Jan van de Kamp
Beauty in the greenhouse landscape of the Westland
Food = Health

A more healthier food pattern will effect our food producing landscapes.
Our diets need to change towards diets from sustainable food systems.

Executive summary

Food systems have the potential to nurture human health and support environmental sustainability; however, they are currently threatening both. Providing a growing global population with healthy diets from sustainable food systems is an immediate challenge. Although global food production of calories has kept pace with population growth, more than 2 billion people have insufficient food and many consume low-quality diets that cause micronutrient deficiencies and contribute to a substantial rise in the incidence of diet-related obesity and diet-related non-communicable diseases, including coronary heart disease, stroke, and diabetes. Unhealthy diets pose a greater risk to morbidity and mortality than does unsafe sex, and alcohol, drug, and tobacco use combined. Because much of the world’s population is inadequately nourished and many environmental systems and processes are pushed beyond safe boundaries by food production, a global transformation of the food system is urgently needed.

The absence of scientific targets for achieving healthy diets from sustainable food systems has been hindering large-scale and coordinated efforts to transform the global food system. This Commission brings together 19 Commissioners and 98 colleagues from 16 countries in various fields of human health, agriculture, political science, and environmental sustainability to develop global scientific targets based on the best evidence available for healthy diets and sustainable food production. These global targets define a safe operating space for food systems that allow us to assess which diets and food production practices will help ensure that the world’s population can achieve. Within boundaries of food production, the Commission concludes that the scientific targets for a healthy reference diet can be adapted to make meals that are healthy and environmentally sustainable (ie, win-win diets). Application of this framework to future projections of the global population indicates that food systems can provide major health benefits, including a large reduction in total mortality. However, the uncertainty range for these food boundaries remains high because of the inherent complexity in Earth system dynamics. Diets coevolve with the human health and environmental systems. The scientific targets for healthy diets and sustainable food systems are integrated into a common framework, the safe operating space for food systems, which identifies boundaries that food systems can operate within while maintaining a stable Earth system. Therefore, these systems and processes provide a set of globally systemic indicators of sustainability and health outcomes. This healthy reference diet largely consists of vegetables, fruits, whole grains, legumes, nuts, and unsaturated oils, includes a low to no or a low quantity of red meat, processed meat, added sugar, refined grains, and starchy vegetables. The global average intake of healthy food is substantially lower than the reference diet intake, whereas consumption of unhealthy foods is increasing. Using several approaches, we found with a high level of certainty that global adoption of the reference dietary pattern would provide major health benefits, including a large reduction in total mortality. The Commission integrates, with quantification of the scientific targets for healthy diets, global scientific targets for sustainable food systems, and aims to provide scientific boundaries to reduce environmental degradation caused by food production at all scales. Scientific targets for the safe operating space of food systems were established for key global food systems. Strong evidence indicates that food production is among the largest drivers of global environmental change by contributing to climate change, biodiversity loss, forest destruction, inter-basin competition, and land-use change (and chemical pollution, which is not accounted for in this Commission). Food production systems can be identified. We propose that this framework is universal for all food cultures and sustainable food systems, and aims to provide scientific boundaries to reduce environmental degradation caused by food production. The Commission concludes that the quantitative and systemic indicators of sustainable food production. The Commission integrates, with quantification of the scientific targets for healthy diets and sustainable food systems, and aims to provide scientific boundaries to reduce environmental degradation caused by food production. 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Meat landscape

Vegetarian landscape
kaar van nederland
How to reshape the Westland in order to experience the beauty of the greenhouse landscape better?
**VÄXER**
Led-plantenverlichting, zilverkleur

€ 35.00 / st.  
(E 28.93 excl. btw)

Energielabel

Artikelnummer: 903.231.09

Wil je altijd zeker weten wat je eet? Kweek dan je eigen groente binnenshuis, 365 dagen per jaar. Dat is leuk, gezond en duurzaam. Je kan je gewassen een extra boost geven met de VÄXER plantenverlichting.

Afmeting 31.5 cm

Aantal

[1]  

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Afmeting 31.5 cm

aantal

1

Niet online beschikbaar
+2-21 Agricultural floors
13,500m² / 1,35 ha

+1: Packing & staff room
900m²

0: Storage and expedition
900 m²

-1: Water and climate machines
900 m² + 900m² (outdoor)

Temperature, UV-radiation and humidity can be controlled each floor. The UV-lamps will give a pink light atmosphere.

The ground floor of the tower is positioned at the same level as the cargo of the truck.

The goat farm and the greenhouse tower share their parking space.

A cattle grid functions as a minimal border between the farm land and the parking.

On the -1 floor machines are positioned out of sight.
Greenhouse towers in an idyllic landscape

An open view over the greenhouses

An idyllic landscape in between the greenhouses
In this way the next generation can grow up in a beautiful vegetarian landscape.
Questions?