

**EU FOOD
CITY LAB
#1 PRESS
WALL**

URBACT



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FILLING IN THE TO GO BAG SESSION



QUOTES



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?



PASTE YOUR FORMAT
ALIGNED TO THIS ONE



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

ALL DYNAMICS ARE INTERCONNECTED



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

NOTHING ABOUT US
WITHOUT US



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

25000 trees were planted in winter
in the municipal farm



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

ABOUT US, BUT NOT WITHOUT US!



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

THE ORGANIC SCHOOL CANTEENS ARE ONE
OF THE MOST POWERFUL LEVERS TO CHANGE
PEOPLE'S FOOD HABITS



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

THE THINKERS AND THE DOERS ARE NOT
FINDING SPACE TOGETHER



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

WE NEED TO THINK BEYOND
SILOS



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

LET'S BUILD BRIDGES ONE STEP AT A
TIME WITH STAKEHOLDERS LEAVING
NOBODY BEHIND



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

RELEVANT CHANGE IN BEHAVIOUR PATTERN
OF FOOD HABIT OF RESIDENTS OF MUVANS-
SARTOIX, THROUGH THE SCHOOL CANTEN
RE ORGANIZATION BY NEAR



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

START WHERE YOU ARE USE WHAT YOU
HAVE DO WHAT YOU CAN ARTHUR ASHE



#1 WHAT WAS THE CHERRY ON THE CAKE DURING THE CITY LAB?

WRITE THE BEST/MORE STIMULATING QUOTE ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS CHANGE YOU REMEMBER FROM THE CITY LAB

GRABBING OPPORTUNITIES FROM DIFFERENT
NETWORKS AND GOVERNANCE LEVEL IN ORDER
TO IMPLEMENT NEW IDEAS AND RESPONSIBLE



KEY LESSONS



#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

PASTE YOUR FORMAT ALIGNED TO THIS ONE

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

IT IS EASIER TO CONVINCE PEOPLE TO CHANGE THEIR EATING HABITS THROUGH THE LENSE OF HEALTH THAN SUSTAINABILITY, SO IT'S WISE TO COMBINE BOTH

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

When we talk about sustainability, we always talk about energy & mobility. However, but never about food. I thought it's 25% of our CO2 emissions. It's a powerful leverage to reduce them at local level.

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

- TRANSFER THE MOVING - SÉROUR PRACTISE INTO LOCAL CONTEXT
- SATELITE APPROACH IN NEIGHBOURHOODS TO BRING CLOSER TO CITIZENS
- CLEARER OVERVIEW TO DIFFERENT INITIATIVES (BIGGER PICTURE)
- ENGAGING WITH FARMERS → SIMILAR CHALLENGES
- INVOLVE LESS OBVIOUS GROUPS (e.g. NONBIDIC GROUPS, MIGRANTS...)

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

SUPPORT THE ENTHUSIASM OF CITIZENS TO CREATE SPONSORING ORGANISMS AND INITIATIVES (TRAINING) CAN IMPROVE THE QUALITY OF FOOD SERVICES IN SCHOOL CANTINAS.

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

LOTS OF SMALL PROJECTS
[LINK ARE INTERCONNECTED] → US A BIG ONE
SINK

→ A LOT OF DIFFERENT COMMUNITY GROUPS
SCHOOL, CHURCH, ...
→ EXCHANGE OF KNOWLEDGE
OUR COMMUNITARIAN CAN TAKE ON UNUSUAL

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

HEALTHY VS. AS BETTER PART TO PREVENT CLIMATE (vs. OCEAN, SOIL, VEGETATION...)

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

Food can be a common vehicle of transdisciplinary solution

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

THE IMPORTANCE TO CREATING A FOOD MUNICIPALITY DEPARTMENT WHO CAN FACILITATE THE LOCAL FOOD GOVERNANCE

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

The need of systemic approach towards food policies

#2 WHAT WILL BE ON YOUR SILVERPLATE WHEN YOU RETURN?

WRITE ONE KEY LESSON ABOUT HEALTHY AND SUSTAINABLE FOOD HABITS GAINED
TO TELL TO YOUR DISSEMINATED REPRESENTATIVE ABOUT WHEN YOU'LL BE BACK

QUESTION CONSEQUENCES ABOUT THE WORDS WE USE TOWARDS GENERAL PUBLIC AUDIENCES SUCH AS "SUSTAINABLE!!" HEALTHY MEANS A LOT MORE.



GOOD IDEAS

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



PASTE YOUR
FORMAT
ALIGNED TO
THIS ONE

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

BE AMBITIOUS!
(LET'S SEE IF WE CAN
OUR COM...)

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

IDENTIFYING LOCAL ENVIRONMENT IN ORDER TO CREATE SYNERGIES BETWEEN THEM AND THOUGH BARRIERS AT LOCAL FOOD SYSTEMS

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

THE IMPORTANCE OF GRASS-ROOT MOVEMENTS AND COMMUNITY-BASED PROJECTS TO FOSTER CHANGE OF PEOPLE'S HABITS

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

ESTABLISH PHYSICAL SPACES / OPEN INFRASTRUCTURES TO GATHER INITIATIVES & ACTIONS ABOUT HEALTHY AND SUSTAINABLE FOOD.

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

BRING HEALTH CHALLENGE THROUGH QUALITY FOOD, EDUCATION, COFFEE, ORGANIZING IN ORDER TO REACH THE POPULATION

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT ONLY YOU/OTHER THIS IDEAS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

INCREASING LOCAL PRODUCTION, (especially organic) and CONNECTING WITH PRODUCERS TO CREATE STRONG CHAIN.



#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

Connect Children with nature and food growing - e.g. School Gardens with practical workshops and experiential learning opportunities of children putting their hands in soil, planting seeds, growing, harvesting, consuming & disposing of food.

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

THE FOOD SYSTEM TRANSFORMATION SHOULD BE APPROACHED WITH A SYSTEMIC IDEA OF SOCIETY, BEHAVIORS AND CHOICES.

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

To Have a PILOT PROJECT IN 1 SCHOOL to create and offer a local, healthy meal!

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

CONCRETE SOLUTIONS:
- more eye o SORTING WASTE & MINIMIZING IT
- La PROGRAM WITH EDUCATION
- PETITE PAIN ORANGE FAIR - educational
- CAMPAIGN TO BANK INCREASE ABOUT FOOD WASTE

#3 WHAT WILL BE THE STATORS FOR THE FOOD TRANSITION IN YOUR CITY?



WRITE A STIMULATING IDEA TO KICK-OFF CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS IN YOUR CITY

CALL FOR PROTEGE FROM MUNICIPALITY * IS THERE ANYWAY SINCE YOU'D LIKE TO CULTIVATE ? WE'LL HELP WITH THAT ! "

→ GREEK VEGANISM!
o NO ONLY SANDOUCI, OF COURSE!

