



Changing Food Procurement paradigma with local fully plant-based options

A Portuguese case study



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WHO WE ARE

ProVeg Portugal

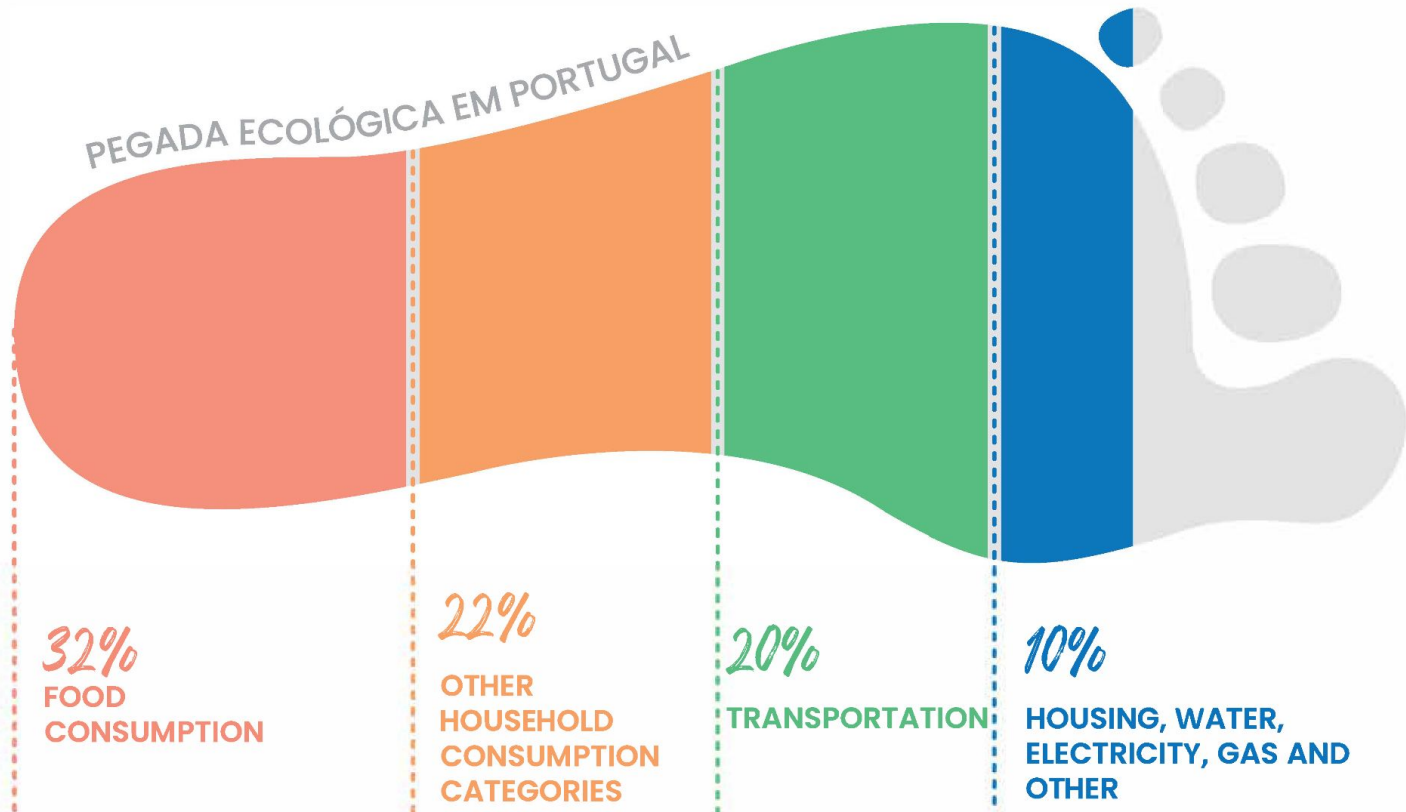
- **ProVeg Portugal is a non-profit organization that aims to support the promotion of a plant-based diet,** associating it with a healthy, compassionate and ecologically responsible lifestyle.



