



# Sustainable Food in Urban Communities

Developing low-carbon and resource-efficient urban food systems



## Thematic report Enjoying

Final Report – April 2015

# PROJECT

The URBACT Thematic Network "Sustainable Food in Urban Communities" is a project involving 10 European cities that wish to grow, deliver and enjoy more sustainable food: they are looking for joint, effective and sustainable solutions to develop low-carbon and resource-efficient urban food systems.

The 10 partners of the URBACT Thematic Network "Sustainable Food in Urban Communities" are:

- Brussels Environment of the Brussels Capital Region (Lead Partner) (Belgium),
- the Bristol City Council (United Kingdom),
- City of Messina (Italy),
- the Municipality of Amersfoort (Netherlands),
- the City of Lyon (France),
- the City of Göteborg (Sweden),
- Vaslui Municipality (Romania),
- Ourense City Council (Spain),
- City of Oslo (Norway) and
- Athens development and destination management agency sa (Greece).

URBACT mini-site: <http://urbact.eu/sustainable-food>

Project blog: [www.sustainable-everyday-project.net/urbact-sustainable-food](http://www.sustainable-everyday-project.net/urbact-sustainable-food)

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The information contained in this Interim Thematic Report is not comprehensive. It has been compiled from the experiences of ten cities around Europe and should be read alongside the final Handbook 'Creating Space for Sustainable Food Systems in Urban Communities' <http://www.sustainable-everyday-project.net/urbact-sustainable-food/the-handbook/>



# INDEX

3

<b>FOREWORD.....</b>	<b>5</b>
Foreword.....	5
This report includes examples of practical activities that take the following approaches to ‘Enjoying’, roughly categorized by target audience and activity type:.....	
<b>Introduction .....</b>	<b>6</b>
<b>Governance, synergies &amp; local system for “Enjoying” .....</b>	<b>8</b>
State of the art .....	8
Cases .....	10
<b>Canteens .....</b>	<b>10</b>
Lyon ‘More sustainable food for public canteens’ .....	10
Vienna ‘Naturally Good Plate’ .....	10
Gothenburg ‘Sustainable Meals in Canteens’ .....	11
Brussels ‘Sustainable Canteens programme’ .....	11
Other references for sustainable procurement: .....	12
<b>Restaurants.....</b>	<b>13</b>
“Cómete ourense” campaign .....	13
Brussels Sustainable Gastronomy.....	13
Lyon ‘Bouchon Lyonnais’ label .....	13
Uten Oppskrift (No Recipe).....	14
Other references for restaurants:.....	15
<b>Final consumers - General Public .....</b>	<b>15</b>
Amersfoort: Sofie aan de Wallen .....	15
Brussels: 100 tips brochure .....	16
Other references .....	17
<b>Final consumers - Low-income Households &amp; multi-ethnic communities.....</b>	<b>17</b>
Athens: Organic Farmers’ markets .....	17
Lyon: La passerelle d’eau de Robe / Social Grocery shop .....	18
Other references .....	19
<b>Final consumers and youngsters .....</b>	<b>20</b>
Bristol: Food For Life Partnership .....	20
Athens: School vegetable gardens .....	20
Amersfoort: Food education in primary schools and afterschool day care (age 4-12) .....	21
Geitmyra Culinary Centre for Children.....	22
Other references .....	22
<b>Good practice in other UK cities.....</b>	<b>22</b>
<b>Social Inclusion, jobs &amp; economics for “Enjoying” .....</b>	<b>24</b>
State of the art .....	24
Cases .....	25
<b>Eating more sustainably within a limited budget.....</b>	<b>25</b>
Brussels: Sustainable Food Challenge .....	25
Other references .....	26
<b>Involving various population groups in sustainable food transition .....</b>	<b>26</b>
Vienna Cookery Courses - good & cheap .....	26
<b>Impacts on jobs and local economy of a shift in food demand.....</b>	<b>27</b>
Bristol’s public sector food procurement initiative - baseline study.....	27
Ourense – Young sellers at the Food Market .....	28
Oslo “Kompass&Co” social entrepreneurs .....	28
Other references .....	28



<b>CO<sub>2</sub> &amp; resources efficiency for “Enjoying”</b>	<b>29</b>
State of the art	29
Cases	32
<b>Assessing the footprint of a meal/urban food demand</b>	<b>32</b>
Gothenburg Britta Florén keynote speakers	32
<b>What food purchasing criteria to effectively lessen footprint?</b>	<b>35</b>
Gothenburg: Living life	35
<b>What key behavioural changes to promote to effectively lessen footprint?</b>	<b>36</b>
Brussels Veggie Thursday	36
Bristol: Feeding the 5000	37
<b>Conclusions</b>	<b>39</b>
From research to policy	39
Cultural transformation and ‘Culinary Courage’	39
Practical action priorities	39
<b>References and further reading</b>	<b>40</b>



# Foreword

5

This is one of three interim reports that together cover a wide range of practical examples of what is currently going on in the different partner cities. The theme of 'Enjoying' is explored through the lens of three cross-cutting issues: i) Governance, ii) Inclusion and economy; and iii) CO2 emissions reduction and resource efficiency. The theme 'Enjoying' is a fascinating and very people-centred approach to take when exploring the drier issues of consumer engagement and behaviour change in relation to healthy and sustainable eating choices.

Partners have shared experiences from their own cities and used this report to gather examples and stimulate their own thinking and discussion about what is needed and what approaches could be taken. The richness of this working document lies in the diversity of examples that address different scales and audiences, and that are instigated by many different 'actors' to address a range of challenges.

So, as a reader of this report, what is the best way to make good use of all these practical examples and learn from others experiences? Too often a successful and inspiring example in one place does not translate to another because perhaps the context is different, or the details of process that led to the success is not necessarily captured in the end story, or most likely, success was largely due to the vision and drive of one or two individuals who made something happen against the odds.

One of the biggest challenges in how to make use of best practice and examples of other people's experience, is therefore to both i) understand the context and ii) be able to assess the impact.

The Project Partners have attempted to do this and used the questions below to help with that process.

- What was the context that led to the initiative becoming a success?
- What process did the key players go through before it became a success?
- To what extent are they being successful, and what is the practical tangible evidence of success?
- What changes are happening as a result of these initiatives?
- Are the outcomes those that were originally expected?

Of course in a short report like this, the level of detail is inadequate to really explore the examples in any depth. However the aim of this report is to show the range of activities that are possible. URBACT partners who have contributed to this report would like to encourage the reader to take time to consider what it is exactly that draws him or her to particular examples.

This report includes examples of practical activities that take the following approaches to 'Enjoying', roughly categorized by target audience and activity type:

- *Caterers* – improved menus and procedures for canteens & restaurants
- *Communities* – buying and cooking support for families, low-income households & multi-ethnic communities
- *Children & young people* – school gardens, farm visits, cooking
- *Young entrepreneurs* – providing food business opportunities
- *Research* – economic & environmental challenges, impacts, solutions



## Introduction

The theme of Enjoying explores how people in the city can embrace a sustainable, happy, healthy and vibrant food culture in canteens, restaurants and households. It includes increasing the demand for sustainable food (e.g. local products, without pesticides, seasonal and fresh products guided by up to date evidence of carbon footprints drawn from life cycle analysis) and encouraging sustainable practices (e.g. food storage, preparation, avoiding waste) by supporting changes in perceptions, attitudes and behaviours of canteens, restaurants and final consumers and by involving urban consumer groups not previously reached or aware and adapting the approaches to their specificities (e.g. low-income households, single person households, different food cultures, young families lacking cooking skills).

In this theme, partner cities firstly address sustainable canteens and catering, i.e. promoting green procurement to provide healthy menus for school children, employees and citizens eating out. Secondly, education - towards behavioural change is addressed including training and coaching activity with adults and children to shift daily practices towards healthy and sustainable food.



Key to coherent food planning is the need to identify overarching approaches and principles. Case studies from Partner cities demonstrate the challenges and opportunities of specific interventions addressing aspects of sustainable food. Much of the diverse range of inspiring programmes is new, small scale or pilot so questions remain on what might be the more promising, how to scale up or multiply effect.

Some baseline studies have been completed from which to measure progress and some very clear evidence of change supports further work but cost effectiveness is a general concern among Partner cities and this identifies a need to assess value in a more compelling way, expressed locally, nationally and globally.

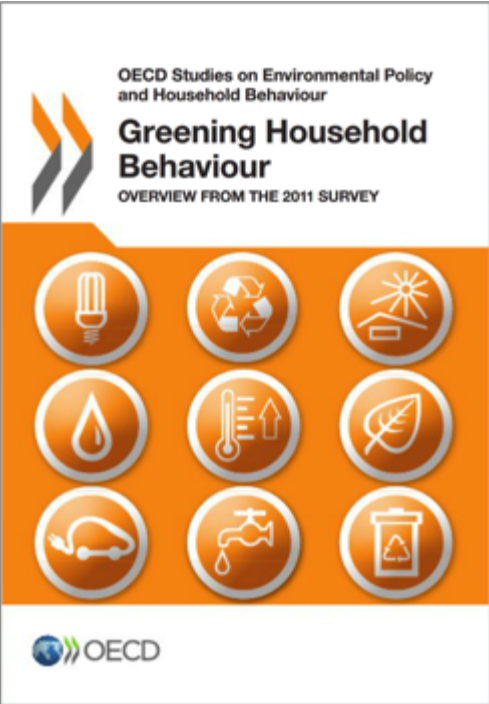


Nationally there is very limited carbon monitoring or carbon reduction targets specifically for food yet clear information of environmental impact including the carbon footprint based on life cycle analysis enables sound evidence based decisions by organisations and individuals. The dynamics of exercising those choices is





inevitably influenced by how much pleasure can be conveyed both from enjoying sustainable food and the conviviality of the social context of collaboratively moving towards greater resilience.



# Governance, synergies & local system for “Enjoying”

8

## State of the art

How can a city increase demand for sustainable food and encourage sustainable practices by supporting changes in perceptions, attitudes and behaviours of canteens, restaurants and final consumers and by involving urban consumer groups not previously reached or aware and adapting the approaches to their specificities?

Canteens provide an invaluable public service for specific groups including the very young and the elderly providing millions of meals annually in some city regions. They usually but not invariably operate under the control of the local administration, one exception being Ourense where the canteens are managed by central government. Where there is local control, high sustainability standards can and have been achieved notably in Gothenburg, Lyon and Vienna, the latter offering the high quality, ethically procured ‘Naturally Good Plate’ concept, a pace setting meal available several times each week in hospitals and retirement homes. An innovative programme of activities and pilot schemes such as the Sustainable Canteen project in Brussels has enabled sound analysis of specific interventions. In the latter case individual support was provided for specific kitchens coaching staff in all aspects of sustainable food including food



waste, (of particular interest to the European GreenCook project) with rigorous ‘before and after’ monitoring. In Bristol, a baseline procurement study has identified the specifics of the annual £ multi million public sector spends on food. Plans are in the pipeline in Athens to move beyond the current emphasis on cost minimisation towards a more holistic sustainable lunch. Messina’s ‘Slow Food’

approach includes tasting sessions in canteens to emphasise the value of high quality food while in Amersfoort the subcontracted municipal canteen provides employment for marginalised people.



Beyond statutory requirements focussing on such matters as food hygiene, local administrations have little direct control over food served in private restaurants. An entirely different approach is clearly needed and there are some very inspiring examples, appealing to economic or cultural sensibilities where partner cities have designed local or embraced national initiatives towards greater sustainability. Vienna has an Eco Business Plan, Bristol a Good Food Charter, Brussels a 2009 political declaration on sustainable gastronomy with Taste Brussels events and Amersfoort an annual week where restaurants serve only local food. Where



food culture remains strong the emphasis is more to promote and preserve the best of their existing traditions: Messina is the homeland of the Slow Food movement, Lyon has introduced the label ‘Bouchon Lyonnais’ and Ourense has food festivals promoting local seasonal food including ‘Flavours of Ourense’. Local partnerships can provide an effective boost: the Association of Gothenburg restaurants are developing an Environmental diploma planned for autumn 2013, with 50 local businesses signed up. In the UK, the Soil Association co-ordinates the Food for Life Partnership awarding bronze, silver and gold catering marks. Internationally Fair-trade has a high profile in several Partner cities including Gothenburg, Amersfoort and Bristol.

