

# Plant-based spreads

*Good for you, better for the planet.*

“A fast-growing global population means demand for food is on the rise. Food must be nutritious and produced sustainably by thriving communities. It is important to feed the planet in a healthy, sustainable manner.”

Choosing plant-based spreads and fats such as margarine is part of the solution – studies show that switching to a plant-based diet is nutritious and environmentally-friendly!

Compared to animal-based fats such as butter, plant-based spreads and fats produce a low carbon footprint and provide a higher nutritional value. Switching to plant-based spreads and cooking fats is an easy step to make your diet healthier and more sustainable. **The European Margarine Association (IMACE)** and its members are committed to making food production more sustainable by delivering healthy, nutritious, plant-based solutions.

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# A sustainable margarine supply chain

## Sourcing

### PLANT-BASED

Use plant-based ingredients to minimise environmental footprint

### SUSTAINABLE OILS

Source certified sustainable oils to protect biodiversity and reduce carbon footprint

### RECYCLE WASTE

Waste can be recycled and reused e.g. as fertiliser, feed, or to generate bioenergy

## Production

### RENEWABLE ENERGY

Use renewable energy

### PACKAGING

Use lightweight or recyclable smart packaging which increases shelf life to minimise food waste

### RECYCLE WASTE

Waste can be recycled and reused e.g. as feed or to generate bioenergy

### WATER

Use water responsibly and purify effluents

## Consumption

### TRAINING & EDUCATION

Provide training & education for workers and consumers, also through universities

### STANDARDS

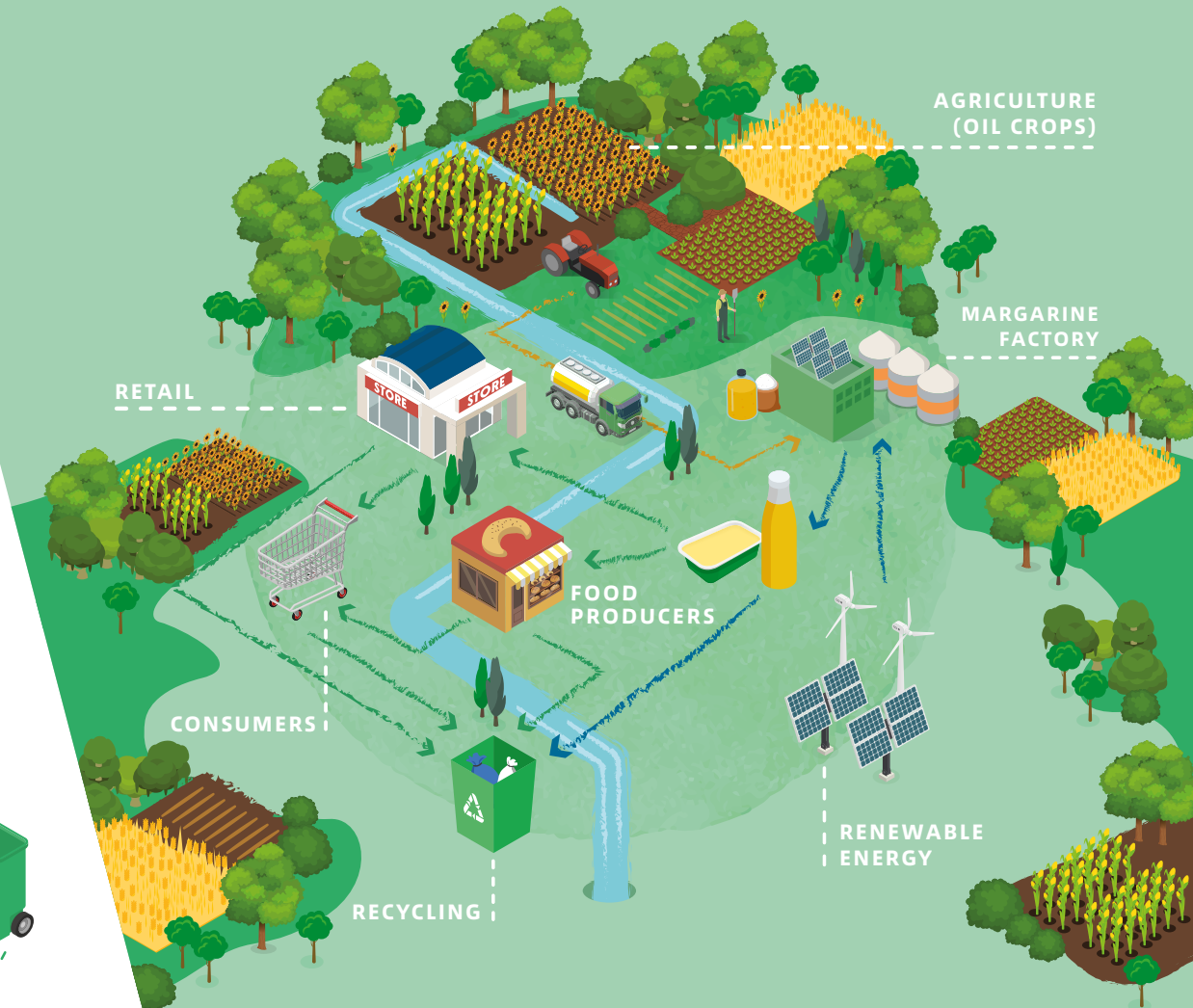
Adhere to nutritional standards

### FOOD SECURITY

Plant-based sourcing contributes to sustainable diets

### RECYCLE WASTE

Recycle waste & minimise food waste



- Sourcing
- Production
- Consumption

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# How margarine producers contribute to the United Nations Sustainable Development Goals

## Food production and your food choices significantly impact our planet!

As a plant-based, nutritional food product, margarine contributes positively to the UN Sustainable Development Goals (SDGs).



By sourcing plant-based ingredients and producing margarine in a sustainable manner, producers help create sustainable food systems (SDG 2).



Using natural resources efficiently (SDG 12) contributes to a food system with low greenhouse gas emissions (SDG 13) which impacts food production positively.



Caring for our planet's biodiversity in this way helps protect life on land (SDG 15).



Using soft margarines and liquid cooking fats in your diet allows you to replace saturated fatty acids with healthy unsaturated fatty acids. This ensures good health and well-being (SDG 3) by reducing your risk of cardiovascular disease.



Your choice to consume responsibly (SDG 12) by selecting margarine products contributes to a sustainable planet where caring for your health and the environment stimulates economic growth (SDG 8) and helps create thriving communities (SDG 1).

## Driving Continuous Progress



IMACE is committed to **raising awareness** of how the margarine sector is contributing to sustainability and persuading other organisations to act.

Our Sustainability Guidelines have been specifically designed for the margarine sector to help producers implement best practice.

IMACE's best practice examples showcase successful projects by our members to protect the environment, improve working conditions and make healthy living easier.

## Interested in joining Imace? Let's talk!

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