



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

UNISG's Coordinators

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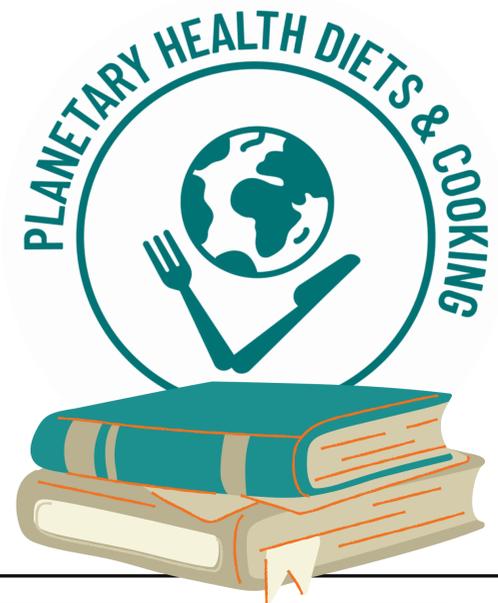
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SF4C Project

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 as **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



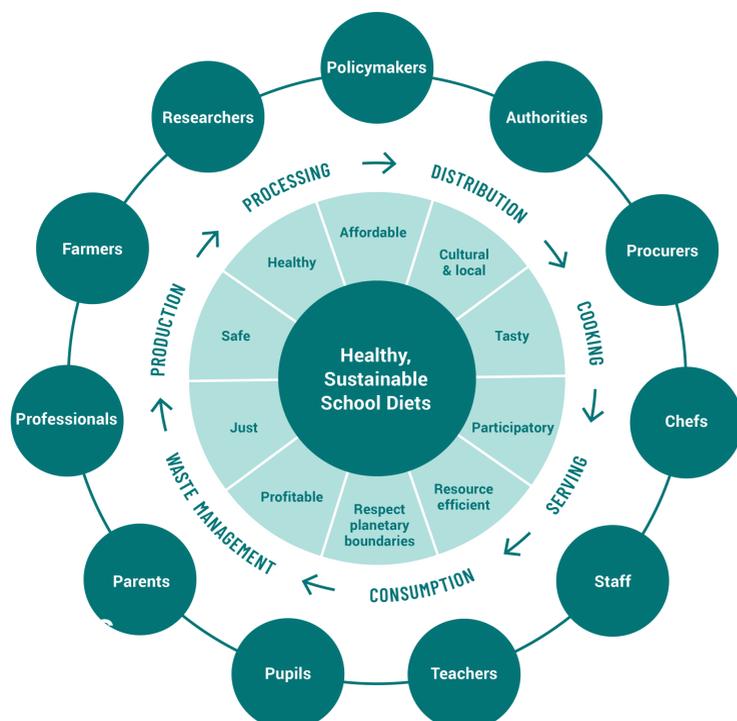
Food Education with WSFA – Circularity of Food System



Train and empower Cooks & Enablers for planetary health meals



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



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**.

Contacts and information about SF4C

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