



FOOD TRAILS

Open call for Cascade cities Guidelines for applicants

Grant agreement number	Project acronym	Project Title
101000812	FOOD TRAILS	Building pathways towards FOOD 2030-led urban food policies



Disclaimer



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Introduction

Summary

This document aims to support the application of “Cascade” cities willing to join the Food Trails peer-learning activities¹. We seek interested local authorities (metropolitan areas, cities or towns) ready to share and learn from the 11 Food Trails partner cities about their innovative food-related actions.

You can apply by using this [Teams Form](#) by **2 October 2023**.

Selected cascade cities will be matched with one among the eleven Food Trails cities to exchange and learn from the living labs activities and food policies they have developed as part of the Food Trails project.

The peer learning programme will run from October 2023 until June 2024. The programme will involve both online cooperation and participation in one study visit to take place in one of the Food Trails cities.

Eurocities will facilitate and support the development of peer-to-peer exchanges based on the framework developed by Food Trails partners.

1. Background information

[Food Trails](#) is a €12 million EU-funded project (2020-2024) aiming to support cities in designing, developing and implementing integrated urban food policies for sustainable, healthy and inclusive food systems in 11 city-regions: Bergamo (IT), Birmingham (UK), Bordeaux Metropole (FR), Copenhagen (DK), Funchal (PR), Grenoble Alpes Metropole (FR), Groningen (NL), Milan (IT), Thessaloniki (GR), Tirana (AL) and Warsaw (PL).

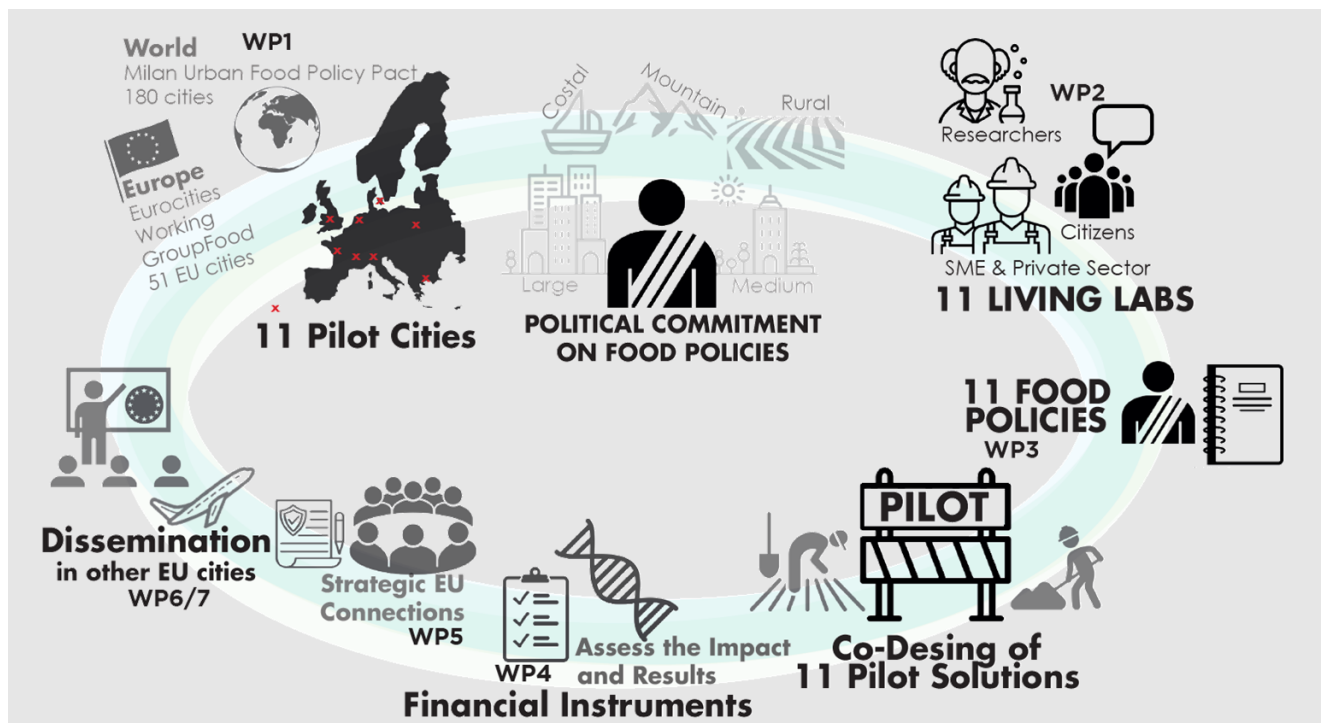
At the heart of the project lies the co-designing and co-implementation of pilot actions as a leverage point for developing urban food policies. Each partner city runs pilot actions, constituting a Living Lab, a participatory space for work, dialogue and collaboration to foster innovation, connect local stakeholders, create synergies and co-benefits, and collect evidence to speed up and deepen food systems transformation at the local level.

¹ The peer-to-peer approach is based on the idea that people who work on similar issues and have similar roles and working backgrounds in their cities could share experiences and learn from each other. These people are usually called ‘peers’ and could be city experts, decision makers or local stakeholders.

The 11 Living Labs seek to co-design and co-implement with local stakeholders food solutions integrated with other local policy areas and aligned with the Farm to Fork EU Strategy and the EU-FOOD2030 Policy priorities: nutrition, climate, circularity and innovation.

Food Trails facilitates collaboration among cities, researchers and food experts to foster the development of innovative approaches and solutions, encourage knowledge-sharing and replication, to scale up and scale out of the best practices developed through the project.

The project is rooted in the Milan Urban Food Policy Pact (MUFPP), an international mayors' agreement. It translates the Pact's commitments into concrete progress toward more sustainable, resilient, diverse, safer and fairer urban food systems in Europe.



This innovation action project brings together a consortium of 19 European partners, including three universities, 5 organisations 11 city regions.



2. About the peer-learning programme

1.1 Objectives and principles

This Cascade learning process aims to arrange the transfer of expertise and experiences from the Food Trails cities and to increase Cascade cities' capacity and knowledge to tackle food challenges and develop and implement ambitious and integrated long-term actions to transform food systems.

Through the current open call for applications, interested cities can apply to become Cascade cities, share learning needs and interests, and select from which of the Food Trails Living Lab they would like to learn more about throughout a peer-learning exchange.

In addition to the peer-to-peer collaboration with a Food Trails city, several other learning opportunities are open to Cascade cities, including webinars and a knowledge-sharing workshop in Warsaw to take place in May 2024.

This peer-to-peer approach is based on the idea that people who work on similar issues and have similar roles and working backgrounds in their cities could share experiences and learn from each other. These people are usually called 'peers' and could be city experts, decision-makers or local stakeholders.

Peer mentoring is a one-to-one relationship between a mentor and a mentee, which allows transferring knowledge, experience, and skills to achieve a specific objective related to the replication and scalability of innovations. This enables in-depth counselling and joint problem-solving between the two participants.

- A **mentor**- here one the Food Trails cities- is an individual who has a direct experience or specific expertise on a subject and is willing to share insights with a mentee.
- A **mentee**- here the Cascade cities- is an individual who would want to learn from an experienced peer and is interested in applying what they have learned in their context.
- The **facilitator**- here, Eurocities- will support the matched cities' interaction and provide overall guidance throughout the learning programme.

Applicants' cities which will not be selected will be able to access information and participate in other knowledge-sharing activities through different types of activities, such as public webinars, podcasts, videos and knowledge-sharing workshops.

1.2 How will cities work in and through the programme?

Two to three Cascade cities will be matched with one of the Food Trails cities to exchange and learn more closely throughout a period of 6 months.

The collaboration will consist of:

1. **One or two online preparatory meetings** bringing together the matched Food Trails city and the cascade cities to present the Living Lab implemented in the context of Food Trails, share the learning needs, share insights and evaluate more precisely the transferability of the innovative approaches and practices to Cascade cities.
2. **Three days study visit in one of the Food Trails cities** to enable observation, foster exchanges, feedback and advice and encourage the transferability of the good practice. During the visit, two to three cascading cities will closely follow one of the Food Trails partner cities to gain first-hand knowledge and feedback on the activities implemented.
3. After the exchange, Cascade cities will be asked to develop **an action plan** to identify the necessary steps and conditions to transfer back home the measure observed in the Food Trails city.
4. **One online follow-up meeting** to reflect on how the cascade city can apply the knowledge gained during the visit, considering the context of its city and factors that might constrain replication. This final step also aims to evaluate the exchange and discuss any remaining questions or points.

