



FOOD TRAILS

Deliverable D4.1 : Report of theory of change applied to each city

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



The project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement n. 101000812

Deliverable details

| Title | WP | Version |
|---|----|---------|
| D4.1: Report of theory of change applied to each city | 4 | 1.0 |

| Contractual delivery date | Actual delivery date | Dissemination level |
|---------------------------|----------------------|---------------------|
| 15/04/2024 (M42) | 15/10/2023 (M36) | PU |

| Lead partner | Contributing partner(s) | Reviewers |
|--------------|-------------------------|-----------|
| WR | Cities, CF, CDM, FPM | Cities |

History of changes

| Version | Date | Comments | Main Authors |
|---------|------------|--|-----------------|
| 0.1 | 01/06/2023 | Document structure and first draft content | WR, CF, FPM |
| 0.2 | 01/09/2023 | Second draft of the document | WR, Cities, CDM |
| 0.3 | 10/10/2023 | Version for review | WR, Cities |
| 1.0 | 15/10/2023 | Finalization of the document | WR |

Citation

Elisabeth O. Obeng, Chloë de Vries, Thom Achterbosch (editors). 2023. Report of theory of change applied to each city. Food Trails project, Deliverable 4.2. Wageningen: Wageningen Economic Research

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This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 101000812.

Acknowledgement

This report builds on contributions to the co-design of the theories of change in the eleven cities in Food Trails in the past 3 years. We are indebted to a large Food Trails community for their collaboration and trust in taking this journey with us. This report could not have been written without the inspiring contributions from many people in the Food Trails network, including:

Birmingham, Heather Law, Karolina Medwecka, Riju Shah, Shaleen Meelu; **Bergamo**, Davide Zari, Francesco Calabrese, Nadia Tonoli; **Bordeaux Metropole**, Apolline Beyris Duvignau, Carla Quiviger; **Cardiff University**, Dalia Mattioni, Paul Milbourne, Roberta Sonnino, Siobhan Maderson; **Copenhagen**, Betina Bergmann Madsen, Dennis Lars Olof Steffensen, Erika Hayashi, Mette Svendgaard Hogholm; **EAT**, Claire Bouillon; **Eurocities**, Anja de Cunto, Alice Jan Dahan; **Fondazione Politecnico Milano**, Fabrizio Amarilli, Ernst Prozman, Giulia Bartezzaghi; **Funchal**, Claudia Alves Hydzik, Claudia Isabel Rosmaninho, Mara Cristina Goncalves Silva; **Grenoble-Alpes Metropole**, Christine Oriol, Garcia Ugarte Mario, Lea Ravinet, Sophie Baudalet; **Groningen**, Hiltje van der Wal, Renske Stumpel; **Milan**, Alice Casiraghi, Andrea Magarini, Andrea Patrucco, Elisa Porreca, Emanuela Plebani; **Roskilde University**, Niels Heine Kristensen, Stine Rosenlund Hansen; **Thessaloniki**, Apostolos Karadakis, Dimitrios Thanis, Olga Voutsikaki, Stella Psarropoulou; **Slow Food** Francisca Feiteira, Yael Pantzer; **Tirana**, Adela Krajka, Genci Kojdheli, Ida Borelli; **Warsaw**, Bartosz Ledzion, Igor Lyubashenko, Kamila Czerwińska, Katarzyna Wrońska, Michał Kuszewski, Natalia Boitot, Karol Olejniczak (Warsaw Food Lab); **Wageningen University & Research**, Elisa Ciravegna, Gonne Beekman, Marijke Dijkshoorn-Dekker, Nico Polman, Thomas Mattijssen.

We thank the reviewers for critical comments and constructive suggestions. Theories of change and data protocols are subject to progressive insight and should be considered in the context of the dynamic processes in the Living Labs. All errors are the responsibility of the authors.

Elisabeth O. Obeng, Chloë de Vries, Thom Achterbosch

Wageningen, October 2023

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1. Introduction

In urban settings in the European Union (EU) there is a need for transforming the activities in food systems towards better delivery on four co-benefits: nutrition and health; circularity in food; climate action and environmental protection; innovation and community empowerment. Implementing pilot actions co-designed and monitored by multiple stakeholders in so-called living labs is a key pathway to foster contributions through social innovation (see for example the CLIC framework developed in WP1).

The implementation of pilot actions as part of the development of Urban Food Policies is at the centre of the Food Trails project. The pilot actions are implemented by 11 European partner cities as ways to initiate food systems transformation and the development of integrated urban food policies.

Since the start of Food Trails in late 2021, municipalities and their stakeholders have defined and improved the intervention logic of the innovation actions they implement in the framework of Food Trails. These logics have been captured in several tools, subsequently:

- 1- The Food Policy Action Canvas in WP2, which defined the societal problems and visions for addressing these through food policies and pilot actions linked to the policies.
- 2- The indicator frameworks for monitoring progress, outputs and results of pilot actions in WP2, notably deliverable 2.5.
- 3- The progress reports on the pilot actions in WP3, notably deliverable 3.2.

These three tools aim at defining pilot actions and monitoring their progress. They were complemented with a **tool for developing expectations on the impact of the pilot actions: the theory of change**. The theory of change captures beliefs and assumptions how cities can obtain impact on the **transformation of urban food systems** through the practical implementation of pilot actions on food innovation and the tracking of their progress. Impact categories are related to four food systems co-benefits: nutrition and health; circularity in food; climate action and environmental protection; innovation and community empowerment.

This publication reports on the outcomes of that process and provides a summary of the theory of change for the 11 cities. The methodology for developing a theory of change for each city is extensively described in deliverable 4.2 "Data protocol for each city and baseline data collection" that is published together with this report.

The report builds on the work carried out by the 11 cities of the Food trails project and the implementation status of each pilot in connection to the city's food policy development.

Glossary

In this report we use the following terms.

“Pilot actions or pilots”

the experimentation actions activated by the 11 cities.

“Living Labs”

Open innovation ecosystem of stakeholders that engage different food system actors. Each city activated an Urban FOOD 2030 Living Lab involving a wide range of local actors and stakeholders from civil society, government, private sector and research.

“Crosscutting Managers”

Expert advisors on the FOOD 2030 priorities, advising the cities' approaches, giving useful stimuli and attention to the balancing of FOOD 2030 priorities in their work.

“Theory of change” or “TOC”: The description of a sequence of events that is expected to lead to a particular desired outcome. It is a method to understand the underlying assumptions about how change will happen in the Living Lab on four food systems co-benefits: nutrition and health; circularity in food; climate action and environmental protection; innovation and community empowerment.

2. Methodology

2.1 Methodology and contributions

A **Theory of Change (TOC)** is the description of a sequence of events that is expected to lead to a particular desired outcome. A TOC can therefore be interpreted as forward thinking or forward storytelling. It can help you to show to others (e.g. policymakers, investors) what you are doing in your project (the activities in your living lab), why you are doing this (what assumptions you have on the outcomes of your activities), what you wish to achieve with your living labs (your early-stage, mid-term and long-term goals) and whom is involved in your living labs (key stakeholders). It is a method to understand the underlying assumptions about how change will happen in your Living Lab.

The setup of the report on the reports of the theory of change for cities was proposed by the WUR and the City of Milan with input from Cariplo Foundation and Fondazione Politecnico di Milano, and discussed with all cities. The deliverable is structured around 11 theory of change reports, one per each partner city, where the reports represent an important narrative tool to clarify the potential and future contribution of the pilot actions to the food systems co-benefits in the urban food systems. For the creation of the report, different partners contributed to the drafting of the summary statements on the theories of change in different steps and with different roles:

- WUR, as task leader, defined the report structure and guided partners and cities on the content elaboration;
- Cariplo Foundation (CF), Fondazione Politecnico di Milano (FPM) and Comune di Milano (CDM) supported the task leader in developing an approach and visual format for the city reports;
- Based on the analysis of TOC components prepared by cities and the D3.2 report on the progress of pilots developed by FPM, Crosscutting Managers and CDM, WR held interviews with each partner city on the elements of the TOC.
- WR elaborated a synthesis of the TOC in an individual report for each city following iterations for additional input from cities or feedback on draft material whenever necessary;
- WR developed the material into an integrated report.

2.2 Connections with other work packages

The deliverable D4.1 provides a synthesis of major efforts in the Food Trails project, and builds on intense participatory research and co-design across cities, academic partners and cities' local stakeholders. It has strong connections with previous project tasks and deliverables, as well as ongoing and future Food Trails activities:

-
- WP1: on defining the methodological foundation and analysis existing cases of food system transformation and urban food policies innovation and plan the needs of cities and future plans.
 - WP2: T2.2 Establish and sustain Urban FOOD 2030 Living Labs for the implementation of the pilot actions. The established city living labs are the environment in which the 11 cities activated the pilot solutions;
 - WP3: Task 3.3 Implementation of 11 FOOD 2030 pilots – Phase 2 and the related D.3.3 final reports will representing the final report of the activities initiated and described in this document; Task 3.4 Data collection of indicators associated with the pilots and D3.4 Dataset will collect the data produced by the cities in their pilot actions;
 - WP4: T.4.2, T4.3, T4.6 develop an investment and business perspective on food systems transformation that has been used to discuss perspectives on sustaining the city pilot actions beyond the duration of the project;
 - WP6: Task 6.3 in the definition and implementation of the Food Trails replication action plan and connected activities; Task 6.4 Cascade learning with other cities will be based on the approaches and knowledge generated by the 11 cities pilot actions;
 - WP8: T8.4 Crosscutting managers reports present living lab analysis and considerations through the lens of the 4 FOOD 2030 priorities.

2.3 City report's structure

For each of the 11 City interim reports, the structure is organized as follows:

1. City Introduction
 - a. Social, cultural, geographic context
 - b. Brief synthesis of the Theory of Change
2. Overview of each individual TOC (visual)
 - a. Activities
 - b. Outcome
 - c. Impact
3. Elaboration of each TOC in a 2-page summary
4. Acknowledgements of contributions

3. Theory of change applied to each city



BERGAMO'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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BERGAMO'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM

Efforts to drive change in the complex and multifaceted realm of sustainable food systems transitions demand meticulous planning, efficiency, and a concrete strategy. This is where the 'Theory of Change' steps in.