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**PORTUGUESE CONTEXT:
FOOD & ENVIRONMENT**

ECOLOGICAL FOOTPRINT - Portugal



ECOLOGICAL FOOTPRINT - Portugal



Science of The Total Environment

Volume 749, 20 December 2020, 141307

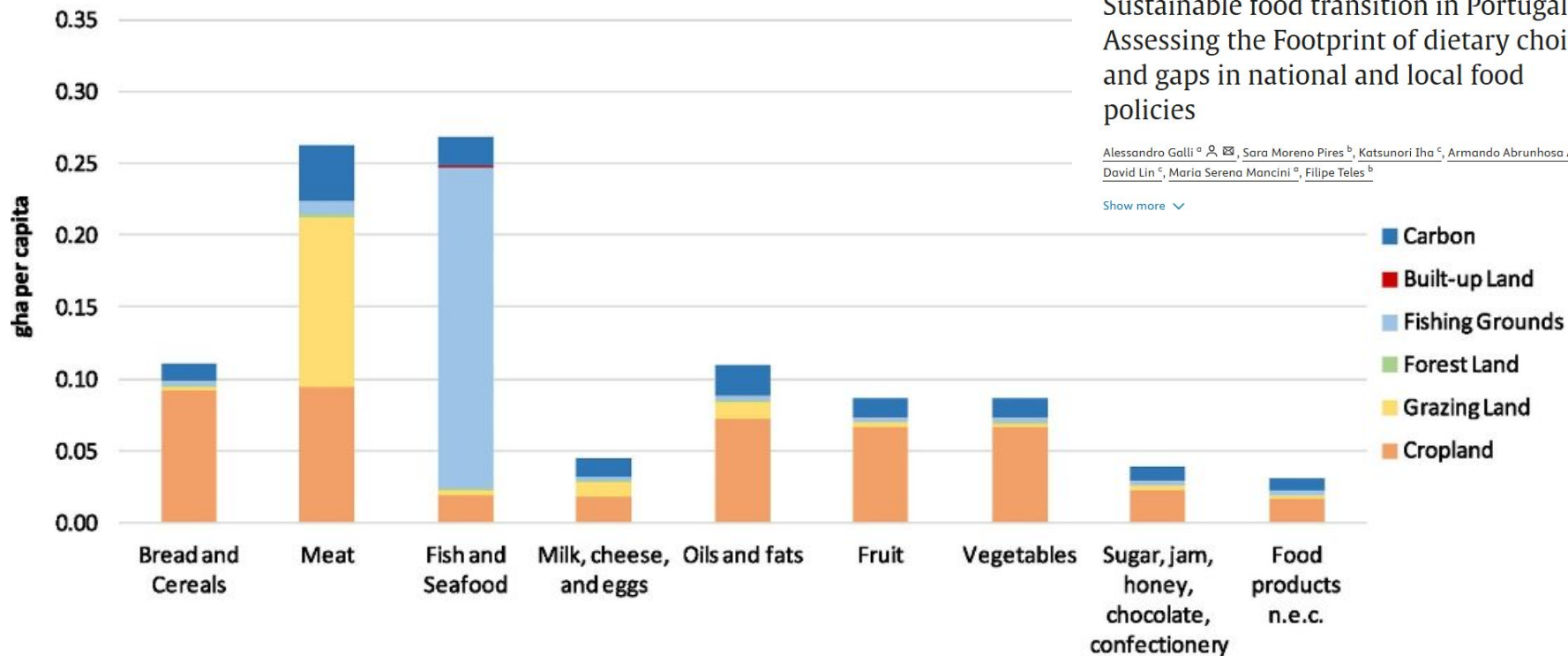


Portugal

Sustainable food transition in Portugal:
Assessing the Footprint of dietary choices
and gaps in national and local food
policies

Alessandro Galli ^a, Sara Moreno Pires ^b, Katsunori Iha ^c, Armanda Abrunhosa Alves ^b,
David Lin ^c, Maria Serena Mancini ^a, Filipe Teles ^b