Food Trails will produce public reports summarising the outcomes of the cascade learning activities to be published in October 2024.

Preparatory meetings

- 1 or 2 online meeting to become familiar with the work of the Food Trails city
- Joint preparation of the study visit agenda

Study visit

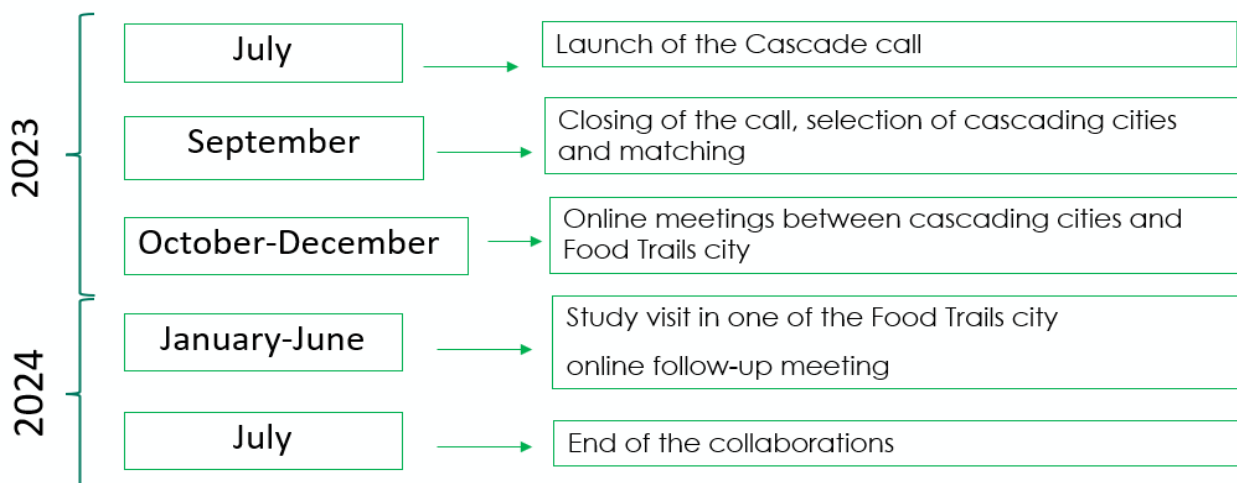
- 3 days study visit in one Food Trails city
- Share and learn first-hand on Living Labs and actions

Follow up meeting

- Preparation of an action plan with concrete steps to transfer the good practice in the local context and apply the knowledge gained during the visit

1.3 Calendar of activities

Engagement process and calendar of activities



1.4 Budget

The Food Trails project will reimburse travel, accommodation and subsistence of each participating Cascade city to the study visit. Reimbursement will be up to 800 Euros/city.

Pending previous discussion and in agreement with Eurocities, some additional budget could be reimbursed in the case of:

- Exceptionally and justified high cost for travel and accommodation (i.e. travelling during high season);
- Participation of additional people who are considered highly relevant for the transferability of the solution, i.e. key local stakeholders or policymakers

Cascade cities are invited to select participating representatives to ensure productive and meaningful exchanges with the Food Trails host city. Applicant cities can join with one or more interested participants and can choose to be represented by technicians and/or politicians.

Food Trails host city will be taking care of costs related to transport and subsistence during the study visit.

The travel and accommodation cost reimbursement will be subject to providing original supporting documents (i.e., invoices, boarding passes,...). Exact guidelines and procedures will be shared with the selected cascade cities.

No financial compensation will be granted to Cascade cities for the transfer of the solution.

1.5 Why apply to the Food Trails Cascade learning programme?

The Food Trails learning programme represents a great opportunity for Cascade cities to discuss with peers selected to share their work, learn, be inspired by other cities, and receive feedback and advice from other cities on tackling local food challenges.

Because of the Food Trails' specific working process and methodology for cascade learning:

- Close collaboration for a few months: long enough to foster in-depth knowledge sharing and counselling.
- A mix of online and on-site exchanges to allow more flexibility and interactions.
- Action-planning oriented: discussions during the visit will be oriented towards creating an action plan, which will be a concrete and practical exercise to support cascade cities in transferring the good practices observed.

Because of the great variety of the Food Trails cities profiles, Living Labs and focus areas:

- Variety of urban contexts in the project: Medium or Metropolitan urban areas, rural, coastal, mountain or island cities.
- Variety of good practices, approaches and entry points to food actions and policies: collective catering and school canteens, waste management and reduction, food aid, awareness raising about healthy and sustainable diets, education campaigns and activities, stakeholders engagement, food council, public food procurement, food production, urban farming and gardening, connections with the rural surrounding, food literacy and gastronomy, protein transition, networks of local stakeholders, producers and distributors etc.
- Food Trails gathers cities with different profiles and experiences: some have been working for years on agri-food issues, and others have started their food journeys more recently, benefiting from peers' experiences to develop impactful actions and policies. These different levels of development of urban food policies among Food Trails cities offer opportunities for collaboration, no matter how advanced Cascade cities are regarding food actions and policy implementation.
- Each Living Lab is a unique combination of pilot actions and focus areas.

Because of the project's strong and direct connections with international or European food organisations and networks:

Cascade cities will be engaged with an international community of cities working on agriculture and food through the MUFPP, Eurocities, EAT, and Slow Food.

1.6 Who can apply?

Are eligible any interested local authorities (cities, towns or metropolitan areas) based in an EU Member state or an approved H2020 Associated Country.

List of eligible countries: Austria, Belgium, Bulgaria, Croatia, Republic of Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Iceland, Norway, Albania, Bosnia and Herzegovina, North Macedonia, Montenegro, Serbia, Turkey, Israel, Moldova, Switzerland, Faroe Islands, Ukraine, United Kingdom, Tunisia, Georgia, Armenia

No population threshold or size criteria apply. Similarities with the context of the Food Trails cities will be considered for the matching to foster collaboration relevance and replicability potential of the good practices.

1.7 What do you commit to?

Cascade cities engaged in the knowledge-sharing programme commit to the following elements from the learning sequence:

- **Active participation in the online exchanges and study visit.** This is a two-way exchange in which Cascade cities commit to completing and participating in the steps outlined below. During the knowledge-sharing exercises, the Cascade cities are expected to comprehensively analyse learnings, good practices, and policies that could be transferred in their own context.
- **Preparation of an action plan.** On completion of the exchange visit, the Cascade cities are expected to write a plan, defining concrete actions that could be taken to transfer innovative approaches and solutions to achieve food systems transformation in their city.

It is important for Cascade city representatives **to allocate sufficient and adequate resources** (time, staff, expertise) to create a good environment for collaboration and gain the most from the exchanges. The Cascade Learning Programme will run for 6 months, with an estimated involvement **of up to 12 working days** (travel included).

3. Application

3.1 How will applications be evaluated and matched?

Selection of the participating Cascade cities will be based on the quality of the application, overall motivation, higher chance of transfer of the solutions (similar enablers and barriers) and role of the people involved in the peer learning programme.

Food Trails partners will review the applications, evaluate each application to select Cascade cities and match them with Food Trails cities and their good practice.

Eligible applications will be evaluated by the members of the Food Trails project consortium according to the following criteria:

- The overall quality of the application (i.e., answers provided are clear, complete, detailed, and consistent);
- interest and experience in the same thematic area of the Food Trails living lab;
- Common challenges;
- Population size and similar geographical circumstances;
- Role of the participants in the exchanges (technicians, members of the international department, policymakers etc.)

All submissions will be assessed fairly and transparently in the eligibility and quality criteria assessment scope.

Decisions as to whether an application is accepted or rejected will be communicated to the applicant.

3.2 How to apply?

Cities interested in becoming a Food Trails Cascade city can apply by [completing the application form available here](#) before Monday

Cascade cities applicants should demonstrate motivation to actively seek to adapt and transfer innovative pilot activities based on interactions with the selected Food Trails cities through the Cascade learning programme.

The application form is structured as a survey to collect information about the applicant's city and its learning needs. Tailored questions are included in the application form to collect the relevant information needed for evaluating the involvement of the applicants in the

cascading programme and motivation to be paired with the proposed thematic areas of the different Living Lab activities.

