



What

FEAST aims to make it easy for every person in Europe to eat a delicious, healthier and more sustainable diet.

Who

The FEAST project takes a transdisciplinary and interdisciplinary approach to research and innovation with both academic and non-academic (NGOs, municipalities, SMEs) partners and promotes collaborative co-creation at various levels.

It involves 35 partners from 15 European countries.

How

FEAST brings together communities, experts, and food system actors to create fair and practical ways to support healthier and more sustainable diets. We work with vulnerable groups and decision-makers to make sure everyone benefits from the transition—at all levels and in every part of the food system.



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MAPPING & MONITORING

Dietary Patterns

We gather and analyse data through surveys, and experiments to understand what people eat and why.

Goals:

- Track dietary habits.
- Identify what influences healthy eating.
- Segment populations for targeted support.
- Design local, effective interventions.

Healthier And more Sustainable food systems

From governments to businesses to communities, many players shape our access to food. FEAST explores how each sector contributes to (or hinders) healthier food systems.

Focus:

- Assess business, government, and community roles.
- Analyse food system trade-offs.

CO-DEVELOPED solutions



12 Living Labs

FEAST works on the ground in five diverse European regions (Central, Southern, Eastern, Anglosaxon, and Scandinavian) to co-create solutions tailored to local needs.

Examples of Actions:

- Improve school meals and food education.
- Support sustainable local products.
- Address barriers to healthy diets.
- Promote traditional, nutritious food cultures.



Tech-Based Solutions

Technology can drive food equity. FEAST leverages innovation to combat food insecurity and unhealthy diets worsened by crises like COVID-19 and economic instability.

Aims:

- Make healthy diets accessible through tech.
- Empower communities via information and engagement.

MEASURING Impact

We're developing an easy-to-use model that links local dietary actions to broader impacts on health, society, the economy, and the planet.

POLICY DIALOGUES to inform food system governance

FEAST facilitates open dialogues with policymakers, experts, and citizens to co-create actionable policies for food system transformation. Through these discussions, we'll produce a policy roadmap, synthesis reports, and policy briefs to guide future decisions.

Objectives:

- Identify best practices in policy dialogues
- Address barriers to innovation
- Discover tools through stakeholder consultation
- Test effective communication strategies (e.g. dietary messaging)
- Support fair, evidence-based policy making

