

# PARADIGM SHIFT FOR HEALTHY AND SUSTAINABLE DIET AND COOKING IN SCHOOL MEALS

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## 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.

**The well-being of both our young people and our planet is a responsibility we all share.**

The **four-year project 01/01/2022-31/12/2025** sets out to redefine **what it means to eat healthily and sustainably at school**, while also addressing **food education** at several levels. SF4C sees **schools as catalysts for systemic and multi-actor change**. It involves **training cooks, caterers and public procurers at city level** and aims to create a true ripple effect, impacting up to **2 million citizens in the 12 participating EU countries**.

## Goals

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

## Demo cities and regions



## UNISG for a menu change

The **University of Gastronomic Sciences** is the **leader of the Work Package "Healthy and Planetary Diet and Cooking"**. UNISG wants to **raise awareness** to the importance of **school chefs' roles** in the school system and to strengthen their position in boosting healthy eating. To spread our message across schools we are realizing a **train-the-trainer program** to learn from each other's experience and get firsthand insights. The training is going to take place both **in-person and online**. A first group of **24 trained school chefs** will be in charge of training their colleagues in the cities participating in the project.

# It's time for a new menu

## UNISG supports change agents

The project supports **change agents** who are spreading a **new food culture** from the plates in **school canteens** to the plates in **families**. 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** and **food ambassadors**, 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**.

A group of **24 food enablers** and **12 food ambassadors** will be **selected and trained by UNISG**. The teaching material, as well **The School Menu Design Handbook** will be made available on the SF4C project website starting from September 2023.

Innovative Public Procurement providing criteria in the line with Farm2Fork Strategy and SDGs



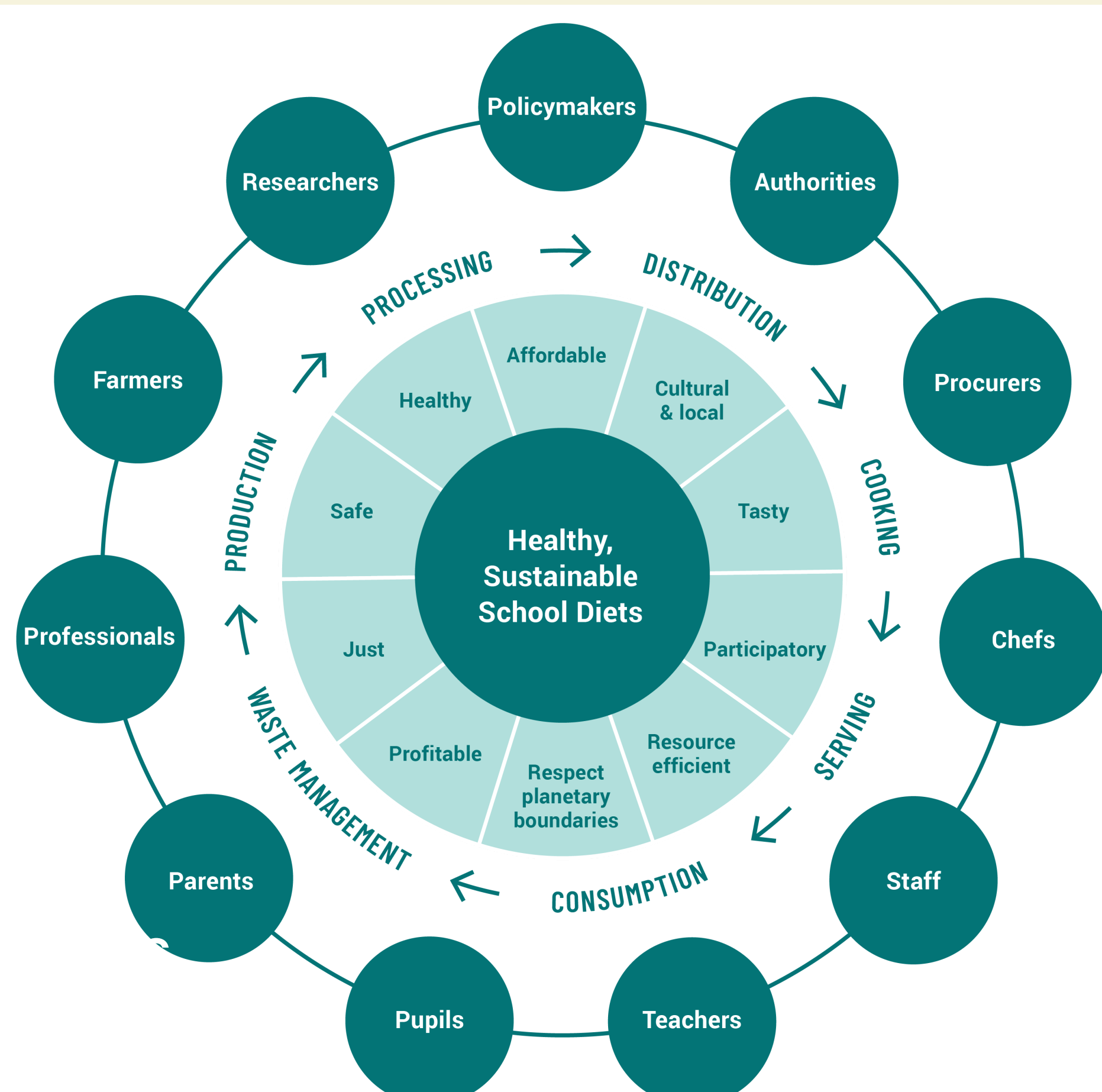
Food Education with WSFA – Circularity of Food System



Train and empower Cooks & Enablers for planetary health meals



Teachers, Cooks, Farmers, Children and Parents interacting at schools throughout Europe



## Contacts and information about SF4C

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SF4C website: <https://schoolfood4change.eu>

## A systemic multi-level approach

In line with the **EU's Farm to Fork Strategy** and the **UN's Sustainable Development Goals**, the project develops **innovative solutions** and tailored, locally adaptable **good practices for schools**, school meal providers, responsible public authorities and policymakers. To achieve the ambitious goal of enabling community-wide food system change, the 43 partners involved in SF4C – follow a **systemic multi-level approach**: this entails the development of **innovative and sustainable food procurement** criteria and methods, the promotion of **planetary health diets and cooking**, and the introduction of a **Whole School Food Approach**. This is a defined framework for municipalities and schools that are aiming to create a **holistic food culture** and **bring food to the heart of the school mission**.