



BOOK OF ABSTRACTS

6th International Workshop

ZERO POLLUTION - SUSTAINABLE DEVELOPMENT

23 September 2026

Polytechnic University of Viseu

September, 2026

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Brief description of the Program

The School of Technology and Management of Viseu (ESTGV) of the Polytechnic University of Viseu (UPV) will host, on September 23, the 6th International Workshop “Towards Zero Pollution”, bringing together researchers and experts to discuss innovative approaches to pollution reduction and environmental protection.

The workshop is part of the initiatives promoted by the Polytechnic University of Viseu within the framework of the European Sustainable Development Week 2026 (ESDW). It aims to foster dialogue among researchers from different scientific fields and to encourage the sharing of research outcomes, experiences, and technological solutions that contribute to preventing and reducing pollution.

Throughout the event, participants will present their projects and ongoing work, addressing topics such as environmental quality, sustainable resource management, technological innovation, and policy strategies for a lower-impact future.

By promoting interaction between researchers, students, and other participants, the workshop also seeks to strengthen collaboration and stimulate new ideas capable of addressing current environmental challenges.

Through this initiative, UPV reaffirms its commitment to scientific research and to the role of knowledge and innovation in advancing more sustainable societies.

Everyone has the power to contribute to a positive change!



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Program

09h30 – RECEPTION

10h00 – OPENING SESSION

- **Eduardo Gouveia** | President of the School of Technology and Management of Viseu
- **Isabel Brás** | Head of the Environmental Department
- **José Abrantes** | Coordinator of the Digital Services Research Center
- **José Pereira** | Coordinator of the Research Center for Natural Resources, Environment and Society

10h30 – ORAL PRESENTATIONS – SESSION 1

12h00 – POSTER PRESENTATIONS – SESSION 1

13h00 – LUNCH

14h30 – KEYNOTE LECTURE

Climate and Sustainability: Challenges and Opportunities

Professor Filipe Duarte Santos | President of the National Council for the Environment and Sustainable Development

Moderator:

Elisabete Silva | Vice-President of the School of Technology and Management of Viseu

15h15 – ORAL PRESENTATIONS – SESSION 2

16h30 – COFFEE BREAK / POSTER PRESENTATIONS – SESSION 2

Musical Interlude | **Cristina Aguiar**

17h00 – ORAL PRESENTATIONS – SESSION 3

19h00 – CLOSING SESSION



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Isabel Brás

Maria Elisabete Silva

Nuno Miguel Rodrigues

Sandra Santos

Sérgio Lopes

Partners



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DOS ENGENHEIROS
REGIÃO CENTRO
VISEU





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Advancing Sustainable Food Systems through a Collaborative Assessment Framework: The RNAES

Sustainability Food Reference Model

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Abstract

Food systems are increasingly challenged by the need to balance environmental protection, social responsibility, public health, and economic resilience. In response to these challenges, the National Network for Balanced and Sustainable Food (RNAES) was established as a collaborative network bringing together stakeholders from across the food value chain.

This work presents the development of the RNAES Sustainability Food Reference Model, an innovative assessment and certification framework designed to support the transition towards more sustainable food practices while promoting the principles of the Mediterranean Diet. The model was developed through a multidisciplinary methodology combining international benchmarking, sustainability indicators, sustainable diet assessment approaches, and the Biosphere framework, adapted to the specificities of the food sector.

A participatory process involving producers, primary processors, distributors, HORECA operators, institutions, communities, and territories contributed to the identification and validation of the model sustainability criteria. The resulting framework integrates the 17 Sustainable Development Goals (SDGs) and provides a structured matrix of requirements addressing key dimensions of sustainable food systems.

The model includes tailored criteria for food chain actors and territorial entities, enabling the recognition of good practices through the RNAES Sustainability Label, with three certification levels. Pilot applications and stakeholder validation activities demonstrated its feasibility and relevance as a practical tool for monitoring and encouraging sustainability-driven transformations.

By promoting sustainable gastronomy, short supply chains, food waste reduction, and sustainability awareness, the RNAES Sustainability Food Reference Model contributes to strengthening local food systems and fostering pathways towards healthier, more equitable, and environmentally responsible food futures.

Keywords

Sustainable food systems; Mediterranean Diet; Sustainability assessment; Food value chain; Sustainable Development Goals