



# Lara Ramdin, BSc Hons, PhD



## Upcycled Food:

### Treasuring Food Waste to Create a More Accessible, Nutritious, and Equitable Food System

Upcycling rescues nutrient-rich materials from food waste – supporting the food as medicine movement by providing a wider population with access to healthy food options, therefore supporting greater equity in health and well-being across the population. This presentation is a call to action - encouraging individuals, businesses, and policymakers to support upcycling initiatives (and companies), to give dignity back to our food and reconsider our food system's "waste" recognising its potential value for health, society, and the environment.

This session will outline the definition and standards associated with upcycled foods, showcase the development of upcycled food products and debunk myths. Attendees will leave this session understanding how upcycling is a critical enabler to future-proof food systems, making them more affordable and accessible to a broader population, thereby addressing issues of food insecurity and malnutrition.

#### **Speaker Bio: Lara Ramdin, BSc Hons, PhD**

A graduate of both Cardiff (BSc Hons) and University of Southampton (PhD), Dr. Lara Ramdin's name is synonymous with innovation and a forward-thinking approach that marries sustainability with the burgeoning "food is medicine" movement. Her approach to upcycling food – the sophisticated and environmentally crucial practice of creatively reusing by-products, waste materials, or unwanted items to produce new materials or products of nutritionally-higher quality – is not just science, it's a narrative. She excites and engages audiences not with mere facts and figures, but with a vision of a feasible, sustainable world enriched by a deeper understanding of how our food choices influence our health and our planet. Dr. Ramdin has a knack for distilling complex scientific concepts into digestible, relatable insights. Attendees won't just leave with knowledge; they'll leave with a plan.