Applicants should use the annexes to explore and gain a clearer understanding of the Living labs developed in the Food Trails partner cities:

- The 11 Living Labs presentation videos, available on the [Food Trails YouTube channel](#).
- The 11 factsheets included in this call.

Completing the [Open call for Cascade cities application form](#), in line with the Living Lab description, will enable the Food Trails consortium partners to pair the Cascade cities applicant with the relevant Food Trails Living Lab.

3.3 Application form

You should complete the application form available on Teams Form <https://forms.office.com/e/SAnEEiyCNr>. The deadline to apply is Monday **2 October 2023**.

To prepare your application, you can find an overview of the questions to be completed below.

Your contact

Main contact:

- First Name
- Last Name
- City represented
- Function
- Email

Your Local context:

1. **Local authority details.** Please provide the official name of your city in English. Only one application may be submitted by an eligible city.
2. **Country.**
3. **City department (or equivalent).** Please list participating city departments (or equivalent) committed to and relevant to the Cascade learning programme.
4. **Who will be joining from your organisation?** Please indicate the names, surnames and positions of the people to be involved in the Cascade learning programme.
5. **Tell us more about your city.**
 - a. Does your city work on agriculture and food in any way? If yes, could you please describe how/which areas of action.
 - b. Which departments/ units in your administration follow food-related policies, projects, and initiatives?

-
- c. Does your city have a Food policy or equivalent? If yes, please briefly describe its primary objectives, actions, and year of adoption.
 - d. Do you have any resources (links to documents) to share which briefly explain your local work, goals and/or achievement around food?
 6. **Allocated resources.** The Cascade Learning Programme will run through the period of 6 months, with an estimated involvement of up to 12 working days (travel included). Does your municipality have the capacity to dedicate time and human resources to the exchanges that we have planned?
 7. **Working language.** The Food Trails working language is English, and all related exchanges and materials will be carried out in English. Participants must have a good command of English to be able to communicate efficiently within their group in all activities of the programme:
 - a. They do
 - b. Some of them don't, but we have a way to overcome this (please explain)

Learning needs

1. **Selection of the Food Trails Living Labs.** From the list of the Food Trails Living Labs/cities, please rank up to 3 in terms of your city learning priorities. Please note that your selection will serve Food Trails partners as guidance in the matching process, but this will not guarantee that you will be paired with one of the selected options. ***You can use the Cities presentation videos and the factsheet in the annex to learn more about each city and their Living Labs.***
2. **Focus areas.** Living Labs activities explore and test pathways to accelerate agri-food transformation across the whole food system. Please select up to 3 relevant focus areas for your city learning needs:
 - a. Food waste and circularity
 - b. Food aid and vulnerable groups inclusion
 - c. Stakeholders' engagement and Food Council
 - d. Collective catering/ strategic use of procurement
 - e. Food production
 - f. Connections with farmers and producers and rural/ urban linkages
 - g. Food education and awareness raising
 - h. Nutrition and healthy diets
3. **Alignment with the Food Trails Living Labs.** Please explain how your previous selections (Living Labs activities and focus areas) could support your city's progress towards transforming food systems.
4. **Focus on your current objectives.** If your previous answer was related to a particular project and/or policy, your city is currently implementing or in the development phase, please, elaborate further. Text (300 words)

Drivers and barriers

Cascade Cities will be encouraged to transfer parts of systemic innovative actions observed to pursue "systems innovation" addressing embedded structural challenges locally.

1. **Identification of drivers.** What are the enabling conditions that would allow your city to work on local food policies? Please, elaborate further. Text (300 words)
2. **Identification of barriers.** What are the barriers that your city is facing acting on food policy? Please, elaborate further. Text (300 words)

Stakeholders engagement

1. Does your city have an existing stakeholders' engagement plan (i.e. communication campaign) or structure related to food (i.e. food council)? If so, please, elaborate and explain who they are (other administration on the territory, farmers, local businesses, parents' organisations, the research community, citizens, etc.) (500 words limits)

Expectations

1. Please, explain briefly what would be a successful learning experience for your city? (300 words limits)

GDPR

I consent to Food Trails partners using the information submitted in this questionnaire for internal Cascade application purposes, reports and project activities aimed to support the Cascade programme.

Please note that no personal information will be used in any project reports or activities. The personal data collected in this questionnaire is for Cascade call purposes only and is managed by the Food Trails consortium in line with our data protection policy.

4. Additional resources

In addition to this call, you can find:

- o 11 videos presenting each Food Trails Living Lab on [Food Trails YouTube channel](#).
- o 11 factsheets on each Food Trails Living Lab, an annex in this document.
- o More information on the project's objectives and achievements and news on the [Food Trails website](#).

5. FAQ

Can Cascade Cities choose the Food Trails city that they will be matched with?

When submitting their applications, applicant cities must rank up to three cities/living labs, in terms of their city learning priorities. This selection will serve Food Trails partners as a guide in the matching process, but this will not guarantee that the pairing will be with one of the indicated options.

What is the foreseen budget?

The programme will cover travel and accommodation costs of selected Cascade cities to their Food Trails cities (up to EUR 800). In case of justified needs, additional budget might be reimbursed, pending previous agreement with Eurocities.

Can cities submit more than one application?

Each city can submit only one application.

In what language will the exchanges be carried out?

The exchanges will be taking place in English. Participants are expected to have a level of English, allowing them to interact successfully.

What commitments are expected from participants?

The Cascade Learning Programme will run through the period of 6 months, with an estimated involvement up to 12 working days (travel included). When applying to the Food Trails peer learning activities, participants commit to following the full programme and undertaking the necessary preparation and follow-up tasks according to the instructions and recommendations provided by Eurocities.

Can I change my mind after the submission of the application?

Yes. If, for any reason, your city is not interested anymore in participating in the Food Trails learning programme, contact us at Anja De Cunto (anja.decunto@eurocities.eu) or Alice Jan Dahan (alice.jandahan@eurocities.eu)

Can I renounce the opportunity if I am unhappy with the city/living lab I have been matched with?

Yes, simply contact us at Anja De Cunto (anja.decunto@eurocities.eu) or Alice Jan Dahan (alice.jandahan@eurocities.eu).

Annex I – Food Trails Cities videos

You can find our YouTube channel, short presentation videos from the 11 partner cities:

1. [Bergamo](#)
2. [Birmingham](#)
3. [Bordeaux Metropole](#)
4. [Copenhagen](#)
5. [Funchal](#)
6. [Grenoble-Alpes Metropole](#)
7. [Groningen](#)
8. [Milan](#)
9. [Thessaloniki](#)
10. [Tirana](#)
11. [Warsaw](#)

Annex II – Factsheets on the 11 Food Trails Living Labs

Introduction:

These factsheets summarise the main focus and objectives of each Living Lab, as well as the key activities carried out and stakeholders engaged.

1. Bergamo (Italy)



Background information

Population: 121,000 inhabitants, with over 23,000 students

Local context:

- Bergamo city is divided into two parts: the modern and dynamic lower city and the old town, known as Upper Town, embedded within the Hills Park, a huge Regional Natural Park which borders the city.
- The city hosts the Kilometro Rosso, a vast innovation district which brings together companies, universities, and research centres to foster innovation processes in the manufacturing industry.

Food actions:

- Bergamo was designated **UNESCO Creative City of Gastronomy** in 2019.
- The city has a **Food Policy Council** aiming to link local food supply chain actors for environmentally and socially responsible commerce, and considering new approaches to limit agri-food systems' environmental and social impacts.

- The city runs the **AgriCulture and Right to Food Festival**, an annual community event dedicated to quality nutrition, sustainable agriculture, and access to adequate food.
- The city's food action also includes the **Biodiversity Valley**, an open-air museum dedicated to food plants, sustainability education, awareness raising on connections with nature, agriculture and the value of local and biodiverse productions.

Food Trails Living Lab

The overall goal of Bergamo Living Lab is to promote healthy and sustainable diets by:

- Developing a comprehensive **City's Food Policy Strategy**
- Improve **school food environments and menus to support healthy and sustainable eating among students of primary and secondary schools**, promoting the supply of local quality and sustainable food in school canteens.
- **Promote education among citizens on healthy and quality food**, prioritising plant-based and local foods and reducing waste.

PILOT 1: Developing a comprehensive food policy strategy

Bergamo has completed food system diagnosis and organised public consultations to collect visions/wishes/expectations from local stakeholders to identify priorities for future food policy.