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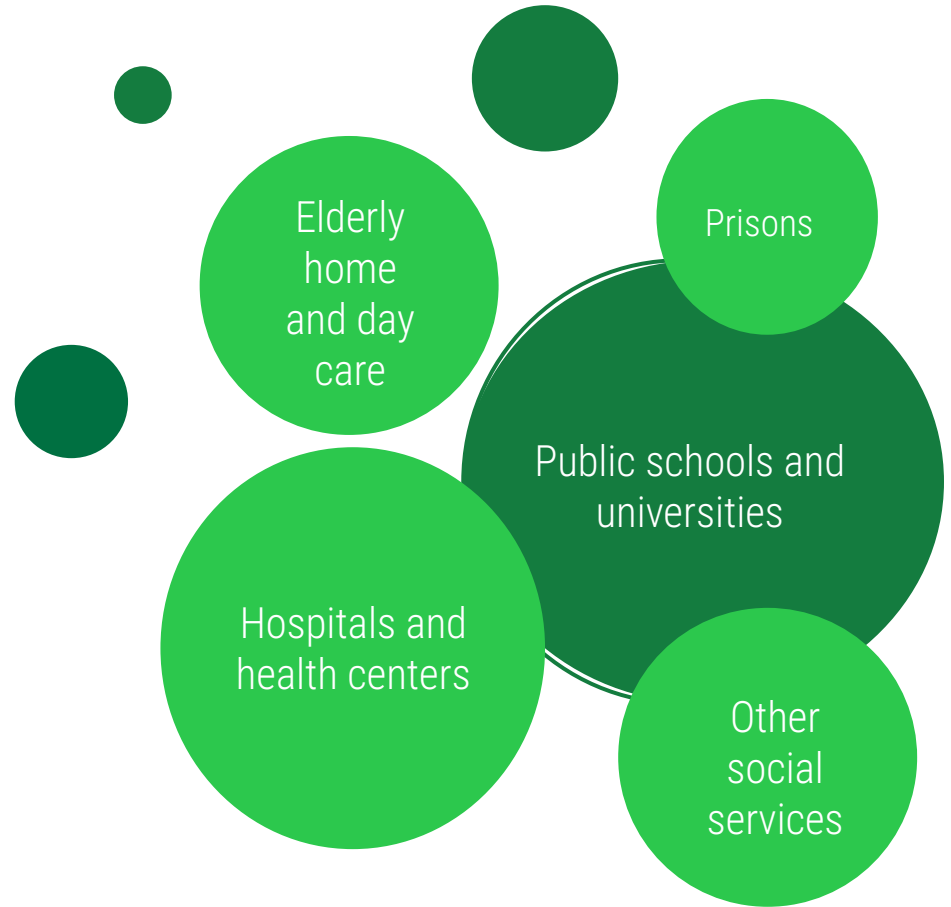
**PORTUGUESE CONTEXT:
PORTUGUESE LAW**

LAW 11/2017

In 2017, thanks to a petition led by AVP, Portugal implemented a law that establishes a **mandatory option of a fully plant-based meal** in Portuguese public canteens.



Where does the Law apply?



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PUBLIC FOOD PROCUREMENT IN PORTUGAL AND ENVIRONMENT (EC0360)

Public Food Procurement in Portugal

National Ecological Public Procurement Strategy, ECO360

- Tool that integrates environmental criteria into framework agreements for public procurement, thereby influencing the procurement processes initiated by public entities.
- But not mandatory and not well known....

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PUBLIC FOOD PROCUREMENT

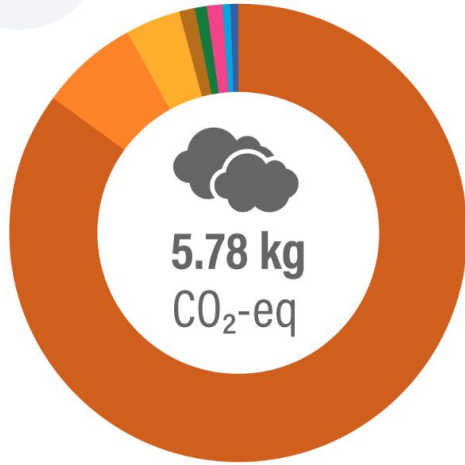
PLANT-BASED MEAL AS DEFAULT OPTION

IS THE SOLUTION?

Global warming potential of lasagne meals

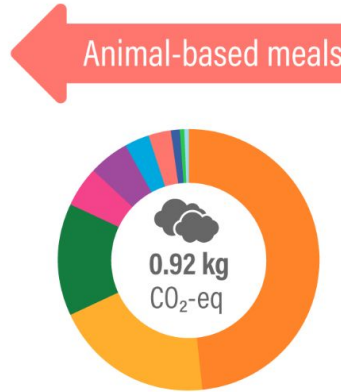


Beef lasagne



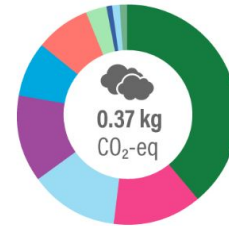
- Beef mince
- Cheese
- Milk
- Bacon
- Vegetables
- Pasta lasagne sheets
- Margarine
- Plain flour

Vegetarian lasagne



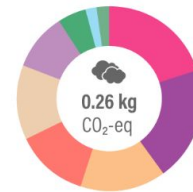
- Cheese
- Milk
- Quorn mince
- Pasta lasagne sheets
- Chopped tomatoes
- Margarine
- Red peppers
- Plain flour
- Spinach
- Onions