QUESTIONS



#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**PASTE YOUR
FORMAT
ALIGNED TO
THIS ONE**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**THE IMPACT OF OUR HABITS ABOUT WATER
AND FOOD PRODUCTION**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**LACK OF ECONOMIC RESOURCES
THE DEBATIONS (NATIONAL, REGIONAL, LOCAL
OR EUROPEAN)
THE AGRO-INDUSTRY LOBBY
THE FINANCIAL CRISIS**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**HOW TO BREAK OUT
TO EVERYBODY
(HOW TO WORK WITH LOCAL
COMMUNITIES)**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**LACK OF EDUCATION KNOWLEDGE AND
CONFIDENCE ABOUT SELF PRODUCTION,
AGRICULTURE, FOOD RESILIENCE**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**LEGISLATIVE & POLICY RE BARRIERS
WORKING AGAINST AN INTEGRATED
SUSTAINABLE FOOD SYSTEMS**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

FUNDING

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**LACK OF AWARENESS ON THE
COLLECTIVE BENEFITS COMING FROM
HEALTHY & SUSTAINABLE FOOD HABITS**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**POLICY MAKING LIMITS: THERE WILL ALWAYS
BE AREAS WHERE INDIVIDUAL CHOICES ARE
NEEDED...**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**mobilize tree defenders, plant
defenders, and defenders of
human health to equitably
share nourishing earth with
respect for all living things**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

**EMPHASIS ON INNOVATION
OVER SYSTEMIC & SUSTAINABLE
GOOD PRACTICE IMPLEMENTATION
(SHORT TERM FUNDING)**

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

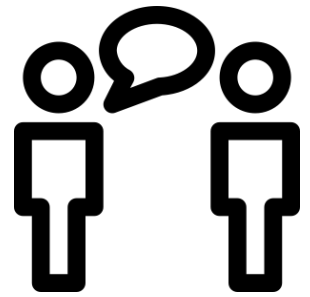
ONE HEALTH

#4 WHAT COULD MESS-UP YOUR DISH?

WRITE ABOUT A PENDING CHALLENGE THAT OWNS STRATEGIC FOCUS
DEALS FOR CHANGE TOWARDS HEALTHY AND SUSTAINABLE FOOD HABITS

LOGISTICS IS KEY

SESSIONS' SUMMARY



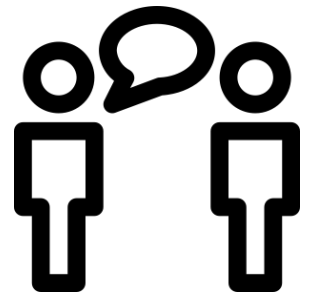
The Pioneers and the Transfer Network

The first EU City Lab on food was kicked off by introductory remarks from **Jenny Koutsomarkou** about URBACT, a transfer network of the European Union invested in sharing positive practices across all EU cities.

Food has been put at the forefront of URBACT's agenda as it is a topic not only requested by EU cities but often not on the front line of transition policies despite its crucial role in global climate change.

One pioneer of this positive practice related to food is the host city of this EU City Lab – **Mouans-Sartoux**. Both the mayor **Pierre Aschieri** and the deputy mayor Gilles Perole share their experience and political vision with the participants. They emphasize that a project's success is about the involvement of a large community, but also about the importance of a figure embodying and carrying the project, which **Gilles Pérole** has done in Mouans-Sartoux. They want to be the “**positive lobbyist of food change**” and have shown this not only by their positive local impact, integrated approach, and sustainable actions, but also by sharing their practice with many other European cities through an URBACT network – **BioCateens**.

We are excited to immerse in this practice and use it to think about all the other existing and emerging practices to be shared in the future.



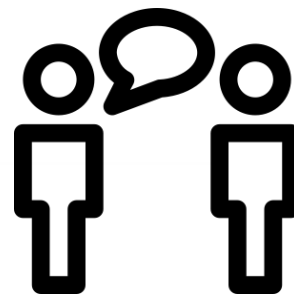
Food in a systemic approach

For this first plenary session, **Roxana Triboi** introduced the participants to the **International Panel of Expert on Sustainable food**, a framework developed by the EU for a systemic approach on this topic. As researcher and lead author of the ex-ante assessment of the “Food” thematic area of the Urban Agenda of the EU, she emphasized our **“disassociation with food production”** and the lack of awareness regarding the producing processes and their impacts.

Despite its impact, food has been **marginal on the political agenda**. Europe continues importing food that is harmful to the planet. By moving from being “consumers” to “prosumers”, in an active and aware position about the impact of our consumption, we can work towards **reintegrating food as a focus of political engagement**. Not viewing food policies in a silo and integrate them within economic and social aspect, with goals like healthy food diets accessible for all, or redynamizing the local territory and building food security with short and fair supply chains, is crucial.

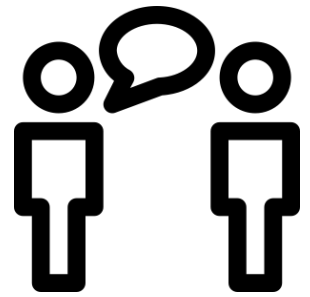
Because they are more flexible and host more inhabitants, small cities are especially relevant to develop synergies and integrated approaches. To conclude with words from Gilles Pérole: **“there is nothing more systemic and transversal than food policies”**.

#1 SESSIONS' SUMMARY



In conversation with **Elisa Porreca** from the city of Milan, there was a focus on the EU level and food policies and a conversation of what partnerships have meant for the city of Milan. There has certainly been a lack of focus on food on the EU level and previous commitments have been slowly let go. There is hope for the new commission to fill this gap but in the meantime, cities continue to make an effort to be drivers of change. Milan has partnerships with several other cities as well as farmers to utilize local intelligence. Together focus on food policy and finding and sharing opportunities and funding schemes to continue changing food systems.

#1 SESSIONS' SUMMARY

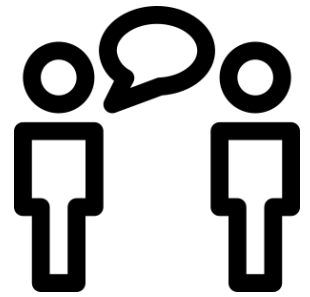


What does 'changing food behaviour' mean?

- Health
- Climate & biodiversity
- Awareness & empowerment
- Vege diet
- Systemic change
- Feelings & pleasure
- Cooking & competences

Main challenges identified by the participants:

- Lack of time to dedicate to food
- Habits, culture, education and tradition
- Social cost of healthy & sustainable food
- Lack of knowledge about food (nutrition, prejudices...)
- Political and economic resistance (including lobbying)



The experience of Mouans-Sartoux



The team of Mouans-Sartoux already decided in 2008 to move to 100% organic food as soon as possible without adding costs due to the tight city budget. Since then, they have reached impressive numbers such as providing **85% of locally-produced vegetables** served in the canteens, serving half of the meals fully vegetarian and the other half filled with organic, high-quality meat.

The change does not only happen in the schools. **The children are being sensibilized to healthy and sustainable food and bring this back home.** The parents were actually so excited that they wanted to see the recipes used in the canteens to reproduce what is cooked for their children! Another impact of the project has been the approach to food waste. **Children are taught how to recycle** and dispose of their food, but also how to assess their hunger so that they can take portions that fit their needs.

