Annex 2

Figure 3. The meeting's agenda of the national Policy Lab "Policies for Healthy and Sustainable Diets"



Table 2. Policy Lab "Policies for Healthy and Sustainable Diets": organizations, sector, and number of representatives

Organization	Sector	Representatives
AIDA	Non-profit organization - Agroecology	2
ASL	Local Health Authority	1
Barilla	Private food company	1
Campagna Amica	Farmers' Markets association	1
CIHEAM	International Intergovernmental Organization	1
Cirfood	Private food company	3
can	SME Confederation	1
Coldiretti	Farmers' association	1
Confagricoltura	Farmers' association	1
CREA Food & Nutrition	Research Center	1
Federalimentare	Food Industry Federation	2
Fondazione Compagnia di San Paolo	Foundation	1
Fondazione Ecosistemi	Foundation	1
Fondazione Sviluppo Sostenibile	Foundation	1
FoodInsider	Non-profit organization - School canteens	2
IRCCS	National Cancer Institute	1
Istituto Superiore di Sanità	National Public Health Institute	1
Legambiente	Environmental association	1
Piedmont Region	Region	2
Unione Consumatori	Consumer Rights Association	1

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Table 3. Policy Recommendations for HSDs in Italy: objectives, rationale and Policy Domain. Intervention Point 1. Definitions, governance, and dissemination of HSDs

#	PR - Objective	PR - Rationale	Policy Domain
1	Acknowledge the multidimensional and complex nature of food systems in advancing healthy and sustainable diets, by strengthening regulatory governance and ensuring effective implementation.	In response to the growing climate, environmental, social, geopolitical, and economic challenges, national policy frameworks should be designed to recognize and address the interconnections within food systems. This includes acknowledging the multiple material and immaterial values associated with food, and moving beyond overly siloed approaches. Such frameworks should be coherently aligned with both European-level regulations and local-level initiatives, ensuring not only the operationalization of policies but also the monitoring and evaluation of their effectiveness.	Socio-economic system
2	Promote holistic models of healthy diets, avoiding a narrow focus on individual foods, products, or processes, by referencing the Mediterranean diet while recognizing cultural diversity across societies.	Policy frameworks supporting HSDs should encourage consumption patterns that, in their overall integrity and complexity, generate the greatest health benefits and help prevent diet-related non-communicable diseases. While acknowledging and respecting cultural diversity, the Mediterranean diet should serve as a reference model, as it effectively integrates nutritional adequacy for human health, low environmental impact, and the preservation of agricultural and food biodiversity.	Behavior change
3	Strengthen the interface between science, policy, and society to ensure that regulations and guidelines are grounded in robust scientific evidence.	In order to provide the public with reliable, science-based information - communicated by trusted experts and grounded in independent, high-quality research - it is essential to establish platforms and processes that facilitate exchange among researchers, policy-makers, and citizens. To align research agendas with societal needs, mutual learning and the development of shared languages should be promoted, fostering more inclusive and responsive science–policy–society interactions.	Socio-economic system
4	Recognize the reduction of food loss and waste across all stages of the food supply chain as a critical component of the transition towards healthy and sustainable diets, and actively promote a culture of prevention.	Addressing food loss and waste is a critical priority for achieving the sustainability goals of food systems. In this context, policy frameworks supporting HSDs should create the conditions to reduce losses and waste at every stage of the food supply chain, with a specific focus on the consumption phase - where most waste occurs - and on upstream losses, such as on-farm waste and non-compliant finished products. Where waste cannot be avoided, it is essential to promote recovery and support alternative uses in line with circular economy principles, including for human or animal consumption. This requires a redefinition of the concept of "waste" and a reconsideration of what is labelled as "discard."	Food waste reduction

Table 4. Policy Recommendations for Healthy and Sustainable Diets in Italy: objectives, rationale and Policy Domain. Intervention Point 2. Territorialization of HSDs

#	PR - Objective	PR - Rationale	Policy Domain

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5	Promote and support agroecological approaches across agronomic, cultural, economic, and social dimensions, with particular attention to strengthening the production and consumption of plant-based proteins.	HSDs require an agricultural system aligned with today's climate, environmental, social, economic, and political challenges. Agroecology provides a comprehensive set of practices and processes that best respond to the need to produce sustainable and nutritious food. However, advancing the agroecological transition calls for targeted education and capacity-building - starting with agricultural schools - and continuous technical support for farmers. This transition should be backed by dedicated financial mechanisms, mobilized not only through agricultural policy but also within environmental, social, and economic policy frameworks.	Food production
6	Promote healthy and sustainable diets rooted in local territories, recognizing their specific characteristics and supporting localized food sourcing.	Given the diverse, complex, and multifaceted mosaic of Italian agricultural systems, it is essential to strengthen the link between local productive capacities and food provisioning, both in public and private collective catering (e.g., schools, hospitals, workplace canteens) and in wholesale and retail markets. Local productive capacities should be assessed and monitored through coordinated institutional governance at the local level, leveraging systemic expertise and fostering collaboration among actors across different sectors.	Food production
7	Support local food policies as strategic tools to build alliances, networks, and infrastructures for local agri-food economies, biodiversity, and landscape stewardship.	Local food policies are an increasingly widespread planning and operational approach, capable of addressing all dimensions of food system sustainability in an integrated manner. Various territorial aggregations - such as agri-food districts, biodistricts, Local Action Groups under LEADER program, and municipal unions - can adopt this approach to foster a renewed connection between food and territory. This enables the promotion of healthier diets and the development of both physical and relational infrastructures, partnerships, and agreements that integrate economic development with landscape conservation, biodiversity enhancement, and the social and cultural valorization of local areas.	Socio-economic system

