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# WORKSHOP ON INTRODUCTION TO CIRCULAR FOOD SYSTEMS

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**Ufulu Gardens, Lilongwe, Malawi | 20-22 May 2024**



ORGANIZED BY THE FEED THE FUTURE FOOD SYSTEMS FOR  
NUTRITION INNOVATION LAB, TUFTS UNIVERSITY IN  
COLLABORATION WITH ICRISAT

CONDUCTED BY THRIVING SOLUTIONS

## INTRODUCTION TO THE WORKSHOP

Waste is a human-made byproduct that is not in sync with nature; all natural systems are innately circular. Our linear economic model based on the take-make-discard approach, has been increasingly polluting the planet and infringing on our planetary boundaries. Switching to a circular economy provides a path towards economic and social wellbeing, while protecting and regenerating nature.

To meet the food needs of a rising global population, (estimated to reach 10 billion in three decades), it is imperative that we take swift action to shift our food systems to circular and regenerative ones. This is critical, especially when we consider that agriculture is a primary contributor to the climate crisis, biodiversity predicament and unabated pollution. Circular regenerative approaches aim to design out waste and pollution, keep products and materials in use to the furthest extent, and regenerate natural ecosystems. A circular food economy can support most of the Sustainable Development Goals 2030.

## WORKSHOP GOALS

Participants will distinguish between linear and circular business models and appreciate the importance of adopting a circular food system approach, and its role in alleviating pressure on Earth's systems.

Participants will:

- Recognize the differences between linear economy and circular economy.
- Describe the food system and recognize its inherent complexity.
- Explain the sustainability challenges associated with producing our food and what it means to live within our planetary boundaries.
- Analyze the three principles of circular economy and how they relate to the food system.
- Compare the different levels of the Food Loss and Waste Hierarchy, interpreting their advantages and challenges.
- Summarize the advantages and trade-offs of food packaging and the role of packaging innovation in designing out waste.
- Discuss the role food product design and sourcing of ingredients has in advancing circular food systems.
- Appraise the links between circular food systems and the Sustainable Development Goals 2030.

## WORKSHOP DETAILS

The three-day workshop organized by Feed the Future Food Systems for Nutrition Innovation Lab in collaboration with ICRISAT and conducted by Thriving Solutions, will be held from 20-22 May 2024 at the Ufulu Gardens Hotel in Lilongwe, Malawi. The 3-day workshop (15 hours in total) will include 40% theoretical and 60% interactive sessions with real-life case studies and examples. Materials and instructions will be provided in English.

## PROGRAM SCHEDULE

20 May 2024, Monday

Time	Session	Topics
8:30 – 9:00 AM	Registration	
9:00 – 10:00 AM	Welcome & Opening	Welcome Remarks FSN-IL & ICRISAT  Introduction by Thriving Solutions  Introduction of Workshop Participants
10:00 -11:00 AM	Substantive Lecture & Group Work / Discussion	Introduction to Food Systems  Group Activity and Discussion
11:00 – 11:15 AM	Tea Break	
11:15 - 12:30 PM	Substantive Lecture & Group Work / Discussion	Environmental Dimensions of Food Systems  Group Activity and Discussion
12:30 – 1:30 PM	Lunch	
1:30 – 2:30 PM	Substantive Lecture & Group Work / Discussion	Introduction to Circular Food Economy and its Components  Group Activity and Discussion
2:30 – 4:00 PM	Substantive Lecture & Group Work / Discussion	Circular Food System Dimension 1: Food Waste  Group Activity and Discussion

21 May 2024, Tuesday

Time	Session	Topics
8:30 – 9:00 AM	Registration	
9:00 – 9:15 AM	Day 1 Review	Review of Day 1 & Present Agenda for Day 2
9:15-10:15 AM	Substantive Lecture & Group Work / Discussion	Dimension 2: Packaging / Plastics Group Activity and Discussion
10:15 – 10:30 AM	Tea Break	
10:30- 11:00 AM	Substantive Lecture & Group Work / Discussion	Circular Food System, Dimension 2: Food Packaging Case Studies Group Activity and Discussion
11:00 – 12:00 PM	Substantive Lecture & Group Work / Discussion	Circular Food System, Dimension 3: Sourcing of Ingredients Group Activity and Discussion
12:00 – 1:00 PM	Lunch	
1:00- 1:30 PM	Substantive Lecture & Group Work / Discussion	Circular Food System, Dimension 3: Sourcing of Ingredients continued Group Activity and Discussion
1:30 – 2:30 PM	Substantive Lecture & Group Work / Discussion	Dimension 4: Healthy and Sustainable Diets 3 Burdens of Malnutrition Group Activity and Discussion
2:30 – 3:30 PM	Group Work	Group Activity

22 May 2024, Wednesday

Time	Session	Topics
8:30 – 9:00 AM	Registration	
9:00 – 10:30 AM	Application (Group Work)	Group Work
10:30 – 10:45 AM	Substantive Lecture	Enabling Environment
10:45 – 11:00 AM	Tea Break	
11:00- 11:15 AM	Substantive Lecture	SDGs and the Food System
11:15 -12:00 PM	Application (Group Work)	Group Work
12:00 – 1:00 PM	Lunch	
1:00 – 2:00 PM	Application (Group Work)	Presentation of Final Projects to Class
2:00 – 3:00 PM	Closing Session	Workshop Objectives / Certificates / Evaluation Forms
3:00 – 3:30 PM	Closing Session	Concluding Remarks FSN-IL