The wealth of local initiatives to encourage sustainable consumption is multi-faceted, suppliers can both initiate and respond to customer demand which itself can be stimulated by successful programmes. Brussels have produced 100 tips and a fruit and vegetable calendar. Lyon, Brussels & Gothenburg have trialled sustainability coaching of small





groups of families. Amersfoort stages an annual event for 500 people providing veggie, organic meals. 'Happy Hour' local food tasting and prizes for the funniest, nicest etc. market traders raise the profile of sustainable food in Ourense while Messina in Slow Food tradition educates the palate by offering 'taste the difference' samples of poor and good quality food. Vaslui promotes the preservation and pickling of abundant seasonal produce for year round use. Events and festivals are a common feature in most cities and there's a considerable interest in improving sustainable food provision, Vienna's Eco label, Gothenburg has the highest standards in Sweden and Bristol has asked for a yearly improvement from subcontractors including the organisers of the annual Harbour Festival, one of the UKs largest public events.

Extremely low income households are a feature of even the wealthiest cities and residents in crisis rely on Food Banks. These are often initiated by small local organisations and charities who redistribute surplus foods such as the Bergsjons kyrka church in Gothenburg, Ourense in contrast intervenes more directly, with plans to include fresh fruit and vegetables from the fresh food markets in this offer. Athens plans to support healthy eating and sustainable consumption through the introduction of a local farmers market in a vulnerable neighbourhood offering 'World Cooking' cooking classes to try and address the modern diet of excess meat, refined sugar and transfats that causes high levels of obesity especially in children. The Greek Ministry of Health responded to this issue by developing a National Action Plan for Nutrition 2008 – 2012. Gothenburg's global picnic continues the multicultural theme while Vienna runs 'Good and Cheap' cooking courses for clients of the social organisation 'Volkshilfe Wien' who are mostly migrants on very small budgets. Bristol's collection of grass roots initiatives include the long standing Hartcliffe Health & Environment Action Group that provides a holistic range of food activities supported by a low cost food shop. Lyon runs the Social grocery shop where a 2 tiers price system ensures affordability for those in need.



National policy varies considerably between partner countries ranging from free school meals in Sweden to a lack of provision in Norway and the Netherlands. Many countries provide low cost lunches but these are not always taken up by families who may choose to provide packed lunches. A Soil Association led UK initiative, the Food for Life Partnership has made significant progress towards providing and increasing the uptake of healthy sustainable lunches by promoting a whole school approach.

Individual partner cities such as Gothenburg achieve beyond national policy providing very high standards of sustainable lunch. In Athens the focus is shifting from an emphasis on costs to that of quality and this is enhanced by a programme of food growing in schools.

Most partners run cooking initiatives for young people including Amersfoort's 'Week of Taste' for 13 – 20 year olds and Brussels low cost classes for university students. Activities for younger children include farm visits.

Overall young people were considered to be the highest priority by Partner cities with the exception of Lyon who have already achieved so much with the building of a centralised high standard eco school kitchen facility.



## Cases

### Canteens

10

#### *Lyon 'More sustainable food for public canteens'*



17 M€ has been invested by the City of Lyon to build a new resource efficient eco kitchen to centrally cater for all public canteens.



Every year, the city of Lyon provides 3 million meals for the 125 school canteens. About 65% of children aged 2 to 11 years have lunch at public sector schools. Operating

from September 2014, the new central kitchen will be able to produce up to 35K meals per day with:

- 30 to 32% of organic products
- 2 meals, one without meat to respect religious considerations and lower CO2 footprint
- 1 dish with fresh vegetable (starter or main course)
- Local and seasonal products according on the CO2 footprint of the production per meal

This investment won't impact the average cost per meal, about 3.60 € for the citizens and about 10 € for the city (including staff).

The kitchen is 15 km from the city centre and logistics and delivering issues include traffic jam, size of trucks, adapted access to school buildings, "cold chain", delivery by night.

#### *Vienna 'Naturally Good Plate'*

Vienna is a city of 1.6 million inhabitants. The City Administration has influence over retirement homes, hospitals, kindergartens and schools and aims to increase the levels of organic food to 50% (minimum 30%). Further aspirations include more regional and seasonal produce to scale up impact on local suppliers. Meat reduction is also important and a priority to convince chefs to understand that this is better for health and does not lower the value of the meal.



Vienna Hospital Association serving 400,000 patients and 3.5 million out patients, employing 32,000 people has reached levels of 32 % organic food.

There are 31 retirement homes caring for 8,800 people and these have reached 30% organic.

30,000 children attend nursery schools at 370 locations and while their meals are 51% organic overall, dairy produce has reached 87%.

18,800 school pupils eat lunch at school eat 40% organic and participate in educational programmes on healthy eating.

The 'Naturally Good Plate' concept is designed to introduce exceptionally environmentally friendly, healthy, clearly labelled food standards to retirement homes and hospitals several times per week. The food must be organic and seasonal with reduced animal protein, all of which must be ethically produced.



## Gothenburg 'Sustainable Meals in Canteens'



The municipality has decided to increase the share of organically grown food from the 23.4% currently achieved to 50% by 2014 and that all meat served in the city's public sector will be organically produced.

Workshops and educational information has been provided to support catering organisations towards this ambition.

The benefits are that we reach large numbers of the population who will receive healthy good quality food while decreasing the impact of the environment.

19 million meals are served each year by the municipality of Gothenburg

Recently we have found that the environmental impact of public food served in Gothenburg is as high as 10 % total greenhouse gas emissions.

Question remains as to how best to fully engage those politicians sitting on the board of the local administration of the importance of these issues, prioritised by the municipal council, as their support is needed to ensure a successful outcomes.

Issue of how best to express the benefits of sustainable food in the most simple, compelling way.

## Brussels 'Sustainable Canteens programme'

Supporting institutional kitchens in a shift towards sustainable food in the Brussels-Capital Region.

270,000 meals prepared in institutional kitchens in the Brussels-Capital Region are eaten every day. This represents a definite environmental impact yet institutional kitchens can potentially be used to raise the awareness of a large group of users about the theme of sustainable food. It is with this in mind that, since 2008, sustainable food in institutional settings has been one of Brussels Environment's priorities.

The various pilot projects already run by Brussels Environment have targeted kitchens at institutions, companies, schools, and care and other establishments, whether run in-house or by catering companies.

Individual support for institutional kitchens

In order to obtain more concrete and lasting results, in 2011-2012 twenty kitchens received individual, adapted support, including food waste a particular focus of the From 2010 to 2014, Brussels Environment is taking part in

Since the launch of the Sustainable Canteens programme in 2008, a total of ninety-three institutions have registered for the support cycles, representing 69,085 meals per day. Fifty-nine institutions have completed the guidance process and taken one or more actions in favour of more sustainable food. This represents 50,083 meals per day or 18.49% of the meals eaten every day in the Brussels-Capital Region.

**Raising the awareness of future catering professionals**

Since 2010, Brussels Environment is taking part in the European GreenCook project, an international partnership under the Interreg IVB programme, that notably focuses on food waste prevention in canteens.



In 2011, Brussels Environment also supported a project by CIRIHA (the Centre for Information and Research relating to Intolerances and Food Hygiene) for the introduction of sustainable food into the curriculum of two classes at hotel management school and one class in the dietetics department.

**Pilot projects with catering companies**

Also in 2011, Brussels Environment devised a pilot project with the company Sodexo to calculate the impact of their menus on the environment and to adapt the menus accordingly.





In parallel, a pilot project was carried out in collaboration with the catering company TCO Service to measure food wastage in the municipal schools of Watermael-Boitsfort.



### Training courses

In 2008, Brussels Environment launched a first cycle of training courses for institutional kitchens.

Several themes have been dealt with during the training courses, including cutting down on meat, vegetarian meals, seasonal produce, organic produce and food wastage.

At the end of the third cycle, a certificate was issued to the participating institutions and companies that had attended

the training regularly. The prospect of obtaining the certificate seems to have encouraged more active participation, a critical point during previous cycles.

### Communication tools and equipment

to help institutional kitchens manage the transition to more sustainable food e.g.

- a seasonal calendar,
- a tool to calculate the sustainability of menus served in institutional restaurants,
- education packs for schools,
- a practical guide including recipes and examples of good practices,
- information sheets

Brussels Environment has also developed communication equipment for institutional kitchens.

### A help desk

to answer practical questions about the integration of sustainable food in institutional kitchens is available every working day between 9am and 4pm. Further, a specific help desk for sustainable specifications has been set up for legal or practical questions relating to the inclusion of ecological criteria in tendering specifications for catering services.

Some results of the support programme (20 kitchens)<sup>1</sup>

	Before	After	Difference in %
Seasonal produce	33.2% per meal <sup>2</sup>	48.8% per meal <sup>3</sup>	+15.60%
Meat portions: - schools - rest homes - canteens for adults - youth hostels	115.3g/meal 122g/meal 149.5g/meal 140g/meal	92g/meal 104g/meal 142g/meal 120g/meal	-20.21% -14.75% -5.02% -14.29%
Vegetarian meals	4 kitchens 1,305 meals	15 kitchens 5,599 meals	+429%
Organic products	7 kitchens organic food = average 16% of total purchase price	15 kitchens organic food = average 15.6% of total purchase price	+208.93%
Food wastage <sup>4</sup>	136.6g/meal	107g/meal	-21.67%

### Other references for sustainable procurement:

North Bristol Health Trust Case Study: see,

[www.sdu.nhs.uk/documents/case\\_study/Case\\_study\\_Bristol\\_food\\_SDU\\_Final.pdf](http://www.sdu.nhs.uk/documents/case_study/Case_study_Bristol_food_SDU_Final.pdf)

<sup>1</sup> Source: Final report on 2011-2012 programme

<sup>2</sup> Percentage calculated on the basis of data from 14 canteens

<sup>3</sup> Percentage calculated on the basis of data from 18 canteens

<sup>4</sup> Measurements performed in 12 canteens



### *“Cómete ourense” campaign*

The Basque country and Galicia are regarded as the best cuisines of Spain and “Sabores de Ourense” is an annual publicity campaign to increase demand of local food in cafes & bars using map of Spanish “tapas” (little portions of food) serving local people and tourists.

Running twice each year in spring and autumn a network of over 30 cafes & bars in the city have a special offer of original recipes based on local food. About 50,000 portions are consumed in a city over 100,000 inhabitants.



Customers can vote for “best Ourense’s flavour” awarding a prize. The first three gain media recognition including TV, Radio and the local Press.

Environmental benefits include consumption of local foods reducing distribution chain and packaging. Social benefits are an offer of very affordable food portions and awareness of local traditional food advertised through media, internet and leaflets provided by local administration. The local economy benefits both in terms of trade and the provision of training seminars with the best chefs and specialists of the country in different issues: seasonable food, ICT to communication, local products etc.

The initiative was developed based on public financing more than ten years ago and is now at risk since the local public company of tourism could disappear this year.

Local companies of this sector don’t usually to finance this type of activity yet it’s a social milestone in the city.

Local products have yet to develop local labels but one initiative “Cómete Ourense” (Eat Ourense) is likely to do so in the future.

### *Brussels Sustainable Gastronomy*

A cosmopolitan city, Brussels cuisine is strongly influenced by ethnic diversity. The traditional gastronomy is well represented by “brasseries” that show the friendly aspect of food culture in Brussels. 40% of all meals are taken outside home which provides work for 6,000 businesses and 25,000 people. The Hospitality (hotel, restaurants and café) sector is slowly evolving towards more sustainable practices with many new businesses embracing sustainable food principles. However, businesses encounter difficulties in procurement of local food, logistics (how to keep up with a changing menu)

and consumer expectations (difficulty to accept seasonality).

