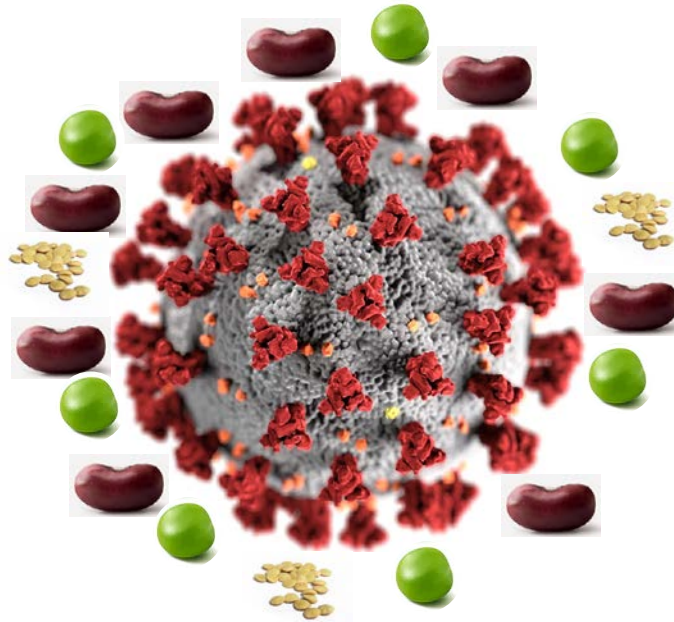




Role of legumes in post COVID-19 food systems



Marta W. Vasconcelos



CATÓLICA PORTO



Pre Covid-19 Food Systems

- Demographics and population growth;
 - Monotonous and unhealthy regimes
 - Insufficient food recovery and redistribution
 - Not integrated in circular, resource efficient systems
 - Food production with negative environmental impact
 - Inequalities in supply chain actors
-
- A background illustration on a light green background showing a food supply chain. It includes a globe, a ship, a train, and a truck, with various icons like a plus sign and a recycling symbol. The globe is in the center, with a ship on the left and a train and truck on the right. There are also some decorative elements like a plus sign and a recycling symbol.



COVID-19 impact of in food systems

- Empty supermarket shelves
- Food dumping
- Migrant agricultural labor no longer being able to travel
- Essential workers exposed to high risks of contracting the virus in food-processing, agricultural and grocery store settings.
- Logistics and supply chain disruptions



The pandemic exposed major weaknesses, injustices and system-wide risks

- Rising unemployment, disruptions to social assistance programs = **2X food insecurity globally.**
- **Nutritional paradoxes:** substitution of processed foods for healthier, fresh ingredients, for some, the reverse for others.
- Renewed urgency to foster pathways to greater **food system sustainability and resilience.**





Impacts for agrifood chain actors

- General guidelines to **farmers** (masks, suits, gloves, etc)
- Guidelines to **farm managers** (contingency plans, make available disinfecting materials, etc)
- Guidelines for **storage** and **packaging** warehouses
- Transportation, distribution
- Supermarkets and large surface retail shops



How about consumers?

- Doing everything from and @home (living, working, shopping, cooking)
- Shopping mindfully and cost-consciously,
- Demand for local, sustainable and value brands rising.
- Surge in digital
- More environmentally friendly, sustainable or ethical purchases with 89% likely to continue post-crisis

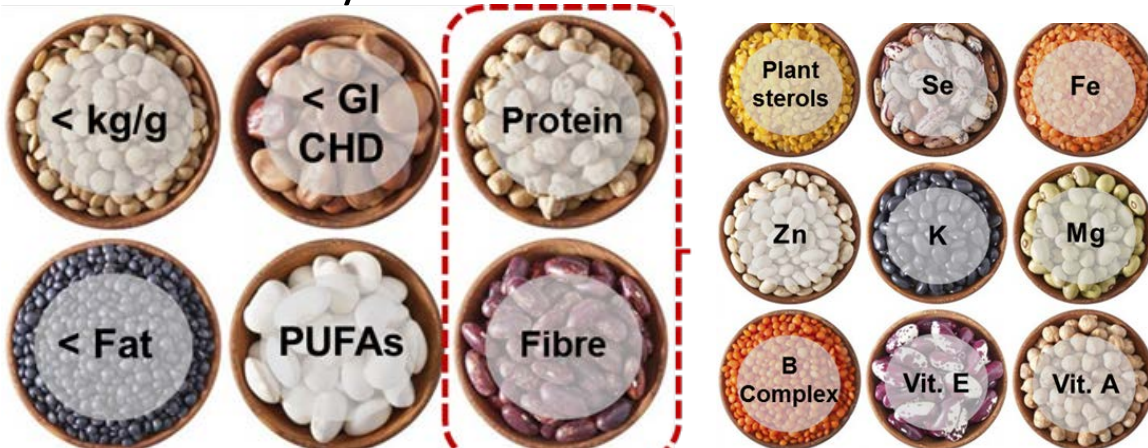




How about consumers?