The socio-economic aspect is crucial to make it feasible. This is also true for the families of the cities which were included in the **“families can cook”** challenge with the purpose to **“show that it is possible to eat better without increasing the budget”**. Indeed, it worked and **some of the families even reduced their spendings.**

Additionally, to tackle “the social aspect to sustainable food”, many people in the city benefit from a **social grocery store** where they can access healthy and sustainable food at a low cost. **Solidarity** and access to high quality food is crucial and there are further projects planned to expand food efforts in the future.

There are 100 **“citizens feeding the city”**, which aim at auto-producing more food that utilizes undervalued spaces in the city. There are several sub-projects that are autonomous and managed by groups of 10 to 20 people.

The **municipal farm** will not only be a highlight visit but is also at the heart of the city's food approach. Children are being educated, food is grown, and leading to synergies with the other projects.

Scientific evidence has always guided Mouans-Sartoux's food policy. Close attention is paid to **sugar** in served food to address issues of obesity and there are efforts to show the effects of this through scientific evidence that can be shared with other cities to promote this cause. Monitoring **microplastic** in food is another priority in Mouans-Sartoux. Communication efforts, such as workshops gathering psychologists and citizens, are undertaken to promote this vision.

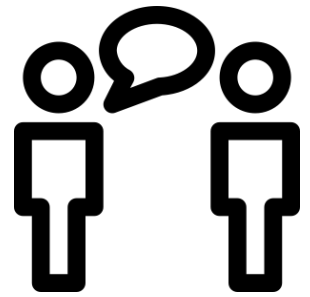
A step further? Scaling up what is done for children to **adults** who don't have the chance to properly consider the food they consume. Therefore, the city works with businesses so that their employees improve their food habits and eat healthier lunches as they work. **Food trucks, baskets, connected canteens** are examples of what is being used to make this possible.

Impact assessments form the foundation of the practice of sharing that Mouans-Sartoux has championed. The city wants universities to analyze what they do so that they have results to share; and the results were "greater than their dreams".

- **71%** of residents have **changed their eating habits**
- **28%** of inhabitants eat **organic food every day**, almost double the national average
- **reduction of 23%** of **meat consumption** as well as **30%** of **ultra processed food**

- **reduction of carbon footprint** has been astonishing at a reduction of **26%** on average and up to over 40% for those who follow all recommendations.

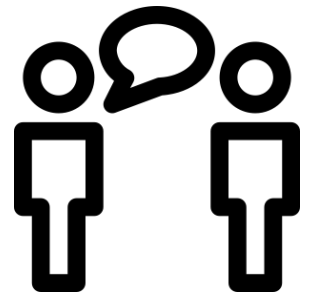
There is also a social aspect when people change their food habits and people consider where they live, where they shop, and who they support. The production price for meals is low at €2,21 and parents are charged through a progressive plan according to income and at an average around €3,50.



Milan sharing some challenges

Milan is a large city within Europe that focuses on innovation and urbanization, of which food is certainly a part. Five priorities shape their food policy: **access to food, sustainable production, food education, waste reduction, scientific support**. They have several projects that address food, especially working with children since they will be able to use positive impacts their whole life.

However, Elisa Porreca has brought up a challenge the city faces and with which they are certainly not alone – **scientific partners and evidence**. Showing the impact of their projects is crucial to reach the public and also share practices by convincing others of their effectiveness. They are in the process of working with the University of Padova to bridge the scientific assessment gap.



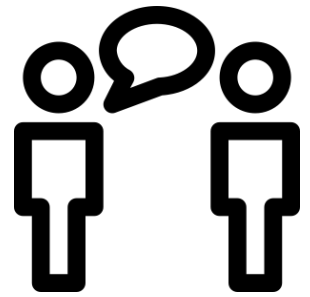
Milan's School Canteens

As we started to “mix up the ingredients”, the cities shared their local good practices. In Milan, the municipal food provider “**Milano Ristorazione**” provides about **80,000 meals per day**. The majority are served to school children but they also cater elderly homes.

They started to monitor their impact more closely in 2015 and have since then managed to **reduce GHG emissions by 42%** mainly by cutting down on red meat and serving more fruits and vegetables.

However, they do face the **issue of children being used to processed food and lower vegetable consumption** in many households. To challenge this, they have launched an educational campaign to work with the children and show them, through booklets and games, what a healthy diet can look like.

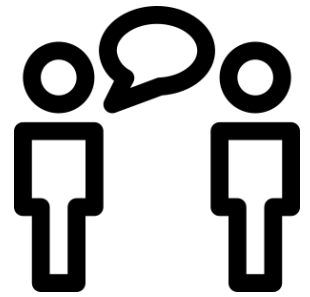
They have also addressed the issue of food waste not only by shifting the times when they serve fruits, earlier during school-breaks proved to be more appreciated than during lunch, but also by offering to-go boxes (doggy bags) so that children can bring the food that they do not finish during lunch. A national law preventing unserved food to be taken home makes it difficult to reduce food waste further but initiatives such as providing exact numbers of present children to the kitchens has proved useful. **Milan cooperates with many other institutions through partnerships.** They have been involved in the “food trails” project to renovate school canteens; completed a health impact assessment to measure their success; worked on public procurement to have broader influences on the food market in the city; the EU project “School Food for Change” where they attempt to create educational programs for children to expose them to local food heritage and the producers of their food; and the University of Pavia to evaluate existing data to improve the policies they introduce.



Developing trauma-informed approaches

Around 2015, a network of traveller women have approached Denise Cahill in Cork, concerned about the rate of obesity in their community. Yet, it was not about spreading more food recommendations, as they had multiple times, it did not work. Thus, **they build together the framework for a food study exploring the social determinants of health**, driven by their experiences, especially facing structural racism and hostility. **“Nothing about us without us”** is the new motto in Cork, and this research was built with and owned by those traveller women.

“Cork is now trying to become a trauma-informed city”. As Denise explained, this study did not have such an impact on the obesity rate, but it was never the main goal. This project went beyond the scope of food. **It became an advocacy tool to develop a sensible approach**, for social services to become aware and understanding of the struggles and trauma vulnerable communities battle with, and ultimately try to build more positive exchanges with them.



Evaluating impacts

On this first round of “mixing up the ingredients”, **Thibaud Lalanne explained the steps followed by Mouans-Sartoux to assess the impacts of their food project.** This is important on two regards: first for internal legitimacy, proving the efficiency of new methods as you spend public money; then to have the legitimacy to advocate and spread your good practices.

The city conducted three different assessment methods, first with the observatory of school canteens focusing on the change in families' food habits, then through a comprehensive study with the support of Syalinnov to touch upon a variety of dimensions, and finally a study on the environmental impacts was conducted by a PhD researcher.

The main challenge raised is resources, as “there is a contradiction between the necessity of evaluating the policies and the reality of carrying the surveys”. It takes time, there is a wide variety of actors and projects, and the technical competences for those surveys can lack. **On this, Thibaud points out three key learnings:**

- **You need support to conduct assessments**
- **You need to narrow down the scope of research**
- **You need flexibility, there is no “one size fits all”**

VISITS' INSPIRATION

URBACT



Co-funded by
the European Union
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#2 VISITS' INSPIRATION



What it takes to provide 500 meals

Visiting the school canteens and **getting insights from the chef** was a great opportunity to see what it takes to serve **500 meals a day**.