Table 5. Policy Recommendations for HSDs in Italy: objectives, rationale and Policy Domain. Intervention Point 3. Socio-economic and institutional aspects for HSDs

#	PR - Objective	PR - Rationale	Policy Domain
8	Support the innovative approach of Minimum Environmental Criteria (CAM) as valuable tools for promoting more balanced diets, enhancing local supply chains, and strengthening food education and training activities.	The CAM represent one of the most significant innovations in Italian and European public policy landscape for HSDs. Their potential to integrate multiple sustainability dimensions should be reinforced by including requirements for food education and training activities within public procurement tenders—thus aligning with and enriching the spirit of the CAM. At the same time, it is essential to establish incentive mechanisms for those applying CAM, to support meal costs through public funding so as not to burden families, to improve food service practices in ways that reduce waste and leftovers, and to document the positive impacts of CAM implementation - also as a contribution to European-level policymaking.	Public food supply
9	Ensure fair and equitable remuneration for all actors in food supply chains and guarantee decent work conditions, starting with farmers and agricultural workers.	Sustainable diets must encompass social and labor dimensions as integral components. It is therefore essential to strengthen the current regulatory framework to eradicate undeclared labor, combat unfair market practices, and promote fair remuneration for all actors across agri-food supply chains - beginning with farmers and farmworkers. Supply chain agreements and agri-food cooperation frameworks can serve as effective tools to ensure fair income and economic sustainability for enterprises. In the context of globalized food systems, these guarantees should also be extended to workers	Regulation of food product prices

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		in exporting countries, promoting equity and responsibility throughout international supply chains.	
10	Build enabling market systems to ensure universal access to healthy and sustainable diets.	Achieving HSDs must be a guaranteed right for the entire population, regardless of income level, age, or geographic location. To this end, economic policies - such as incentives and tax benefits - should support enterprises in producing raw materials and food in line with sustainability, quality, and health standards. At the same time, it is essential to strengthen market mechanisms that promote disintermediation in food distribution by supporting short supply chains, producer hubs, and direct sales initiatives. Targeted measures - such as food vouchers redeemable at farmers' markets and neighborhood markets - should also be developed to improve access for lower-income groups.	Regulation of food product prices

Table 6. Policy Recommendations for HSDs in Italy: objectives, rationale and Policy Domain. Intervention Point 4. Behaviors and FE for HSDs

#	PR - Objective	PR - Rationale	Policy Domain
11	Raise awareness among producers and distributors to adopt voluntary front-of-pack nutritional labelling systems that go beyond logos and symbols (e.g., Nutri-Score, NutrInform Battery) and are instead accompanied by clear and transparent nutritional information for consumers, tailored to the actual portion sizes in which foods are typically consumed.	To encourage purchasing habits aligned with HSDs - while acknowledging the EU's competence in food labelling regulation - it is essential to raise awareness among producers and distributors about the importance of providing consumers with maximum transparency, by communicating voluntary front-of-pack labelling in clear, objective, and easily understandable forms, based on portion size. In addition, it is important to raise consumer awareness of this information through information campaigns that enable them to interpret front-of-pack labelling and to adopt behaviors, practices, and actions accordingly.	Marketing and labelling of food products
12	Promote a food education culture that engages all age groups and actors along the food chain, from production to preparation, by encouraging experiential and hands-on learning.	Food education is essential for advancing HSDs and should be prioritized within schools to foster early connections between food, health, and sustainability, in line with the One Health approach. This requires restoring ties with primary production by systematically involving local farms in educational planning and increasing *food literacy* among youth. At the same time, dedicated training should be provided for adults - including actors in the agri-food chain, public administrators, paediatricians, and healthcare professionals - who play a key role in disseminating accurate information. Furthermore, food education campaigns should be accompanied by impact assessments to evaluate behavioral outcomes related to food purchasing and consumption, also leveraging institutional public communication channels such as television and social media.	Public awareness campaigns
13	Promote soft law initiatives (guidelines, recommendations, etc.) and nudging methodologies to encourage healthy and sustainable dietary behaviors among private sector actors and citizens.	To foster HSDs within the private sector and among the general public, it is important to support and/or introduce soft law tools and behavioral nudges as non-coercive, more widely acceptable alternatives. Guidelines and recommendations can guide businesses towards responsible food practices, while nudging strategies - such as clear labelling and behavioral incentives - can help consumers make more informed choices. In this context, local engagement is essential to raise awareness and drive change through public meetings, local networks, and dedicated training for administrators, food service providers, and citizens.	Socio-economic system

Supplementary material

14	Incentivize FE - including spaces, modes, and characteristics of food provisioning - to support the adoption of healthy and sustainable diets.	FE are recognized as a critical factor in facilitating access to HSDs, shaping the conditions under which food is purchased and consumed. This includes the use of fiscal measures that favor healthy and sustainable products. It is therefore essential to acknowledge and regulate FE at multiple levels - from specific elements such as vending machines to broader urban planning strategies - while strengthening farmers' markets, regulating food delivery services (including the types of food offered and working conditions), and expanding the availability and diversity of food purchase and consumption venues that align with healthy and sustainable dietary patterns.	Socio-economic system

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