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FRONT LABELING AS A STRATEGY TO ENSURE SUSTAINABLE AGRI-FOOD SYSTEMS

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One of the essential directions for ensuring food security is the development of sustainable nutrition, which involves satisfying the nutritional needs of each individual but with care for the environment.

This involves the adoption of new models that encourage agri-food systems to pay more attention to the nutritional quality of food so that it is safe, accessible to all, sustainable and inclusive, as well as enforceable, objective and transparent, and could reduce a number of the competing objectives of food security. Front-end nutrition labelling (FNL) and eco-efficiency (EE) systems have been proposed to address health disparities and sustainable food and nutrition security.

The aim of the study is the exploratory analysis of existing front-end nutrition labelling and eco-efficiency systems to make informed decisions about the further development of an effective front-end labelling system. The systematic document review and data triangulation method was applied to carry out the study.

Transitioning to sustainable and healthy diets is essential to meeting the Sustainable Development Goals. Although front-end nutrition labelling and eco-efficiency indicators add evidence of their feasibility and effectiveness as an essential measure to change dietary behavior to improve the planet's health, experiences provide various reasons to be cautious about increasing sustainability labelling.

Instead, it can target small incremental changes at different levels and actors in the food system, both at individual and organizational levels.

Research on nutrition labelling and front-end eco-efficiency systems is required to provide opportunities for the development of food system analyses and sustainability metrics.

As a result, food system actors will be better equipped to communicate the nuances, assess the risks and trade-offs of system-wide interventions, and ultimately contribute to the evolution of sustainable and healthy food systems.

Keywords: ecological efficiency indicators, food and nutritional security, food choices, nutritional quality, public health.