Governmental declaration 2009 There is a strong political engagement with food with focus on sustainable gastronomy as a means for attracting tourism. The declaration led to the adoption of a Regional Action Programme of Support to Sustainable Food Demand in 2012. Alongside other sectors the private sector is eligible for grants (500€-15000€ each with a total envelope of 200000) to support sustainable food projects and Brussels is preparing a “Sustainable Food” guide for companies

### *Lyon ‘Bouchon Lyonnais’ label*

UNESCO world heritage - the French meal - “le Bouchon” is a local traditional concept from the XIX century.

Many restaurants use the name for marketing purposes but without the savoir-faire

Lyon has the highest density of restaurants per capita but not all are true ‘bouchon’, that is, traditional family restaurants offering homemade cuisine prepared on site.







Lyon developed a label to identify genuine 'bouchons' to promote the local culinary heritage in a project led by the Chamber of Commerce and the Tourist Office with ERDF funds and currently there are 17 labeled restaurants, "les bouchons lyonnais" (a registered trademark)

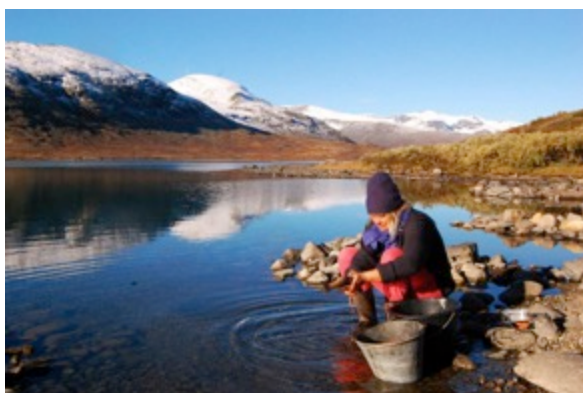
The registration is based on a voluntarily committed quality approach that guarantees:

- the respect for the culinary tradition of Lyon
- the quality and origin of fresh and local produce
- homemade family cuisine prepared on-site
- a warm welcome
- a typical Lyon atmosphere in a historical setting



### *Uten Oppskrift (No Recipe)*

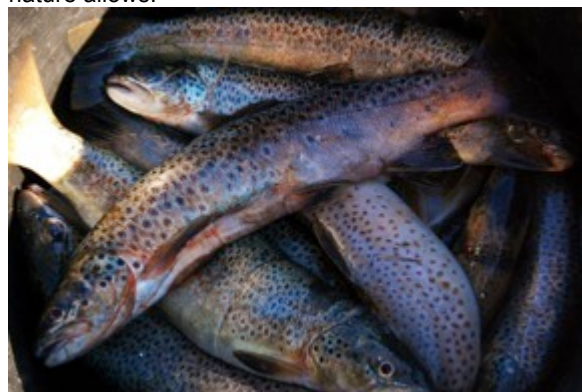
Catering from scratch and with local ingredients. When we eat great food, it is something that we remember, especially when others are with us to share the experience.



Nordic food has become more popular, and food culture in general has become a more important aspect of many people's lives. Some will argue that fresh ingredients are the key. But just as important in the Nordic cuisine are preserved foods such as jams, aged cheese, and dried meats. These are the products of our relatively short growing season and long, cold winters. The unique climatic conditions of the Oslo region are reflected in the local ingredients available here.

*Uten Oppskrift* (No Recipe) is a small, Oslo-based catering company that delivers to any type and size of

event, and the focus is on meals made from scratch. No pre-prepared food or artificial ingredients are used. Some ingredients are grown in urban gardens. Other seasonal ingredients, such as hand-picked mushrooms and berries from the Oslo forests, or fish caught in the nearby mountain rivers and lakes, are available as often as nature allows.



No Recipe makes food representing not only Nordic cuisine, but international flavours as well. They might even mix-and-match cuisines if they find a way to make the flavours dance together.

Sources:

[www.utenoppskrift.no](http://www.utenoppskrift.no)

[www.facebook.com/pages/Uten-Oppskrift-Catering/148226292370](https://www.facebook.com/pages/Uten-Oppskrift-Catering/148226292370)



### Other references for restaurants:

15

Bristol actively supports food awards e.g. Bristol Good Food Award – Bristol's Food Policy Council promoted a new award category

[www.bristolgoodfood.co.uk](http://www.bristolgoodfood.co.uk)

Collaboration of London restaurants for sustainable procurement [www.sustainweb.org/publications/?id=185](http://www.sustainweb.org/publications/?id=185)

## Final consumers - General Public

### Amersfoort: Sofie aan de Wallen

Organic and vegetarian catering event for 500 people in the open air

Inspiring people to experience a low cost vegetarian meal, made with locally sourced organic ingredients, in an informal, natural and attractive setting.



The initial motivation of the organisation of Sofie op de Wallen is based on a community shared meal which is common in some southern EU areas to celebrate together with inhabitants of the village in a yearly traditional event the 'fruits of the harvest' at the end of the summer. The organisation of Sofie shows that a vegetarian and organic meal with seasonable ingredients is not only cheap but also tasteful and cheerful, especially if you can share it with a group of people in a green open and natural space garnished with music and entertainment. Local cooks volunteer to prepare the meals and people to bring their own plates, cutlery and drinks with them, to keep the organisational costs low. This is a great way of bringing people together to experience how tasteful local and

vegetarian food can be, and to create a positive atmosphere in which simple wholesome food is central.



Pro:

- Be keeping costs low, lower incomes can share a pleasant and affordable meal
- Vegetarian is suitable for almost all cultural and religious target groups
- Social and voluntary involvement of organisation and participants
- Preparing 500 meals without meat and sources local and in season is a good contribution to CO<sub>2</sub> emissions
- People are encouraged to cook meals at home without meat
- Informing people on where to find local food producers

Contra:

- A yearly event, not embedded in daily use of food
- A lot of effort for the organisation to source enough local ingredients for 500 meals

Support and guidance is needed from countries with established food cultures to help develop and encourage the importance of local and seasonal food in an everyday way and not only during a yearly event.





## Brussels: 100 tips brochure



In 2013, A brochure “Food and Environment: 100 tips to enjoy food while respecting the environment and health” was produced by Brussels for the General Public to promote behavioural changes and point towards sources of information.

It is an update of a previous brochure with 65 tips.  
[www.bruxellesenvironnement.be/Templates/news.aspx?id=37545](http://www.bruxellesenvironnement.be/Templates/news.aspx?id=37545)

Each piece of advice is backed up with facts and figures and tips with additional benefits in terms of Health and/or Savings visually highlighted. For instance for Tip 3 “Limit products of animal origin” the brochure details :

“The Belgian consumes an average of 120 g of meat per day. But many consumers are well beyond. However, the production of meat and dairy products is about 50% of the impact of diet on the environment and 10% of the overall environmental impact. In addition, recommendations for health limit consumption to a maximum of 75-100 grams per day. Reducing consumption of meat is a benefit for environment & health!”

Among the pieces of advice 10 are highlighted

1. Rebalance your plate: more fruits and vegetables, less animal products.
2. Produce your own fruit and vegetables.
3. Buy fresh, local AND seasonal.
4. Choose short supply chains.
5. Choose less processed products.

6. Alternate sources of animal and vegetable proteins.
7. Purchase products from organic agriculture or differentiated quality producers.
8. Buy according to need, taking into account the consumption dates.
9. Use your leftovers and store your food properly.
10. Compost organic waste.

### The 100 tips

#### Balance your meals

1. Increase consumption of fruits and vegetables
2. Choose (food) biodiversity
3. Limit products of animal origin
4. Alternate sources of animal and plant origin
5. Limit sodas
6. Drink tap water
7. Follow advice on eating and moving by national health body

#### Produce your own foodstuffs

8. grow and rear
9. Start with herbs and easy plants
10. Think of forgotten vegetables
11. Consider small fruit trees (+Money + Health)
12. Grow without chemical pesticides and fertilisers
13. Call upon family allotment gardens
14. Develop or participate a community kitchen garden
15. Follow a training in kitchen gardening, ask helpline and kitchen garden masters for help
16. Preserve harvest in different ways
17. Exchange, give or sell your excess production
18. Prepare basic food stuffs yourself

### Shopping

#### How to shop?

19. Make a shopping list
20. Read the labels
21. Read the by date
22. Shop the adequate quantities and more regularly
23. Shop after having eaten
24. Take a reusable bag or caddy
25. Avoid products with excessive packaging
26. Buy in bulk
27. Respect the cold chain

#### What to buy?

28. Choose seasonal products
29. Consult the calendar of seasonal fruits and vegetables
30. Choose tasty local products
31. Choose less transformed products
32. Give priority to healthy organic products
33. Give priority to products of differentiated quality
34. Vary the types of meat
35. Try out plant protein sources
36. Avoid fish from overfished fish stocks
37. Give priority to MSC labelled fish
38. Avoid palm oil
39. Choose products produced in the city
40. If you buy exotic products, give priority to fair trade products
41. Give priority to drinks in reusable bottles with deposit systems



#### Where to buy at what cost?

42. Choose short supply chains
43. Support producers
44. Support the local economy
45. Sign up for organic baskets
46. Shop at the market or even at the farm
47. Eat sustainably without it costing too much

#### Store and preserve

What you have grown yourself or purchased in large quantities

48. Vary conservation techniques
49. Make preserves
50. Make jams and chutneys
51. What you buy
52. Check the shelf life of your wrapped products
53. Pay attention to the shelf life of your opened products
54. Store foodstuffs at the right place
55. Apply conservation tips
56. Use your fridge effectively
57. Clean your fridge regularly
58. Use storage containers
59. Freeze the surplus
60. Keep leftovers as individual portions
61. Defrost your freezer regularly
62. Consume the products with the closest expiry dates first

#### Prepare

63. Prepare food yourself
64. Prepare adequate quantities
65. Use measuring devices
66. Eat all edible parts of fruits and vegetables
67. Eat even damaged fruits and vegetables
68. Empty jars and tubes completely
69. Use your leftovers
70. Save energy when preparing food

#### Manage waste

71. Compost
72. Compost even without garden

73. Compost in your neighbourhood
74. Get training in composting and call upon compost masters
75. Separate waste streams

#### Eat out

##### At work or at school

76. Bring leftovers to work
77. Organise potluck lunches
78. Use smart sandwich boxes
79. Call for a sustainable canteen at school or at work

##### At the restaurant

80. Try out organic restaurants
81. Try out vegetarian restaurants
82. Try out slow food restaurants
83. Ask for a portion size adapted to your appetite
84. Ask for a "doggy bag"

##### At events

85. Support stands that offer sustainable food choices

#### Organise "sustainable food" events

86. Purchase sustainable food
87. Call upon a sustainable caterer
88. Prepare the adequate quantities
89. Use reusable dishes and cutlery
90. Choose reusable cups
91. Buy drinks in reusable containers in a deposit system
92. Give away your leftovers

#### Live sustainable Food in the city

93. Take part in sustainable cooking classes
94. Get recipes
95. Sign up for veggie Thursdays
96. Be an ambassador for change
97. Combine world cooking and sustainable food
98. Use grandmother's wisdom
99. Let your kids teachers know about educational materials on sustainable food
100. Take part in sustainable food leisure activities
101. Get more information

## Other references

Bristol's annual Harbour Festival (one of UK's largest public festivals) – new contract specifies increasing levels of sustainability each year with accompanying communications [www.bristolharbourfestival.co.uk](http://www.bristolharbourfestival.co.uk)

## Final consumers - Low-income Households & multi-ethnic communities

### Athens: Organic Farmers' markets

Organic Farmers' markets offer local seasonal organic products to consumers, leading to a sustainable nutrition model at decent prices.





Organic Farmers' markets have operated in Greece since 1994, offering consumers access to local organic food at affordable prices. In these markets only organic farmers participate each selling the products he/she produces.

The markets have proved to be an effective way in motivating consumer demand for organic products, promoting healthy diet patterns, supporting organic farmers' viability and promoting local organic products and sustainable agricultural practices.

The following relevant key elements characterize the organic farmers' markets operation:

1. Local products of organic farming, which forms one of the most sustainable and ecological agricultural and distribution practices.
2. Producer only, a fact that brings together producers and consumers thus enforcing the urban-rural continuum and providing informal education with regards to sustainable practices.
3. No waste:
  - (a) all unusable food is used for compost or animal feed

### ***Lyon: La passerelle d'eau de Robe / Social Grocery shop***

A social grocery helping deprived population for a better access to basic and sustainable products while creating a social link with other local residents.

