

SUMMARY

Sustainably achieving global food security is one of the foremost challenges of our time. It necessitates research and the popularization of issues related to both the production and consumption of food in a sustainable manner. On one hand, the focus of research lies in the development of technologies and processes that enable the production of food with minimal losses and a reduced negative environmental impact. On the other hand, efforts are directed towards strengthening positive attitudes among food consumers, promoting environmentally friendly diets, and reducing food losses.

The primary aim of this book is to present issues related to the development of sustainable food systems, considering both production and consumption aspects. Addressing the challenge of making food production and consumption sustainable is a goal embraced by the authors of this monograph. The book is divided into two parts: the first delves into the issue of food sustainability from the production perspective, while the second explores it from the standpoint of consumption. Given the complexity of food systems, achieving their sustainable transformation requires a system thinking approach and collaboration across inter- and trans-disciplinary domains. Consequently, this monograph explores the technological, environmental, social, and economic contexts of problems associated with food production and consumption. It covers various aspects of the food value chain, spanning from harvesting and raw material production to processing, distribution, marketing, consumption, recycling, and disposal.

The book's chapters encompass literature reviews, original research, and perspectives. The objective is to disseminate the concept of food sustainability among scientists, researchers, and practitioners directly and indirectly involved in food production and consumption. We sincerely hope that this monograph will contribute to making processes related to food more sustainable, even if only to a modest extent.

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