Vegan lasagne



- Vegan mince
- Pasta lasagne sheets
- Soy Milk
- Chopped tomatoes
- Margarine
- Red peppers
- Vegan cheese
- Plain flour
- Onions
- Spinach

Whole-food vegan lasagne

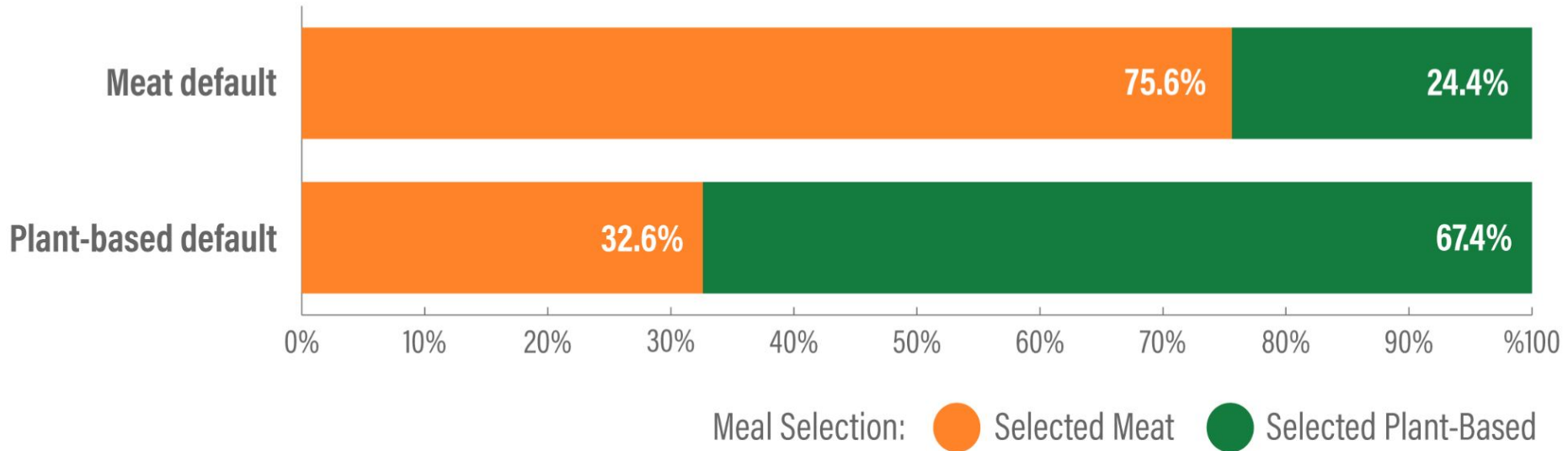


- Pasta lasagne sheets
- Chopped tomatoes
- Cauliflower
- Peppers
- Lentils
- Aubergines
- Courgette
- Onions
- Spinach

Animal-based meals

Plant-based meals

Percentages of plant-based and meat meal selection among control (meat default) and intervention groups (plant-based default)



Global data: Replacing a non-vegetarian menu item with a vegetarian option is estimated to reduce GHG emissions by approximately 30%.

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**OUR SUSTAINABLE
MEALS PROGRAMME**

WHO WE ARE

Sustainable Meals programme



- Our **Sustainable Meals programme** was created in 2022 and works with public institutions to increase and improve plant-based options in cafeterias/canteens, making them the default meal weekly, bi-weekly or monthly.
- **Schools, universities and hospitals.**

The Team



Carolina Mesquita
Program Manager



Ariadne Trindade
Program Assistant



Sara Vaz
Program Assistant



Filipa Calisto
Program Assistant



Adriana Sousa
Nutritionist



Joana Oliveira
CD, ProVeg Portugal

SUSTAINABLE MEALS

A ProVeg Portugal programme

- In-person **plant-based cooking training** for canteens teams or food service companies
- Sessions for **guardians (in schools)**
- **Workshops**
- **Certification**
- **Carbon footprint** calculation
- +100 plant-based meals **recipes developed** by a nutritionist
- **Shopping list**





SUSTAINABLE MEALS

A ProVeg Portugal programme

- **Plant-based meal as default option** for all students, weekly or biweekly.
- **Reduce the environmental footprint** and promote a **more balanced diet**.

