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# ABSTRACTS

*Regional Innovation  
Ecosystems and  
Sustainable Development*



**Title**

31<sup>st</sup> APDR Congress – Regional Innovation Ecosystems and Sustainable Development: Abstracts

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**HOW CAN DESIGN THINKING IMPROVE FOOD SUSTAINABILITY IN THE MINHO REGION (ENO)GASTRONOMY? A MULTI-ACTOR PERSPECTIVE**

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**Abstract**

**Purpose** | This study has the following main goals: i) to define barriers and present specific solutions associated with the food ecosystem, common to the various actors in the territory; ii) to explore the present and future of Minho's (eno)gastronomy and iii) provide innovative responses that meet contemporary consumer demands in terms of health and sustainability.

**Methodology/Approach** | Through Design Thinking, we pursued a collaborative approach that melds gastronomic traditions with health and sustainability imperatives, ensuring holistic solutions that valorize Minho's heritage. The process involved iterative workshops, engaging diverse stakeholders to analyze the historical and current state of Minho's (eno) gastronomy, focusing on the transition to healthier and more sustainable practices. This multi-actor approach enabled integrated solutions, enhancing the food system while considering climate change impacts and modern health trends.

**Expected Results** | The topics addressed by the region's players associated with the agri-food sector and the solutions proposed highlighted the intrinsic relationship between local production and sustainability, emphasising that the proximity between producer and consumer translates not only into a smaller carbon footprint, but also into the socio-economic and cultural enhancement of the region. These results will enable policymakers to apply a multi-actor approach, taking into account the needs of the various stakeholders in the region and implementing concerted actions that jointly respond to the challenges and needs we have identified.

**Keywords** | Design Thinking; Human-Centered design research, Problem-solving, (Eno) gastronomy; Sustainability.

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