

Paradigm shift for healthy and sustainable diet and cooking in school meals

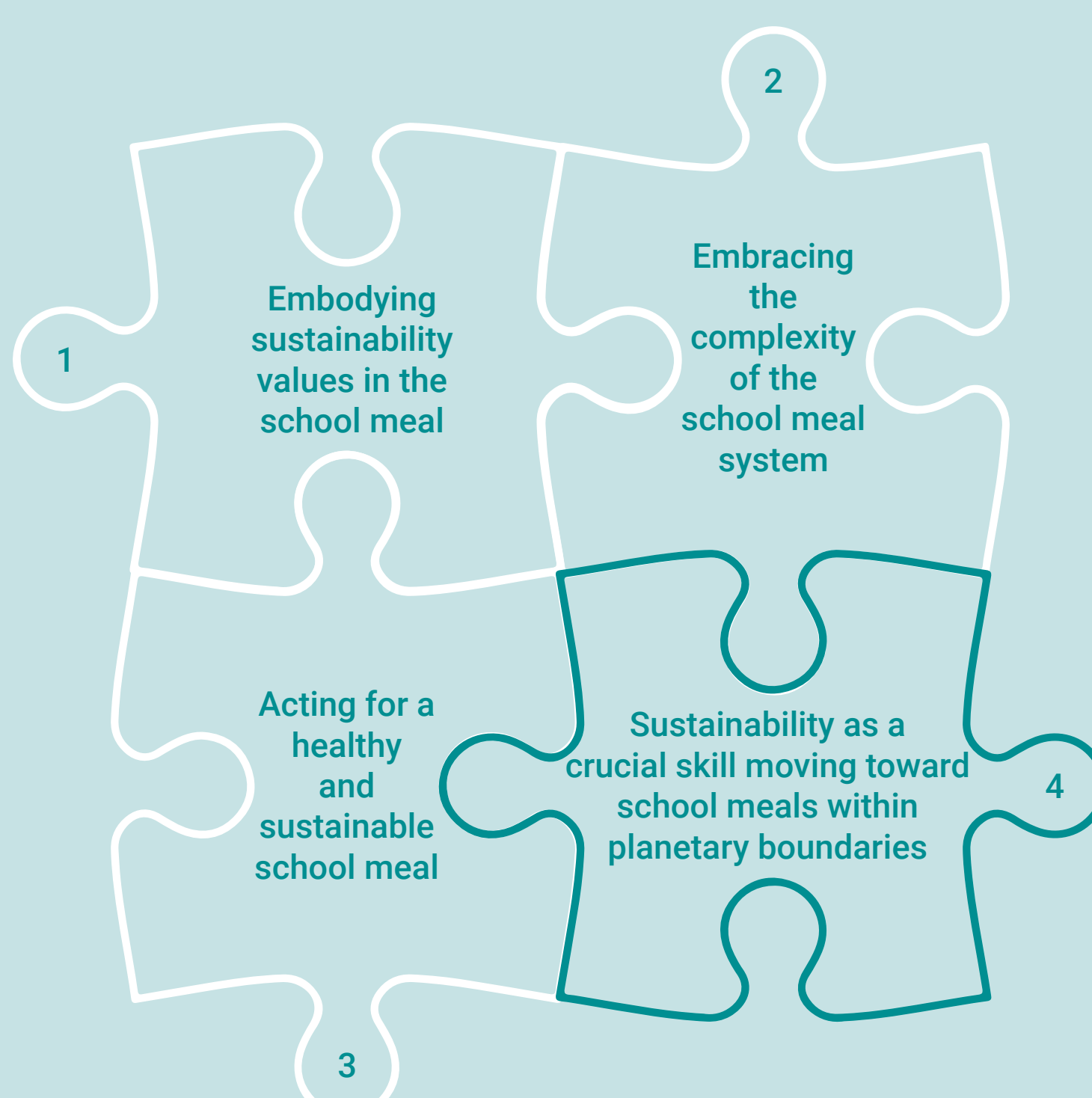


SF4C Project

SchoolFood4Change is an EU-funded project, headed by ICLEI – Local Governments for Sustainability, co-created by a consortium of **43 European partners**, including environmental and non-governmental organizations, local governments, scientists and research institutes, schools, chefs, meal professionals and health experts.