"La Passerelle d'eau de Robec" is an NGO settled in the 1<sup>st</sup> district of Lyon, an old part of the city centre. In 2001, beside the usual activities such as social care for the vulnerable population, workshop and events to strengthen social links, "la Passerelle d'eau de Robec" created an innovative social grocery shop. A neighbourhood study and the OTAWA chart illustrated the correlation between health and marginal living and led the NGO to act for the population on food diversity alongside social support. The social grocery shop sells various products from personal

(b) all recyclable waste is left at recycling bins provided by the municipality.

4. "Love by the kilo", a program operated by the organic farmers association in cooperation with municipal nurseries or kindergartens. The local organic market adopts a nursery or kindergarten supplying for free the required quantities of fruits, vegetables and legumes.
5. "Alternative Ecoagriculture School": year round free education on organic agriculture. The program is implemented in a farm close to Athens, which is also open to daily school visits.

Presently 28 organic farmers' markets operate in Attiki, with none in Athens. In 2012 the subject was raised to all municipal communities in Athens and as a result all communities unanimously decided to host organic markets. This year the municipal council has approved the decision for a market in Patissia, a vulnerable area characterized by low-income population and a mosaic of civilizations. Implementation is pending.

The main motivation in establishing organic farmers' markets is to provide access to healthy, local and organic food at affordable prices as there is such a limited supply of sustainable food in Athens.

It is anticipated that hosting organic farmer's markets in Athens will help change attitude towards food and promote sustainable food practices through the following tools:

- Educating consumers on sustainable food production and distribution.
- Provide sustainable food within a limited budget.
- Introduce organic food in kindergartens and establishing green public procurement schemes.
- Educate students and youngsters on organic agriculture and sustainable practices.
- Educate consumers on basic food waste management through the "No waste" practice, as implemented by market participants.

The expected benefits are multifaceted and range from healthier food choices and habits, a change in consumption patterns, local economy revival through direct or indirect job creation. Further, local food service businesses may move towards organic and quality products.

Of some concern is that organic food can be more expensive than industrial production, so this approach carries some risks of having a negative impact.

care to organic local fresh products, to both vulnerable people and other citizens eager to contribute to this solidarity action.

The social grocery has different suppliers:

- NGO: hygiene products, fresh products, fruits and vegetables ...
- Private companies: Organic and fair trade products, bulk...
- Short chain suppliers (producers) :fresh local products





- Food collection and the Food Bank (fresh products, milk ...) for few weeks still. But the Food Bank doesn't allow the sale of some products. This disagreement will end the Food Bank contract with the social grocery



#### Initial motivations:

- Giving access to food products for marginalised people in order to maintain their autonomy and dignity.
- Protecting food quality, and therefore better health.
- Creating a place for meetings/ sharing knowledge to promote the social link.
- Developing social diversity around a common project.

To reach those goals the grocery created a system to blend organic and other products at the same place. And therefore, blending populations with different social backgrounds

→ **A double rate system:** 2 kind of members are allowed to buy at the grocery

#### 1) Beneficiaries members

The association defined several criteria to become a member who can benefit from products proposed by the social grocery:

- Having financial difficulties (very-low or no income)
- living in the 1<sup>st</sup> or 4<sup>th</sup> district from Lyon (area of the grocery)
- Having support given by the social or associative network
- Being involved in a personal life project (job, accommodation, health etc.)

#### Other references

Hartcliffe health & environmental action group – holistic activity in vulnerable neighbourhood  
[www.hheag.org.uk](http://www.hheag.org.uk).

Barton Hill Walled Garden is a popular space in a vulnerable neighbourhood for the local population including an increasing Somali group, with access to polytunnels to grow culturally familiar vegetables to support healthy eating.  
<http://bartonhillwalledgarden.wordpress.com/about/>

A purchasing power is calculated depending on resources and expenses from people. With only 6 Euros left per day per person, the people can be considered as a beneficiary. The membership costs 3€, allows access to all the shops products and is renewable after a year. Members can buy ethic products such as organic, fair or local, at a lower price: about 50% less than average market price.

2) Members who want to support an ethical/social project  
 These members are subsidising the social grocery. Their membership costs 10 €, and they can only access organic, local and fair trade produce. They agree to pay slightly more than the market price and are not able to purchase at the lower price reserved for beneficiaries.

Organic products are sold in bulk, lowering the price.

Of course, offering a wide choice of goods is only part of the picture, and the NGO reinforces this action with educational workshops and events about food, cooking, buying, etc...  
 “La passerelle d’Eau de Robec” acts as a holistic “social care package”.

#### → Economic benefits:

Marginalised people can access sustainable food and responsible consumption which is conventionally reserved to people who have a greater purchasing power and a more awareness of the importance of eating good quality sustainable food.

#### → Social benefits:

- Reinforcing social links through the support and follow-up provided by a specialist social worker.
- Members involvement in the grocery's projects: food collection, festival, store shelves, labelling, workshops (about cooking, nutrition and so on)
- Integrating population with different social backgrounds

Not necessarily easy to duplicate, the local population around the grocery has to be mixed, and not only marginalised.

Regarding rules and policy about 2 tier prices, this action is “leading edge”. You have to be a member to be allowed to buy.



### ***Bristol: Food For Life Partnership***

Holistic approach to sustainable food in schools that provides multiple benefits for school staff and families of school children

General disengagement with food in UK has led to a range of problems including health with huge increase in childhood obesity and other diet related illness, loss of food skills, both growing food and preparing. Industrial farming practices have led to massive biodiversity losses.



A report on the project illustrates multi benefits some of which were not anticipated but were a consequence of the 'whole school' approach, ranging from reduction in staff absences to healthier eating reported by the school children's families <http://eprints.uwe.ac.uk/14456/>

The programme awards Gold Silver and Bronze for schools who meet the criteria set at each level. The increasing levels of sustainability include a meat free menu one day per week. Children and their families eat

more healthy food. Performance improves both of the school overall and the children individually

The programme is demanding and resource intensive to set up initially and this means engagement can be low in some places including Bristol. Yet those schools progressing through this phase and building the programme into their everyday activities find that it's self-perpetuating, continuing to bring in much of value at no further cost. Further funding for this programme became available in spring 2013

A programme such as this that is based on a holistic approach can be expensive to operate yet the benefits are substantial and cost effective, saving money in the long term.

[www.foodforlife.org.uk](http://www.foodforlife.org.uk)

Amersfoort 'Week of Taste' Food education for 13-20 years old

During 'Week van de Smaak' many students from vocational and secondary schools in Amersfoort are acquainted with regional food.

In September 2012 local activities included

- Students prepared regional snacks and distributed them to people in the street.
- Students from the cooking school worked in an allotment garden to see how vegetables grow and harvested 'forgotten veggies' as parsnip and turnip and back at school prepared meals.

### ***Athens: School vegetable gardens***

School vegetable gardens offer the opportunity to youngsters to get acquainted with their food and learn about sustainable agriculture and consumption.



School vegetable gardens form an activity implemented by the municipality for the first time in 2012. As a pilot 30 primary and secondary schools have adopted the program, while in the past two months early 2013 the

project was announced to all schools willing to make a small garden. The project is run in cooperation with the Ministry of Education Environmental Education Secretariat and the responsible teachers at every school.

The initial motivations came from many directions. On the one hand there were no gardens or green areas in most schools in Athens. At the same time the food offered in school canteens is mostly readymade food lacking in fruits and vegetables, while students and teachers in the city centre are disconnected from nature. All the above and the fact that school gardens were successfully implemented in other municipalities has made it clear that vegetable school gardens are a necessary measure for improving food culture in Athens.

The main target is the creation of small vegetable gardens in order to:



- Enhance student's relation to nature, since such a relation benefits their physical, psychological and emotional health.
- Promote the adoption of healthier nutrition.
- Offer a context wherein students learn to cooperate and to accept their individual responsibility in collective actions.
- Help students to acquire new abilities.
- Enrich school activities regarding a range of taught courses, as well as environmental education.
- Form close ties among all participants in the academic and school communities.
- Offer the potential for alternative teaching methods that are proven more effective in cases of cognitive difficulties.

So far the project has been welcomed with great enthusiasm from the schools that created the vegetable gardens, while many other schools in the municipality have asked for the extension of the gardens to all public education institutions. In the long term it is expected that students, teachers and parents will become more aware of sustainable food practices ranging from production to consumption.

Judging from the school community reactions the most immediate benefit is the creation of a common attitude among all interested parties with regards to the importance of food and the way it is produced.

Pro:

- The popularity and spread of the vegetable garden project.
- The emergence of a collective consciousness, coming from students and teachers alike, with regards to the importance of such gardens.
- The possibility for students to get immediately acquainted with nature without having to travel outside Athens.

Contra:

- The absence of soil and green spaces in schools can become a barrier to the action. However the use of raised beds has solved the problem.
- The cost involved in providing raised beds and soil.

This project may function as a good pilot for any other city with limited green space wishing to establish a similar scheme.

### ***Amersfoort: Food education in primary schools and afterschool day care (age 4-12)***

Range of year round food education projects for primary schools and afterschool day care organized by the municipality Centre of Nature and Environmental Education (CNME) and by One Planet, a local non-profit foundation focusing on sustainability issues.

#### **Activities**

Pannenkoekensafari' (= Pancake Safari) in which children visit a local farmer and a mill to get the ingredients to bake their own pancakes. One Planet organises this excursion on request that takes a whole day and costs € 400 per group. See the film:

[www.youtube.com/watch?v=KMm4Ab9KulE](http://www.youtube.com/watch?v=KMm4Ab9KulE)



Farm education for primary schools: 'Boer Teun en zijn koeien' (= Farmer Teun and his cows) and 'De winkel van Boerin Brenda' (= The farm shop of Brenda). Children visit a local farm and take an active part in a story about a farmer

26 school classes participate in school year 2012-2013. Costs: € 125,- for a 1,5 hour visit at the farm.

De boer op!' (= Let's go to the farm!) is a fun educational farm visit for afterschool day care organizations.

Children visit the milking robot, meet the calves and work in the stables.

About 8 groups have booked an excursion in 2013. Costs: € 150,- for a 2 hours visit at the farm.

Educational toolboxes: 'Kaas maken' (= Making cheese) and 'Alles voor een pannenkoek' (= All you need for a pancake) to work with on their own locations.

These toolboxes are being lend out to schools/day care 46 times during the school year 2012- 2013. Costs are € 4,- for a period of 2,5 weeks. (Often more than one group work with the toolbox within this period.)

Smaaklessen' (= Taste Lessons) is a nationwide project for children in which they learn to taste unknown food, experience different tastes, compare organic and non-organic vegetables, etc. [www.smaaklessen.nl](http://www.smaaklessen.nl)

In these project children become aware of the food choices they can make in their daily lives learning about healthy food and sustainability issues including organic and regional produce, food production, transportation, preparation etc.



Many visit a farm for the first time, learn how a farm works, where the milk comes from and how it gets to the





fridge in their home. The projects are developed by education professionals who prepare introductory lessons at school, help formulate questions, play an active role during the visit at the farm and afterwards help prepare a presentation for parents about farm life and farm produce so children can talk about this with their parents.

Good relationships with local farmers are crucial in the success of these projects and they need to complete training given by a professional foundation that focuses on agricultural education to achieve a certificate. The farmer is paid for his/her time to host the group.

The cost can present a barrier to some primary schools and day care.

### **Geitmyra Culinary Centre for Children**

The Joy of Good Food: Children Making Better Food Choices



Geitmyra Culinary Center for Children is a place where children discover the joys of cooking and eating good and healthy food. We believe that the joy of good food has intrinsic value. We are also convinced that this joy contributes to children making better food choices and understanding that each time they cook or eat, they are participants in a food chain; we are co-producers, not simply consumers.