The 'Theory of Change' is a strategic approach used in various contexts. Essentially, it helps to identify the actions or interventions needed to achieve a desired goal and to demonstrate the connection between these actions and the expected results.

In the following report, we present Bergamo's journey to improve the sustainability of the local food system as part of the Food Trails project.

The city decided to focus on food policy, healthy diets, and sustainable production. The long-term impacts envisioned by the city include:

- (1) Developing a comprehensive food policy strategy;
- (2) Achieving sustainable and healthy school meals;
- (3) Promoting sustainable and healthy food choices.



BERGAMO

121,000 inhabitants
with over 23,000 students

- UNESCO Creative City of Gastronomy in 2019
- Presence of an active Food Policy Council
- From 2007 the city runs the "AgriCulture and the Right to Food' festival"

THE FOOD TRAILS PROJECT

Food Trails is a four-year EU-funded Horizon 2020 project, bringing together a consortium of 19 European partners, including 11 cities, 3 universities and 5 organisations.

The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

More:
foodtrails.milanurbanfoodpolicypact.org

IMPACT 1 OVERVIEW

IMPACT 1

Developing a comprehensive food policy strategy

OUTCOMES

The Bergamo food policy guidelines are in place

OUTPUTS

The food system assessment is performed

ACTIVITIES

Desk research

Interviews

Public consultations

BERGAMO'S ACTIVITIES FOR DEVELOPING A COMPREHENSIVE FOOD POLICY STRATEGY (IMPACT 1)

DESK RESEARCH, INTERVIEWS AND PUBLIC CONSULTATIONS

Bergamo has been focusing on gathering relevant information on the food system for informing its food policy strategy. This was done through activities such as interviews, desk research and public consultations. In this way, the municipality has been able to collect both quantitative and qualitative data.

Key indicators of food system change were identified through quantitative methods. This has helped Bergamo in building a solid and objective framework for measuring change over time.

The visions, wishes and expectation of 35 local stakeholders supported the municipality in identifying priorities for the city's food policy.

Bergamo city's food policy has been reinforced by following the local "Manifesto per la politica alimentare (*Manifesto for food policy*)". The Manifesto presents the following guidelines:

1. Ensure access to healthy food.
2. Recognize the collective value of agriculture and the rural landscape.
3. Support and promotion of partnerships for the development of local agrifood production.
4. Educate about food.
5. Promote agri-food supply chains sustainability.
6. Enhance the food system as a contribution to environmental sustainability.
7. Fight food waste ad reduction, recovery and redistribution of food surplus along the entire supply chain.
8. Local communities as protagonists of food policies.



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IMPACT 2 OVERVIEW

IMPACT 2

Sustainable and healthy school meals

OUTCOMES

The consumption of healthy and sustainable food has increased

School waste is reduced in school and at home

OUTPUTS

Students' liking rates increased

Healthier and more sustainable snacks are consumed

The number of sustainable dishes in schools has increased

ACTIVITIES

Technical trainings for chefs and cooking personnel

New plant-based recipes

Food waste monitoring

Customer satisfaction survey

Distribution of sustainable and healthy meals

BERGAMO'S ACTIVITIES FOR SCALING UP HEALTHY, CLIMATE-FRIENDLY FOOD CONSUMPTION (IMPACT 2)

TECHNICAL TRAININGS FOR CHEFS AND COOKING PERSONNEL

Cooking personnel and chefs are being trained on improving their cooking skills. The aim is to support them in finding a balance between healthy and palatable food. This is seen as a way to reduce food waste whilst ensuring good nutrition.

FOOD WASTE MONITORING

Monitoring of food waste and loss provides insightful quantitative data that can serve as an indicator of students' approval of the new recipes. This is done by weighing the students' unconsumed food. These results are being compared to the ones of the results from the customer satisfaction survey to develop more insightful findings.



CUSTOMER SATISFACTION SURVEY

This activity looks at monitoring students' satisfaction. Food quality is measured through palatability. The action also helps in understanding the effectiveness of the trainings for the kitchen staff and of awareness-raising activities.

DISTRIBUTION OF SUSTAINABLE AND HEALTHY MEALS

This activity is a core one in the pursuit of a sustainable food system for Bergamo. It represents the overall objective of promoting the consumption of healthy and sustainable food. Therefore, the starting point is to stimulate a change in habits by distributing sustainable and healthy food meals in schools.

NEW PLANT-BASED RECIPES

The environmental and health impact of animal protein production is an international concern. Therefore, Bergamo introduced the so-called "Menù Green", a day in which school canteen menus include only plant-based foods, in addition to an overall increase in the presence of these products.

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IMPACT 3 OVERVIEW

IMPACT 3

Promotion of sustainable and healthy food choices

OUTCOMES

The awareness of local food production is strengthened

Organic farming for canteen suppliers has been promoted

OUTPUTS

The amount of local organic produced food has increased

The awareness of food footprint among parents and students is strengthened

ACTIVITIES

Food and cooking educational classes

Social dinners and tasting events

Piloting local organic supply chain programmes

School visits and conferences

BERGAMO'S ACTIVITIES FOR PROMOTING LOCAL AND SUSTAINABLE FOOD PRODUCTION (IMPACT 3)

FOOD AND COOKING EDUCATIONAL CLASSES

Students in Bergamo have been engaged and made part of Bergamo's sustainable food system vision through dedicated educational activities. From lessons and cooking workshops to theatre workshops. From exploratory activities to raw material handling methods.

SOCIAL DINNERS AND TASTING EVENTS

Bergamo's target stakeholders are mainly families. The municipality believes that the most efficient way to ensure their participation is to involve them in events. Among these, social dinners and tasting events can be an efficient tool to communicate that healthy and sustainable food can also be very tasty.



PILOTING LOCAL ORGANIC SUPPLY CHAIN PROGRAMMES

Bergamo municipality is also focusing on redirecting school canteens' supplies towards the procurement of more organic and local sources. In 2022 and 2023, school canteens' supplies in Bergamo reached 95% of organic and 50% of local food.

SCHOOL VISITS AND CONFERENCES

Students have been challenged through different educational activities. School visits allowed them to explore real contexts. They were able to learn more about food production and distribution, acquiring relevant knowledge in relation to each step of the food chain.



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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN BERGAMO

Bergamo's vision of a sustainable food system is built on a solid food policy strategy. This is strengthened by qualitative and quantitative research. The city aims at being able not only to reach a sustainable food system but also being able to track its development in this process of change.



The local food system is the protagonist of the different pathways towards sustainability. Moreover, a focus on the local supply chains determines high involvement of main actors (from producers to consumers). In this regards, cooking personnel, students and teachers are trained on local sustainable food consumption.



Bergamo's future vision includes also environmental sustainability. Climate friendly food consumption is believed to be an important part of the future vision.



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Deliverable 4.1

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BIRMINGHAM'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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The 'Theory of Change' is a strategic approach used in various contexts. Essentially, it helps to identify the actions or interventions needed to achieve a desired goal and to demonstrate the connection between these actions and the expected results.

In the following report, we present Birmingham's journey to improve the sustainability of the local food system as part of the Food Trails project.

Birmingham's pathways to achieve a sustainable food system look at circularity, supply chain sustainability and nutrition as main goals. The city's activities are therefore organised to pursue:

- (1) Community-supported food waste separation and composting;
- (2) Development of urban farming and gardening for shortening supply chains;
- (3) Increasing youth legume consumption through holiday activities.

BIRMINGHAM

1.2 million inhabitants

- Culturally diverse city
- Local Authority Childhood Obesity Trailblazer
- Steering committee member of the Milan Urban Food Policy Pact signed in 2015
- Food System Strategy adopted in 2022

THE FOOD TRAILS PROJECT

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The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

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IMPACT 1 OVERVIEW

IMPACT 1

Community-supported food waste separation and composting

OUTCOMES

Residents are inspired to compost

Food waste separation becomes normal practice

OUTPUTS

Community compost champions are identified

Target households are identified

Training workshops are established

ACTIVITIES

Development of a community based plan

Identification of delivery consortium

BIRMINGHAM'S ACTIVITIES FOR DEVELOPING COMMUNITY-SUPPORTED FOOD WASTE SEPARATION AND COMPOSTING (IMPACT 1)

DEVELOPMENT OF A COMMUNITY BASED PLAN

The city identifies a solution for food waste reduction by separating food waste from general waste. Citizens are seen as the starting point for the development of this activity.

For this reason, Birmingham aims at developing a community based plan that targets households and supports them in food waste separation activities.

People are identified among those who live in houses with gardens, yards or composting sites nearby, but also in high rise buildings such as flats which are mostly located in deprived areas.

This activity not only provides a practical solution to food waste,

but it also encourages households to actively engage in composting for either growing at home or dropping waste at a locally organised collection point.

IDENTIFICATION OF A DELIVERY CONSORTIUM

To lead the pilot activity, Birmingham plans to connect to a whole community-based consortium of stakeholders interested in food systems.

This consortium has brought partners from different sectors (social organisations and academic institutions). Partners would like to see behavioural change in the way households consume and dispose food.



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IMPACT 2 OVERVIEW

IMPACT 2

Urban farming and gardening for shortening supply chains

OUTCOMES

The business model for commercial parks is developed

Several in situ facilities are developed

Investment and business environments are strengthened

OUTPUTS

Proof of concept

Transferability study

ACTIVITIES

Carpark initiation activities

Analysis of the current food system

Establishment of a business network

Attraction of impact investors

BIRMINGHAM'S ACTIVITIES FOR ESTABLISHING URBAN FARMING AND GARDENING FOR SHORTENING SUPPLY CHAINS (IMPACT 2)

CARPARK INITIATION ACTIVITIES

At the heart of this impact area there is the conversion of a car park into a communal growing hub and a cool storage facility.

The activity starts with a pilot phase that sets up a rooftop garden and tests its business model as part of a proof of concept.

This allows the partners to evaluate the viability and deliverability of food growing on rooftops in Birmingham. It also looks into transferability and scalability of the concept.

ANALYSIS OF THE CURRENT FOOD SYSTEM

Birmingham plans to analyse its food system with a focus on the connectivity to its peri-urban lands, identifying weaknesses from production to consumer side.