Key activities: Interventions include interviews, desk research, and public consultations which feed a food system assessment report and the Bergamo Food Policy Guidelines.

PILOT 2: La Buona Mensa

Bergamo works with school canteens to foster the creation of a school food environment that facilitates the transition to healthy and sustainable diets and reduce food waste in school canteens.

Key activities:

- Improvement of school canteens menus to develop more plant-based diets, increase food from short, organic, socially-responsible supply chains
- Technical training to kitchen staff on plant-based dishes
- Improvement of the taste and texture of existing dishes,
- Distribution of fruit and bread mid-morning for healthier and more sustainable snacks,
- Promotion of healthy, safe, culturally appropriate, sustainable food through training
- Identification and dissemination of practices and good practices to reduce food waste.

Main stakeholders engaged or targeted: primary school pupils, school canteens' cooking staff, parents and teachers

PILOT 3: Promotion of sustainable and healthy food choices

Bergamo's Living lab aims to promote education among the citizenry about healthy and quality food, prioritizing plant-based and local foods and reducing waste.

Key activities:

- food education classes for students, food education classes for teachers, cooking classes for students, and school visits to strengthen awareness of food footprint
- cooking classes for parents
- Open farm days
- Social dinners and tasting events
- Conferences
- Communication activities and strategy

Main stakeholders engaged or targeted: citizens, parents.

Learning opportunities:

- o Food education and awareness raising
- o Food production
- o Stakeholders' engagement and food council

More information:

- [Bergamo](#) video
- City profile [here](#)
- More information [here](#).

2. Birmingham (UK)



Background information

Population:

- 1.2 million inhabitants: 2nd largest city in the UK, a growing city with a population forecast to rise to 1.3 million within 15 years.
- Very diverse city: by 2025, its population will be more than 50% BAME (Black Asian Minority Ethnic).
- High levels of deprivation: 40% of the population living in England's 10% most deprived areas.
- High rates of childhood obesity, diabetes, the share of the population overweighted or obese

Local context:

- Birmingham's economy has transformed from being an economy founded on home-owned manufacturing industries to a service-based economy and it has today more business start-ups per head of population than any other city in the UK.
- Continuous reductions in local government expenditure

Food actions:

- **The city** became one of five Local Authority Childhood Obesity Trailblazers and has developed multiple actions to tackle obesogenic environment, childhood obesity by acting upon urban planning to restrict the growth of fast food restaurants around schools and advertising of junk food, and supporting schools to deliver healthy schools' programmes and meals and education sessions
- **Signed the Milan Urban Food Policy Pact in 2015 and is part of the Pact steering committee.**
- Birmingham City Council adopted its **Food System Strategy in 2022**, the city's ambitious eight-year approach to create a bold, sustainable, healthy, and thriving

food system. This strategy is the outcome of three years of collaboration with partners and citizens.

Food Trails Living Lab

In line with the food strategy, Birmingham's Living Lab aims to increase opportunities for citizens to access healthier, sustainable, affordable food through the creation of new business models. The city develops actions focusing on:

- **Circularity:** reducing food waste
- **Sustainability:** building businesses around sustainable food
- **Nutrition:** develop knowledge and skills on nutritious food

PILOT 1: Retrofitting a multi-storey car park into an urban farm and garden

This project includes an educational area for schools and a facility to run a farm-to-fork pilot, creating opportunities for peri-urban farmers to supply directly to citizens, businesses and the public sector. With this pilot, the city aims to develop a blueprint for other retrofit projects in the city centre and encourage food micro-businesses to sell healthier, sustainable food by offering business support, training and routes to market.

Key activities:

- Design methodology for retrofit incorporating rooftop gardens
- Runs a Small growing pilot and test scalability, affordability, and technical/logistical demands of urban food production
- Design a delivery and business model for the urban farm and pilot
- Establish better links with local farmers and healthy food producers
- Pilot a healthy food economy ecosystem by increasing the availability of healthy food choices for the local communities.
- Build local community around a community garden;
- food education activities: trainings, public and business-facing events and co-design processes and strategies with local public, private and third-sector food stakeholders.
- Engage local schools in growing activities and outdoor classes for children

Main stakeholders engaged or targeted: local farmers and healthy food producers, retailers,

PILOT 2: Community-supported food waste separation and composting

With this pilot, Birmingham aims to move towards a more circular urban food system by increasing the redistribution and recycling of surplus food and reducing the amount of food waste going to landfill. To do so the city tests the methodology for successfully implementing food waste separation in a variety of dwellings: homes with and without gardens and flats.

Key activities:

- Development of food waste collection and composting solutions
- Recruitment and training of community composters to engage residents in the activities
- Collaboration with local university on this pilot's impacts and waste flows

Main stakeholders engaged or targeted: academics, residents from a deprived neighborhood

Learning opportunities:

- o Stakeholders' engagement and food council
- o Food waste
- o Food production

More information:

- [Birmingham](#) video
- City profile [here](#)
- More information on the Birmingham Food System Strategy [here](#).

3. Bordeaux Metropole (France)



Background information

Population: 814,000 inhabitants in the Metropolitan area.

Local context:

- Bordeaux Metropole gathers 28 municipalities
- Bordeaux and its metropole are internationally known for wine, gastronomy, and business tourism
- The agricultural production of the metropole does not match the inhabitants' needs, in terms of both quantity and varieties but the number of urban farms has dramatically increased since the beginning of the past decade and organic farmlands represent 20,5% of agricultural land

Food actions:

- Bordeaux Metropole signed the **Milan Urban Food Policy Pact** in 2015.
- The Metropole manages **collective catering** which provides 65,000 meals per day, shared in 360 different sites including school canteens and institutional catering.
- In 2017, the Metropolitan Council created the **Bordeaux Metropole Food Policy Council**, the first one in France. This Council brings together the main agricultural and food stakeholders and encourage the transformation to a sustainable food system by connecting stakeholders.
- The Metropole voted its **agricultural policy** in 2018 to find a balance between urban and natural, agricultural land
- Bordeaux Metropole adopted its **Food Policy** in November 2022: after an update of the local agricultural land food system diagnosis, consultations with local stakeholders, members of the Food Policy Council, neighbors' territories, Metropole's staff and the co-development of the policy's objectives and action plan.

Food Trails Living Lab

Bordeaux Metropole food team has chosen to define the Food Policy Council as the Living Lab and specific groups of stakeholders were created to choose and implement the pilot actions, which aim to:

- Facilitate and enhance a territorial food network
- Sustainable procurement of collective catering.

PILOT 1: Improvement of the Food Policy Council

This pilot action aims to reinforce the Food Policy Council and foster Access to healthy and sustainable food for all. To this end, the pilot follows two main goals: **sharing a vision of a sustainable food system with all the stakeholders and reinforcing multi-partners governance for the food policy.**

Key activities

- Holding meetings with the current pilot committee of the Food Policy Council to define the new rules and regulations how the future elected representatives of the pilot committee will be elected
- Promotion of local food initiatives through the Food Policy Council (meetings, website)
- Develop and foster collaboration with research institute around the local food system
- Organise a 12 week-food challenge on sustainable food for citizens
- Conduct a study to analyse citizens' eating and consumption habits and map inequalities in food access at the metropolitan scale

Main stakeholders engaged or targeted: Food policy council members, other municipalities, local producers and farmers, NGOs, researchers, citizens etc.

PILOT 2: Consolidating sustainable procurement from local and organic sources in the Metropole

In 2019, Bordeaux Metropole carried out an audit of the public catering of the 28 municipalities and its administrative restaurants to quantify and qualify the collective catering purchases and needs for local products. In food trails, the pilot aims to achieve more sustainable public procurement and create a shared vision of sustainable food in the collective catering. .

Key activities:

- Training session on introducing organic, local and quality products in public tenders for municipal personnel
- Training sessions for local providers on answering public procurement tenders
- Meetings and exchanges between providers and purchasers from municipalities to structure local supply chains
- Training sessions on cooking plant-based recipes for chefs and school canteens personnel
- Conduct a feasibility study to diagnose the conditions to set up a processing unit for collective catering
- Develop, optimize and decarbonize food logistics.

Main stakeholders engaged or targeted: farmers and producers, Municipalities staff, cooks and kitchen personnel

Learning opportunities:

- Stakeholders' engagement and food council
- Collective catering and procurement
- Connections with farmers and producers and rural/ urban linkages

More information:

- [Bordeaux Metropole](#) video
- City profile [here](#).
- More information [here](#).

