

Results:

### **Guidelines for the Food Impact Toolkit (FIT)**

As part of the CLIF project, the aim was to provide information on food products in a simple, accessible and flexible way that is relevant to users in different regions, including partners in Thailand, South Africa and Paraguay. To achieve this, we have developed a freely available, open-source tool called the Food Impacts Toolkit (FIT). FIT is currently a prototype and calculates the impact of individual products and recipes and makes the data available in a flexible way so that it can be displayed for different user groups. FIT is designed for global application by customising regional datasets to estimate the environmental impact in different areas.

As data availability is limited, we used a publicly accessible French database. While this allowed us to provide many products for one geographical context, data for other regions was mostly missing. In order to provide products from multiple regions, a proxy method was developed to better represent different production regions. Apart from this, we encourage the inclusion of further product data specific to additional regions and production systems, always bearing in mind that consistent modelling principles must be applied to maintain comparability.

To this end, the guidelines set out the methodological choices made to arrive at the results we present. It also explains FIT in the context of Life Cycle Assessment (LCA) and describes what the aim of the tool is, what functions it implements, how the proxy data that the tool provides was created and what the (current) limitations of the tool are. The guideline also contains instructions on how to use and interact with the tool.

### **Planet Health Conformity Index (PHC)**

In order to make nutrition more sustainable, assessment approaches are needed that link health and the environment and evaluate them together. The Planet Health Conformity Index (PHC), which was developed as part of the CLIF - Climate Impacts of Food project, addresses precisely this issue. In contrast to mono-dimensional indicators such as the Nutri-Score (focus: health) or the Eco-Score (focus: environment), a key figure has been developed that can provide a clear orientation for health and environmental aspects. In addition, the newly developed PHC also takes planetary impact limits into account in the assessment. The PHC can therefore provide more orientation in the labelling jungle. The PHC was developed by the INL e.V. team led by Toni Meier and Ulrike Eberle from corsus.