- Long shelf life products
- Foods that are **nutritious** and **that boost immune system** (vitamins: C, D, E and minerals; Mg, Zn, Se)
- Lectins: potent antiviral properties through their direct binding to viral envelope glycans, which in turn prevents viral cell entry.





- Feijão
- Feijão verde
- Grão
- Ervilhas
- Lentilhas

Legumes are favored
in shopping lists

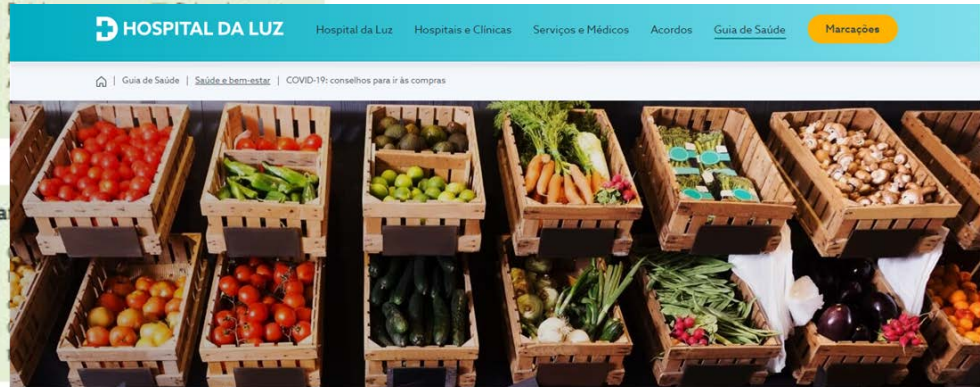
Fruta

- Maçãs
- Pêras
- Laranjas
- Tangerinas
- Bananas
- Ananás
- Limões
- Mangas

Legumes

- Cenoura
- Cebola
- Courgette
- Abóbora
- Brócolos
- Couve-flor
- Feijão
- Feijão verde
- Grão
- Ervilhas
- Lentilhas
- Agrião
- Alface
- Alho
- Batatas
- Beringela
- Nabo
- Cogumelos
- Couve
- Espargos
- Tomate
- Soja
- Tofu
- Legumes congelados

- Sal
- Seitan



COVID-19: conselhos para ir às compras

IR PARA TOPO



Let's work: Brainstorming (10 min)



1. What are the challenges for legumes?
2. What are the opportunities?
3. Which changes are needed to make it happen?

Let's go to Miró Board
and grab our sticky
notes!



Parallel sessions and break out groups:

1. Role of legumes
in post COVID19
food systems

2. Constructing
(new) markets for
legumes

3. Legumes as
renewable (N)
resources in a
circular bio-based
economy

4. Policy
recommendations
for more
sustainable legume-
based food and feed
systems

Facilitators:



Marta Vasconcelos
(UCP)



Karen Hama
(IFAU)



Pete Iannetti
(JHI)



Balint Balazs
(ESSRG)

Join this session =>



Role of legumes in post COVID19 food systems

Breakout abstract:

The current COVID-19 pandemic has revealed major weaknesses, inequities and system-wide risks in our current food systems. Unemployment, supply chain disruptions, high dependency on foreign markets, empty shelves, and food dumping are all scenarios we have sadly become aware of.

Also, nutritional paradoxes are rising amongst European consumers. The outcome of this is a renewed urgency to rethink and transform our global supply chain and food system models.

As history has taught us, crisis are also times of opportunity, and legumes may find their place as innovation "actors" to help us respond to many of the current food system challenges.

We count on legumes to help us create post COVID-19 food systems that are environmentally, socially, economically and nutritionally fair and sustainable.

Let's discuss how!

Breakout structure:

Short introduction of all participants
5'

Short Input Facilitator
10'

Questions & answers
5'

Brainstorming
10'

Discussion transition paths
15'

Collective clustering of the inputs to identify most promising transition paths

Breakout results:

What are the challenges?

What are the opportunities?

Which changes are needed?





General contact information

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TRansition paths to **sU**sustainable legume-based systems in Europe
(**TRUE**) has received funding from the European Union's Horizon
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