Some children come here through a school project that we run in cooperation with the education department in Oslo. 6th graders spend an entire school week with us, and learn not just to cook, but also where their food comes from. They spend time gardening and picking vegetables, herbs and fruits or tending to the chickens. They dig in the ground and study the fascinating processes going on in the compost heap. We also have day visits from school classes and kindergartens and we arrange courses and activities during school holidays. In the evening and during weekends there are classes for kids and families that want to learn to garden, cook or

bake. Four to six times a year we arrange "Open farm" days, where we invite families to come and join us in exciting food related activities, from pressing apples or foraging for delicious wild greens to making sausages or sushi.



We also have an online database of teaching resources for schools around the country wishing to implement our methods in their daily work.

Geitmyra Culinary Center for Children is a non-profit foundation. We are funded by grants from the Government (especially the Ministry of Food and Agriculture and the Ministry of Fisheries and Coastal Affairs), and private organizations and businesses. We are located in a mid-18th century farmhouse in the middle of Oslo and have a long-term rental agreement with the municipality of Oslo.

source: [www.geitmyra.no/english/](http://www.geitmyra.no/english/)

### **Other references**

Healthy Schools Plus programme is actively supported in Bristol

[www.bristolhealthyschools.org.uk/2013/01/25/natcen-evaluation-of-healthy-schools-plus/](http://www.bristolhealthyschools.org.uk/2013/01/25/natcen-evaluation-of-healthy-schools-plus/)

### **Good practice in other UK cities**

Manchester,  
UK. [www.feedingmanchester.org.uk/sustainable-food](http://www.feedingmanchester.org.uk/sustainable-food)

Plymouth, UK.  
[www.foodplymouth.org/](http://www.foodplymouth.org/)

Brighton & Hove, UK.  
[www.brighton-hove.gov.uk/index.cfm?request=c1115481](http://www.brighton-hove.gov.uk/index.cfm?request=c1115481),  
[www.publications.parliament.uk/pa/cm201012/cmselect/cmenvaud/879/879we09.htm](http://www.publications.parliament.uk/pa/cm201012/cmselect/cmenvaud/879/879we09.htm)



**Soil Association**  
healthy soil, healthy people, healthy planet

A membership

charity

[www.soilassociation.org](http://www.soilassociation.org) campaigning for planet-friendly organic food and farming, in partnership with 'Food Matters' has recently launched Sustainable Food Cities network to better support UK cities in their aspiration towards more sustainable food systems.  
[www.sustainablefoodcities.org](http://www.sustainablefoodcities.org)



Food Matters is a not-for-profit national food policy and advocacy organisation working to create sustainable and fair food systems

<http://foodmatters.org/projects/building-local-food-systems/>





## State of the art

How can purchasing of food be made more sustainable and remain affordable within a limited budget for households and public bodies (through redefinition of menus, lowering share of animal protein in favour of vegetables & legumes, use of locally available produce...) with special attention to accessibility for low-income households?



How can we (re)engage populations with food? (i.e. growing, cooking; reduce health-damaging food/eating habits...); Reaching out to population groups less easily reached by communications on sustainable food (multi-cultural, low-income households...) How can we synergize sustainable food transition, food poverty reduction and inclusion of marginalized/unprivileged populations?

What is the economic importance of sustainable food demand (both private consumption and public canteens) as a lever to drive supply? What is the job creation/preservation potential in this area, notably through a shift in public procurement practices and in the services provided by catering?

How can we generate/upscale new businesses and create/preserve jobs? (i.e. leveraging on public procurement; social innovation)

Empowering selected groups of people by reskilling and coaching has proven a successful if quite intensive process

towards sustainable eating in several cities. Brussels demonstrated the ripple effect when people become highly motivated and how media interest conveyed this to the entire neighbourhood of Etterbeek. Vienna, noticing the poor food choices made by a vulnerable social group set out to demonstrate both the improved quality of food possible and the cost effectiveness of sustainable food choices. The greatest challenge was to find ways to encourage consistent participation as this group were not especially motivated. Ourense and Oslo have provided examples of young people being employed in the food sector, of particular relevance in a time of high levels of youth unemployment.

Recognising the value of food activity to the local economy Bristol recently commissioned a baseline study of public sector procurement to determine and support the role of local producers. Millions of pounds are spent in Bristol each year on food for hospitals and other public institutions so the gains are substantial when contracts are designed to increase sustainability by reducing supply chains and boosting levels of organic fair trade and seasonal produce.



### Eating more sustainably within a limited budget

#### Brussels: Sustainable Food Challenge

*Super-motivated families take on the “sustainable food challenge”*



Keen on new and enriching experiences for its residents, the municipality of Etterbeek has launched a formidable challenge to some of its households, the challenge to orient their daily lives towards sustainable food.

On the agenda are around fifteen group activities in which each household sets to work. Between the cooking classes, information sessions, nutritional coaching, visits to the farm or the supermarket and the various workshops, the participating families have spent six convivial months discovering the benefits of a new way of life.

At the end of the experience, these new converts shared their experience (and their recipes!) in a mouth-watering collection. And in this same spirit of sharing resources, the municipality has organised an extensive photo exhibit retracing the story of these pioneers in sustainable food. From now on, in Etterbeek, they eat organic, local and seasonal!

#### A LITTLE METHOD

The municipal managers carried out meticulous preparatory work beforehand; they found out about comparable initiatives, followed training and information sessions, etc.

There was the same rigour in selection of the candidates, the keys to the success of the project. After an extensive call for applicants had been broadcast in the municipality, there were two selection phases to confirm the motivation of the candidates. The municipality wanted to address itself above all to low-income persons who were not informed on the subject.

Once the group was set up, it had to be properly coordinated. Two to three persons were counted for each activity (with plans to recruit specialised coaches for each activity) and one person to supervise throughout the project.

And the budget for all this? Expenses are highly variable according to the activities (e.g., a cooking class costs approximately 500 EUR, shopping included).

Finally, there's nothing like a few highly useful “gifts” to motivate the troops. This is why the participants received, throughout the challenge:

- baskets of organic vegetables and farm products to discover;
- cooking utensils (paring knife, cutting board, grater, slicer, apple holder, etc.);
- basic products (olive oil, quinoa, vegetable bouillon, sunflower seeds, etc.);
- books and brochures (“Mon carnet malin pour mieux consommer” [My smart book for consuming better], Brussels Environment; “Les étiquettes sans prise de tête” [Labels without headaches], Écoconso, “Avec les légumes bio de chez nous, l'hiver a du goût” [With local organic vegetables, winter is flavourful], Bioforum, “Mangez, votre santé va changer! La nutrition raisonnée en 7 couleurs, en 4 saisons et en 70 recettes” [Eat and change your health! Responsible nutrition in seven colours, four seasons and 70 recipes], Dr G. Moreau and O. Coudron, etc.).

#### FUTURE DEVELOPMENTS

The households that participated in the challenge are now “ambassadors” for sustainable food to the other residents in the municipality. A fairly gratifying title! And an important mission: to transmit what they took from the experience to the entire Etterbeek population.

Moreover, these same ambassadors wanted to get involved in a collective kitchen garden project. Consequently, the Sustainable Development Department of the municipality has invested in a new urban agriculture project. Talk about super- motivated people!



#### EVALUATION

What a success! The project reached a varied public, and every household made real changes in its eating habits.

The municipal team was also able to get a clearer idea of the challenges encountered daily by its residents (and especially by low-income households) in eating sustainably. It was thus able to develop approaches for the future.

#### ACCOMPLISHMENTS

As you can see, this “Sustainable Food Challenge” had great ambitions. Thanks to the general enthusiasm, they led to wonderful accomplishments. Like, for example: [communefermealaville.be](http://communefermealaville.be): a website full of info, recipes, tips, photos and videos of the activities, but also of



information related to the activities of the non-profit organisation. With, as a bonus, a “Sustainable Etterbeek” Facebook page and a YouTube page devoted to the videos, all of this forming a real showcase for sustainable food in Etterbeek.

#### Successful activities

- How to prepare a “healthy breakfast”.
- “Make it yourself” workshops: bread, sprouts, spreads.
- Evening of nutritional advice.
- Visit to an organic farm.
- Nutritional coaching (in a group and personalised).
- Supermarket visit (with Écoconso): deciphering labels and marketing traps, purchasing advice.
- Showing of the film “We feed the world” followed by a discussion (with Slow Food and Oxfam).
- Anti-waste evening: cooking using the whole vegetable, the basics to have in your cupboard, etc.
- Vegetarian cooking course: grains, legumes.
- Closing evening with buffet, introduction to biodynamic wine and handing out “ambassador” diplomas.

#### **Pro:**

- Great project, people were very motivated
- Project very complete
- Very good communication (website, exhibition, book, ...) everybody in the municipality knows this project

#### **Contra**

- It includes a small group
- It cost a lot and takes time
- It lacks a long term view

Following its experience, the municipality defined several key points, the main ones being:

- Set concrete and precise objectives.
- Have the participants actually cook, to anchor the activities in everyday life.
- Offer simple, easy, quick recipes.
- Practice is better than long speeches to convince.
- Promote the low-budget aspect and how to cook when you live alone (according to the group).
- Vary the cooks and types of cooking.
- Collaborate with the field associations to create a bridge toward the public and the ambassadors.
- Extend the project over a sufficiently long period (at least 6 months) and involve all the members of a household to firmly establish the changes within the families.

### **Other references**

Square Food Foundation cooking school in vulnerable neighbourhood in Knowle West providing low cost planet friendly cookery classes [www.squarefoodfoundation.co.uk](http://www.squarefoodfoundation.co.uk)

Whole Baked café menu includes high quality vegetarian and vegan options produced in a training kitchen for people with learning difficulties in a vulnerable neighbourhood in Bristol  
<http://csvavon.org.uk/cafes/wbc/index.php>

## **Involving various population groups in sustainable food transition**

### **Vienna Cookery Courses - good & cheap**

*People in need learn to cook fresh meals*

This pilot-project aimed at the empowerment of people to nourish themselves more healthily and cheaply. Many people in cities eat a lot of convenience or junk food and don't have the competence to cook for a balanced diet. Clients of the social organization “Volkshilfe Wien” have to spend their life on a very small budget, often they have a migration background. “die Umweltberatung”, It was possible to impart knowledge to the people attending the workshops.

The benefits are:



awareness of the importance of conscious buying and healthy eating, the participants of the workshops want to





change their behaviour. The problem is that it's a big effort to reach only a few people.

Lessons learned: It was difficult to convince the participants to attend every workshop of the series. They

had to be promised some goodies to attend each day of the course. Such a project is a challenge as regards content as well as communication.

## Impacts on jobs and local economy of a shift in food demand

### *Bristol's public sector food procurement initiative - baseline study*

The public sector in the UK is very fragmented so collaboration is needed to explore opportunities for a scaled up approach towards more sustainable procurement. The benefits of achieving this are multi-fold from boosting the local economy to promoting environmental standards through the powerful mechanism of joint purchasing power.

A baseline study was commissioned to identify both how much money is spent on public sector food in and around Bristol and how it is spent. Public sector organisations were approached and a partnership formed between 8 organisations - Bristol City



### Where the money goes!

Council, local universities, hospitals local health trusts and the police. The total spent on food added up to £6 million. This is an opportunity to creatively work together and make the most of the skills available especially since some organisations are already purchasing sustainably, for example one of the hospital trusts has achieved Silver standard 'Food for Life' accreditation.

[www.foodforlife.org.uk/Whatyoucando/Caterers/CateringMark.aspx](http://www.foodforlife.org.uk/Whatyoucando/Caterers/CateringMark.aspx)

The diagram above identifies how this money is spent. This forms a baseline to monitor the impact of future action.







A traditional well placed and once popular food market has steadily been losing sellers and customers over a period of time.

With aging market stall holders and 50% youth unemployment generally in Spain, an initiative to encourage young people into the marketplace has been well received. Stalls were offered to young people for 0.6 Euros and 10 new businesses have been set up in response.

This is supported by an awareness campaign encouraging citizens to grow up vegetable gardens and then selling surpluses at the market.

Fresh food provision is a key component of healthy sustainable eating, and Ourense has intervened positively to ensure the future of this amenity.