It underlined the fact that the best practice in Mouans-Sartoux is really made up of many micro best practices that include **cooking for children on demand, optimizing processes in the kitchen for the staff, and investing in high quality equipment**. On the way to producing high quality meals, the on-demand cooking does not only make the meals more fresh but also reduces food waste. Speaking of which, the food that is left on the childrens' plates is divided into appropriate bins and then **weighed and analyzed to improve recipes** and to reduce waste further in the future.

While the children are eating, they are also visited by the Mouans-Sartoux team that check in with them to better understand what they enjoy eating. The high-quality equipment allows the staff to quickly wash the fresh vegetables, which still requires work from three people, as well as cooking food quickly so that they can serve the demand of the children. The recipes used in the canteens are constantly being updated and have been used to create a **cookbook** which represents not only the great food provided to children but also all the hard work that is put in by the staff in the canteens every day.

#2 VISITS' INSPIRATION



The Citizen Feeds the City

In Mouans-Sartoux, **7 community gardens, a collectively managed hive, forest and several private gardens** are part of the “Citizen Feeds the City” initiative, showing that **turning the eye to food issues can become an opportunity**. This project has allowed to work towards agricultural reconquest, as well as having the citizens involved in the local food dynamic, with each **project coming from the citizens and managed in autonomy** by a group of them. In addition, they also connect with the other gardens, share seeds and plants, as well as helping other project that could be in difficulty. With the surplus of production from the garden, **they provide for the social grocery**. The volunteers working there all testified of the social links and sense of community it has allowed them to create: **“before, i used to not know anyone in Mouans-Sartoux, now when I go do my groceries I always need to stop to talk to friends”**.



The agricultural management of Haute-Combe

We finally regrouped at the **urban organic farm** that produces **85% of the vegetables** consumed at the school canteens. Since 2010, this 6 ha land preempted by the municipality increased its yield to currently **25t of vegetables per year**. Now, **three civil servants work full time there** – a first in France.

The school canteens are the single outlet of this farm because the idea is **not to compete with the other local farmers**. Thus, the school agents come everyday to collect fresh vegetable, which give them some flexibility if for any reason they need more or less food.

However, relying on schools also requires to be **productive especially during winter**. Hence the interest of investing in greenhouses. What is produced in summer is frozen and consumed later.

#2 VISITS' INSPIRATION



Healthy and sustainable food for everyone

The social grocery store of Mouans-Sartoux was initially created in 2011 and **driven by political will**. Initially it served pre-made packages to people but then shifted to allow for **more independence of consumers to make their own choices supported by social workers**. The store also collaborates with the MEAD to improve the available options with regard to health. They usually purchase products in bulk but also have collaborations with larger supermarkets to receive products.

Much like in other markets, the store is cognizant of its environmental impact and provides **zero-waste options** for cleaning products and some food, although **finding appropriate containers can sometimes be an issue for consumers**. Other new investments such as a cooled shelf ensure that fruits and vegetables can be provided fresh – a focus for the future.

The store opens at specific hours when one of the **75 regular consumers** has an appointment. In the future, they are open to alternative models that are closer to traditional supermarkets to create a more regular environment and the employees and volunteers will continue their work to provide affordable, healthy and sustainable food for everyone who needs it.

SHORT INTERVIEW / PARTICIPANTS' POINT OF VIEW

URBACT



Co-funded by
the European Union
Interreg

#3 SHORT INTERVIEW / PARTICIPANTS' POINT OF VIEW

LET'S DISCUSS

We have written summaries about different cities' food Good Practices, including Mouans-Sartoux, Cork, Liège, Lille and Roeselare, that you have heard about in the session.

If you want to have a look at it, they are available on the wall, and do not hesitate to share with us your feedback.



#3 SHORT INTERVIEW / PARTICIPANTS' POINT OF VIEW

Food culture

There is more than one single sustainable diet. Norway isn't the same as Italy or Ireland: we need to revalue our local particularities. In Grasse (France), we have engaged in an ethnological research to trace the history of our food culture. We link it to sustainability because it's easier to accept an ecological diet when it reflects your identity.

Sandra Troupenat

#3 SHORT INTERVIEW / PARTICIPANTS' POINT OF VIEW

Food sufficiency

112 ha are now requalified as agricultural lands in the local plan of urbanism, almost enough to feed the whole population in vegetables. Since 2005, Mouans-Sartoux has investigated to find out which were the old cultivated lands, and convert them in the local urbanism plan as agricultural land.

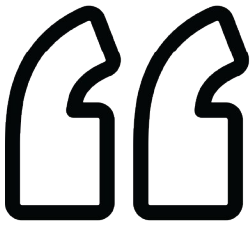
This is part of a whole **plan towards food autonomy and against the urban sprawl** in the municipality. By engaging on the individual level, it has been a slow negotiation with landowners to convince them to rent to farmers' project, and around 30 hectares are now cultivated in the municipality's territory.

Daniel Le Blay

QUOTES

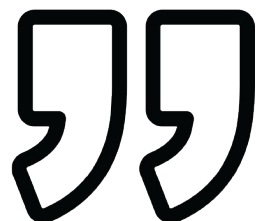


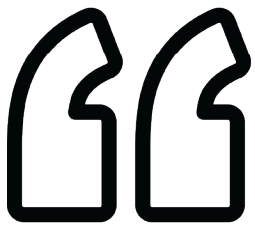
#4 QUOTES



Agricultural land is worth 50 times less money than building land, so it's tempting to turn away from agriculture. But some lessors commit to preserve agricultural land.

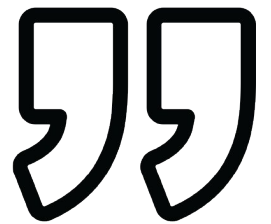
Gilles Pérole

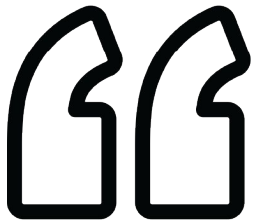




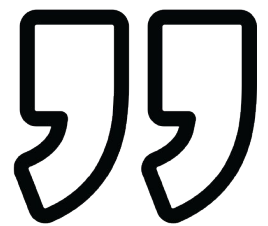
**Food should be
the reason we
reinvent the
European project**

Roxana Triboi



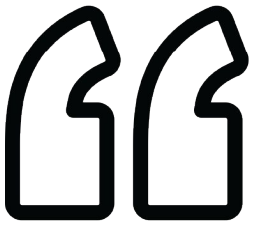


**A human on Earth
eats the
equivalent of a
credit card of
microplastics
every week**



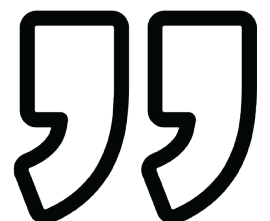
Léa Sturton

#4 QUOTES

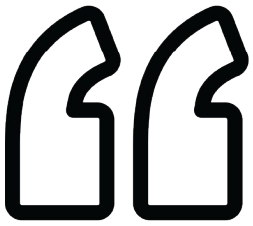


At the social grocery, although the prices are all the same, our customers choose first common brands, second supermarket brands, third budget brands and eventually, organic