4. Copenhagen (Denmark)



Background information

Population: 650,000 Copenhagengers, with around 1,3 million inhabitants residing in the Greater Copenhagen Area.

Local context:

- Second most liveable city in the world according to the Global Liveability index in 2022
- One of the world's most bicycle-friendly cities, with 62% of Copenhagengers commuting by bike
- The city hosts Denmark's top universities, including the oldest in Denmark, and is one of Northern Europe's major financial centres.
- At the national level, the Danish Veterinary and Food Administration (part of the Ministry of Food, Agriculture and Fisheries) produced the Official Dietary Guidelines to guide Danes on healthy eating - and for the first time - how to eat more climate-friendly diets.
- Copenhagen has become a star in the gastronomy scene, innovating and developing a strong repertoire of restaurants and urban producers focusing in on seasonality, locality, creativity, and taste.

Food actions:

- The **Copenhagen's Food Strategy for 2020 –2025** aims to increase efforts towards strengthening food and the public meal across the city to incorporate health, taste, climate-responsibility and plan a multitude of holistic initiatives.
- Copenhagen has been active in the food systems space for several years and has had strong political support. **Some of the accomplishments include an organic conversion project** which has been supporting since 2001 the introduction of organic food in municipality's kitchens- subject to the target of 90% organic in their

procurement. Widespread training programs are organised, aiming at upskilling and motivating kitchen staff and making sure that they have the necessary knowledge to cook and bake from scratch. 84% of food was organic in 2019.

- o The **climate strategy** (2019) set a greenhouse gas emission reduction target of 25% by 2025, and is accompanied by training, classes and inspiration for cooks and chefs.

Food Trails Living Lab

Copenhagen's Food Trails Living Lab aims to develop a climate-friendly new standard for the public plate, adjusting to various nutritional needs, along with actions and training designed to anchor behavioural change in terms of reduced emissions in the food culture of the public sphere. The Lab seeks to tap into the unutilised potential of the public food procurement process for the implementation of political goals and systemic change of the food system. Specific interventions being implemented across four pilots:

- (1) Procurement Policy Coherence
- (2) Reallocation Calculation
- (3) Teaching Material
- (4) Communication with Kitchen Staff.

PILOT 1: Procurement policy coherence for a sustainable food system

The long-term goal for the procurement policy coherence pilot is to increase and improve the integration of political goals (particularly, sustainability criteria) in Copenhagen's Procurement Policy to systemically change the food system towards more sustainable food. This pilot consists of a map on the Procurement Policy development process in Copenhagen, which provides a checklist for replication and aims to inspiring other cities to implement Copenhagen's experiences and knowledge into procurement policy in their own contexts.

Key activities: engagement and mapping activities to identify the gaps and opportunities for better integration of sustainability criteria in the procurement policy.

Main stakeholders engaged or targeted: City staff

PILOT 2: Reallocation calculation for pricing sustainable and healthy diets in food procurement

The reallocation calculation pilot aims towards the interdepartmental use of the reallocation tool in the City of Copenhagen to monitor data and evaluate progress and needs for a sustainable food system and procurement. It consists of the creation of a tool to understand the protein transition's impacts, considering factors in financial, public meal, and dietary guideline data.

Key activities:

- development of a reallocation calculation model by establish a baseline of what is eaten and what is the price,
- linking price index and dietary guidelines
- production of a documentation of the financial consequences of changing the dietary guidelines,

Main stakeholders engaged or targeted: suppliers/ producers, procurers, buyers, municipal staff

PILOT 3: Teaching material for pupils' education on sustainable farming

This pilot consists of the collection of existing teaching materials on the sustainable production of food and the newly developed teaching materials like the Potato Tender and Growing kit realised through the implementation of education as a tender requirement. The long-term goal for this pilot is to increase children's understanding on food sustainable production and to strengthen farm to school programmes through public food procurement. Further, this pilot will also provides implementation guidelines for replication in Denmark and beyond.

Key activities:

- identification of existing materials
- production of new education material on farming with stakeholders
- development of an educational video on sustainable food production

Main stakeholders engaged or targeted: school staff and teachers

PILOT 4: Co-innovation of procurement and canteen kitchens practices

This pilot consists in the development of a Dialog App to foster exchanges between kitchen staff and procurement officers in the City of Copenhagen. This pilot aims to facilitate communication and exchanges to follow-up on sustainable procurement practices in the public meal; improve contract management and compliance, foster the collection of data from app users on errors, challenges, quality, satisfaction, and other issues.

Key activities:

- workshops with kitchen staff and procurement responsible, to co-defining a dialogue app to foster exchange between kitchen staff and procurement officers,
- workshops with kitchen staff and procurement responsible to co-defining a communication strategy and solutions

Main stakeholders engaged or targeted: kitchen staff and municipal staff

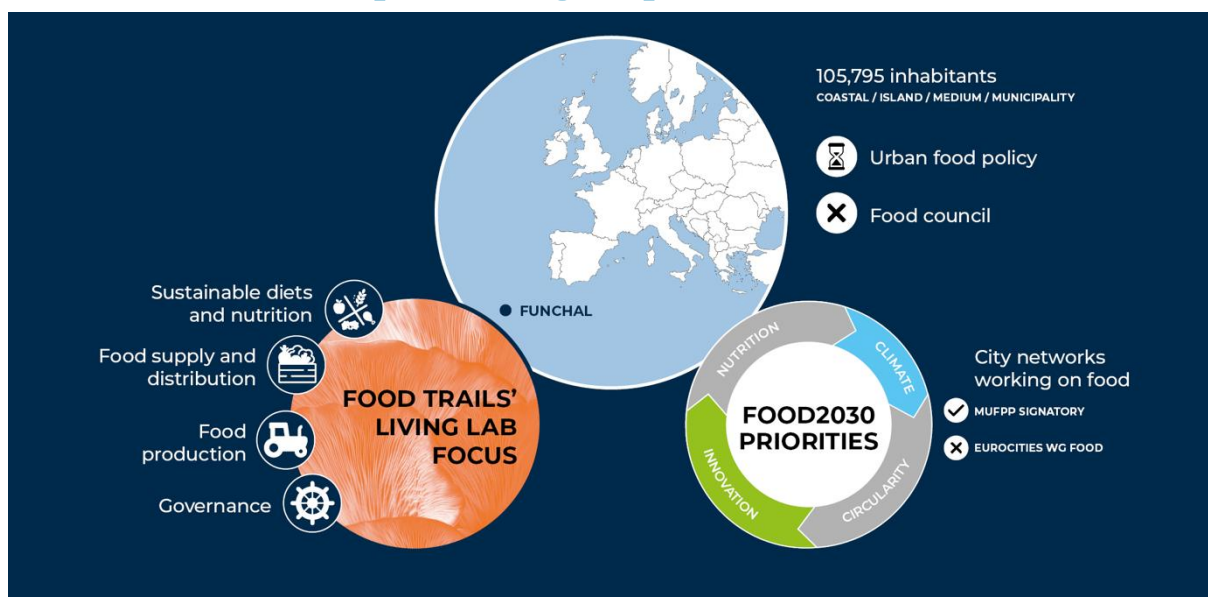
Learning opportunities:

- Collective catering/ strategic use of procurement
- Food education and awareness raising
- Nutrition and healthy diets

More information:

- [Copenhagen](#) video
- City profile [here](#).
- More information [here](#).

5. Funchal (Portugal)



Background information

Population: 105,00 inhabitants, nearly half the population of Madeira.

Local context:

- o capital of Portugal's autonomous Region of Madeira – an island located in the Atlantic Ocean
- o The tertiary sector predominates, closely linked to tourism (commerce, catering and hotel services). Funchal is the largest tourist, cultural and commercial centre of the archipelago of Madeira and it offers a wide range of leisure activities. The port of Funchal is a tourist centre of great importance for European cruises
- o In the form of a natural amphitheater, Funchal stretches along a hillside that goes from sea level to 1,818 meters altitude.
- o the cultivation of the Vine predominates, followed by the banana tree and finally ornamental flowers and subtropical fruits.
- o The urban fabric of Funchal was characterised until recently by housing numerous agricultural areas inside. This situation has been changing with the expansion and densification of the city.