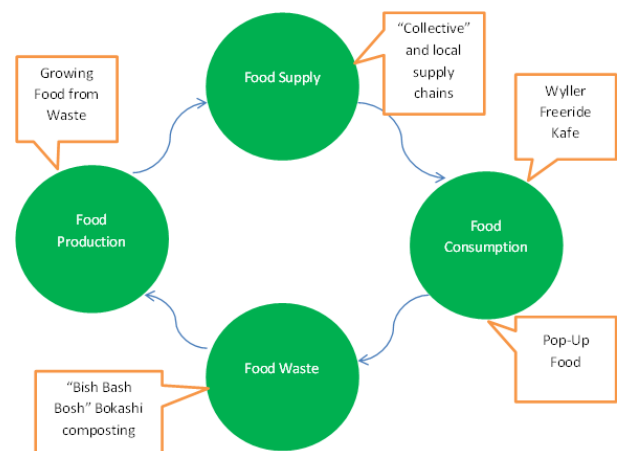
## Oslo “Kompass&Co” social entrepreneurs



This is a youth empowerment programme through food producing ecological pizzas, cakes, waffles & soups.

Kompass demonstrates the natural cycle of sustainable food systems in contrast to the linear industrial method, nutrients are captured by Bokashi composting using food waste.

Customer involvement is key, getting customers to care is crucial to establishing a sound business. Other issues include securing organic local produce in winter as the growing season in Norway is relatively short.



## Other references

The economic benefits of farmers markets [www.foe.co.uk/resource/briefings/farmers\\_markets.pdf](http://www.foe.co.uk/resource/briefings/farmers_markets.pdf)



## State of the art

The Thematic Network "Sustainable Food in Urban Communities" and its theme “enjoying” focus on developing low-carbon and resource-efficient urban food systems. Indeed, the food sector alone accounts for over 30% of global consumer energy demand and produces over 20% of global greenhouse gas emissions (FAO 2011).

Reducing the carbon footprint and increasing overall sustainability of urban food supply and demand involves notably, the use of local and seasonal products (short supply chains), preventing waste (food and its packaging), improving diets (reducing the share of animal protein and processed foods), using products that meet environmental and sustainability criteria (certification), and promoting self-production (fruit & vegetable gardens, use of derelict lands, urban & peri-urban).

As mentioned above, the FAO issue paper “Energy-smart food for people & climate” (2011) estimates that the food sector alone accounts for over 30% of global consumer energy demand and produces over 20% of global GHG emissions - from the entire food chain, including landfill gas produced from food waste.



**Food waste:** worldwide, around 1/3 of the food produced for human consumption is wasted or lost. In high-GDP countries, food waste occurs mainly during the retail, preparation, cooking and consumption stages of the food supply chain. A significant share of total energy inputs are embedded in these losses (FAO 2011).

**Changing diets:** diets that are based more on locally-produced, seasonal foods that are grown using energy efficient management systems, require little cooking time, and include relatively low amount of meat and dairy products would result in overall reductions in energy demands. By eating more whole foods or minimally processed foods that have little packaging

consumers can also reduce their carbon footprint. However, these consumption patterns need to be socially acceptable to take hold. In theory, significant reductions in energy demand for food could be achieved if people ate fewer animal products. In practice, the reverse is happening (FAO 2011).



**Storage and preparation:** household food storage and preparation, an important part of any food system, consumes energy. Electricity and heat are used for essential activities. Operating refrigerators and freezers requires around 40% of total household food-related energy; cooking meals in stoves, ranges and microwave ovens is around 20%; and heating water and operating dishwashers around 20% (FAO 2011).

A wide range of traditions and initiatives are apparent in Partner cities that naturally or consciously lean towards resource efficiency. Gothenburg is especially active in promoting a low carbon diet, especially where the city has direct responsibilities, notably the free school meals provided for every school child. Perhaps as a consequence of this substantial public service provision Gothenburg University is clearly focussed on carbon reduction based on life cycle analysis to support the transition to a smaller municipal carbon footprint. By tracking all aspects of food in this way, concrete measures have been identified that make the most



impact. While abundant evidence has been available internationally for some considerable time on the high carbon overhead of meat and dairy consumption, Gothenburg has illuminated the specifics and identified a deliverable course of action.

While much of Europe strives to better inform their citizens about sustainable food some Partner cities continue to enjoy their local food traditions while acting to prevent their loss. Vaslui has maintained links with its local suppliers and has a tradition of eating quantities of pickles that are preserved in season and stored for year round use. Messina basking in its Mediterranean heritage of Slow Food is seeking to re-establish regional production and Ourense keeps local food interest alive with food festivals and competitions. Athens is planning to introduce local Farmers Markets in vulnerable neighbourhoods to improve the availability of fresh, seasonal, organic produce while developing school food growing initiatives to maintain familiarity and connection to fresh fruit and vegetables from an early age.



Several Partner cities have shared examples of coaching small groups or families in sustainable food though most continue to ponder the effectiveness of such a huge investment on relatively small numbers of participants and the difficulties in assessing any multiplier effects. In Brussels the Etterbeek experience caught the attention of the Media and the entire neighbourhood of Etterbeek was aware of the programme, but the question of an actual multiplier effect remains undetermined. Bristol operates an annual 'Quality of life' survey sent to randomly selected households but the numbers returned from individual neighbourhoods may be too small for the accurate assessment of local projects. Focussed on reaching larger numbers of consumers Brussels 'Veggie Thursday' is aimed at school children encouraging them to try alternatives to meat at least for one day of each week. Amersfoort's 'Sofie aan de Wallen' demonstrates low cost, quality feasting inspired by the idea of a community shared meal that can be enjoyed by all cultures and faiths using seasonal, organic, locally produced vegetarian food for 500 people. Finally in Bristol, Fareshare South West 'Feeding the 5,000' event highlights the enormous quantity of good quality food that is sent to landfill each day. For the second year running they have fed a vegetarian lunch to thousands of people, from supporters to shoppers and casual passers-by, within a few hours with lots of educational demonstrations to help people in preserving, storing and making the most of their food.



Bristol's Quality of Life annual survey and report provides some useful monitoring data

[www.bristol.gov.uk/page/council-and-democracy/quality-life-bristol](http://www.bristol.gov.uk/page/council-and-democracy/quality-life-bristol)

Former UK Sustainable Development Commission produced 'Setting the Table' a report to advise the UK government on priority elements of sustainable diets.

[www.sd-commission.org.uk/data/files/publications/Setting\\_the\\_Table.pdf](http://www.sd-commission.org.uk/data/files/publications/Setting_the_Table.pdf)

Support is available in Bristol for businesses that want to become more sustainable and this includes food enterprises.

Research into health risks of processed meat and red meat.

British Journal of Cancer (2012) 106, 603 – 607

& 2012 Cancer Research UK All rights reserved 0007 – 0920/12

[www.bjcancer.com](http://www.bjcancer.com)

Research concluding that from a climate point of view it's more important to focus on what we eat rather than whether it's locally grown, has been transported a long distance or how the food item was produced.

Food Consumption Choices and Climate Change: Stefan Astrom, Susanna Roth, Jonatan Wranne, Kristian Jelse, Maria Lindbad. B2091 April 2013, Swedish Environmental Research Institute [www.ivl.se](http://www.ivl.se)





## The Meat Guide

		Carbon footprint	Biodiversity	Chemical pesticides	Animal welfare and pasture
<b>BEEF MEAT</b>					
Swedish org pasture-based meat					
Swedish pasture-based meat					
Organic beef meat, KRAV					
Swedish organic beef meat, EU org					
Imported organic beef meat, EU org					
<b>PORK MEAT</b>					
Organic pork meat, KRAV					
Organic pork meat, EU org					
Swedish Seal climate certified pork					
Swedish Seal labelled pork					
Swedish anonymous* pork					
Danish and German anonymous* pork					
+ The amount of soy regulated in the climate certification ! High risk of eutrophication due to many animals per area					
<b>CHICKEN AND EGG</b>					
Organic chicken and egg, KRAV					
Organic chicken and egg, EU org					
Swedish Seal climate certified chicken					
Swedish chicken meat					
Imported anonymous* chicken meat					
Swedish eggs					
Finnish eggs					
Danish eggs					
+ The amount of soy regulated in the climate certification					
<b>ALTERNATIVES TO MEAT FROM AGRICULTURE</b>					
Organic legumes					
Legumes					

Figure 13. Parts of the meat guide discussed in Paper VI.

how to reduce it:

[www.carbontrust.com/news/2012/03/food-the-carbon-story](http://www.carbontrust.com/news/2012/03/food-the-carbon-story)

The Food Climate Research Network has produced a number of reports:

[www.fcrn.org.uk/fcrn/publications](http://www.fcrn.org.uk/fcrn/publications)

Local business advise in how to 'Go Green':

[www.businesswest.co.uk/gogreen](http://www.businesswest.co.uk/gogreen)

Calculating and acting on the carbon footprint of food products in order to facilitate the design of effective consumer communication strategies: Analysing the Footprint of Food. Insights for Consumer communication by Elin Roos, Faculty of natural resources and agricultural sciences. Dept of energy and technology, Swedish University of agricultural sciences Uppsala 2013

Research findings that meat reduction protects both the environment and human health:

Greenhouse gas emissions and food consumption: a study of sustainable food habits in Sweden by Sandra Ekstrom 2012

ISSN 1652-6880 ISBN (print version) 978-91-576-7850-8 ISBN (electronic version) 978-91-576-7851-5

The Carbon Trust UK works with a variety of companies to help them understand their carbon footprint and





## Cases

### Assessing the footprint of a meal/urban food demand

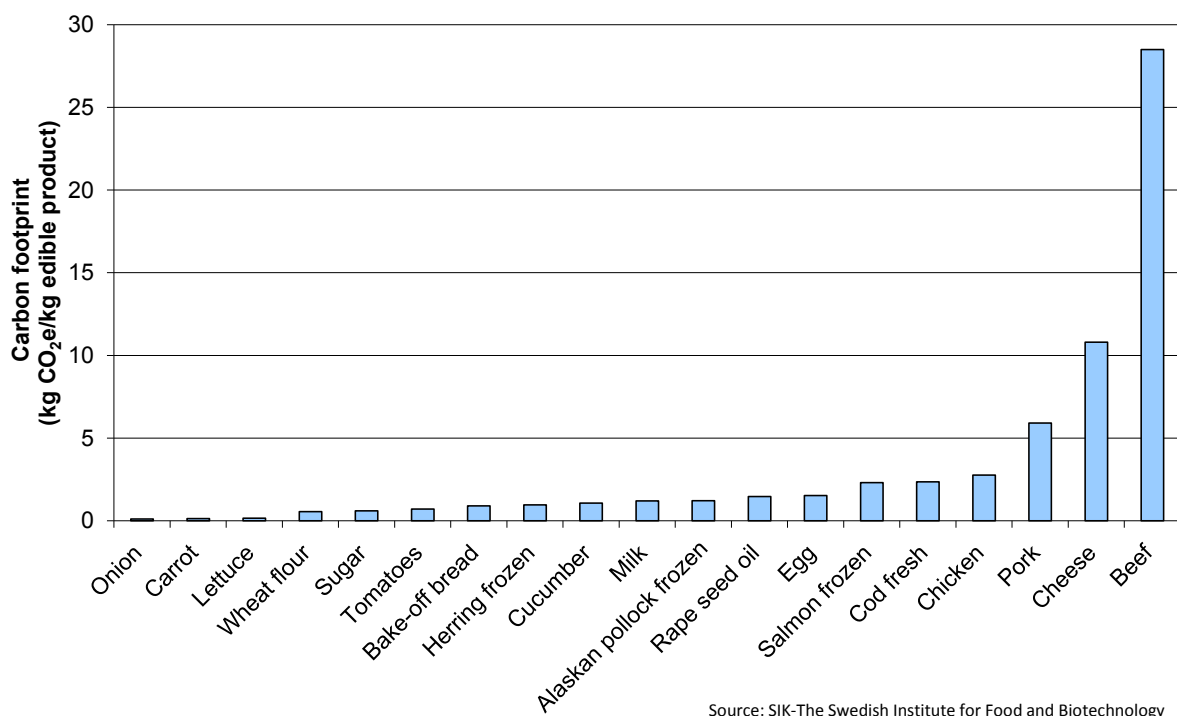
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*Gothenburg Britta Florén keynote speakers*