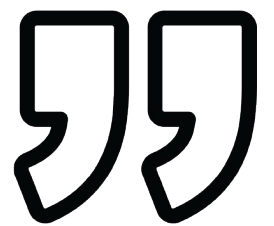
Social worker at the social grocery



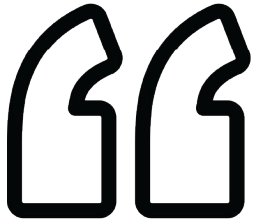
#4 QUOTES



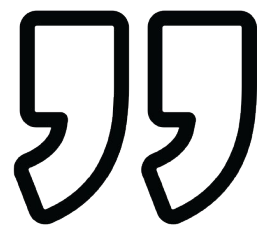
**We need synergy
and solidarity with
the producers**



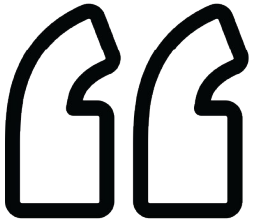
#4 QUOTES



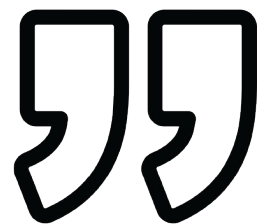
**Petals of flowers
are interlinked
and you can
never approach
one in an isolated
way**



#4 QUOTES



**We showed that it
is possible to eat
better without
increasing the
budget**



CONTROVERSES / DISAGREEMENTS

#5 CONTROVERSES / DISAGREEMENTS

From the FARM to the FORK

de la fourche à la fourchette

Have a systemic understanding of the food chain of production, from the producers to the consumers (and beyond in the context of circular economy), including all the steps in between.



Why not thinking **from the FORK to the FARM?**

de la fourchette à la fourche

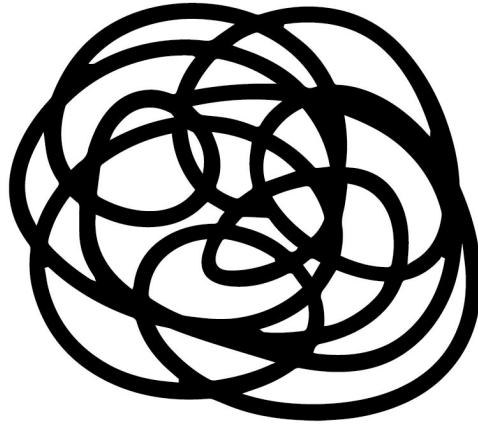
The idea is to emphasise the political legitimacy of citizens, namely consumers, to decide what they want to eat.

OK, but what about farmers producing what/how they want to produce?

FOOD SOVEREIGNTY

**DIFFICULTY /
BARRIER /
WICKED
PROBLEM...**

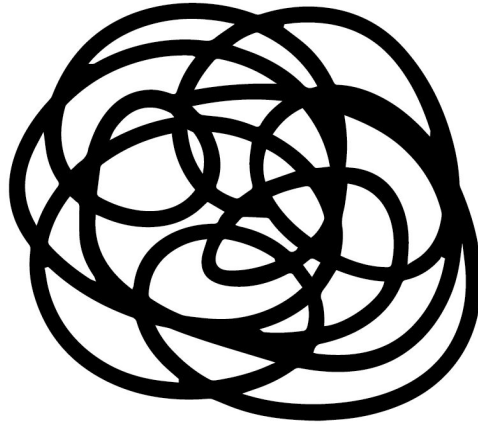
#6 DIFFICULTY/BARRIER/WICKED PROBLEM...



We have heard from several cities that they have struggled to measure and assess impact of their food policies and projects. Finding and working with scientific partners to create evidence is a great way of showing positive impact and convincing others of their practices.

How can we improve the access and production of scientific evidence to assess ongoing projects and make it easier to convince others?

#6 DIFFICULTY/BARRIER/WICKED PROBLEM...

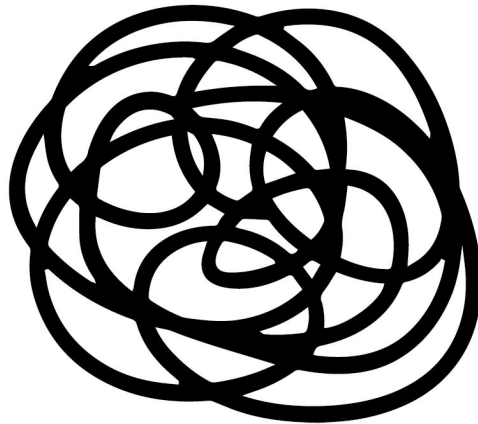


How to convince the citizens that sustainable food is good for them?

The main barriers to behavioural change include the inertia induced by culture and the **lack of knowledge** about food. Who, indeed, knows the social and environmental impact of chocolate were it is produced, but also the health issue sugar and fat foster where it is consumed (namely, in our body)?

In Roeselare, rising the inhabitants' awareness is an ongoing challenge. **Moving the discourse from sustainability, which is an above ground concept, to health, which is perfectly understood by people, helps to engage the latter.**

#6 DIFFICULTY/BARRIER/WICKED PROBLEM...

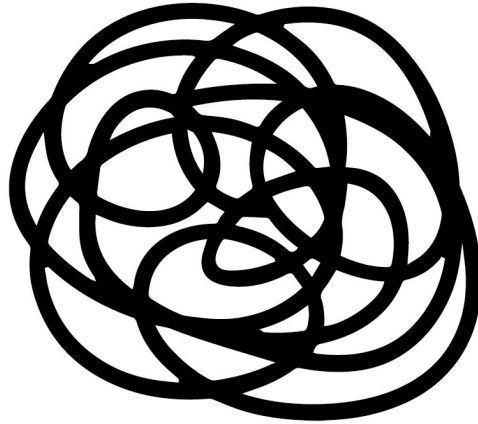


How can you create more dialogue between the thinkers and the doers in your city?

“The thinkers and the doers are not finding space together”. Denise Cahill, from Cork, explained how creating this dialogue is a motor for their action, to **give a place to everyone’s voices**, from the farmers to the elected representatives, including the planners, and the grassroot movements.

The aim is for everyone to **learn from different perspectives and experiences**, and thus be able to have better design and implementation of policies by improving the **inter-comprehension between the doers and the thinkers**.

#6 DIFFICULTY/BARRIER/WICKED PROBLEM...



Assessing the impact of your initiative is crucial to **legitimate** your action: it proves to your partners, your hierarchy and the citizens that you are investing your (and their!) resources the right way.

However, assessment is recognised as a great difficulty by all the participants: it demands **time, money and the right methodology**.

“The more you want to go in details, the less you know”

In Mouans-Sartoux, the assessor partner comes and **ask what are the goals to develop a method adapted** to the local context. Flexibility is key – what is true in Mouans-Sartoux might be irrelevant in Milan.

**SMALL ADS /
PERSONAL
NOTICE**

#7 SMALL ADS / PERSONAL NOTICE

15 horizontal grey bars for writing.



3 horizontal grey bars for writing.