Food actions :

- o The **Funchal Vital Basket initiative- since May 2020:** distribution of fruits, vegetables, aromatic plants and eggs to help families with a reduced income due to the COVID-19 pandemic. This initiative was reinforced with a monthly leaflet that acknowledges ecological, financial and food literacy.
- o **Promotion of Municipal Allotment Gardens and Social Housing Neighbourhoods Allotment Gardens and Schools Vegetable Gardens-** since 2005, to encourage cultivation practices bringing citizens closer to nature, while respecting environmental balance.

- Preservation of marine (biology) and terrestrial biodiversity (ecological park);
- Promotion of urban gardening and agriculture through competitions and training
- Food waste prevention campaign and promotion of composting, support to local and seasonal products, education and social programmes

Food Trails Living Lab

The pilot project in Funchal aims to foster healthier lifestyle and food consumption improvement for all citizens. Through its Living Lab the City aims to establish more connections among municipal markets, schools, and social neighbourhoods to empower and train the population and encourage new sustainable food entrepreneurship in the city. Several interventions will serve as the building blocks towards this aim:

- **Educational activities** focused on food sustainability and change in citizens' lifestyle: sustainable farming workshops and healthy kitchen training
- **Creation of a Science Center** dedicated to food sustainability to promote agrodiversity and marine biodiversity, empower the population to make conscious choices and stimulate healthier and sustainable consumption and lifestyle habits.
- **Development of events like the Funchal Food Week**

PILOT 1: Educational activities for health diets for all

Funchal living lab focuses on educational activities on nutrition to raise awareness and increase knowledge and literacy on sustainable food and agriculture among citizens and pupils.

Key activities:

- Consultation with schools and citizens to assess needs and potential for municipal actions and feed the food policy strategy and actions.
- Summer camps and community centre activities: cooking demonstrations, teaching how to prepare light, healthy snacks that kids can make themselves.
- Development of food literacy on local and sustainable products and healthy recipes
- Municipal Educational allotment to teach about organic farming, composting, soil, biodiversity protection and circularity.

Main stakeholders engaged or targeted: school staff and children

PILOT 2: Events on food sustainability and healthier lifestyles

As part of its living lab, Funchal organises events and produces communication material, to raise awareness and increase knowledge and literacy on sustainable food and agriculture among citizens.

Key activities:

- Production and distribution of a leaflet on the Vital Basket initiative
- Funchal Food Week in the municipal markets on nutrition-related issues
- Cooking workshops and co-creation sessions with stakeholders and sustainable and healthy food
- Launch of a challenge for citizens: sharing of recipes producing less waste, creation of a book compiling those recipes.
- Development of an annual event to promote the Mediterranean diet amongst restaurants and regular campaigns to help improve and diversify restaurant menus.

Main stakeholders engaged or targeted: all citizens, local producers and farmers, municipal markets staff and users etc.

Learning opportunities:

- Nutrition and healthy diets
- Food education and awareness raising
- Stakeholders engagement and Food Council

More information:

- [Funchal](#) video
- City profile [here](#).
- More information [here](#).

6. Grenoble Alpes Metropole (France)



Background information

Population: The population of the metropolitan area is roughly 480,000 inhabitants with just over 150,000 inhabitants living in the city proper.

Local context

- Located in southwest France at the base of the French Alps.
- The Metropole gathers 49 municipalities on its territory
- The City of Grenoble, part of the Metropole was the 2022 European Green Capital.

Food actions

- Since 2015, GAM has been working with the neighbouring territories on building a cooperation network on agriculture and took the opportunity of a national label (PAT – Territorial Food Project) to add the food dimension to this agricultural basis. This PAT gathers 11 local partners, covers 372 municipalities and about 800.000 people.
- The Metropole has been taking action in the past years to improve its food system: creation of shops for local producers; creation of metropolitan farms and installations for farmers; land acquisition to secure organic production methods; prevention of food waste in public school canteens; setting up a vegetable processing plant for collective restaurants supply; setting up an agri-food cluster with neighboring territories.
- In 2022, a prospective study and concertation process has taken place, providing directions for the agricultural and food system up to 2050 and building a coherent food and agriculture policy across the larger region of Grenoble.
- Grenoble-Alpes Metropole is a signatory member of the Milan Urban Food Policy Pact (MUFPP)

Food Trails Living Lab

Grenoble Alpes Metropole aims to adapt agriculture and food production to climate change, reduce the environmental impact of agricultural activities in suburban and rural areas, ensure food availability and food quality in school canteens for the most vulnerable communities and develop a city innovation ecosystem around sustainable food transition. To do so, the city is developing 3 pilot actions:

- Month of Food Transition: citizen engagement in food transition;
- sustainable school canteens
- and an inter-territorial food council.

PILOT 1: The Month of Food Transition

The Month of Food Transition is a yearly event organised by the Metropole to engage citizens and local stakeholders in food transition, to foster dialogue on how to achieve agri-food transition, raise awareness and attention on food changes and trigger shift in diets in the general population towards more sustainable and healthy diets. The Metropole has already organised several editions of 'The Month of Food Transition' and this pilot aims to further engage inhabitants and achieve effective behavioral change among citizens.

Key activities:

- Elaboration and delivery of food- related events and conferences and coordination of events
- Consultations of local stakeholders to reflect about engagement methods and messages
- Mobilization of citizens and activation of communities, associations, economic networks
- Provision of clear messages on healthy and sustainable diets
- Ensure messages are well-calibrated and accompanied with the available tools

Main stakeholders engaged or targeted: all citizens and actors of the local food system and ecosystem

PILOT 2: Sustainable diets and food waste in school canteens

This pilot aims to achieve transition in sustainable school canteens by supporting the municipalities by developing a common sustainable food project. These steps will lead to better information, to an improvement of the procurement process and the development of an integrated food project at the territory level. This food project aims to improve quality, type, and sourcing of food and eating behaviour, encourage reduction of food waste, and ensure children's diets in the metropolitan area's school canteens will be sustainable and healthy.

Key activities:

- Support of the municipalities on the territory in making their diagnosis and through training
- Data collection
- Technical support to companies/ suppliers.

Main stakeholders engaged or targeted: schools, procurers/ suppliers, municipalities, children etc.

PILOT 3: Establishing a Food Council

This pilot aims to establish an inter-territorial food policy council. To do so, the Metropole is identifying stakeholders, having the stakeholders meet regularly, creating a common understanding of agri-food systems and a vision for 2050, and creating a governance structure. These interventions aim to encourage involvement and commitment of all stakeholders and foster an integrated approach.

Key activities:

- Identification of relevant stakeholders to participate in this council
- Formalizing the responsibility of the local stakeholders and role in the food system
- Increase connections and collaboration between actors to create a smoothly functioning food system
- Reaching out to local stakeholders, meetings and consultations to assess the needs
- Design of collaboration and engagement models

Main stakeholders engaged or targeted: local stakeholders

Learning opportunities:

- Food education and awareness raising
- Food waste and circularity
- Collective catering/ strategic use of procurement
- Stakeholders engagement and Food Council

More information:

- [Grenobles-Alpes Metropole](#) video
- City profile [here](#).
- More information [here](#).

7. Groningen (the Netherlands)



Background information

Population:

- The **largest city and the economic capital of the northern Netherlands**: 200,000 inhabitants in the city, and the core of the Functional Urban Area of 480 000 inhabitants.
- **Youngest city of the Netherlands**: home to two universities and more than 60,000 students. With over half of the population under 35, the inhabitants are, on average, younger than anywhere in the country.

Local context:

- **A compact city**: the city centre is one square kilometer and 80-90% of employment opportunities are within a 3 km radius of the city centre.
- Surrounded by **rural land**: convergence of different landscapes (sand, clay and peat).

Food actions:

- Carolyn Steel prepared a plan for Fruitopia in the context of Groningen
- **First food policy, "Groningen goes healthy"**, adopted by the City Board in 2012 to support food initiatives, connect people and projects, answer questions and provide good example.
- Contributed to the City Agenda on Food

Food Trails Living Lab

Groningen has an existing food policy, which is now being partly implemented via Food Trails Living Lab activities. The motto is healthy and sustainable food for all, and the focus is on deprived areas. Groningen's pilots aim to actively **stimulate access to healthy and local food for everyone**, with a strong focus on people living in poorer neighborhoods. The city wants to include vulnerable groups

further, develop new initiatives, connect and better align existing scattered actions and policies and scale them up while developing shorter supply chains.