The analysis is believed to help in understanding how local sustainable growing can generate income whilst tackling major environmental and socio-economic issues.

ESTABLISHMENT OF A BUSINESS NETWORK

The success of the urban farming idea largely relies on the solidity of its business plan. In effect, this plan also details a route to market highlighting the readiness of potential buyers of products produced.

In this way, business actors are engaged and a regular customer base for the locally grown produce is established.

ATTRACTION OF IMPACT INVESTORS

Finance is an important aspect needed to establish urban farming and gardening activities in the city.

Birmingham plans to develop an investment plan listing potential income streams and impact investors for the commercial phase of the carpark project.



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IMPACT 3 OVERVIEW

IMPACT 3

Youth legume consumption increases through holiday activities

OUTCOMES

The engagement on food provenance is fostered

The principals of circularity are established

OUTPUTS

The school program is developed

The school program is delivered

ACTIVITIES

Creation of the school program

Development of an activity pack for leaders

Development of children's booklet

Family booklet to take home and a packet of beans and pulses.

BIRMINGHAM'S ACTIVITIES FOR INCREASING YOUTH LEGUME CONSUMPTION WITH HOLIDAY ACTIVITIES - FULL OF BEANS (IMPACT 3)

CREATION OF THE SCHOOL PROGRAM

The Full of Beans initiative is developed in the context of summer projects offered in the less developed areas of Birmingham. It is about developing a holiday program targeting school-age children, but outside the curriculum.

The aim is to increase youth consumption of beans and pulses with their families and in food businesses. Birmingham is targeting 7,000 children attending 70 of the Holidays Activities and Food Programme holidays clubs.

DEVELOPMENT OF AN ACTIVITY PACK FOR LEADERS

Leaders are provided with skills and knowledge and self-efficacy to persuade children to eat beans and pulses. The activity pack will be designed to complement the delivery model already used by holiday club and participants.



DEVELOPMENT OF CHILDREN'S BOOKLET

This booklets includes activities to increase children's knowledge and skills about beans and pulses (e.g., the exploration of different types of beans and pulses).

Moreover, the booklet include activities that provide opportunities to taste, explore and become familiar with beans.

Lastly, activities to increase children's motivation to eat beans and pulses are also included in the booklet,

FAMILY BOOKLET TO TAKE HOME AND A PACKET OF BEANS AND PULSES.

This enables caregivers and families to increase their skills and knowledge about beans and pulses. It also empowers them to provide opportunities for children to eat beans. Lastly, it helps them to increase their motivation to boost the consumption of beans and pulses at home.

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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN BIRMINGHAM

Birmingham's future vision encompasses the whole food system by looking at environmental impact, food supply chain activities and consumption.

Citizens are seen at the forefront of the battle against food waste, by becoming knowledgeable and skilled on organic food waste separation.

The city also believes in contributing to food security with the possibility of producing its own produce through the development of rooftop gardening for collective use.

Also, Birmingham strives to influence the healthy and sustainable food consumption of its youth, by discovering the importance of beans and pulses in diets.



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FOOD TRAILS



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BORDEAUX METROPOLE'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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Efforts to drive change in the complex and multifaceted realm of sustainable food systems transitions demand meticulous planning, efficiency, and a concrete strategy. This is precisely where the 'Theory of Change' steps in.

The 'Theory of Change' is a strategic approach used in various contexts. Essentially, it helps to identify the actions or interventions needed to achieve a desired goal and to demonstrate the connection between these actions and the expected results.

In the following report, we present Bordeaux Metropole's journey to improve the sustainability of the local food system as part of the Food Trails project.

The efforts of the Metropole are represented by the activities performed by the Food Policy Council (FPC).

This group of stakeholders is dedicated to:

- (1) Improving their work in building sustainable food systems.
- (2) Strengthening sustainable food procurement practices for local and organic sources within the Metropole.



Bordeaux Metropole

814,000 inhabitants
in the Metropolitan area

- 28 municipalities
- The Metropole manages collective catering providing 65,000 meals per day
- Milan Urban Food Policy Pact signed in 2015
- The Metropole agricultural policy was voted in 2018

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To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

More:

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IMPACT 1 OVERVIEW

IMPACT 1

Improvement of the Food Policy Council (FPC)

OUTCOMES

A multi-partner governance for the food policy is in place

Implementation and shared vision of sustainable food systems

OUTPUTS

Local initiatives are promoted

All stakeholders are involved in the Food Policy Council (FPC)

Stakeholders are collaborating

ACTIVITIES

Implementation and evaluation of the FPC

Meetings and thematic workshops

Collaboration with researchers

Creation of a forum for municipalities

BORDEAUX METROPOLE'S ACTIVITIES FOR IMPROVING THE FOOD POLICY COUNCIL (IMPACT 1)

IMPLEMENTATION AND EVALUATION OF THE FOOD POLICY COUNCIL

Bordeaux Metropole launched the Food Policy Council (FPC) in 2017 with the participation of 130 stakeholders from the local food system.

The Council represents the Living Lab of the Metropole with the aim of facilitating and enhancing a territorial food network, and develop sustainable food procurement.

In 2018, the FPC drafted a first version of a qualification scale to assess the relevance and feasibility of the FPC's action plan.

This process led to the creation of 8 workshops to collectively define the way of implementing the actions.

In 2019, the action plan was finalised and a Charter of the FPCs members was drafted, receiving final approval from the steering committee.

THEMATIC WORKSHOPS AND MEETINGS

Collaboration among FPC stakeholders is crucial for fostering communication, and meetings serve as effective tools to achieve this objective.

Between January and February 2018, the Food Policy Council conducted four thematic workshops, each attended by 150 participants, with the aim of imagining collective actions to promote a sustainable food system.

Workshop 1 focused on "Allowing every citizen to have access to sustainable and quality food"; while Workshop 2 addressed "Reducing food waste". Workshop 3 was about "Relocating Food chains and encouraging short food supply chains", and Workshop 4 looked at "Reinforcing agricultural and food capacity of the territory".



[GO BACK TO OVERVIEW](#)

CREATION OF A FORUM FOR MUNICIPALITIES

Bordeaux Metropole is a conglomerate of 28 municipalities.

The goal of this activity is to capitalise on available global information on food systems sustainability and convey them to the different municipalities involved to overcome local challenges.

This is done by enhancing connection and fostering communication and knowledge exchange on good practices and agrifood projects. The aim is also to exchange policy related information such as new laws in the agrifood sector that can support their activities.

Pre-assessments to help informing the study are being done, shading light on, for example, food aid activities in the Metropole. The assessment also provide more information on what are the needs of stakeholders and how can Bordeaux Metropole support them.



COLLABORATION WITH RESEARCHERS

As a way to bridge the gap between practice and research, Bordeaux Metropole is active in getting to know the local reserachers and collaborate with them in the Food Policy arena.

The Metropole is also increasing its involvement in different research programs such as the Rescosafe (that looks into the development of collective catering due to the national plastic free policy).

There is active research involvement in the Metropole plans. The activities are been carried out with a local research institute (Bordeaux Sciences Agro) elected as one of representatives in the FPC.



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IMPACT 2 OVERVIEW

IMPACT 2

Consolidating sustainable procurement from local and organic sources

OUTCOMES

The public procurement is sustainable

Creation of a shared vision

OUTPUTS

The act of purchasing for municipalities staff is professionalised

Local supply and demand is known

Canteen's chefs are trained on sustainable food

ACTIVITIES

Implementation Meetings between providers and purchasers

Write sustainable public procurement

Develop, optimize and decarbonize food logistics

Training and workshops on sustainable food for the Collective Catering

BORDEAUX METROPOLE'S ACTIVITIES FOR CONSOLIDATING SUSTAINABLE PROCUREMENT (IMPACT 2)

TRAINING AND WORKSHOPS ON SUSTAINABLE FOOD FOR THE COLLECTIVE CATERING

The aim of these activities is to improve the local catering for local and sustainable products.

The collective catering is strengthened through the organisation of trainings for actors of the value chain. Chefs and canteen personnel are also trained on cooking fresh and cooking healthy products (vegetables and plant based recipes). Educational tools on sustainable food are also created for the general public and pupils in schools.

MEETINGS AND SUPPORT TO PROVIDERS AND PURCHASERS

This activity is about bringing together producers and consumers of the supply chain. In this way, meetings among suppliers and purchasers of the products destined for consumption are organised as an attempt to structure local supply chains.

Moreover, suppliers are trained on effective and efficient ways for answering public procurement tenders.

WRITING A SUSTAINABLE PROCUREMENT PLAN

With proper technical support from Bordeaux Metropole, effort is given to write a plan on how to foster sustainable procurement through different activities (for example the development, optimisation and decarbonisation of food logistics). Moreover, feasibility studies are being conducted to set up a processing unit for collective catering.

DEVELOP, OPTIMIZE AND DECARBONIZE FOOD LOGISTICS

Bordeaux Metropole focuses also on environmental sustainability. The aim of this activity is to decrease carbon emissions originating from food transportation in the Metropole.



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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN BORDEAUX METROPOLE

Bordeaux Metropole aims at supporting its 28 municipalities in achieving sustainable procurement.

The Metropole's team believe that to be able to do that, there is the need to have a good understanding of the supply chain. Also, the team values the role of scientific and expert knowledge in pursuing its activities. This pushes for a professionalisation of the act of purchasing, which builds on the idea of educating and helping the actors of the supply chain on sustainable procurement.

To improving the Food Policy Council, Bordeaux Metropole aims at a common goal by sharing a vision of sustainable food system among different partners. This requires a strong governance supported by proper food policy.

The main outcomes aspire at developing a strong collaboration among partners. The Metropole looks forward in creating a forum of stakeholders that represent the different needs, goals and aspirations in relation to improving their municipal procurement. This is done by strengthening the activities of the Food Policy Council. The connection and collaboration among partners represent also the basis for promoting local initiatives.



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COPENHAGEN 'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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COPENHAGEN 'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM

Efforts to drive change in the complex and multifaceted realm of sustainable food systems transitions demand meticulous planning, efficiency, and a concrete strategy. This is where the 'Theory of Change' steps in.

The 'Theory of Change' is a strategic approach used in various contexts. Essentially, it helps to identify the actions or interventions needed to achieve a desired goal and to demonstrate the connection between these actions and the expected results.