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**OUR SUSTAINABLE
MEALS PROGRAMME
IN SCHOOLS**

8 MUNICIPALITIES SIGNED OUR **PROGRAMME FOR SCHOOLS**

2022–2023

Almada e Albufeira

2023–2024

Peniche, Santa Maria da
Feira e Estarreja

2024–2025

Braga, Carregal do Sal e Leiria

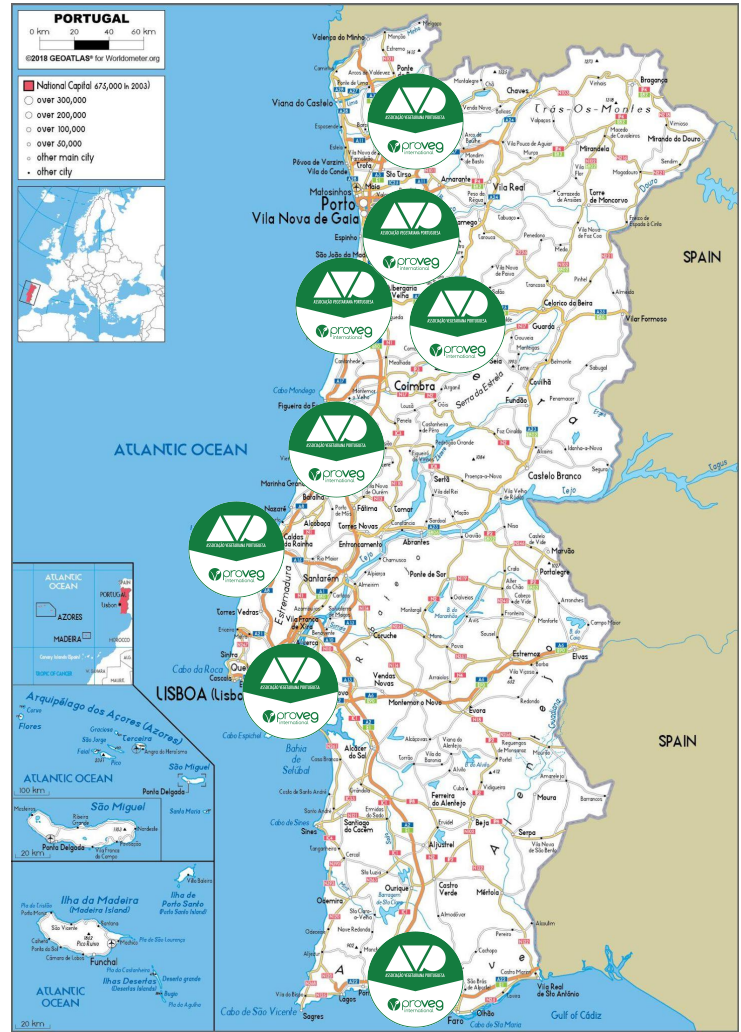


+4,000 plant-based
meals per week



+250 schools

8 MUNICIPALITIES SIGNED OUR PROGRAMME FOR SCHOOLS



SUSTAINABLE MEALS

A Portuguese programme



Carbon footprint

Average of
animal-based meal



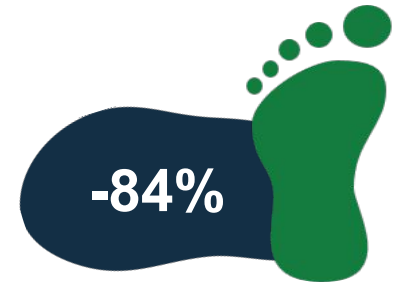
1.48 kg CO₂eq

vs

Average of
plant-based meal



0.23 kg CO₂eq



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A PRACTICAL CASE

IN A COUNCIL THAT IMPLEMENTED OUR
SUSTAINABLE MEALS PROGRAMME IN SCHOOLS

The council of Estarreja joined the programme in October 2023 - plant-based meal as default option once per week



IMPACT

Waste

- Food waste assessed in 3 Schools throughout the month of January 2024:

Type of meal	Average waste per capita
Fish meal	4%
Meat meal	4%
Egg meal	5%
Vegan meal	5%

No significant differences were observed in food waste on Sustainable Meal days compared to days where the protein was of animal origin.

IMPACT

Carbon Footprint Reduction

Around 133 tons of CO₂eq were saved, equivalent to 227 round-trip plane trips Lisbon-Munich, in just 6 months!