PILOT 1: Toentje- growing 'Little Garden' into a centre for food production, learning and citizenship

Toentje ('little garden') includes a social restaurant and aims to produce fresh produce for the city's food bank, grow vegetables, while providing people cut from society with a space. The garden aims to make healthy food accessible for everyone by creating dignity, unburdening users, making the food bank superfluous, raising awareness on healthy and local food.

Key activities:

- "Lengthened School Day," with cooking workshops and growing food.
- Developing a cookbook for better food skills and adjoining courses
- Workshops on how to obtain and cook healthier food.
- Soep op de stoep' ('soup on the sidewalk') around Toentje: approximately 10 soups are handed out each week in the neighbourhood area
- 'Van geveltuin tot voedselbos' ('from facade garden to food forest'): the Food Forest aims to inform people about healthy and sustainable food with a special route developed with QR codes where people can learn about the trees, shrubs and what kind of fruits can be eaten.
- Vegetable plots for citizens
- Recipe route on the bike: Groningen has developed a small bike route for local food producers around the Ten Boer area.
- Affordable weekly food market
- A citywide survey was conducted in autumn 2022 around the topic of what the general public thinks of healthy food in Groningen, with the help of the "city panel"

Main stakeholders engaged or targeted: young people, primary schools and vulnerable people.

PILOT 2: Tuin de Stad- growing 'Garden in the city' into a centre for food learning and sharing

Tuin in de stad ('garden in the city'), an urban garden which promotes community building around food production and motivates intercultural connections. This pilot action aims to make healthy and sustainable food accessible for everyone, both financially and physically.

Key activities:

- Providing motivated and knowledgeable volunteers, resources and a channel to reach the beneficiaries.
- A 'Kookcafé' ('cooking bar'): build upon the existing kookcafé in the Westerpark to provide healthy and sustainable food.
- Cooking workshops
- Food production and more eatable green in the neighborhoods
- Weekly eating sessions, most of these sessions are combined with a lecture or activity around healthy eating.

Main stakeholders engaged or targeted: cooks, neighborhood residents, investors, municipal staff, middle-sized and small sized enterprises

Learning opportunities:

- Stakeholders' engagement
- Protein transition
- Urban food production

More information:

- [Groningen](#) video
- City profile [here](#)
- Durable Groningen [here](#).

8. Milan (Italy)



Background information

Population:

- 1,4 million inhabitants and the metropolitan area of Milan has a population of 3,5 million inhabitants
- In the last decade, the resident population increased by 7,5%, mainly due to the rise in the number of foreigners (20% of the inhabitants), and of youth (share of 20-24 years old increased by +24,5%).

Local context:

- Second largest Italian city, located in northern part of Italy, a densely urbanised plain, with a territory of around 182 km²
- Milan hosts 8 universities, attended by almost 200.000 students
- Considered the Italian economic and financial capital, thanks to the presence of 182.900 businesses and the Italian stock exchange
- Milan wholesale market is the biggest logistic platform in the region and sees every year around 1 billion euro in exchange.
- in 2026 together with Cortina d'Ampezzo, Milan will host the XXV Winter Olympic and Paralympic Games.

Food work:

- In 2014 the Municipality of Milan and Cariplo Foundation collaborated to define and adopt a Food Policy. After the diagnosis of the Milanese food system and a public consultation, 5 objectives for the Food Policy were set.
- In 2015, Milan hosted the Universal Expo- "Feeding the Planet, Energy for life". As a legacy of the Expo, Milan launched the Milan Urban Food Policy Pact in 2015, an international

agreement signed by over 250 mayors aimed at tackling food-related issues at the urban level.

- Since 2016 Vice Mayor of Milan has been in charge of the political commitment on food policy. The Food Policy of Milan now benefits from a food policy department created within the municipal administration.
- In 2020, in response to the Covid-19 Emergency the municipality joined efforts with Milan-based organisations to establish 10 food hubs around the city for food distribution, assigned food vouchers, and ensured adequate resources to the food distribution for people and families in need.
- In 2021 Milan won the Earthshot Prize of the Royan Foundation for the category "Build a Waste Free World" for its project on zero food waste hub.

Food Trails Living Lab

Milan's Living Lab aims to achieve zero food waste in school canteens by improving the circularity of the school canteen system, understanding how the school canteens system can upgrade its circular economy approach with the most relevant stakeholders. In Food Trails, Milan aims to:

- Reduce food waste and loss generated in the school canteens system, from production to consumption
- Increase knowledge within Milano Ristorazione (the public company in charge of the school canteens system) about the possibilities to upcycle biowaste from kitchen centres and canteens and reuse hard-to-abate food waste repurposed towards bioeconomy solutions (compost, biodigesters, feed...).

PILOT 1: Monitoring for food waste prevention and healthy diets in school canteens

This pilot aims to collect data and increase knowledge on food waste in the school canteen systems, to help the municipality and Milano Ristorazione develop the nudging actions to further reduce food waste in consumption in schools.

Key activities:

- Weighting sessions to collect qualitative and quantitative data
- Development of nudging actions

Main stakeholders engaged or targeted: Milano Ristorazione, school staffs, children, kitchen staff etc.

PILOT 2: Scaling up the information system for food waste redistribution

With this pilot, the city aims to improve the total annual volume of food recovered and redistributed for human consumption.

Key activities:

- Elaboration of a centralised and digitalised information system about food waste
- Monitoring of the kilos of food available to be recovered and the effective amount (kilos) of food recovered

Main stakeholders engaged or targeted: food aid and donations organisations, kitchen and school staff.

PILOT 3: Feasibility analysis for biodigesters in kitchen centres/canteens

This pilot will investigate the amount of food waste that can be recycled in feed, compost, energy recovery and the possibility to advance regulations that favour the recollection of food waste for this scope.

Key activities: feasibility study carried out with Milano Ristorazione on biodigesters or solutions for food waste valorisation.

Main stakeholders engaged or targeted: Milano Ristorazione, school canteens system staff and operators

PILOT 4: Communication campaign on food waste and healthy diets

With this pilot, Milan aims to collaborate with Milano Ristorazione to produce educational and informative leaflets and posters targeting school kids and food operators, to foster healthy and sustainable diets and eating habits.

Key activities:

- Elaboration of a communication campaign
- Production of communication and educational material for kids,
- Monitoring of the campaign results

Main stakeholders engaged or targeted: children and operators in schools.

Learning opportunities:

- Food waste and circularity
- Collective catering/ strategic use of procurement
- Food aid and vulnerable groups inclusion

More information:

- [Milan](#) video
- City profile [here](#).
- More information [here](#).

9. Thessaloniki (Greece)



Background information

Population: Second-largest city in Greece with a population of 300,000 inhabitants and more than 1 million in the metropolitan area.

Local context:

- Thessaloniki is port city with a rich multi-cultural history from Roman, Byzantine and Ottoman eras.
- The City is part of the UNESCO Gastronomy Cities network.
- There is a lack of green spaces in the city.

Food work

- Thessaloniki has been organising an annual food festival since 2011 to promote the local culinary practices and gastronomy scene, to explore and boost the potential local markets and products, to import local products abroad, to enhance the culture of quality and healthy food and enhance educational and social aspects related to food.
- The city has also created and operated an urban vegetable garden, an urban vineyard and an urban orchard. The first Greek urban vineyard in Thessaloniki was established in a small plot of municipal-owned land in April 2013, is managed by the municipality, students at the school of Agriculture and volunteers. It is used for educational activities, to engage community and to produce wine for social and charity purposes.
- In 2022, the city launched its Food Council, the first one in Greece. It is the results of a 4-year collaboration between experts, academia, local stakeholders, municipal officers and appointed political representatives. The Food Council addresses 4

pillars: Food production and distribution, Nutrition and Education, Food Waste, Gastronomy.

Food Trails Living Lab

In Food Trails, Thessaloniki aims to foster **healthy nutrition, increase of regional food producers and food for all** and:

- Increase knowledge and awareness about sustainable and healthy food consumption, vegetable gardens, urban agriculture, food waste, and of vulnerable groups' needs
- Encourage sustainable and healthy food consumption
- Increase local food producers and vegetable gardens, and social assistance programs – resulting in healthy nutrition.

The Thessaloniki living lab includes two pilots that will help achieve the overall goal: a food council and urban agriculture initiatives.