In the following report, we present Copenhagen's journey to improve the sustainability of the local food system as part of the Food Trails project.

Copenhagen aims at promoting food literacy, strengthen social communities, and ensure that the city becomes a green, healthy and vital. Also the city aims at becoming closely interlinked with its regional food system for the benefit of all its residents.



COPENHAGEN

650,000 inhabitants

65,000 students

- Second most liveable city in the world (Global Liveability index 2022)
- Bicycle friendly city
- Active Copenhagen's Food Strategy for 2020 –2025
- Strong in acting its Climate Strategy (2019)
- Growing local gastronomy scene

THE FOOD TRAILS PROJECT

Food Trails is a four-year EU-funded Horizon 2020 project, bringing together a consortium of 19 European partners, including 11 cities, 3 universities and 5 organisations.

The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

More:

foodtrails.milanurbanfoodpolicypact.org

IMPACT 1 OVERVIEW

IMPACT 1

Sustainable public food procurement (PFP) for healthy diets

OUTCOMES

Procurement includes sustainability criteria supporting political goals.

Knowledge is shared between kitchens and Category of food team

Sustainable budgeting is performed

OUTPUTS

A checklist and report on sustainable procurement policy is produced

Development of an app for knowledge sharing

A budget model is developed

ACTIVITIES

Inclusion of relevant administrations in the procurement policy development

Mapping the development of procurement policy

Enhance the communication between kitchens and Category of food team

Conduct a pilot test for a new budget model

COPENHAGEN'S ACTIVITIES FOR PROMOTING HEALTHY DIETS FOR CITIZENS (IMPACT 1)

INCLUSION OF THE CATEGORY OF FOOD IN THE PFP POLICY DEVELOPMENT

The city of Copenhagen has a dedicated team working solely with PFP. The team is called the Category of Food team. The Category of food team conducts and controls PFP contracts on behalf of the 1000+ public kitchens in the city.

The primary focus is to make impact through food system policies through PFP. It is also the ambition of the Category of Food team to show how PFP is a valuable tool in the work towards a more sustainable FS.

MAPPING THE DEVELOPMENT OF THE PFP POLICY

The development of a PFP require an elaborated process. The municipality of Copenhagen wants to map this process for what concerns active participation through interviews, and desk research.



ENHANCE THE COMMUNICATION BETWEEN KITCHENS AND CATEGORY OF FOOD TEAM

The success of activities involving 1000+ public kitchens is highly dependent on the cooperation between the Category of food team, chefs and other colleagues in the 6 different administrations.

To be able to buy the raw materials needed to prepare seasonal, healthy and organic meals it is important that the Category of food team provide PFP contracts that meet the requirements given in the food strategy.

Therefore, it is important to foster communication between kitchens and the Category of food team.

CONDUCT A PILOT TEST FOR A NEW BUDGET MODEL

Moving towards more sustainable diet with more plant-based protein may have an impact on the budget.

Hence, the municipality decided to involve the budget department and food strategy experts to make a pilot test budget model.

The ambition is to increase knowledge about financial dependencies linked to dietary changes.

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IMPACT 2 OVERVIEW

IMPACT 2

Increased citizen's awareness on sustainable food systems

OUTCOMES

Citizens are educated on sustainable food systems

Suppliers are educated on sustainable food systems

OUTPUTS

Educational material on sustainable farming is produced

A case on implementation of educational requirement is delivered

ACTIVITIES

Engagement with local farmers

Data collection

Engagement with relevant administrations

COPENHAGEN'S ACTIVITIES FOR INCREASING CITIZEN'S AWARENESS ON SUSTAINABLE FOOD SYSTEMS (IMPACT 2)

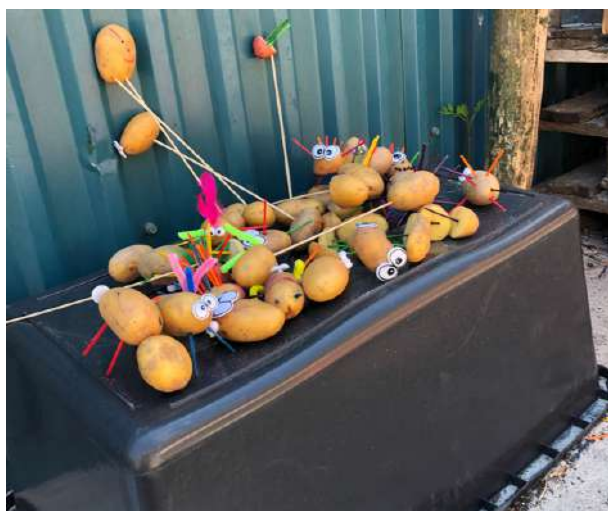
ENGAGEMENT WITH LOCAL FARMERS

This activity aims at increasing the citizen's awareness about sustainable farming.

To contribute to the engagement of farmers in the activities, workshop among the farmer and teacher, chefs, and schoolchildren are conducted. The ambition is to cooperate in developing an educational experience for the participants.

The main educational activities are represented by visits to the farm with children and staff, visits to potato factories and delivery of potato growing kits to children.

Moreover, extensive educational material is provided, such as Youtube videos and guides.



DATA COLLECTION

Copenhagen wants to collect qualitative data on the educational activities. For this reason, researchers are engaged in the whole process.

This is also believed to be a way for tracking changes in citizens' awareness of sustainable farming.

ENGAGEMENT WITH RELEVANT ADMINISTRATIONS

To ensure an internal collaborative approach towards the final goals, the municipality of Copenhagen engages with other relevant administrations.



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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN COPENHAGEN

As its future vision, Copenhagen sees a sustainable procurement of food that can then influence citizens diets and the need to raise awareness on sustainable farming.

The municipality aims at doing this by building up fruitful relations to relevant stakeholders by meeting in person and share information about progress and challenges.

Citizens are educated through active interaction with farmers and the use of well prepared educational material. The target of this awareness raising initiative are also children in schools that engage in practical activities (such as growing their own potatoes).

Moreover, the ambition is to strengthen the impact of the Category of Food team by ensuring that a healthy and nutritional meal is served in local kitchens and by enhancing the collaboration with other administrations within the municipality.



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FUNCHAL'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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Efforts to drive change in the complex and multifaceted realm of sustainable food systems transitions demand meticulous planning, efficiency, and a concrete strategy. This is where the 'Theory of Change' steps in.

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In the following report, we present Funchal's journey to improve the sustainability of the local food system as part of the Food Trails project.

Funchal aims at a food system where lifestyles are healthy, production and consumption of products is local and the activities are supported by a strategy from the municipal departments.

The three main impacts that the municipality aims at are:

- (1) Promote healthy lifestyles and eating habits;
- (2) Promote sustainable production and consumption of traditional, local and seasonal products;
- (3) Define and implement a Funchal Food Strategy.

FUNCHAL

105,000 inhabitants

- Capital of Madeira
- Important destination for tourism
- Hosts the Funchal Vital Basket initiative that supports low income families
- Promotes urban gardening and agriculture
- Promotes food waste prevention and composting

THE FOOD TRAILS PROJECT

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To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

foodtrails.milanurbanfoodpolicypact.org

IMPACT 1 OVERVIEW

IMPACT 1

Promote healthy lifestyles and eating habits

OUTCOMES

The population is trained on food systems

Skills in food literacy and sustainable diets are developed

OUTPUTS

A support training program for citizens is established

ACTIVITIES

Educational activities

Communication: dissemination on digital channels, social networks, creation of manuals, annual events.

FUNCHAL'S ACTIVITIES FOR PROMOTING HEALTHY LIFESTYLES AND EATING HABITS (IMPACT 1)

EDUCATIONAL ACTIVITIES

Funchal is offering educational activities focused on healthy and sustainable eating.

For example, the *One School, One Garden Competition* enhances the food literacy of children in schools through engagement in mini eco-systems.

Also, for adults, several activities are proposed such as the annual World Food Day (October 16th) that boosts community involvement and participation; food literacy brochures, but also trainings on healthy cooking (e.g., Vegan Cooking Workshops and the Legumes Day).



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IMPACT 2 OVERVIEW

IMPACT 2

Promote sustainable production and consumption

OUTCOMES

The Atlantic Mediterranean diet is disseminated

Madeira Biodiversity is preserved

OUTPUTS

A center on Experimental Sciences is created

The island's agrodiversity is promoted

There is more awareness of marine biodiversity

ACTIVITIES

Sustainable agriculture workshops

Training on urban gardening

Communication: dissemination on digital channels, social networks, creation of manuals, annual events.

FUNCHAL'S ACTIVITIES FOR PROMOTING SUSTAINABLE PRODUCTION AND CONSUMPTION (IMPACT 2)

SUSTAINABLE AGRICULTURE WORKSHOPS

To promote sustainable agriculture the municipal social housing company *SóciohabitaFunchal*, develops food literacy projects, community composting activities, tackling food waste, in partnership with the Madeira Food Bank.

TRAINING ON URBAN GARDENING

The Environment Department of the City Hall of Funchal develops pilot community composting projects in social neighborhoods. Residents receive training on composting and apply the final compost to their social gardens.



AS LEGUMINOSAS PERTENCEM AO GRUPO VEGETAL, A FAMILIA FRUTÍFERA. SÃO ALIMENTOS PRÓTIOS AO PONTO DE VISTA NUTRICIONAL, HODONUTRICIONAL, HAVEM BENEFÍCIOS PARA O SAÚDE DOS CONSUMIDORES. Têm elevado teor proteico de carbono e são ricas em fibra, o que lhes permite promover saciedade e são naturalmente ricos em glúten. Apresentam elevado teor de glicose e são a única fonte combinada de aminoácidos, quando com que ingerir carne é mais substituída à proteína vegetal.

TIPO DE LEGUMINOSAS

- LEGIUMINOSAS**
 - GRANDE E A LEGUMINOSAS SÃO MAIS BENEFICIAS EM PORTUGAL.
- FEIJÃO**
 - SÃO RICHAS EM COMPOSTOS ANTIOXIDANTES E SÃO RICHAS EM FIBRA.
- SOJA**
 - CONTÉM O MAIOR TEOR DE PROTEÍNAS E É RICA EM FIBRA.
- GRANDE E A LEGUMINOSAS SÃO MAIS BENEFICIAS EM PORTUGAL.**



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IMPACT 3 OVERVIEW

IMPACT 3

Define and implement a Funchal Food Strategys

OUTCOMES

A Strategy is created with locap private-public partnerships

OUTPUTS

Municipal policies and regulations are implemented

ACTIVITIES

Creation of a public-private network of partners

Communication: dissemination on digital channels, social networks, creation of manuals, annual events.

