

MORE VEGGIES,  
LESS CO<sub>2</sub>!

# WE ARE PART OF THE CHANGE.



**SCHOOLFOOD  
4CHANGE**

## About

**SchoolFood4Change aims to make school meals tasty, enjoyable, educational and healthy for both you and the planet.**

SchoolFood4Change engages children, young people, parents, school staff and canteen managers - as well as city representatives, policy makers, researchers and experts - to transform schools and school canteens into learning spaces where nutritious, healthy and sustainable school meals are served. **We want to set a new menu in schools!**

Together, we focus on knowledge sharing, participatory action and educational activities in the participating SchoolFood4Change partner schools, to strengthen young people's understanding of healthy eating and to empower them to be change makers, advocating for sustainable food consumption in their environment.

**Tasty, nutritious, healthy  
AND sustainable!**

**Youth  
power!**



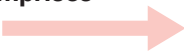
# So, what is the #SchoolFood4Change approach?

- ⚡ We support schools and municipalities in many countries implementing a Whole School Food Approach (WSFA). This is a practice that establishes a healthy and sustainable food culture in and around schools. The goal is to approach food in a holistic way, through a variety of authentic learning situations and subjects that allow students, teachers, school and canteen staff to look at food from different perspectives.
- ⚡ We engage with and empower school chefs and canteen staff to strengthen their key role in establishing a healthy and sustainable eating culture in schools and pre-schools. We support them in being trainers and role models for others.
- ⚡ Food is our passion, procurement our strength!  
We work with food procurement experts to develop innovative approaches that bring more sustainable and healthier food on the plates of children.
- ⚡ And through all of this, we are making a positive impact on as many people as possible - at least two million in Europe!



# The Whole School Food Approach

**The Whole School Food Approach comprises four pillars:**



A school that takes a Whole School Food Approach, provides students with both knowledge about healthy and sustainable food, as well as motivation and opportunities to act and be conscious, now and in the future.



Taking a holistic approach requires school chefs, canteen managers, teachers and students to work closely together in an interdisciplinary way to create authentic learning experiences. The common goal is to increase knowledge and create an awareness that can be transferred to the school environment, the surrounding community and beyond.

# What potential for change is there in school meals and food education?

We can't close our eyes to the fact that the way we produce and consume food is one of the biggest challenges on our path to a sustainable future. But where do we start to change this?

In **SchoolFood4Change**, healthy and sustainable school meals combined with food education are seen as the starting points for transforming our food system. By making people and students aware of how food is grown and under what conditions, we can enable them to make informed decisions, protect the environment, and reduce the impact of our diet on the climate.

If every child (rich, poor or disadvantaged) has access to one healthy nutritious school meal a day, then not only are we helping to tackle obesity and chronic illnesses, we're also reducing social inequalities. A positive side effect? **It's easier to learn on a full stomach!**

**Reduce social inequalities**

**Why is this important?**

**Small plate,  
big impact!**

**Sign our petition!**



**Follow our work!**  
**It's time for a new menu!**

**#SchoolFood4Change**



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