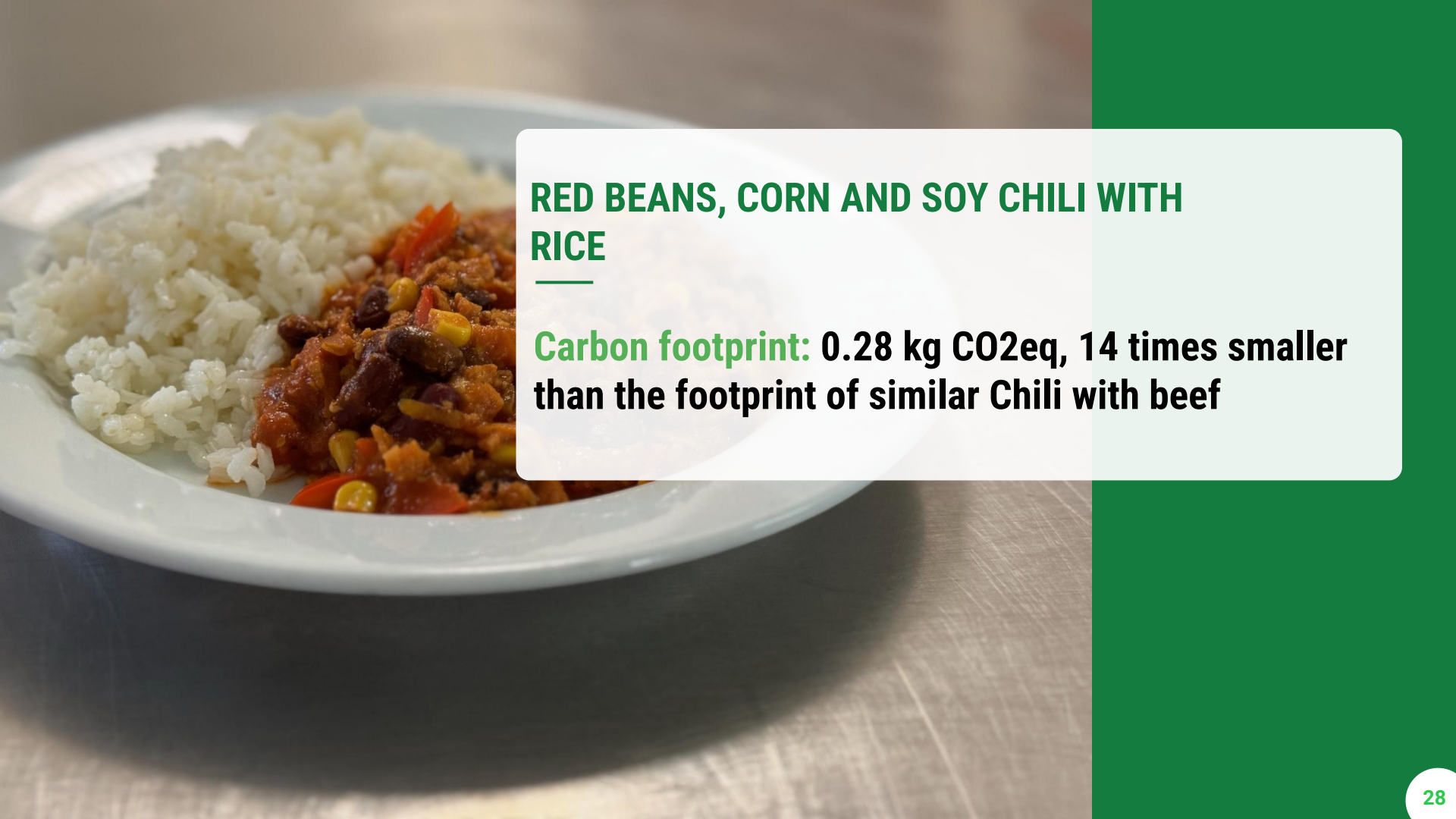
Plant-based meal with a carbon footprint about **6.3 times smaller than a meat or fish meal.**





VEGETABLES WITH CHICKPEA

Carbon footprint: 0.30 kg CO₂eq, 40% less footprint than the version with fish



RED BEANS, CORN AND SOY CHILI WITH RICE

Carbon footprint: 0.28 kg CO₂eq, 14 times smaller than the footprint of similar Chili with beef

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OUR SUSTAINABLE MEALS PROGRAMME

IN HOSPITALS AND OTHER
UNITS



2 HOSPITALS IN LISBON

Hospital Sta. Maria and Garcia da Horta

- 2 plant-based meals as options instead of one per week
- Unprecedented agreement with one of the largest food catering companies in the country



+1,000 plant-based meals monthly



Thanks!

Any questions?

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