CITIES' ARTICLES

MOUANS-SARTOUX



SUMMARY

Mouans-Sartoux has achieved an ambitious transition in school catering, with 100% of meals sourced from organic, seasonal, and predominantly local products. Moreover, this initiative stayed cost-neutral by being associated with a drastic waste reduction policy. To foster the local food production, the city has integrated a 6-hectare farm where 3 municipal farmers produce the necessary goods for the canteens. In 2016, the city continued expanding the ambitions of their sustainable food policy with the addition of a Center for Sustainable Food Alimentation (MEAD), The Sustainable Restoration Observatory put in place in 2012 has allowed to study the deep impact that the canteen policy has had on families, with 85% of them declaring a change in eating habits towards more sustainability. The integrated, progressive and complete approach taken by Mouans-Sartoux is a great strength in this project.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

This transition to sustainable food in the school catering started in 1999 with the purchase of organic beef following the mad cow crisis, and the share of organic that was only 4% at that time was progressively increased until reaching 100% in 2012. The financial benefits from reducing food

waste by 80%, with measures like adapting portions to everyone's appetite, or involving children in sorting their leftovers.

Several projects complete the picture of the holistic food approach of the city:

- 1000 daily meals prepared by three kitchens in each school, with 100% organic and seasonal products, 85% of self-produced vegetables all-year round and diversification of proteins through 50% of vegetarian meals for all.
- A municipal farm employing 3 city farmers to produce local products for the school kitchens.
- The Center for Sustainable Food Alimentation (MEAD), leading an ambitious, interated and sustainable food policy around five pillars: *producing, processing, educating, researching and spreading change*.
- The Sustainable Restoration Observatory to produce figures on the change in food habits produced amongst the members using the municipal catering service.

A key aspect of the success in Mouans-Sartoux can be observed through the progressive build-up on projects, leading to a now systemic approach accounting for all the food chain and every residents of the municipality, towards a sustainable and integrated food system on the territory.

SUSTAINABLE AND INTEGRATED URBAN APPROACH

The city was key in pushing for the implementation of this food policy. If the kick-off of initiatives around food sustainability was the mad cow crisis, it was quickly followed by awareness of the environmental and social impacts of food, and initiatives to shift following scientific recommandations. Yet, an early focus of the municipality was to try to implicate the citizens as much as possible, either by implication of families or by larger residential involvement with pedagogical workshops.

Moreover, the city has worked on including every citizen in this process with the work done by the MEAD, which has resulted in an experimental and participatory approach launched in 2021 to foster food self-sufficiency as well as building the social links in the municipality. Called *Le Citoyen nourrit la ville* (The Citizen Feeds the City), it has allowed to support the development of projects like collective vegetable gardens on public wastelands, vegetable planters, sharing of privated gardens or participatory apiary.

PARTICIPATORY APPROACH

The municipality has been a motor actor of this initiative, with the creation of the different structures and the design of the food policy, which was made possible by early support from organizations such as the Ecological Transition Agency (ADEME), URBACT, the region, the Food National Agency...

As mentioned above, citizen participation was a key objective since the beginning of the food policies in the municipality, and fostering it was the object of continuous efforts in the perspective of a systemic food transition, through project like the Citizen Feeds the City, or pedagogical and sensibilisation workshops by the MEAD.

WHAT DIFFERENCE HAS IT MADE

A 2022 survey from the Sustainable Restoration Observatory has allowed to observe significant impacts of the food sustainability approach integrated to canteens, proving the efficiency of the organic, local, vegetal and seasonal school catering coupled with an educational support for children to change food habits.

Indeed, 92% of families have changed their food habits towards more sustainability, while 40% have declared eating organic food more often and 20% have switched to a completely organic diet. 66% declare a reduction of alimentary waste, and half of the families now buy seasonal products.

The Observatory showed that even beyond inhabitants concerned by the municipal catering system, food habits have changed after participation to MEAD's actions, with a 50% reduction on the consumption of ultra-processed products, and a 46% increase in organic product consumption, while an increase in fruits and vegetables consumption can be observed as well. This proves the effectiveness of the integrated approach through sustainable catering.

TRANSFERRING THE PRACTICE

One of the pillars of the MEAD action has been to spread the good practices that proved efficient in Mouans-Sartoux, thus supporting other territories in seizing the food issue through collective governance has been a key focus of their action.

Beyond the informations made availables on the website and the programmatic activity of the MEAD for citizens and communities, the city has also participated in two editions of Urbact's networks on Biocanteens, as well as being involved with the Organic Food System Program, or associations like Un Plus Bio.



SUMMARY

On an industrial wasteland, the metropolis of Lille decided in 2016 to create a place dedicated to social and sustainable food. With the support of Urban Innovation Action, Chaud Bouillon was born in 2021 and now welcomes tens of thousands of visitors to its Food Court, its community kitchen, its urban farm and its professional kitchen. The interweaving of these four structures is probably the great strength of the project.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

Lille, a perfect example of the industrial city of the 19th and 20th century, closed one of its last industrial zones in 2001, [Fives Cail](#) (straddling the commune of Hellemmes). It is therefore more than 15 hectares of industrial wasteland in the heart of the Lille metropolis that has been planned to be redeveloped. The public authorities wanted to make it an eco-district and, in this context, launched an application in 2016 to [Urban Innovative Action](#) (UIA) for the financing of [Tast'in Fives](#), a space dedicated to sustainable food.

The project was selected by the UIA and is now called Chaud Bouillon! and is divided into four structures united in the same hall:

- the associative kitchen managed by the Centre Communal d'Action Sociale de Lille and Les Goûts du Sens, whose role is to welcome around sixty associations and their often marginalized public
- the Le Baluchon professional kitchen which allows leaders of atypical professional projects to launch into the profession thanks to standard equipment and immediate visibility
- the urban farm whose role is above all demonstrative and laboratory. Resulting from a partnership between an association (Lilotopia) and an engineering school (Junia), it includes a henhouse, aquaponics, and even a mushroom culture

- the Food Court is a place for socializing open to the widest public

The first three structures opened in 2021 after a test period spread over three summers which met with great success among the people of Lille. Delayed by Covid-19 which weakened the operator responsible for the project, the Food Court opens its doors in March 2024!

SUSTAINABLE AND INTEGRATED URBAN APPROACH

The desire to renovate the urban wasteland Fives Cail was born from the Lille metropolis, which is also at the origin of Chaud Bouillon! The ambition of the place is not municipal but metropolitan since it straddles the municipalities of Lille and Hellemmes. Yet, the city of Lille is involved through the management of the social kitchen delegated to the Centre Communal d'Action Sociale.

However, it was clear from 2016 that residents of the neighborhood should not feel marginalized. They were therefore included to a certain extent in the decision-making process: they were invited to the consultative workshops during the creation phase and later during the test period. The associations played an essential role in supporting audiences who, on their own, would not have invested in this consultation process.

PARTICIPATORY APPROACH

Initiated by a public actor, the Lille metropolis, Chaud Bouillon! is the result of collaboration between many actors, both during its design and now, in its operation. As a project supported by the UIA, Chaud Bouillon! benefited from a subsidy of €5mln (out of the €6.6mln total) for the development and equipment of the place as well as for the three-year test phase. The Soreli company took charge of the work, as for all of Fives Cail.

