

How to make school champions through the Whole School Food Approach (WSFA)

This fact sheet serves as inspiration for implementing the Whole School Food Approach

The Whole School Food Approach (WSFA) is a transformative method designed to foster a healthy and sustainable food culture within schools. This evidence-based intervention not only enhances education and health but also promotes sustainability and reduces inequalities. By integrating food and education, the WSFA positions schools – from preschools to secondary schools – as pivotal agents of sustainable food system change.

To support schools' implementation of the WSFA, a framework has been developed across **four key pillars: policy and leadership, food and sustainability, education and learning, and community and partnership**. Criteria on bronze, silver and gold levels help the schools to set targets and monitor and evaluate their work. The WSFA concept has been tested by 350 schools and preschools in eighteen European cities and regions.

Key Objectives of the WSFA

- 1 Promote healthy eating: Ensure that students have access to nutritious, fresh, and sustainably sourced food.
- 2 Educational integration: Incorporate food education into the curriculum, teaching students about food origins, production, and healthy eating habits.
- 3 Community involvement: Engage the whole school community, including parents, teachers, and local food producers, in promoting a sustainable food culture.
- 4 Support vulnerable groups: Make healthy food accessible to all students, including those from low-income families.

Do you want to know more about the WSFA framework and how it can be implemented?

Take a look at this further reading:

➔ [Want to implement the WSFA? Find out how in this practical guide](#)

➔ [Explore the WSFA criteria checklist and learn how to apply it](#)



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Tallinn Südalinn School, Estonia

Tallinn Südalinn School has successfully implemented a holistic approach that combines culinary education, community involvement, and the promotion of sustainable food systems. Key objectives include enhancing the skills of catering staff, raising awareness of healthy diets, and strengthening the school community through shared food experiences.

The implementation process involved training catering staff, introducing new menus with plant-based proteins, and organizing themed canteen days. Community collaboration was encouraged through joint cooking activities and events like the Spring Picnic and Food Festival. Students acted as Food Ambassadors, promoting sustainable diets and participating in themed workshops. The project has led to improved satisfaction with the school meal system and positive feedback on the inclusion of diverse dishes, demonstrating the power of combining education, community engagement, and sustainability.

Elementary School Važecká, Prešov, Slovakia

The SF4C project has deepened students' understanding of the school canteen's operations, from ingredient sourcing to meal preparation. Students have learned about canteen rules through discussions with the canteen head and cooks, highlighting the role of cooks as educators.

A standout initiative was the "Choose Your Meal" program, where students selected between two meal options, empowering them to make healthier choices and introducing them to new tastes. The school also collaborates with the [Eco-School program](#), growing vegetables and herbs, and has a cooking club for students to explore healthy recipes.

Partnerships with local farms have strengthened ties with the community, with a family farm now supplying eggs to the canteen. During "Healthy Eating Week," the school explored food diversity with a colour theme each day, making learning about a varied diet fun and memorable.

These efforts have actively involved students, emphasized the educational role of canteen staff, and inspired other schools to adopt similar sustainable approaches. Elementary School Važecká's holistic approach to food education and community engagement serves as an inspirational model for other schools.