FUNCHAL'S ACTIVITIES FOR DEFINING AND IMPLEMENTING A FOOD STRATEGY (IMPACT 3)

CREATION OF A PUBLIC-PRIVATE NETWORK OF PARTNERS

The municipality hosts meetings with different municipal departments, partners, public and private entities and citizens, aim at building a Municipal Food Strategy.

Networking is seen as a fundamental activity to strengthen collaboration at the municipal, regional, European and global level.

Joint exhibitions also present an opportunity for Funchal Municipality to demonstrate the existence of similar ambitions among different partners (e.g., the Regional Strategy for Promoting Healthy and Safe Food).

The effort of the city is supported by a strong communication strategy whereby the dissemination of the local initiatives is done on digital channels, social networks, through the creation of manuals, and annual events.



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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN FUNCHAL

Funchal vision for a sustainable food system sees citizens being active in healthy lifestyles and eating habits.

Results are visible when the population is trained on food systems and the skills on food literacy and sustainable diets are developed.

To achieve sustainable production and consumption is also an aim of the municipality. Funchal plans to disseminate the Atlantic Mediterranean diet and preserve Madeira's Biodiversity as first steps to the long term goal.

To further enhance the sustainable future vision the municipality has decided to create a center of Experimental Sciences for food sustainability (City Hall of Funchal and Madeira University).

The interaction among different actors within the public and private sectors is also seen as fundamental in developing a City's Food Strategy. This can strengthen the implementation of policies and regulations to prevent food waste, encourage food recovery and redistribution.



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GRENOBLE ALPES METROPOLE 'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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GRENOBLE ALPES METROPOLE 'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM

(Pending validation by the metropolitan authorities)

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In the following report, we present Grenobles Alpes Metropole's (GAM) journey to improve the sustainability of the local food system as part of the Food Trails project.

GAM aims at increasing population awareness on susyainble food diets focusing on pupils in schools. Moreover, the metropole looks at the establishment of an Inter-territorial Food Council (ITFC), to strengthen collaboration in the agri-food sector.



GRENOBLE ALPES METROPOLE

480,000 inhabitants
65,000 students

- Consortium of 49 municipalities
- European Green Capital 2022
- Developed a national label for an agricultural food network
- Active in strenghtening its food system
- Member of th eMilan Urban Food Policy Pact

THE FOOD TRAILS PROJECT

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The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

More:

foodtrails.milanurbanfoodpolicypact.org

IMPACT 1 OVERVIEW

IMPACT 1

The awareness on sustainable food diets increases

OUTCOMES

Stakeholders are engaged in food transition

Awareness and attention on food changes is raised

Shifts in diets in the general population are triggered

OUTPUTS

A network of food outlets that uses local ingredients is created

Messages are well-calibrated

Clear information is available on where to buy, eat sustainable food

ACTIVITIES

Mobilization of citizens, community, economic networks

Providing clear messages on sustainable diets

Available financial resources are put forward

GRENOBLE ALPES METROPOLE 'S ACTIVITIES FOR INCREASING THE AWARENESS ON SUSTAINABLE DIETS (IMPACT 1)

MOBILIZATION OF CITIZENS, COMMUNITY, ECONOMIC NETWORKS

The objective of this activity is to gather local stakeholders during the *Month of Food Transition* to co-create tools to trigger behaviour changes regarding food.

Gam organises 6 of the 54 events where 32 organisation take part.

During this event, citizens' awareness about healthy and sustainable food is raised.

PROVIDING CLEAR MESSAGES ON SUSTAINABLE DIETS

Several activities such as workshops, conferences, kitchen classes, tasting, screening debates and farm visits are used as a tool to convey messages on eating less and healthier meals for a better health and planet.

AVAILABLE FINANCIAL RESOURCES ARE PUT FORWARD

Grenoble intends to mobilise financial resources that can support the 49 municipalities to conduct their activities for achieving sustainable food systems.



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IMPACT 2 OVERVIEW

IMPACT 2

Sustainable and healthy diets for children in school canteens

OUTCOMES

The sustainable sourcing of food improves

Eating behaviour improves

There is waste reduction at all levels

OUTPUTS

Awareness is created through data gathering and evaluation

The plastic replacement project is validated and financed

Procurement is improved

ACTIVITIES

Technical support to companies and suppliers

Support municipalities in making their diagnosis

Trainings

GRENOBLE ALPES METROPOLE'S ACTIVITIES FOR PROMOTING SUSTAINABLE AND HEALTHY DIETS FOR CHILDREN IN SCHOOL CANTEENS (IMPACT 2)

TECHNICAL SUPPORT TO COMPANIES AND SUPPLIERS

GAM aims at reaching sustainable food canteens with its partner municipalities.

Companies and suppliers are supported in achieving the main goal to shift to a more plant-based diet, to reduce food waste, develop sustainable food procurement, and stop using plastic containers.

These efforts are pursued also as a result of an enhanced legal framework seeks to fight against waste and for circular economy and foster climate and resilience.

In this process, the main goal is to define the municipalities' ambitions and develop a roadmap. Recommendations are offered both to small groups of stakeholders but also to wider groups (e.g., politicians, parents, other colleagues, etc.).



SUPPORT MUNICIPALITIES IN MAKING THEIR DIAGNOSIS

Through a data collection activity GAM performs a diagnosis of the current food system. The activity entails observations on food procurement, meals quality, children's education, waste management and a weighing campaign. The final assessment includes also interviews.

The diagnosis implies an individualised support to the involved municipalities where GAM offers an action plan and support in implementation actions.

TRAININGS

To achieve more sustainable food canteens, relevant actors are trained through webinars and field visits.

In the last event, 16 municipalities from GAM joined, with 46 punctual training sessions gathering 145 participants (60 from GAM).



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IMPACT 3 OVERVIEW

IMPACT 3

An Inter-Territorial Food Council is established

OUTCOMES

There is a common understanding of the food system

Effective involvement and commitment of stakeholders

OUTPUTS

Stakeholders know each other and their activities

2050 goals are shared

The governance system is set up clearly

ACTIVITIES

Creation of the 2050 Vision

Creation of the Governance system

Identification and strengthening of stakeholders

GRENOBLE'S ACTIVITIES FOR ESTABLISHING ESTABLISHMENT OF AN INTER-TERRITORIAL FOOD COUNCIL (ITFC) (IMPACT 3)

CREATION OF THE 2050 VISION

In this activity, stakeholders participate in 3 set of workshops.

In the first one, they develop trend-based scenario and potential desirable scenario based on national and european roadmaps.

Then, the second one equippes a working group to definie the desirable scenario.

The third one is about analysing partners' roadmaps in viw of the scenario decolped and list potential actions to meet the scenario's objectives.

CREATION OF THE GOVERNANCE SYSTEM

GAM plans to create a Food Council as a base for a governance system that is also supported by a Steering Committee, a Technical Committee and Working groups.



IDENTIFICATION AND STRENGHTENING OF STAKEHOLDERS

To establish an Inter-territorial Food Council, GAM needs to identify relevant stakeholders and defines roles.

GAM organises regular meetings among stakeholders to define and pass a collective strategy for each partner organisation.



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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN GRENOBLE ALPES METROPOLE

As its future vision, Grenoble Alpes Metropole sees the increase of citizen's engagement in the food transition.

This means that shifts in diets among the population are triggered through calibrated messages and information about where do buy and eat sustainable food is provided.

GAM targets also sustainable transition in school canteens where diets are become more healthy, procurement is improved, food waste and plastic use are reduced.

Lastly, the metropole plans to develop an Inter-Territorial Food Council with its 49 municipalities. The Council is supported by a strong governance systems allowing the effective involvement and commitment of stakeholders in reaching a 2050 common vision.



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GRONINGEN'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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In the following report, we present Groningen's journey to improve the sustainability of the local food system as part of the Food Trails project.

Groningen aims at impacting its citizens lives by providing sustainable, healthier and local food for all (with a specific attention on vulnerable groups in the city's northern neighborhoods).

The city's objective looks also at further supporting the local enabling environment thorough, for example, the strenghtening of its Food Agenda (city food policy) which has been in place since 2012 and the evaluation of the establishment of a Food Council as a relevant instrument.

Moreover, as a way to constantly keep the city active in pursuing these goals, Groningen seeks to develop a learning network on food initiatives.

GRONINGEN

235,000 inhabitants

- 90,000 students (over 10,000 international)
- Youngest city in the Netherlands
- Largest city and economic capital of northern Netherlands
- Over half of the population under 35 years
- Surrounded by rural land

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More:

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IMPACT 1 OVERVIEW

IMPACT 1

Healthy and sustainable food for every citizen

OUTCOMES

More healthy years for citizens

More citizens included in food system

More sustainable and local food available

OUTPUTS

More food knowledge and skills for citizens

Lessons learned are collected and used for guidance

More citizens involved in food system and sustainable local production

ACTIVITIES

Develop cookbooks

Provide information on healthy food on the platform

Soup on Doorstep and Coffee Cart for vulnerable groups

Workshops

More kitchen and kitchen gardens at schools

GRONINGEN'S ACTIVITIES FOR ACHIEVING HEALTHY AND SUSTAINABLE FOOD FOR EVERY CITIZEN (IMPACT 1)

DEVELOP COOKBOOKS

Groningen developed a healthy cook book together with the food bank and the language center. The recipes in the books are easy to read and they use ingredients that are available at the food bank. This book is used for cooking classes at community centers, food banks but also for example at schools in vulnerable neighborhoods.

PROVIDE INFORMATION ON HEALTHY FOOD ON THE PLATFORM

The municipality of Groningen see the involvement of citizens in its activities as an important ingredient for achieving a sustainable food system. Hence the city uses communication platforms (such as the [Duurzaam Groningen Website](#) - Sustainable Groningen, to inform them about healthy, sustainable food choices and initiatives in the city.