Residents, neighborhood associations, universities, social landlords, private companies and even the CNRS were contacted during the development phase. Bringing all

these actors into dialogue was a major challenge but also a strength for the project leaders. From now on, Chaud Bouillon! is run by another diversity of partners who strive to communicate to coordinate their management of the place. Around sixty associations share the community kitchen, while a private operator manages the Food Court and the urban farm is co-managed by a university and an association. The role of the city of Lille is now more discreet in order to allow this ecosystem of actors a certain autonomy.

Chaud Bouillon! is not part of the URBACT network, but Lille is closely linked to the European Union since it is part of Interreg and the good practice is largely financed by the UIA.

WHAT DIFFERENCE HAS IT MADE

Although the primary objective of Chaud Bouillon! is its social role, particular attention is paid to the environmental quality of the food involved. Thus, professional kitchen incubates must adhere to sustainable criteria such as the recovery of unsold goods from supermarkets. The Food Court also sells partially organic and local products, accessible to all audiences. As for community cooking, it allows people who are not used to it to cook fresh, seasonal products.

The whole point of bringing together four different structures, but focused on the same objective of sharing and sustainability, is to succeed in bringing together very different audiences, largely from the Lille metropolis but representing different social contexts. While putting ecology on the table of those who see it as a luxury is an issue that leaves many actors powerless, this interweaving of the four structures seems to provide an interesting avenue for reflection.

The place has enjoyed great success and welcomes tens of thousands of people each year. However, its strength is also its weakness: capable of reaching a very large number of

people (in particular thanks to community cooking and the Food Court), Chaud Bouillon! can hardly impact each person over the long term. Furthermore, to date there is no impact study capable of confirming the role of the third place.

Ultimately, the goal is for Chaud Bouillon! to become a venue for events related to sustainable food. Soon, it will host the 48 Hours of Urban Agriculture festival.

TRANSFERRING THE PRACTICE

Chaud Bouillon! is not linked to URBACT and is not the result of a particular transfer or inspiration. It is rather a link in the continuum of initiatives of this kind developed in recent years in Europe and around the world.

On the other hand, due to its scale and the success of the test period which welcomed 120,000 visitors around 1,300 activities, Chaud Bouillon! has attracted the curiosity of many potential project leaders. As soon as the final structures opened in 2021, representatives of many other cities, private operators and associations came to see what this initiative was made of. There is such an abundance today that weekly time is dedicated to guided tours. The major takeout of the visitors is generally the intertwining of the four structures.

Some lessons can indeed be drawn from the Lille experience. What contributed to its success was the essential, but humble, role of the municipality: it carried the project through its development phase, providing support where public intervention was necessary, then it set about withdrawal from the end of 2020 to allow the partners who bring the place to life the freedom to develop and coordinate their actions. Thus, working groups were set up to decide on the management of the site.

On the other hand, an error that should not be reproduced concerns the consistency of the timing: *“We should find a way to involve all the relevant partners before the design of*

the infrastructure. This would improve understanding of regulations, constraints and possibilities for all” suggests Stéphane Goube from Soreli. In Chaud Bouillon!, in fact, the Food Court operator had to adapt to a location finalized before his arrival and subject to strong constraints, particularly in terms of safety standards.



SUMMARY

Roeselare's location in the "food valley" of Flanders has always led to food being a key topic in the city. Local policies focus on three main pillars: the *industrial life*, the *healthy life*, and the *good life*. Although food plays a role in all of them, especially the *healthy life* has been a lens through which food has been tackled from a range of perspectives. The three main components of this pillar are local food, sustainable food and limiting food waste. Projects around these include one on food for school children, a social grocery shop, a space for food innovation, and collaborations with large food providers such as hospitals to reduce food waste. Through all of these initiatives, Roeselare supports changes in food habits through institutional changes that empower their citizens to live a healthier life.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

The *healthy life* is part of a holistic policy framework through which projects and initiatives are funded and supported. The projects described below are the outcome of a general focus on food and its relationship to the health of citizens in several different aspects of their lives.

- The project "Superfood for young heroes" provides municipal schools with local, healthy, sustainable food for school lunches and also allows non-public schools to apply for a budget which they can then use to provide this type of food for their students.

- There is also a space centred around food and innovation called the “circular hub”. Inside this space, there is a social grocery store, which provides high quality food at low prices so that customers can make their own choices. There is also an eco-cafe at low prices as well as a shared kitchen space and meeting rooms for workshops that can be rented at a low price. Generally, this space aims at social cohesion through food which relates to the *good life* of its citizens. (It is not designed for poor households but rather hopes to include everyone in a shared space.)
- The city has also partnered with large hospitals, care facilities, and restaurants to reduce food waste on the institutional level.

Although the grocery market has already existed since around 2013/14, the “superfood for young heroes” and “Circular Hub”, which is located in the former post office that was owned by the city and in which the social grocery shop is now located, have come into existence in 2020/21. The projects involve a majority of citizens because they target different groups but also foster cohesion of different social groups in a shared space.

SUSTAINABLE AND INTEGRATED URBAN APPROACH

The city has taken the initiative to introduce both the “superfood for young heroes” and “Circular Hub”. The “superfood for young heroes” policy was worked on for 2 years before implementation. Communication with schools happened before its announcement and the funding scheme and legislative framework about who can apply and who approves were handled beforehand. Funding for the project comes directly from the city. The “Circular Hub” required city action as the building was in public ownership and was then transformed.

The city does not work with URBACT currently but receives funding from the Horizon Europe project of the EU. In their food-related projects, the city also works with its surrounding areas as much food is produced there which is sold and consumed in the city.

PARTICIPATORY APPROACH

The “superfood for young heroes” involves school officials, teachers, and children. Although the main organisation is done through the schools, children can also help to serve the food to their peers. It helps with sensibilization around topics of food which children can also take into their homes to spark conversation and communication with their parents around food.

As mentioned before, the “Circular Hub” has a much broader range of target groups and anyone can participate in one form or another. Opening, but not limiting, the space for disadvantaged groups reduces the stigma around social grocery shopping or learning new skills around food later in life.

WHAT DIFFERENCE HAS IT MADE

The city has committed €840.000 over the course of 3 years to finance the “superfood for young heroes” and reaches [77% of primary school children](#). Furthermore, the “Circular Hub” now offers a place for social cohesion around food and its services are being used by citizens.

TRANSFERRING THE PRACTICE

For the future, there are opportunities to expand the scale of the existing projects but also to use the available space for new food-related projects. The dedicated space of the “Circular Hub” gives flexibility to the city and any food plans.

The practices of Roeselare are transferable not only because of their holistic approach but also because they can be easily adapted. Using a public space for social cohesion around food can be adapted according to available space and demand for activities. Furthermore, providing local food for school children might not always be possible depending on location but an application process to provide schools with a budget to provide healthy and more sustainable food gives autonomy to the schools to cover specific needs.



SUMMARY

Following the signing of the [Milan Urban Food Policy Pact](#) in 2018 and the transfer of URBACT BioCanteens good practice between 2021 and 2022, Liège has completely reworked the food production chain from production to consumption in school canteens. The takeover of partnerships with (local) producers and the reduction of food waste made it possible to provide 4,000 meals daily to the children of Liège.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

The intermunicipal ISoSL and the municipality of Liège rely on four axes: supply thanks to public procurement, menu production, reduction of waste and awareness. These areas of progress have been applied to a central kitchen which supplies around a hundred Liège schools. The objective is to achieve 100% sustainable meals by the end of 2024, sustainable food being defined through the signature of the [Green Deal Cantines Durables](#) as local and seasonal, fair, healthy, balanced and tasty, socially inclusive and waste saving.