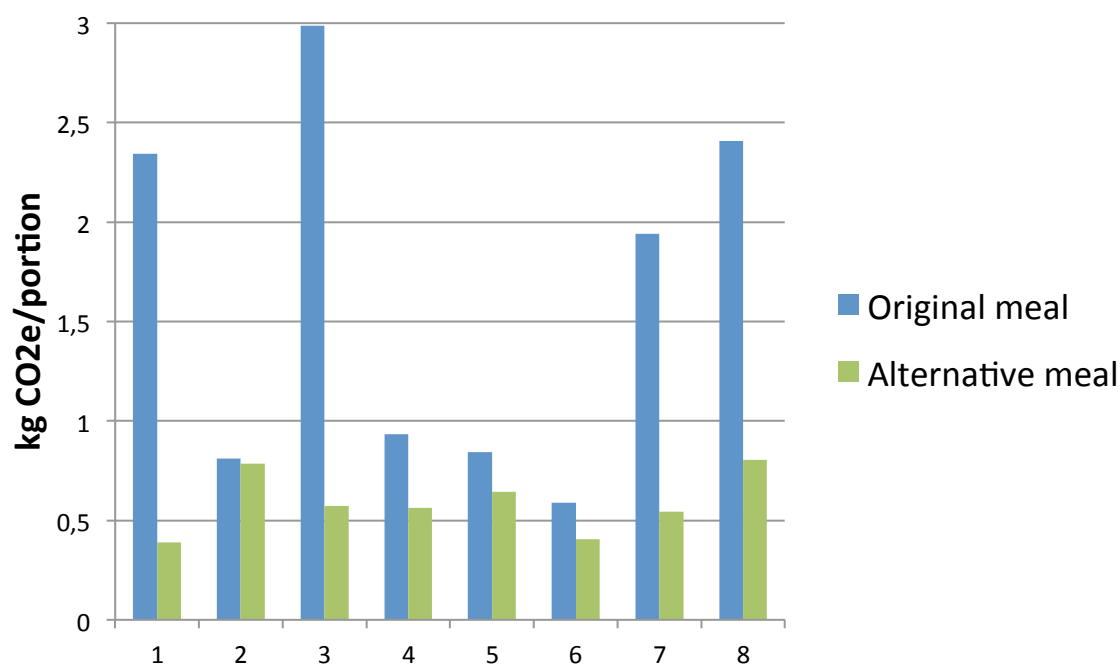


SIK the Swedish Institute for Food and Biotechnology have investigated the environmental impact of food using

life cycle analysis as a basis for exploring the impact of school meals. Life cycle analysis is a systems approach that considers environmental impact at each and every stage in a products life. This enables decision makers to focus on the most pertinent areas for change. For the production of carrots, transport and packaging are most significant while these are hugely less so for meat production, where transport accounts for a mere 2% of impact since other factors are so high. There are global variations in production – Brazilian beef has a higher impact because of deforestation plus the cattle are older which results in more biogenic emissions. Overall animal products account for 18% of total climate change. The graphs show impact for individual foods followed by the change in impact with alternative menus.



## Climate change school meals



- 1 Spaghetti Bolognese/lentil sauce with spaghetti & ketchup
- 2 Falu sausage with white sauce & pasta/potatoes
- 3 Hamburger/fish burger with dressing, bread & potato wedges
- 4 Pork kebab stew /bean stew with rice
- 5 Indian Poultry stew with rice/pearled barley
- 6 Fried saithe/herring with mashed potatoes
- 7 Meat & vegetable soup/carrot & lentil sauce, soft bread with cheese
- 8 Moussaka/seafood lasagne

Chalmers University of technology have identified trends in food consumption that suggest Sweden will overtake the USA and reach higher levels of meat consumption by 2050 in the absence of any interventions.

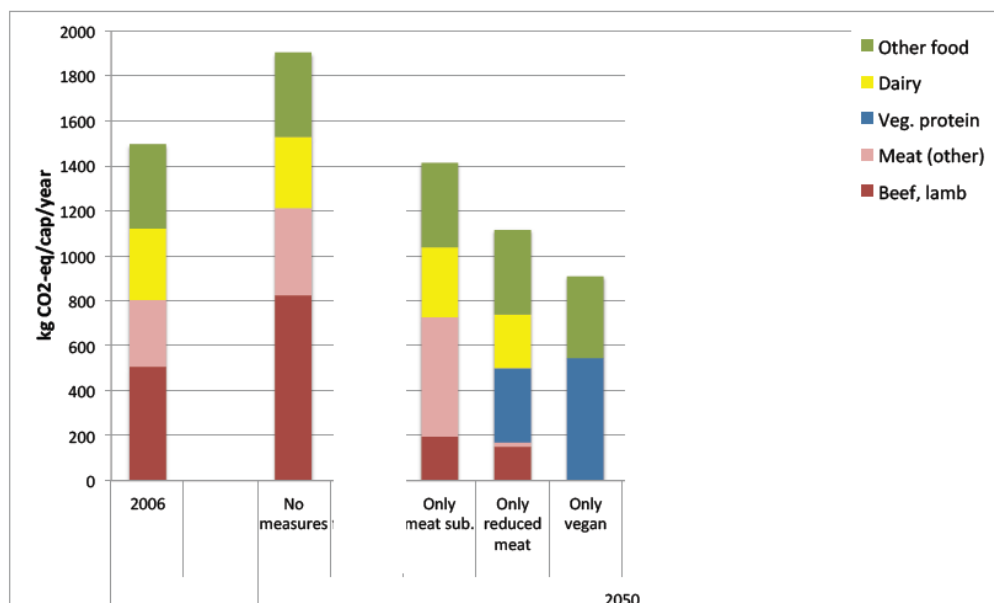
Sweden generates in total 9 tonnes per capital of carbon equivalents with targets to reduce this to 1-2 tonnes by 2050. Interventions are needed in the food sector since the current impact of food alone exceeds this total emissions target.

Four different diets were compared.

- Current diet with trends extrapolated i.e. 'no measures'
- Ruminant meat e.g. beef and lamb replaced with pork and poultry i.e. 'meat subs'
- Reduced meat where some is replaced with plant protein i.e. 'reduced meat'
- All protein is from plant sources i.e. 'vegan'



## Dietary options and emission intensities

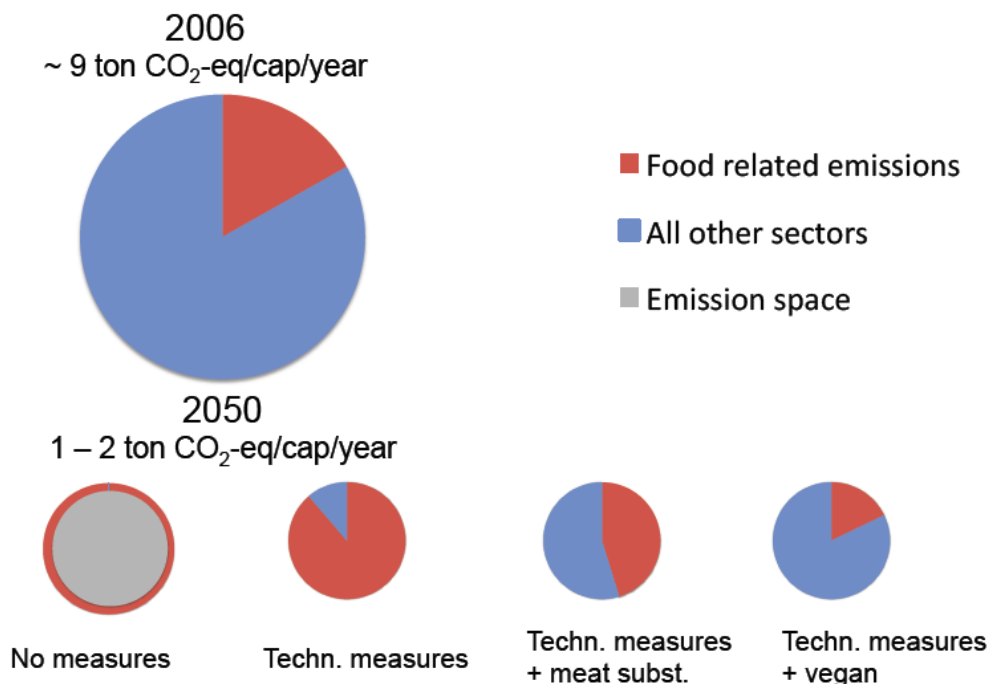


Technical measures including controlled decomposition and biogas production from animal waste to reduce methane (CH<sub>4</sub> is 25x more potent a greenhouse gas than CO<sub>2</sub>) by 50% plus retrofitting fertilizer plants to reduce dinitrogen oxide by 90% (N<sub>2</sub>O is 298 x more potent a greenhouse gas than CO<sub>2</sub>) were examined and were

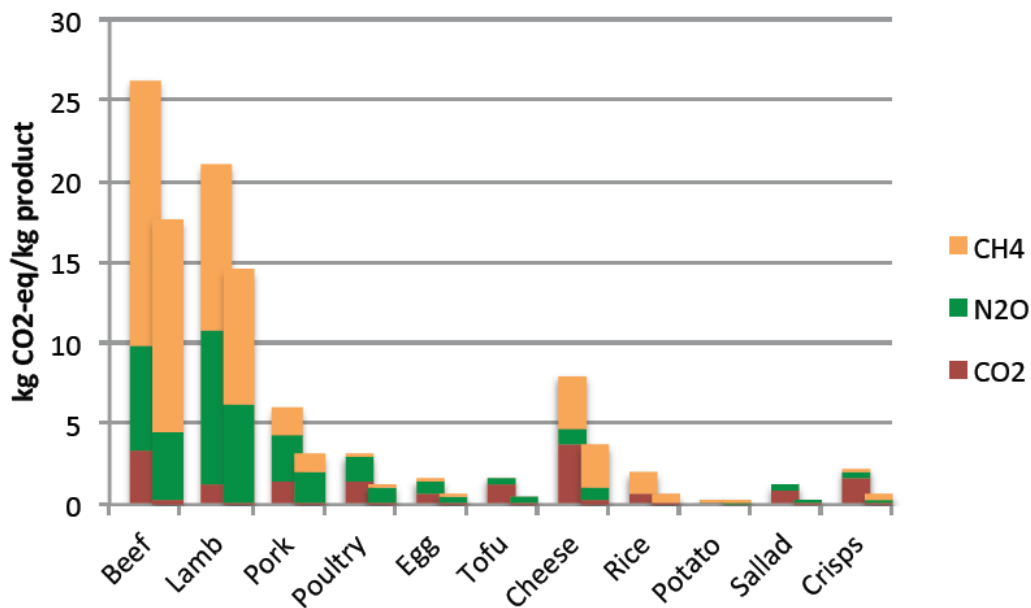
found to be insufficient as sole intervention and when added to meat substitution.

The only means of containing the impact of food to fit within the overall emissions targets was to combine technical measures with a vegan diet.

## Emission space and food related emissions



## Emission intensity incl. technical measures



Public sector carbon emissions in Gothenburg  
Swedish public sector emissions are estimated at just under 1.9 tons carbon dioxide equivalent per capital annually by simple deduction based on national data available for private consumption.

Alternatively estimates can be made based on the research findings already described that identify the impact of specific food and the actual meals served. 19 million meals are served each year by the municipality of Gothenburg. Evaluating the different scenarios of

technical measures and changing diets an estimated reduction of 31 – 88% of emissions was identified.

Recommendations include keeping robust records of all public sector food purchases, starting an emissions reporting process from a consumption perspective as a complement to production perspective. Concludes that changing food in schools is an effective way forward and carries an educational factor that could activate further change beyond canteens.

## What food purchasing criteria to effectively lessen footprint?

### Gothenburg: Living life

#### The art of combining happiness and the environment



Live more sustainable in a joyful way. Eleven families in Gothenburg tried their hand at sustainable living for one year. Food was one of the themes and the families were given information and coaching from municipal experts.