GOAL

SchoolFood4Change (SF4C) aims at integrating the health of children and the planet by creating new tasty, attractive, balanced and sustainable meals for school canteen



For a **societal shift to sustainable healthy diets** to happen, school restaurant **chefs will not be alone**. They will be supported by **Urban Food Enablers**, a network of persons that in every city will create the conditions and make possible the offer and the **acceptability of sustainable and healthy meals**, by encouraging **sustainable food procurement** and **healthy eating behavior**

4 SESSIONS

ON-LINE TRAINING



A group of **24 Urban Food Enablers** will be selected and trained by UNISG

UNISG supports Urban Food Enablers **CHANGE AGENTS**

ON-LINE TRAINING
Before and after the in-person training (end by December 2023)

MULTIPLICATION TRAINING
January 2024–onwards

THANKS FOR THE FOOD



It's time for a new menu

HANDBOOK
July–September 2023

IN-PERSON TRAINING
October 2023

SCHOOL RECIPE BOOK
January 2025 onwards

HANDBOOK 3 DIMENSIONS

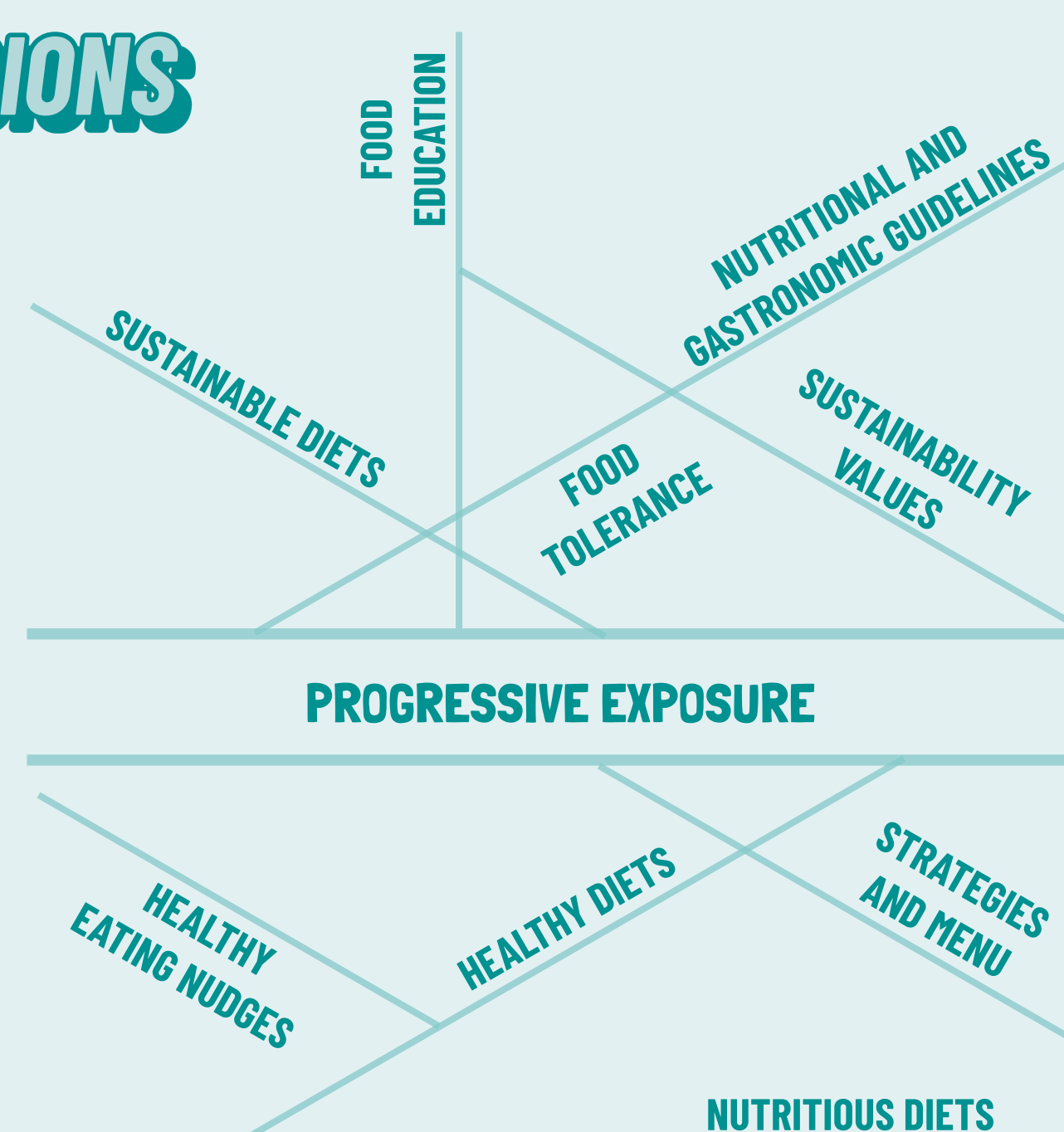
Collection of **69 experiences** to be inserted in the Handbook

FOOD PREFERENCES

Creating recipes able to orient **food acceptance** while taking into account cultural, religious, individual and biological needs