SOUP ON DOORSTEP AND COFFEE CART FOR VULNERABLE GROUPS

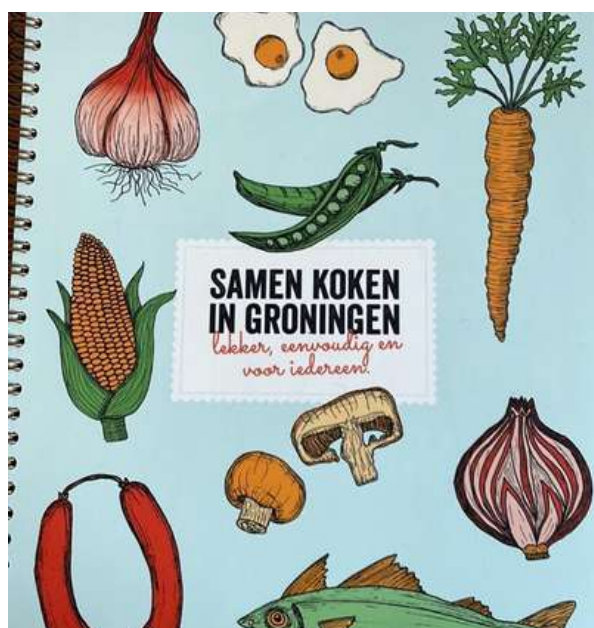
With this initiative Groningen seeks to connect with the community "whilst having a healthy bowl of soup". Social workers go from door to door with healthy soup to get in contact with people that are otherwise unreachable. Social workers also give cooking classes for the community and schools in the area.

WORKSHOPS

The cookbook is also used by various community centers in Groningen guide and organize cooking workshops. These cooking classes show how to make healthy, sustainable and inexpensive meals.

MORE KITCHEN AND KITCHEN GARDENS AT SCHOOL

Changing the system by starting with younger generations. Children are an important part of this activity. Their food skills and knowledge on local and sustainable food production is expected to increase by constant engagement in these activities.



GO BACK TO OVERVIEW

IMPACT 2 OVERVIEW

IMPACT 2

More policy involvement in the food domain with a focus on the protein transition

OUTCOMES

An effective support platform for stakeholders is established

There is effective support from food policy for all citizens

A sustainable vision for Groningen is developed

OUTPUTS

Assessment of factors to achieve healthy and sustainable food is done

Needs from stakeholder have been mapped

Citizen involvement in food system is ensured

A food agenda and a road map is developed

There is an internal shift in food thinking

ACTIVITIES

Research

Engagement with stakeholders and citizens

Strengthen the internal food policy system

GRONINGEN'S ACTIVITIES FOR ACHIEVING MORE POLICY INVOLVEMENT IN THE FOOD DOMAIN (IMPACT 2)

RESEARCH

Groningen relies on research tools to deepen its understanding of its food system. The city is performing an analysis on successes and failures from the initiatives that are currently undertaken. Also, it is collecting information on the current views of citizens in relation to food. With an ambition to make consumption environmentally more sustainable, the municipality looks into performing an assessment on how to pursue a local protein transition.

ENGAGEMENT WITH STAKEHOLDERS AND CITIZENS

The municipality of Groningen values co-creation with local stakeholders and citizens. For example, meetings are continuously organised for the stakeholders involved in the initiative to enquire about expectations of different groups.

Also, to foster the participation of citizens in food system related activities, Groningen provides support through a dedicated platform ([*Duurzaam Groningen Website*](#) - Sustainable Groningen Website).

Among citizens, children are considered an important target group as they engage during the extended schoolday on sustainable food systems topics.

STRENGTHEN THE INTERNAL FOOD POLICY SYSTEM

The success of achieving a sustainable food system in Groningen relies on a strong embedding of food policy in the internal municipality administration.

For this reason, Groningen promotes enhanced internal visibility of the food domain and strong collaboration between different departments.



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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN GRONINGEN

As its future vision, Groningen aims at completing the transition towards an inclusive, sustainable, affordable and healthy food system.

This is done by strenghtening inclusiveness in the food system, provide more edible greenery locally and more plant-based proteins in meals.

All of this, stands on a strong willingness to involve citizens as much as possible and thorough various type of activities. Moreover, through communication is the main tool used to continuously engage the local population.

Groningen believes that food policy is also a major driver for change and it is therefore embedded in the municipality administration and communicated also with other departments.

Research is at the base of all the activities performed as a way to track change in every step and ensure constant and effective impact of the initiatives.



[GO BACK TO OVERVIEW](#)



Deliverable 4.1

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MILAN'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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MILAN'S PATHWAYS TOWARD A MORE SUSTAINABLE FOOD SYSTEM

Efforts to drive change in the complex and multifaceted realm of sustainable food systems transitions demand meticulous planning, efficiency, and a concrete strategy. This is where the 'Theory of Change' steps in.

The 'Theory of Change' is a strategic approach used in various contexts. Essentially, it helps to identify the actions or interventions needed to achieve a desired goal and to demonstrate the connection between these actions and the expected results.

In the following report, we present Milan's journey to improve the sustainability of the local food system as part of the Food Trails project.

Milan strives to enhance the sustainability of its local food system by minimizing food waste, with a particular focus on enhancing the circularity of its school canteen system through the implementation of monitoring and prevention measures.



Milan

1,4 million inhabitants
3,5 million inhabitants
in the metropolitan area

- Italian Economic and Financial Capital
- Hosts 8 universities, attended by almost 200.000 students
- Food Policy defined and adopted in 2014
- 10 "Food Waste Reduction Hubs"

THE FOOD TRAILS PROJECT

Food Trails is a four-year EU-funded Horizon 2020 project, bringing together a consortium of 19 European partners, including 11 cities, 3 universities and 5 organisations.

The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

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IMPACT OVERVIEW

IMPACT

Improvement of circularity of school canteen systems in Milan

OUTCOMES

Reduction of food waste in the school canteen system

Creation of innovative organic waste management in schools

OUTPUTS

Implementation of nudging actions against food waste in school canteens

The scaling-up of a pilot project to redistribute food surpluses

Increased knowledge on bio economy

ACTIVITIES

Monitoring for food waste prevention and healthy diets in school canteens

Scaling up the food waste redistribution information system

Feasibility analysis on the use of biodigesters in kitchen canteens

Communication campaign on food waste and healthy diets

MILAN'S ACTIVITIES TO IMPROVE CIRCULARITY SYSTEM IN SCHOOL CANTEENS' IN MILAN

MONITORING FOR FOOD WASTE PREVENTION AND HEALTHY DIETS IN SCHOOL CANTEENS

This activity aims to collect reliable baseline data on the amount of food wasted in schools. The activity focuses on weighing leftover food from children's lunches. The consequent activity is the design of nudging actions focused on enhancing both the quality of school canteen spaces and students' perception. The interventions encompass the revitalisation of spaces through innovative layouts, new furnishings, vibrant wall colouring, and informative graphic posters promoting healthy eating habits.

FEASIBILITY ANALYSIS ON THE USE OF BIO-DIGESTERS IN KITCHEN CANTEENS

The activity investigates the amount of food waste that can be recycled into animal feed, compost, energy recovery and the possibility of advancing regulations that favours the recovery of food waste for this purpose.

UPSCALING FOOD WASTE REDISTRIBUTION PRACTICES

This activity aims to develop a centralised and digitalised information system for managing food waste. It involves merging databases and improving knowledge on how to more efficiently redistribute surplus edible food. This efforts will lead to upscale surplus redistribution schemes through the network of local NGOs.



COMMUNICATION CAMPAIGN ON FOOD WASTE AND HEALTHY DIETS

This is a cross-cutting activity. Milan Municipality collaborates with Milano Ristorazione in order to produce educational and informative leaflets and posters targeted to schoolchildren and operators in the school sector, to foster healthy and sustainable diets and eating habits.

All this will be achieved through the development of communication campaign, the production of communication and educational material for kids, and the monitoring of campaign results.



[GO BACK TO OVERVIEW](#)

THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN MILAN

Reducing food waste in the school canteens system has been identified as one Milan's top priorities to achieve a sustainable local food system.

Milano Ristorazione is acknowledged as a key strategic partner in monitoring and tackling food waste issues in school canteens.

In a collaborative effort, the Milan Municipality and Milano Ristorazione are working together to identify innovative solutions and scale up existing ones. For instance, this includes the implementation of bio-digesters in school kitchens to efficiently manage biowaste. They are also expanding local initiatives like SITICIBO.

This initiative is further reinforced through a targeted communication campaign aimed at school staff and students.

Milano Ristorazione

The municipal agency (in-house company) responsible for providing school meals services in Milan

SITICIBO

The programme of the non-profit Banco Alimentare Foundation with the aim of recovering surplus cooked and fresh food in the catering sector and redistribute it within a few hours through an organised logistics system to various beneficiary institutions.