The families demonstrated how to generate greater enjoyment while living more sustainable. The families

reduced their climate emissions by 14% over the year. In sector food they reduced their food-waste by 25%.

The families experienced things in life that you cannot buy for money, they experienced a richer inner life, a more meaningful life. The families became more connected to each other, they had a goal in common, and a journey to make, which involved all the family members. They lived more sustainable, they saved some money. One benefits for the city of Gothenburg was that the city received the environmental prize for its achievement at the annual Swedish Recycling Awards in Stockholm, in 2011, raising the awareness of the citizens.







The participating families had different levels of understanding and approach to the challenge.

Living Life attracted great attention from the media, as hoped and the project became very familiar to the Gothenburg inhabitants.

The experience emphasised that to reach everyone in the community, it's necessary to know how to work with language barriers and cultural differences.

In the City of Gothenburg we have the plan to reach a greater population with a similar challenge and questions (Living Life). We need to explore how we can reach them and how do we motivate them to eat more sustainable?

Gothenburg Lessons from silver Olympic chef, Even Bakke

Even Bakke has demonstrated the key role chefs have to play in rising to the challenges of good quality sustainable food within a budget. Providing food for school children for 1 euro per meal per day, he has lots of tips to share:

- 3 options are always provided: a soup from leftovers, a veggie option and a standard option.
- involve the staff as a priority to develop a happy team

- create a welcoming atmosphere encouraging discussions on menus. Having moved school he needs to think through ethnic considerations as he's moved from a school with 100% Swedes to one with 60-70% children from overseas. Easier to make new dishes now as tendency to be more open to new food than Swedes. Ethnic food always popular.
- Massive cost reduction by tiny reductions in meat portions e.g. 20g
- Marine standards applied
- Quinoa and millet help to reduce more resource intensive pasta and rice
- Smaller plates and serving spoons minimise the tendency to overfill plates and waste food.
- Staggered food production so cooking and serving in same place and so long as food doesn't leave the kitchen there is no wasted food
- Innovates on a daily basis to prevent staff getting bored.
- Engages school to collaborate around themes e.g. Africa day, Nobel day. Great results, one teacher can lead the others despite existing demands
- Tasting spoons available to help children make best choices
- 50% organic is possible and best to use where most difference e.g. carrots
- Includes less popular meat e.g. liver in meatloaf where no-one likely to notice
- Need to bring parents into kitchen for demos to demystify cooking and encourage them to let kids help in home kitchen
- Talks to smaller children each year to reinforce message

## What key behavioural changes to promote to effectively lessen footprint?

Gothenburg is working towards procuring 100% organic meat in school meals and this will effectively reduce meat consumption as the cost of organic meat is higher than meat intensively produced and the budget remains unchanged.

### Brussels Veggie Thursday



This is a campaign that notably invites school canines to discover one day a week, a more balanced diet, with a large share of grains, fruits and vegetables. A dish without meat or fish, but with plenty of fruits and vegetables. A plant day .. A healthy day! The campaign is carried out by EVA Association in collaboration with the association Planet Life and supported by Brussels Environment



## ***Bristol: Feeding the 5000***

Cutting food wastage in Bristol – Fareshare SW a surplus food re-distributor raises awareness by providing lots of free lunches on College Green outside City Hall



Huge quantities of surplus good quality food are routinely sent to landfill. By diverting this to vulnerable people in the city through Food Banks, Fareshare SW are helping to address food poverty in Bristol while reducing waste. [www.faresharesouthwest.org.uk/feeding-the-5000-at-fareshare-south-west](http://www.faresharesouthwest.org.uk/feeding-the-5000-at-fareshare-south-west)

The issue of wasted food is well publicised by Fareshare's 'Feeding the 5000' event, attracting media interest alongside passers-by, raising awareness in an enjoyable way. Last year nearly 5,000 people ate free 'landfill' lunch on College Green in the city centre with music and speakers on a pleasant sunny day. The next event took place on 1st June 2013 and again reached thousands of people ensuring the issue of food wastage is well publicised with better supported action to address.

Food demonstrations on the day emphasised good practice in the kitchen to minimise waste and the event itself provided an opportunity for volunteers to learn more about food preparation and becoming more involved in Fareshare's work programme, including all the food preparation for 'Feeding the 5000', gaining diverse experience from working directly with many different aspects of the food system.

Fareshare SW is a relatively small operation that needs to be scaled up to make more impact. The likelihood of this happening has improved recently. Food distributors/retailers are increasingly aware of the issue of food poverty as a result of media interest focussing on the recent benefit cuts for vulnerable people. The issue of food poverty is complex and requires a coherent and holistic set of actions.

In the UK there is an increasing demand for food banks. 'Feeding the 5000' attracts considerable publicity, raises awareness and stimulates discussion about contemporary food systems, mobilising support for action.







# Conclusions

## ***From research to policy...***

The wealth of inspiring and innovative initiatives showcased in this report demonstrates the commitment and enthusiasm among Partner Cities to actively work towards sustainable food systems. The imperative to do so is clearly illustrated by the evidence documented here and in numerous other reports, produced from a considerable amount of research over many years. The exemplary research provided by Gothenburg University based on Life Cycle Analysis articulates key messages very succinctly. Using current trajectories based on Swedish data and targets, the food sector alone will account for more than the total carbon emissions target. In effect this means that all efforts to reduce carbon emissions in transport and energy, even if these were somehow able to achieve zero emissions, would be insufficient to prevent climate change, if food wasn't addressed in parallel. While it's important to minimise all carbon emissions by eating seasonally and tackling wasted food and so forth, the real change-maker is actually changing diets and Gothenburg have shared their approach to delivering this.

## ***Cultural transformation and 'Culinary Courage'...***

All aspects of sustainability are valued in this network from maintaining and developing local employment in the food sector, improving health and wellbeing, social justice and equity, trading fairly locally, nationally and internationally, safeguarding and enhancing biodiversity and resource efficiency. Clearly all of these activities need to operate in the context of climate protection. Equally the most innovative minds and skills need to be enlisted to ensure that planet friendly food is naturally the food of choice because it's delicious, healthy and affordable in every sense of the word.

With this thought our central focus for addressing 'Enjoying' topic could be cultural transformation and we could explore how to achieve this using methodology described in the URBACT toolkit. Questions such as 'What does success look like and how do we measure it?' could help us share and develop sound metrics. Local chefs could be encouraged to develop planet friendly food provision, perhaps drawing on traditional menus alongside innovative contemporary cuisine that could illuminate the challenges and play a part in mapping the journey. In the words of the exemplary Geitmyra Culinary Centre for children in Oslo, we need to support and encourage 'culinary courage', inspiring a sense of adventure in everyday cooking.

## ***Practical action priorities...***

Project partners agree that to create more sustainable food systems and provide more sustainable food for urban communities, activities that aim to engage the public and influence change in eating, cooking and buying habits need to be inspiring and enjoyable.

These could be summarized as the following priority areas to take practical action:

- More fresh, seasonal regional & local food
- Less meat more fruit & vegetables
- Less food waste, more recycling of food waste and more redistribution of food which might be wasted but is fit for human consumption
- Many more enjoyable activities that inform and inspire personal and collective action to achieve the above







# References and further reading

## Papers:

Research into health risks of processed meat and red meat.  
British Journal of Cancer (2012) 106, 603 – 607  
& 2012 Cancer Research UK All rights reserved 0007 – 0920/12  
[www.bjcancer.com](http://www.bjcancer.com)

Food Consumption Choices and Climate Change: Stefan Astrom, Susanna Roth, Jonatan Wranne, Kristian Jelse, Maria Lindbad. B2091 April 2013, Swedish Environmental Research Institute [www.ivl.se](http://www.ivl.se)

Analysing the Footprint of Food. Insights for Consumer communication by Elin Roos, Faculty of natural resources and agricultural sciences. Dept of energy and technology, Swedish University of agricultural sciences Uppsala 2013

Greenhouse gas emissions and food consumption: a study of sustainable food habits in Sweden by Sandra Ekstrom 2012 ISSN 1652-6880 ISBN (print version) 978-91-576-7850-8 ISBN (electronic version) 978-91-576-7851-5

## Web links:

North Bristol Health Trust Case Study:  
[www.sdu.nhs.uk/documents/case\\_study/Case\\_study\\_Bristol\\_food\\_SDU\\_Final.pdf](http://www.sdu.nhs.uk/documents/case_study/Case_study_Bristol_food_SDU_Final.pdf)

Bristol Good Food Award:  
[www.bristolgoodfood.co.uk](http://www.bristolgoodfood.co.uk)

Collaboration of London restaurants for sustainable procurement:  
[www.sustainweb.org/publications/?id=185](http://www.sustainweb.org/publications/?id=185)

Food and Environment: 100 tips to enjoy food while respecting the environment and health, Bruxelles Environment:  
[www.bruxellesenvironnement.be/Templates/news.aspx?id=37545](http://www.bruxellesenvironnement.be/Templates/news.aspx?id=37545)

Bristol's annual Harbour Festival:  
[www.bristolharbourfestival.co.uk](http://www.bristolharbourfestival.co.uk)

Hartcliffe health & environmental action group:  
[www.hheag.org.uk](http://www.hheag.org.uk)

Food For Life Partnership:  
[www.foodforlife.org.uk](http://www.foodforlife.org.uk)

Pannenkoekensafari (Pancake Safari):  
[www.youtube.com/watch?v=KMm4Ab9KulE](http://www.youtube.com/watch?v=KMm4Ab9KulE)

Smaaklessen' (Taste Lessons):  
[www.smaaklessen.nl](http://www.smaaklessen.nl)

Healthy Schools Plus programme Bristol:  
[www.bristolhealthyschools.org.uk/2013/01/25/natcen-evaluation-of-healthy-schools-plus/](http://www.bristolhealthyschools.org.uk/2013/01/25/natcen-evaluation-of-healthy-schools-plus/)

Manchester, UK:  
[www.feedingmanchester.org.uk/sustainable-food](http://www.feedingmanchester.org.uk/sustainable-food)

Plymouth, UK:  
[www.foodplymouth.org](http://www.foodplymouth.org)

Brighton & Hove, UK:  
[www.brighton-hove.gov.uk/index.cfm?request=c1115481](http://www.brighton-hove.gov.uk/index.cfm?request=c1115481),  
[www.publications.parliament.uk/pa/cm201012/cmselect/cmenvaud/879/879we09.htm](http://www.publications.parliament.uk/pa/cm201012/cmselect/cmenvaud/879/879we09.htm)





Soil Association:

[www.soilassociation.org](http://www.soilassociation.org)

Sustainable Food Cities network:

[www.sustainablefoodcities.org](http://www.sustainablefoodcities.org)

Food Matters:

[foodmatters.org/projects/building-local-food-systems/](http://foodmatters.org/projects/building-local-food-systems/)

Square Food Foundation cooking school:

[www.squarefoodfoundation.co.uk](http://www.squarefoodfoundation.co.uk)

Whole Baked café:

<http://csvavon.org.uk>

The economic benefits of farmers markets:

[www.foe.co.uk/resource/briefings/farmers\\_markets.pdf](http://www.foe.co.uk/resource/briefings/farmers_markets.pdf)

Bristol's Quality of Life annual survey and report:

[www.bristol.gov.uk/page/council-and-democracy/quality-life-bristol](http://www.bristol.gov.uk/page/council-and-democracy/quality-life-bristol)

'Setting the Table':

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Local business advise in how to 'Go Green':

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## URBACT II

**URBACT** is a European exchange and learning programme promoting sustainable urban development.

It enables cities to work together to develop solutions to major urban challenges, reaffirming the key role they play in facing increasingly complex societal challenges. It helps them to develop pragmatic solutions that are new and sustainable, and that integrate economic, social and environmental dimensions. It enables cities to share good practices and lessons learned with all professionals involved in urban policy throughout Europe. URBACT is 181 cities, 29 countries, and 5,000 active participants

[www.urbact.eu/sustainable-food](http://www.urbact.eu/sustainable-food)