PILOT 1: Establishing a Food Council

This Council will execute the municipality's Food Policy. This Council was launched on World Food Day, October 16th 2022 and aims to foster stakeholders' engagement and ensure responsive, inclusive, participatory and representative decision-making. The Council is based on four pillars (Food production and distribution, Nutrition Education, Food waste, and Gastronomy), which each involves one municipal service and a set of external stakeholders.

Key activities:

- Elaboration of the Food Council structure and functioning
- Identification and engagement of relevant participants
- Building relationships with stakeholders and civil society
- Organisation of meetings and participatory workshops

Main stakeholders engaged or targeted: local stakeholders, producers, researchers, municipal staff

PILOT 2: Foster urban agriculture and food system education at Doxa Park

With this pilot, Thessaloniki aims to advance urban agriculture by raising awareness, supporting urban agriculture spaces, creating vegetable gardens, preparing public procurement. The focus is on Doxa Park, which features a vineyard, a vegetable garden, and an orchard. Efforts are also made to provide supporting infrastructure, understand the needs (procurement, multi-level cooperation etc.) and involvement of local university.

Key activities:

- Organisation of events and workshops
- Communication activities and campaign on healthy nutrition and growing food locally, on vegetable gardens, on the food policy and on social protection and policy.
- community engagement: planning an annual dinner, and organizing educational visits.
- activities to create edible gardens and enhance collaboration between teachers, students, volunteers, and municipal departments.

Main stakeholders engaged or targeted: schools, citizens, local researchers, students.

Learning opportunities:

- Stakeholders' engagement and Food Council
- Urban food production
- Food education and awareness raising

More information:

- [Thessaloniki](#) video
- City profile [here](#).
- More information [here](#).

10. Tirana (Albania)



Background information

Population: Tirana hosts around 500,000 inhabitants, almost 20% of Albania's population.

Local context:

- Albania has transformed from one of the poorest countries in Europe to an upper-middle-income country. The country is implementing important reforms to revitalise growth and job creation, while advancing the European Union integration agenda.
- The Government's focus has been on the recovery from the pandemic and the devastating earthquake of November 2019.
- Albania's food culture has been influenced by its Ottoman past and Mediterranean climate.

Food work

- National zoning regulations for fast food: at the national level, unhealthy food businesses have been prevented from opening within 400 m of primary and secondary school.
- Local urban renewal 'New Bazaar' project: 15 cultural heritage buildings were previously hidden in an unappealing cultural space. The municipality invested in the development of the site which is now a space where local farmers sell their produce and restaurants use local produce.
- Seven social multidisciplinary community centres offering a range of services for vulnerable groups in the community including breakfast or food packages distribution to the elderly, street children and the children of vulnerable families.

Food Trails Living Lab

Tirana Food Trails Living Lab aims to accelerate the transition towards more healthy, resilient, sustainable food systems and reduce food waste by providing and implementing a system to allocate surplus food to people in need. To do so, the municipality develops pilot actions to increase citizens' knowledge and raise awareness on food choices, eating habits and food waste.

PILOT 1: Connecting the food service sector for the management of food surplus

With this pilot, Tirana aims at creating a local network of restaurants, bars, and organic food shops using locally grown ingredients and products, and at establishing an agreement within the network to manage food waste and divert the surplus to categories of needy citizens.

Key activities:

- Mapping and engagement of local stakeholders and actors to be engaged in the network
- Zero-food waste campaign within the network of restaurants, hospitals, school canteens and food communities
- Promotion of providers using organic products as key ingredients
- Supporting local farmers so they can distribute local, organic products to the restaurant network.
- Define the methodology to collect food surplus from the restaurant of the networks;

Main stakeholders engaged or targeted: restaurants, hospital, school canteens, food shops, farmers and producers, citizens.

PILOT 2: Preventing food waste in the local food service sector

This pilot aims to reduce food waste by promoting the importance to zero food waste policy at local level and organising a food surplus collection and distribution system.

Key activities:

- Collect data on food waste and organic food consumption in collaboration with the Agriculture University of Tirana
- Assess the needs and potential solutions for food collection and distribution to citizens in need
- Define the methodology to collect food surplus from the restaurant of the networks;
- Develop communication and awareness raising material and an app for citizens and stakeholders

Main stakeholders engaged or targeted: restaurants, hospital, school canteens, food shops, farmers and producers

Learning opportunities:

- Stakeholders' engagement and Food Council
- Food waste and circularity
- Food education and awareness raising

More information:

- [Tirana](#) video
- City profile [here](#).

11. Warsaw (Poland)



Background information

Population:

- Warsaw is Poland's capital and largest city.
- The metropolitan population counts around 1,795,000 inhabitants. This population is projected to grow to reach + 2 million by 2030 and 2.3 million by 2050.
- Warsaw's population tends to be well educated; 72% of city's residents have higher education and there are over 220,000 students.

Local context

- Warsaw has been repeatedly awarded as a leading European city supporting business development.
- The province agri-food sector is an important food supplier, both from the point of view of the region economy and the entire country. The agri-food industry is an important source of exports for enterprises from Greater Warsaw.
- A large number of farms can also be found in the areas of the Warsaw agglomeration, especially in the rural and urban-rural communes.
- There are a number of universities and research units in Greater Warsaw that conduct research supporting the development of the agri-food sector

Food work: Warsaw has been active in the urban food policy fields:

- conducting an educational campaign "I know what I eat" for children, their parents and school kitchens' staff for over 10 years;
- the city has developed various food waste prevention actions such as a booklet and developed a pilot project on city markets;
- Warsaw has been financing and supporting of food-sharing places through a participatory budget and promoting Warsaw's culinary scene (through a guide and video)

- The city hosts a start-up incubator and develops a city accelerator program, “Warsaw booster”, for start-ups based in Warsaw. The next edition could focus on food-related issues and the development of innovations aiming at transforming the city’s food and catering industry into a more sustainable and resilient one.
- The city is preparing a Food Policy draft based on the city food system diagnosis, that will be part of the Warsaw 2030 strategy.

Food Trails Living Lab

The Warsaw Food Lab was established together with the SWPS University of Social Sciences and Humanities to implement an institutional change and bring together local authorities, business, academic sectors, NGOs and citizens to co-create innovative solutions for a sustainable food transformation. It aims to function as a space to co-create and test food innovations and solutions, and as a cooperative platform that could evolve into multi-stakeholder food governance structure.

The war in Ukraine caused unprecedented humanitarian crisis in the city and the refugee crisis has reinforced already existing issues related to food logistics and distribution in Warsaw. The Food Lab team and the Food Bank decided to collaborate to optimise of the food donor/receiver distribution mechanism.

PILOT 1: Food waste prevention and reduction in small restaurants

This pilot aims to better map food waste flows and restaurants and gain knowledge and to understand the restaurant and HoReCa sector ((hotels, restaurants, catering), legal and social perspectives to ultimately develop appropriate solutions to tackle food waste and change behaviour.

Key activities:

- Development of research activities and interviews with food waste experts, representatives from the HoReCa sector, different types of restaurants and staff to collect their insight into different ways of understanding of food waste by restaurants and different levels of awareness regarding existing food waste legislation;
- Co-creation workshops with restaurant managers and owners to map their typical process flow and to identify factors influencing food waste production, and a detailed map of a typical food journey in the restaurant, highlighting where waste occurs;
- An analysis of legal framework and regulations at EU and national levels regarding food waste, including regulations supporting food waste prevention and reduction relevant for restaurants.
- Production of a list of factors causing food waste and drivers that can support waste reduction and recommendations.

Main stakeholders engaged or targeted: restaurants, hospital, catering, local researchers, municipal staff

PILOT 2: Optimization of the donor/receiver distribution mechanism in the context of the refugee crisis

This pilot, developed in cooperation with the Warsaw Food Bank, aims to accommodate surplus food from different donors to charity organizations and gain better understanding of the donor-receiver ecosystem as well as the food flows targeted at providing food for the ones in need, including refugees.

Key activities:

- Interviews and workshops with representatives of the Warsaw Food Bank focused on understanding the food journey from donors to beneficiaries
- Mapping and analysis of the local charity organisations and specific targeted subgroups
- Workshops with charity organisations on the preparation and serving of the meals to end beneficiaries

Main stakeholders engaged or targeted: Food Bank, charity organisations,

Learning opportunities:

- Stakeholders' engagement and Food Council
- Food waste and circularity
- Food aid and vulnerable groups inclusion

More information:

- [Warsaw](#) video
- City profile [here](#).