





Food and Health



- Food is a **major determinant of health, influenced** by many individual, social, economic and environmental factors.
- **High exposure to unhealthy eating habits:** Ultra-processed food, beverages, advertisements, etc.
- **Health and sustainable food production** issues are closely linked (resources, production methods, consumption, packaging, etc.)

Social inequalities

- **Cost** of good eating, **access** to quality food (fresh food, vegetables/fruits)
 - **Cultural** habits, changing from unhealthy to healthy habits may need various steps!
 - Prevalence of **obesity**
- ⇒ **Food marketing** plays a key role





Reinventing food systems



- **Nantes:** 'nutritious landscapes' during COVID19 pandemics
- **Brest:** priority to local food producers and organic farming in collective catering
- **Grand Chalon:** partnerships dynamics to ensure the coordination of actions on the territory.



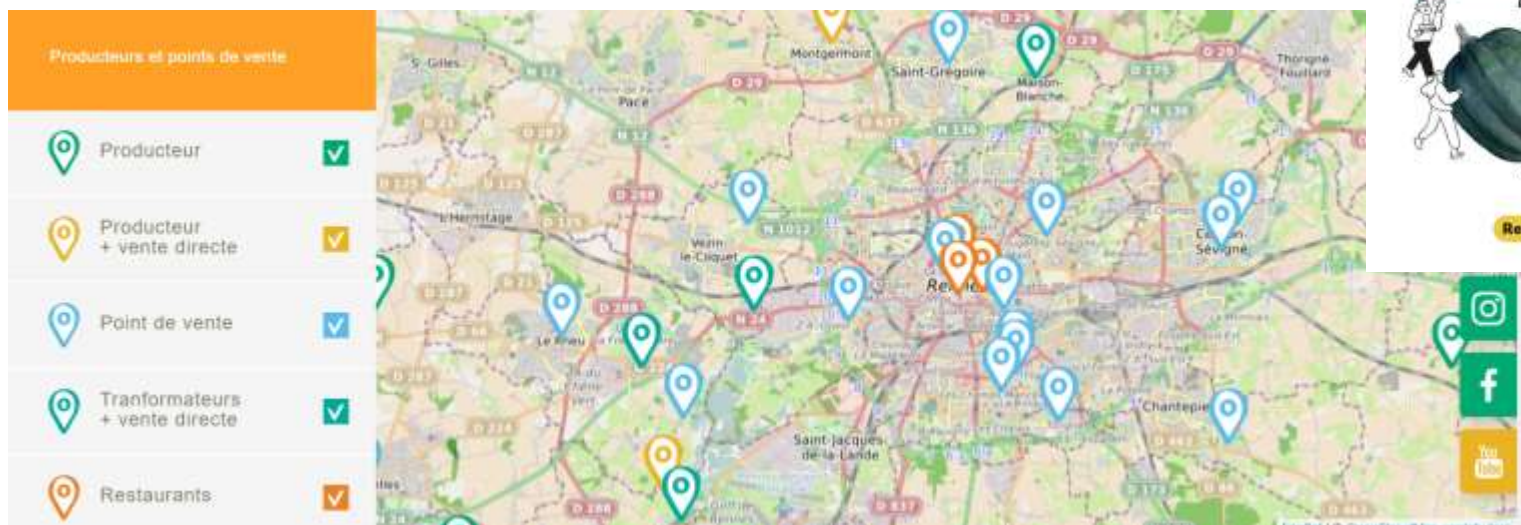


Fighting inequalities

- **Brest, Limoges, etc.** : Solidarity grocery shop
- **Toulouse**: Solidarity food baskets for persons in need
- **Paris** : "Cooking Smart" booklet created with people in precarious situations offers easy and inexpensive recipes that require little kitchen equipment.
- **Amiens** : 'Food Truck Women'
- **Many cities**: Social pricing systems



Rennes : Water management, producers' partnerships and healthy cooking promotion



Strasbourg: a 'green prescription' for pregnant women

