Territorializing a food transition towards healthy diets and food justice by 2040 (INRAE-CAS)

Aspect	Question	Partner reflections
Workshop Rationale	Why do you think the workshop topic is relevant for ERA and R&I stakeholders in Europe?	Citizen engagement for transition towards healthy diets and food justice by 2040 at the territorial level.
Workshop Approach	What are the key guiding questions that will be tackled in your workshop?	Reflection on food practices, nutrition, food access, food justice, and territorial organisation of the food system. How could we make the transition to healthy and just diets more concrete at a local level?
	Which main Foresight methods do you plan to apply?	Develop a common vision based on a scenario approach using morphological analysis and focusing on three aspects of transition: nutrition, food justice, and territorial organisation of food system. Workshop organised in Wordcafe format
	What kind of input do you envisage for the workshop (if any)?	Two presentations on the nutritional and social challenges of food will be given at the start of the workshop by two researchers: - What does it mean to eat well for our health and that of the planet? - What the challenges of solidarity and cooperation in the food sector?
Workshop Participants	What kind of participants do you plan to involve? (specify different groups e.g. expertise, stake, background)	20-30 citizens involved in local organisations dealing with food and access to food in the 14th arrondissement of Paris



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	How do you plan to identify the participants?	With the help of our local partner: a local food social security association
	How do you plan to mobilise the participants? What do you see as their incentive for participation?	We will give them a structured opportunity to deepen their knowledge of the stakes associated to healthy and just diets. Their participation will give them the opportunity to exchange views collectively.
Workshop Expectations	What kind of outcomes do you expect from the workshop?	Build shared visions of what could be a transition towards healthy diets and food justice in 2040, identifying main actions and strategies that would be needed to reach this target
	What kind of learnings do you expect from the workshop process (for participants as well as your own team)?	Opportunity for citizens to create a shared vision for the future on societal and territorial aspects of dietary changes through an inclusive visioning process. Identify shared long-term goals for their action. Citizen workshop will be an opportunity for R&I to work with citizen on a societal thematic dealing with the implementation of diet transitions.
	How do you envisage the use of the workshop outcomes: Who may use the outcomes for what purpose? How are you yourself expecting to use the outcomes?	Citizens in this process are supposed to bring in everyday perspectives on their diet habits, their concerns and wishes. The outcomes could serve as inputs for policy recommendations aiming at healthy and just diets, and also to question existing approaches of dietary transition in R&I.
	What are the main challenges you expect in organising and conducting the workshop?	Difficulty to select the participants, then how to connect well individual practices and collective issues during the discussions





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Template for Draft Pilot Workshop Agenda

#Please alter this document in the best way to suits your workshop.

Timing	Activity	Purpose	Setting
13.40-14.00	Coffee reception	Meet and greet	
14.00-15.10	- Opening by the association 14 à Table - Icebreaker and workshop introduction (INRAE) - Presentations on the nutritional and social challenges of food and discussion: 'Eating well for our health and that of the planet, what does it mean?' by Anthony Fardet (INRAE) 'The challenges of solidarity and cooperation in food.' By Mathilde Boitias (La Fabrique Ecologique)	Presentation of the 14th District Food Social Security, presentation of the context, getting a feel of the assembly and their degree of familiarisation with foresight, sharing scientific content with the participants to help levelling the knowledge on the subject at hand	Plenary, participants around a U-shaped table, one presentation via visio-conference, one presentation in person
15.10-16.00	Workshop session on changes in consumption and the social aspects of food in 2040 - How could diets evolve to become healthier? - How could the supply chain evolve to fit into a healthy and fair food transition?	Building hypothesis of evolution of 3 components of our systems	3 sub-groups



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	- How could food systems change to become fairer and more democratic in 2040?		
16.00-16.15	Break		
16.15-16.50	Workshop sequence on building a fair and healthy food transition pathway for the 14th	Feedback of the previous sub-groups results in order to build a common vision of a transition pathway for the district towards a healthier and fairer food system.	Plenary
16.50-17.00	Closing of the workshop	Informing participants of the follow ups of this workshop	Plenary



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Template for Capturing Learnings with Teams (ex-post)

This template is confidential and only for the use of the organising team. It is highly recommended to conduct the debriefing with the whole team of facilitators. Key insights can be extracted for the lessons learned.

Aspect	Question	Partner reflections
Workshop Rationale	Did the results match your expectations on its importance for ERA/R&I? What turned out differently?	Yes the vision constructed matches our expectations in terms of the questions it raises for research
	Were there any novel unexpected aspects emerging?	No
Workshop Approach	Do you think the methods worked well? Would you use different methods if you would do it again?	The method worked but we were initially hoping to build several scenarios where the final result is in the form of a vision. We could therefore have used specific visioning methods.

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	What was unexpected in the process?	Perhaps the convergence of the participants around one common vision was quite spontaneous.
	Do you think the input was adequate, would you provide different input next time?	The input was adequate but a bit too long when looking back at it.
	What are the main challenges you encountered before/during/after the workshop? How do they compare with the ones expected?	It was difficult to organize in terms of finding a place and recruiting participants. A group of citizens is much more difficult in terms of workshop animation compared to a group of researchers. but it was expected from previous experience.
	What are the key learnings from the process, what would you do differently next time Do the learnings match your expectations?	We lacked time during the workshop and the visioconference equipment was not user friendly so we lost time with that at the start (as one of our introductory speakers was giving his presentation online). Next time we would organize the workshop on a longer timespan though it is hard to get people to give their free time for such an exercise.
Workshop Participants	Did the group of participants match your expectations?	Yes: it was quite diverse.
	What would you do different next time?	A broader publicity for the workshop, online registration.
	Were there any voices missing?	it lacked some representative from the associative world of food solidarity (e.g. food





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		banks) to bring their expertise on food precarity challenges.
Workshop Outcomes	Do the outcomes match your expectations?	Yes we were able to get the participants to build a territorial vision for a healthy and just food transition.
	How do you envisage the use of the workshop outcomes: Who may use the outcomes for what purpose? Compare with previous reflections.	The outcomes are expected to be of some use to the association which helped us put the event together which is experimenting food social security system at the district scale. They are also expected to be of some use by the district council whose prerogatives include the food transition.
	How are you yourself expecting to use the outcomes? Compare with previous reflections.	The outcomes of this workshop highlight the contribution of the local and regional level in the question of food transition. They provide food for thought on the governance of the food transition and its organisation across the Paris metropolitan area. It also nourishes the reflection on the synergies between actors and the place of active citizens in our projects.

