

Challenges facing our current food system

- Growing gap between the ideal Mediterranean diet and our actual diet, aggravated by the use of contaminant plastic materials in food packaging.
- Inputs, water and energy required by current agriculture and animal farming systems deplete and contaminate natural resources.
- Trawl fishing and the extraction of high quantities of catches degrade the seabeds and marine biodiversity.
- Depopulation of rural areas and turistification of coastlines are related to loss of food autonomy.
- The food industry is a great emitter of pollutants due to the inputs it uses and the waste it generates.
- The current regulatory framework favours industrialized food systems that are not articulated around local resources.

We can all contribute

As Alimentta, our contribution to overcoming these challenges is through the generation of expert knowledge, using an interdisciplinary approach adapted to the Mediterranean environment.

Pillars for a sustainable food system



A reference diet that is healthy for humans and the planet

We disseminate practical and rigorous information to guide consumers towards healthy food products that respect the Mediterranean environment and take advantage of its exquisite diversity.



Food production and extraction methods that take into account our health and that of the environment

We work with actors of the food chain to develop organic food production and fishing methods that favour conservation of ecosystems.



Local and Agroecological Food Systems as engine for change

We provide expert advice for local and social actors wishing to amplify this model, which is showing successful in the reduction of environmental impact.



A favourable governance model

We contribute to the development of a political, economic and regulatory framework which favours a low-impact food model.