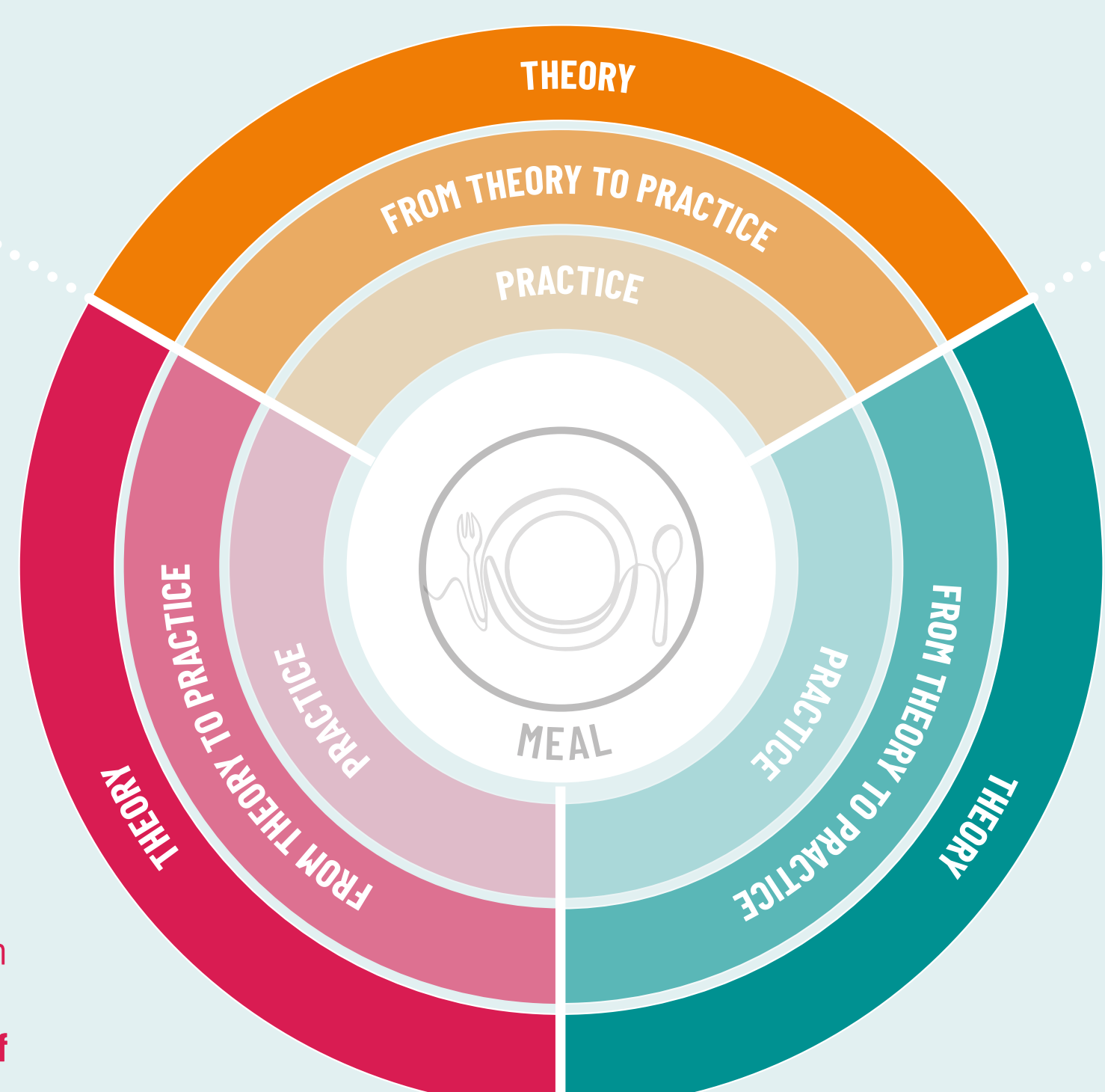
Datasheet template



Chapter 1:
From the food perception to the «invention» of the recipe

Chapter 2:
Cooking as a relational act and the «invention» of the menu

Chapter 3:
The school meal as a learning module



ACTIVE LEARNING

Serving school meal as an occasion for an **active and participating food education** and the creation of a **community of learning**

PROGRESSIVE EXPOSURE

Designing **strategies** and menu toward the **adoption of healthy, nutritious and sustainable diets** for both humans and the planet

EXAMPLE OF CONTENT, 2° DIMENSION

UNISG's Coordinators

Franco Fassio, Principal Investigator
Nadia Tecco, Project Manager

UNISG's Professor involved

Luisa Torri, Gabriella Morini,
Maria Giovanna Onorati and Paola Migliorini

Food Lab Professor and Collaborators

Carol Povigna, Matteo Bigi and Nahuel Buracco

UNISG's Research Fellow

Fabiana Rovera

Contact and information about SF4C

E-mail: f.fassio@unisg.it