DONATION OF FOOD LOSSES FROM SCHOOL CANTEENS

from 2016

140 ton/year

106 canteens on 418



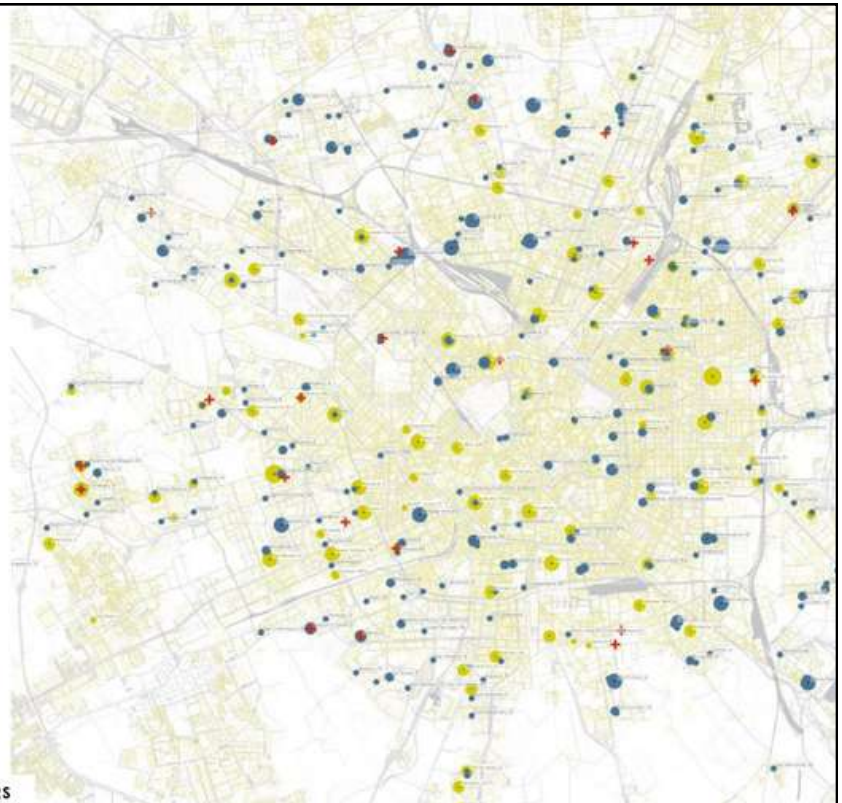
CANTEENS WITHOUT FOOD DONATION ACTIONS

- 9 - 125 PASTUIGIORNO
- 126 - 265 PASTUIGIORNO
- 266 - 300 PASTUIGIORNO
- 301 - 550 PASTUIGIORNO
- 551 - 645 PASTUIGIORNO

CANTEENS WITH FOOD DONATION ACTIONS

- 11 - 190 PASTUIGIORNO
- 191 - 350 PASTUIGIORNO
- 351 - 550 PASTUIGIORNO
- 551 - 700 PASTUIGIORNO
- 701 - 810 PASTUIGIORNO

+ COOKING CENTERS





Deliverable 4.1

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THESSALONIKI'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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In the following report, we present Thessaloniki's journey to improve the sustainability of the local food system as part of the Food Trails project.

Thessaloniki aims at strengthening local food policies, enhance urban agriculture activities and engage actors on circularity issues through networking. The city pursues three main goals:

- (1) Create and support food policies and strengthen the city's Food Council;
- (2) Strengthen Urban Agriculture activities;
- (3) Create a food network for circular economy and food adequacy.

THESSALONIKI

300,000 inhabitants
more than 1 million in the
metropolitan area

- Port city with rich multicultural origin
- Part of the UNESCO Gastronomy Cities network
- Host of an annual food festival
- Strong in urban farming activities

THE FOOD TRAILS PROJECT

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The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

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IMPACT 1 OVERVIEW

IMPACT 1

Food Policies are created and the Food Council is strengthened

OUTCOMES

The city's Food Council is institutionalised

OUTPUTS

Co-creation and decision making on food policy is performed

Stakeholder synergies are supported

Politicians are influenced to act on food systems

Local organic products are promoted

Four food significant thematic axes are supported by the food policy text

ACTIVITIES

Strengthen the Food Council

Food Council participatory Living Labs

Educate students on healthy habits

THESSALONIKI'S ACTIVITIES FOR CREATING AND SUPPORTING FOOD POLICIES AND STRENGTHEN THE CITY'S FOOD COUNCIL (IMPACT 1)

STRENGTHEN THE FOOD COUNCIL

Thessaloniki's Food Council was launched on World Food Day, October 16th 2022. The main aim of this Council is to foster stakeholders' engagement and ensure responsive, inclusive, participatory and representative decision-making.

Several activities take place to support the institutionalisation of the Council. Specifically, in relation to strengthening the engagement of relevant participants and building cooperation among stakeholders and civil society actors.

FOOD COUNCIL PARTICIPATORY LIVING LABS

This activity is meant to support the Food Council through gathering stakeholders to jointly do decision making on food policies. The aim is also to influence politicians to act on Food Systems.

EDUCATE STUDENTS ON HEALTHY HABITS

Local policies on nutrition and education are expected to influence the schools and support students to develop healthy habits.



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IMPACT 2 OVERVIEW

IMPACT 2

Urban Agriculture (UA) activities are strengthened

OUTCOMES

Communities are empowered on UA activities

More UA spaces in the city

Access to safe and healthy food is strengthened

OUTPUTS

Vegetable gardens are established

Events are organised in UA spaces

School communities are engaged in the activities

ACTIVITIES

Upgrade facilities in UA spaces

Trainings on Urban Agriculture

Farmer's markets in the city

School visits and educational tours in the vineyards

THESSALONIKI'S ACTIVITIES FOR STRENGTHENING URBAN AGRICULTURE ACTIVITIES (IMPACT 2)

UPGRADE FACILITIES IN URBAN AGRICULTURE SPACES

The upgrading of city's UA spaces is necessary over the years and the needs of the users are varied.

After recording, appropriate actions were carried out for the supply of suitable equipment for the urban agriculture spaces and especially the urban vineyard which constantly hosts visitors from all over the world.

The participative workshops that will take place will also support the correct placement of the new supplies and engage more neighbors in the initiative.

TRAININGS ON URBAN AGRICULTURE

This activity enables stakeholders to learn more about Urban Agriculture and contact with food production and the natural environment. This is done through workshops and Living Labs on vegetable gardens at schoolyards, planted roofs in public buildings and events or workshops in the urban vineyard



FARMER'S MARKETS IN THE CITY

This activity is part that is developed by the Food Councils participatory workshops. Thessaloniki is strong in urban farming activities. Farmers' markets are an important platform to promote local organic production. The municipality aims at strengthening this platforms.

SCHOOL VISITS AND EDUCATIONAL TOURS IN THE VINEYARD

Children learn about food systems in a more interactive way. For this reason, schools' pupils visit agricultural sites such as local vineyards.



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IMPACT 3 OVERVIEW

IMPACT 3

A food network for circular economy and food adequacy is created

OUTCOMES

Food systems are more resilient and sustainable

The local food system is transformed

OUTPUTS

Stakeholders are more informed and involved

Meetings to create the city's food cluster are created

ACTIVITIES

Data collection

Information update and sharing

Networking and meetings to create the city's food cluster

THESSALONIKI'S ACTIVITIES FOR CREATING A FOOD NETWORK (IMPACT 3)

DATA COLLECTION AND INFORMATION UPDATE AND SHARING

This activity looks into collecting and updating information regarding local initiatives. Data will be collected from vegetable gardens with particular attention on students and young people involved.



NETWORKING AND MEETINGS TO CREATE THE CITY'S FOOD CLUSTER

Thessaloniki wants to create a food network and support actions on circular economy and food adequacy. This is done through the organisation of meetings.



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THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN THESSALONIKI

Thessaloniki's future vision of a sustainable food system sees the importance of food policy for the implementation of local activities. This is believed to be further reinforced by the presence of a Food Council. With co-creation and decision making local politicians can be influenced in acting on food systems sustainable transformation.

The contribution of Urban Agriculture to the city is high. There are initiatives that can support in changing the food system towards a more sustainable one. For this reason, Thessaloniki's effort also seeks to use and cherish Urban Agriculture spaces, as places where stakeholders come together through events.

Networking and bringing people together, under shared commitment for achieving a sustainable food system is also at the core of Thessaloniki's activities.



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TIRANA'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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In the following report, we present Tirana's journey to improve the sustainability of the local food system as part of the Food Trails project.

Tirana's objective is to accelerate the transition towards more healthy, resilient, sustainable food systems. The municipality aims at this by creating local multifunctional center able at shortening the supply chain and through fighting food waste.



TIRANA

500,000 inhabitants
20% of Albania's population

- Applies national zoning regulations for fast food
- Home to a local urban renewal project 'New Bazar' that supports farmers and restaurants
- Hosts seven social multidisciplinary community

THE FOOD TRAILS PROJECT

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The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

More:

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IMPACT 1 OVERVIEW

IMPACT 1

The transition towards healthy, resilient, sustainable food systems is accelerated

OUTCOMES

The knowledge of citizens on food choices increased

Access to healthy food is facilitated

OUTPUTS

A network of food outlets that uses local ingredients is created

ACTIVITIES

Creation of a multifunctional food center

Promote educational programs

Support new generations

TIRANA'S ACTIVITIES FOR ACCELERATING THE TRANSITION TOWARDS HEALTHY, RESILIENT, SUSTAINABLE FOOD SYSTEMS (IMPACT 1)

CREATION OF A MULTIFUNCTIONAL FOOD CENTER

The Multifunctional Food Center will be created at the Tirana Agro Park. The center includes farmers' markets to bring consumers closer to local producers, in an effort to shorten supply chains.

The structure also creates market opportunities for small-scale farmers that are normally excluded from conventional commercial channels.

This initiative is also supported by the willingness of the municipality to create a municipal regulation on farmer's markets and promote agreements with farmers' organizations for strengthening the marketing activities.

The farmers' market is also considered a place where citizens can be involved in cultural and social activities such as concerts, seminars, book presentations, film screenings, meetings and exhibitions.

PROMOTE EDUCATIONAL PROGRAMS

Tirana aims at promoting educational programs for stimulating active learning among citizens. In this way, citizens' awareness of a healthy, safe, and quality diet is enhanced.

SUPPORT NEW GENERATIONS

Tirana believes in the potential of young generations. These are supported in the development of innovative ideas and the creation of businesses in the agri-food sector. Youth are supported through the realization of business incubation paths.



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IMPACT 2 OVERVIEW

IMPACT 2

Food waste is reduced

OUTCOMES

Surplus food is re-distributed to people in need

OUTPUTS

A network of food actors is developed

ACTIVITIES

Stakeholders are involved in zero food waste campaigns

Simplify the recovery and distribution of food

Conduct educational activities

TIRANA'S ACTIVITIES FOR REDUCING FOODWASTE (IMPACT 2)

STAKEHOLDERS ARE INVOLVED IN ZERO FOOD WASTE CAMPAIGNS

As a way to reducing waste along the entire supply chain, the municipality of Tirana involves all relevant stakeholders in zero-food waste campaign.

Food Waste Prevention Days (such as the Healthy Food Days) are organised to raise awareness of food loss and waste.

This is done to raise awareness among actors such as producers, food banks, non profit organizations, civil society associations etc.

SIMPLIFY THE RECOVERY AND DISTRIBUTION OF FOOD

The solution to tackle food waste is also about being able to recover and re-distribute the surplus food in the system.

