

# TABLE OF CONTENTS

<b>ABSTRACT .....</b>	<b>5</b>
<b>RESUMEN.....</b>	<b>7</b>
<b>RESUM .....</b>	<b>9</b>
<b>AGRADECIMIENTOS .....</b>	<b>11</b>
<b>CHAPTER 1. Introduction.....</b>	<b>13</b>
1. Aim, research questions, approaches, and positionality .....	13
1.1. Scientific positionality and perspective on food sustainability .....	15
2. The Thesis framework to explore sustainable food choice .....	16
3. Challenges to sustainable food consumption .....	18
3.1. Food, planetary boundaries, and social inequalities .....	18
3.2. Food consumption and system change .....	20
4. Determinants of food behaviours .....	22
<b>CHAPTER 2. Urban gardens as a catalyst of food behaviour .....</b>	<b>26</b>
1. Introduction.....	26
1.1. Consumer cities and GHG accounting .....	26
1.2. Modern urban gardening and social learning .....	27
2. Methodology.....	28
2.1. Scope definition.....	29
2.2. Carbon footprint method .....	29
2.3. Assessment of carbon footprint change.....	31
3. Results .....	34
4. Discussion.....	37
4.1. Environmental implications of urban gardens through behavioural change .....	37
4.2. Policy implications .....	40
4.3. Barriers for change .....	43
4.4. Limitations of this research and sources of uncertainty .....	44
5. Conclusions .....	45
<b>CHAPTER 3. A population segmentation based on food sustainability.....</b>	<b>46</b>
1. Introduction.....	46
1.1. The need for urgent and systemic interventions to increase the environmental sustainability of food systems .....	46
1.2. Behavioural changes.....	47
2. Theoretical framework .....	49

2.1.	Perspective on food sustainability.....	49
2.2.	Food consumption determinants .....	52
2.3.	Consumers segmentation in food sustainability .....	54
2.4.	The role of high education and research spaces .....	56
3.	Material and methods.....	57
3.1.	Data collection.....	57
3.2.	Segmentation and profiling variables.....	58
3.3.	Statistical analysis.....	60
4.	Results and discussion.....	62
4.1.	Latent Class Analysis.....	62
4.2.	Segments description .....	63
4.3.	Further cluster profiling.....	67
4.4.	Implications for sustainable consumption.....	70
4.5.	Limitations and future research .....	73
5.	Conclusions .....	74
<b>CHAPTER 4. FooDTURAMA: a tool for food behaviour change .....</b>		<b>77</b>
1.	Background .....	77
2.	Material and methods.....	79
2.1.	LCA study 1 .....	79
2.2.	LCA study 2 .....	80
2.3.	Entrepreneurship programs and prototype design .....	81
3.	Results and discussion.....	82
3.1.	Users' interest.....	82
3.2.	Food application design.....	92
4.	Conclusions .....	98
<b>CHAPTER 5. General discussion and concluding remarks .....</b>		<b>101</b>
1.	Main findings.....	101
2.	General discussion .....	104
2.1.	The need for multiple and diverse interventions .....	104
2.2.	The role of science in the transformation of the food system .....	106
3.	Conclusions and further research .....	108
<b>APPENDIX 1. A.....</b>		<b>111</b>
1.	Methodology details .....	111
1.1.	Carbon footprint method .....	111
1.2.	Assessment of carbon footprint change.....	113
1.3.	Impact of habit changes on carbon footprint.....	114

2. Figures and tables .....	116
<b>APPENDIX 1.B.....</b>	<b>131</b>
<b>APPENDIX 2.....</b>	<b>132</b>
<b>APPENDIX 3.....</b>	<b>135</b>
<b>APPENDIX 4.....</b>	<b>136</b>
<b>APPENDIX 5.....</b>	<b>140</b>
<b>REFERENCES .....</b>	<b>142</b>