Tirana supports this activity by creating a network of food surplus suppliers and receivers (e.g., restaurants, hospitals, school canteens and food communities).

Moreover, the municipality creates financial incentives (such as tax reduction) for the private actors involved in the distribution chain and reallocation of food waste.

CONDUCT EDUCATIONAL ACTIVITIES

To tackle food waste it is also important to educate staff of food businesses and organisation. The municipality engages these actors through educational days for staff from restaurants, bars, school, kindergarten and hospital's canteens. These activities aim at improving their Menu and control portion sizes to reduce food waste.



[GO BACK TO OVERVIEW](#)

THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN TIRANA

As its future vision, Tirana sees a more sustainable, healthy and resilient food system.

To reach such a goal citizens have to increase their knowledge. Also, their access to healthier food has to be facilitated whilst respecting cultures and traditions and overcoming any income-related barriers.

Local procurement of food is also promoted as it allows food businesses to profit from short supply chains and local farmers to expand their market opportunities in the city.

The vision of a sustainable food system for Tirana also includes reduction in food waste. To support this initiative the city is increasing its effort to develop a network of food surplus providers and receivers.



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WARSAW'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM



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WARSAW'S PATHWAYS TOWARDS A MORE SUSTAINABLE FOOD SYSTEM

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In the following report, we present Warsaw's journey to improve the sustainability of the local food system as part of the Food Trails project.

Warsaw aims at reaching a sustainable food system by focusing on tackling food waste through behavioural change.

This is pursued through:

- (1) Optimization of the donor/receiver distribution mechanism in the context of the refugee crisis;
- (2) Food waste prevention and reduction in small restaurants.

WARSAW

1,795,000 inhabitants
over 220,000 students

- Awarded as leading EU city supporting business development
- Home to an important agri-food industry
- High peri-urban farming activity
- Supported by agri-food research units

THE FOOD TRAILS PROJECT

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The project aims to enable cities to reimagine, develop and implement sustainable, healthy and inclusive urban food policies that can positively influence the local food system.

To this end, each partner city runs a "Living Lab" - a space for work, dialogue and collaboration - to find tangible solutions to specific food problems (pilot actions).

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IMPACT 1 OVERVIEW

IMPACT 1

Strengthen the organisations receiving food from the Food Bank

OUTCOMES

Higher % of donated food is consumed

The willingness to implement the solutions increases

OUTPUTS

Staff develops new routines in the kitchen environment

Staff feels more confident in handling donated food

ACTIVITIES

Provide a low energy storage system

Equip with the right skills

Building new routines among staff of the organisations

WARSAW'S ACTIVITIES FOR STRENGTHENING THE LOCAL FOOD BANK (IMPACT 1)

PROVIDE A LOW ENERGY STORAGE SYSTEM

Warsaw supports local organisations by equipping them with efficient tools. For example, to solve storage issues, the municipality aims at providing a solution to organizations receiving food from the Food Bank, by introducing a smart, low-energy storage system that optimizes space utilization and food preservation.

EQUIP TARGET GROUPS WITH THE RIGHT SKILLS

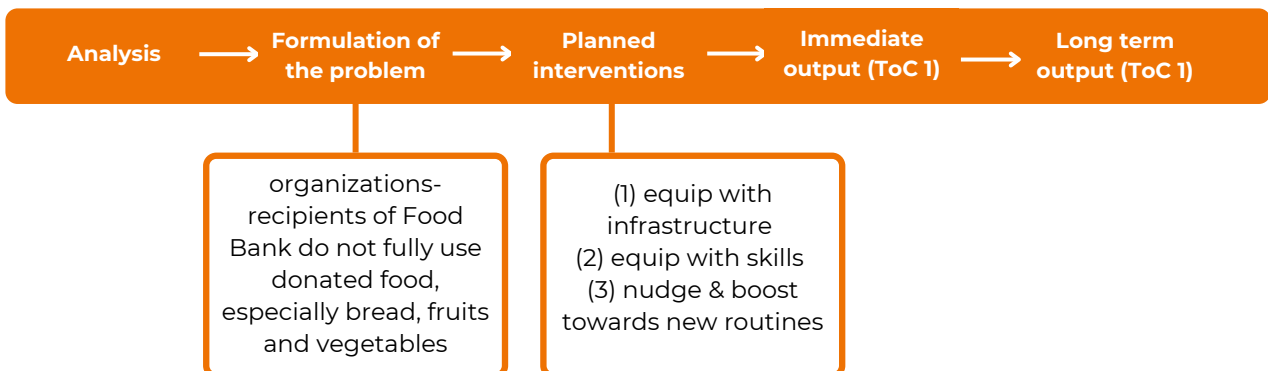
Target groups (organisations receiving food from the food bank) are supported not only with practical solutions, but also with access to practical that can better guide them in storage activities.

Warsaw aims at strengthening the skills of the staff of organisations receiving food from the FB, through the creation of a clear set of instructions on how to use the new storage system. Moreover, an onboarding procedure allows them to be properly trained. This activity also includes the development of cooking skills towards unfamiliar products, aided by AI technology.

BUILDING NEW ROUTINES

This activity involves 'mise en place' practices for kitchen processes. Specifically, an easy tagging system for unpacking and storing food, and a decision-tree style guide for quick, effective decision-making. The activities also see the introduction of an expert role model to shadow and guide the staff during the initial stages of the new process.

THE UNDERLYING LOGIC FOR ACHIEVING IMPACT 1



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IMPACT 2 OVERVIEW

IMPACT 2

Small
restaurants
tackle food
waste

OUTCOMES

Restaurants
willingness to
share food
surplus increases

There is a more
transparent food
reuse in Warsaw

OUTPUTS

Awareness on
different options
to fight food
waste increases

Uncertainty of
legal
consequences
decreases

ACTIVITIES

Equip and boost
with knowledge
owners of the
small restaurants

Nudge towards
using the
knowledge

WARSAW'S ACTIVITIES FOR SUPPORTING RESTAURANTS IN TACKLING FOOD WASTE (IMPACT 2)

EQUIP AND BOOST WITH KNOWLEDGE

In Poland, the existing regulations for food distribution are unclear and fragmented. This creates a sense of confusion and fear of legal repercussions among restaurant owners.

To overcome this barrier, Warsaw plans to create a comprehensive and user-friendly knowledge compendium that provides clear guidelines on how to legally share food surplus.

This includes procedural steps, a list of potential food donation outlets, decision-making trees, and template documents to simplify the process.



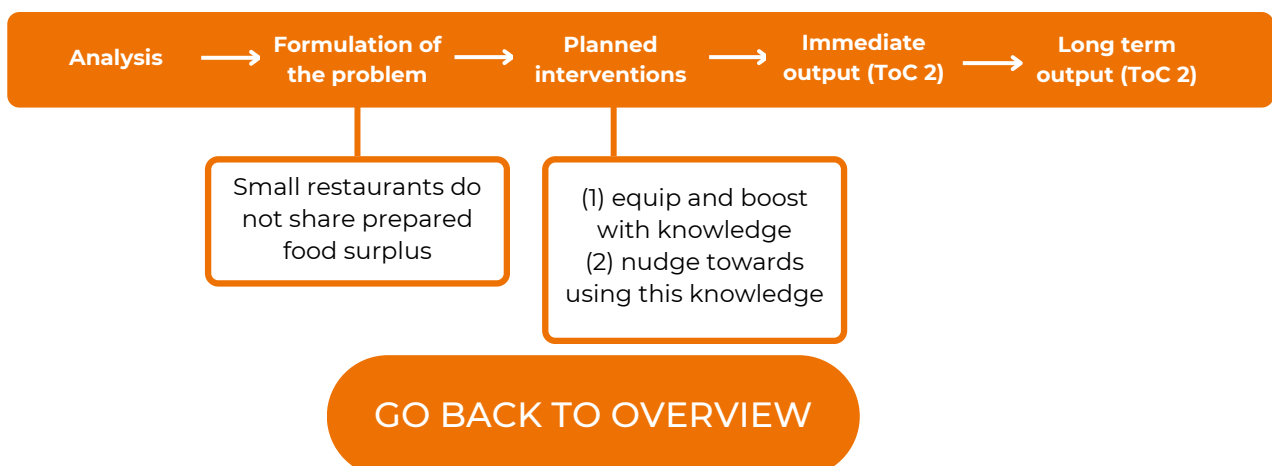
NUDGE STAKEHOLDERS TOWARDS USING THE KNOWLEDGE

The city's effort to support stakeholders with the necessary knowledge and tools is believed to be a way to eliminate the obstacles that have previously prevented them from sharing food surplus. Behavioural change is encouraged through knowledge sharing as a way towards a more sustainable food system.

Moreover, the city wants to develop an interactive infographic as a visual aid, designed to demystify the process and encourage restaurant owners to engage with the compendium.



THE UNDERLYING LOGIC FOR ACHIEVING IMPACT 2



THE FUTURE VISION FOR A SUSTAINABLE FOOD SYSTEM IN WARSAW

Warsaw strives for a food system with reduced food waste and proper re-use of surplus food. The city aims at doing this by improving the efficiency of food utilization in recipient organizations and maximizing the impact of donations.

Local restaurants and food banks are encouraged to pursue a joint solution against food waste by strengthening their connection and the distribution mechanism in the city.

Moreover, Warsaw plans to achieve a sustainable food system inducing behavioural change by providing practical solutions such as a smart, low tech storage system.

In effects, target stakeholders will be equipped with the necessary knowledge and tools (e.g., establishment of new kitchen routines and increase in staff confidence when dealing with donated food). Additionally, Warsaw plans to shed more light on legal requirements to reduce the fear of potential repercussions.



The focus on small changes in the environment of functioning of our stakeholders will lead to a behavioral change that can be scaled up and eventually lead to positive systemic change.

As a consequence, the success of the intervention can lead other stakeholders of the food system to express their willingness to implement the solutions provided.



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Deliverable 4.1

[Foodtrails.milanurbanfoodpolicypact.org](https://foodtrails.milanurbanfoodpolicypact.org)

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*Warsaw Food Lab is a
collaboration between SWPS
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Municipality. Images have been
provided by the Warsaw Food Lab.*



The Food Trails project has received fundings from the European Union's Horizon 2020 Research and Innovation programme, under grant agreement n. 101000812.