In terms of supply, a map of the local food supply was carried out. Contrary to the custom which requires that customers and producers are put in contact by the convergence of supply and demand, Liège first contacted potential producers before setting up partnerships. Objective: to ensure that farmers will be able to ensure supply while ruling out agribusiness. In addition, the municipality gives as much importance to quality as to price in the choice of its suppliers, where the ratio is usually 30 points for quality and 70 for price.

In order to compensate for the additional cost induced by better quality food, Liège used the lever of waste reduction thanks to the reduction of meat products, precision weighing which reduced the necessary volumes by 10%,

and raising awareness among children around the sorting tables and the implementation of an application with which parents register their children in advance, which limits the need for overproduction. However, reducing waste is only effective when there is room for improvement. As the price of meals is mainly dictated by the salary of agents, Liège fights against absenteeism by upgrading the sector. Finally, the municipality understood that sustainable food was more of an investment than a cost: its positive impact on children's health has repercussions on public health spending.

Sustainable meals (which Liège defines according to economic, social and environmental criteria) feed 4,000 children daily, including 1,000 in kindergartens.

SUSTAINABLE AND INTEGRATED URBAN APPROACH

If the sustainable canteens initiative was carried out from 2018 by the municipality, it was only in response to an older citizen request. For several years, parent associations and environmental activists have been calling for sustainable food in school canteens in the name of children's health and the preservation of the environment. This created electoral pressure and therefore a political context favorable to the signing of the Milan Urban Food Policy Pact. Local political leaders therefore took up the subject and have carried it forward ever since.

The entire project allowed a refocusing of the agricultural model around the Liège region. From preliminary studies to partnerships, the authorities and residents were able to realize the wealth of local agriculture (cereals, potatoes, dairy and animal products, fruits, etc.). A link to the territory that is all the stronger as there is no intermediary between the producers and the client city.

PARTICIPATORY APPROACH

In Liège, the implementation of the sustainable canteen is the result of a myriad of actors involved at different stages of the process and at different scales. Thus, following the

signing of the Green Deal Sustainable Canteens in 2019, the intermunicipal organization became involved as a pilot canteen, the [Ceinture Aliment Terre Liégeoise](#) as a facilitator and the city of Liège as a public authority. Collaboration between the technicians and the representatives and the public and civil society extends beyond these three actors, since the schools concerned benefit from state subsidies which make it possible to provide one third of meals free of charge and to cover two thirds. of the cost of the other two thirds. This naturally contributes to the social aspect of sustainable food. In addition, it was the political pressure exerted by citizens that encouraged public authorities to take the issue into their own hands.

Another closely integrated actor is the farmer with whom direct partnerships, without intermediaries, are established. These farmers, preferably united in a cooperative to reduce the risks linked to a bad year for one of them, were invited to visit the central canteen. Conversely, cooks and dietitians were able to visit the partners' farms. The aim of these exchanges is to make both links in the chain aware of their participation in a larger project as well as to become aware of the issues, imperatives and difficulties of each link.

Finally, Liège joined the BioCanteens transfer network in order to give impetus to its initiative. The URBACT network, led by Mouans-Sartoux (France), has enabled the Walloon city to increase its skills, both in the establishment of partnerships and in the management of meals and food waste.

WHAT DIFFERENCE HAS IT MADE

The meals have of course evolved significantly since 2018. While 80% of the fruits came from non-European countries before the initiative was set up, the menu is now largely organic and local. According to the agenda set up in 2018, the stated objective was to achieve 100% sustainable food by the end of 2024: currently, in March 2024, Liège estimates being at 90-95%.

The impact on those mainly concerned, that is to say schoolchildren, is difficult to change. This is notably due to the Belgian model. In Belgium, where lunch is not part of school time, many children bring their own meals, which means that out of 20,000 children potentially affected, the central sustainable canteen only provides 4,000 meals daily. And this, not for the same children from one day to the next. In other words, the general impact of sustainable canteens is difficult to understand. Especially since Liège was unable to undertake an impact study. However, the contact of municipal agents with the children made it possible to identify the meals that worked and those that did not, and to adapt the menus accordingly.

In order to remedy food waste, some schools have set up sorting tables highlighting food waste, which has made it possible to very quickly make children responsible.

The relocation of the supply chain also benefits local and organic producers who find an important outlet in Liège. This allows them to absorb the crisis in the organic market.

The next steps include the establishment of a new management program to precisely measure the origin and quality of cooked products, increasing awareness-raising efforts and strengthening the regional fabric, through the networking of stakeholders. , to achieve real territorial food governance. In the shorter term, the sustainable canteen of Liège will also have to demonstrate its resistance to political shocks: the numerous elections which will punctuate the Belgian political landscape in 2024 cast doubt on the political will to continue the efforts made so far.

TRANSFERRING THE PRACTICE

Alongside Wroclaw (Poland) and Gava (Spain), Liège is part of the second wave of BioCanteens, the URBACT transfer network set up by Mouans-Sartoux (France). Due to Covid-19 and all the complications caused by the pandemic, the transfer network lasted less than expected, eighteen months between 2021 and 2022. During this

period, the Liège agents had the opportunity to go to Mouans-Sartoux, Wrocław and Gava. Through exchanges, Liège benefited from the experience of other cities to build its own project. The Walloon city is still in close contact with Mouans-Sartoux.

With 200,000 inhabitants (600,000 in the urban area), Liège is much larger than Mouans-Sartoux and its 10,000 inhabitants, which implies different contexts. On the one hand, guaranteeing an organic offer to the entire city is a much more ambitious objective, which Liège will only set itself in a few years, starting with high schools and hospitals, if the context is favorable. On the other hand, the territory opens up more agricultural opportunities.

The disparities between Mouans-Sartoux and Liège, but also with the other URBACT Local Groups, prove that setting up sustainable canteens is possible in any European city. Liège is also campaigning in this direction on a European scale alongside [France Urbaine](#) so that food is no longer the subject of the same public market as other goods.



SUMMARY

Food has been the focus point of the Cork Food Policy Council (CFPC) for more than a decade. The CFPC is an interagency council which includes and brings together academics, practitioners, community members and health oriented organisations. The main goals of the CFPC are to bring food to the agenda and realise projects centred around food and community health. Their food charter includes 5 core values: 1. Health and wellbeing for all, 2. A thriving local economy, 3. Resilient, food-friendly communities, 4. Lifelong learning & skills, 5. A reduced environmental footprint. Based on these, the CFPC works on several projects through support, knowledge-sharing, funding, and advocacy.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

Some of the projects which the CFPC has worked on include:

- *Traveler Women Project*: This project focused on understanding the factors influencing food choices among Traveler women in the community, particularly addressing issues related to obesity. Rather than prescribing dietary choices the project aimed to help the community identify the underlying challenges and provide support so that they could share knowledge amongst themselves regarding food and health.

- *Cork Migrant Centre*: The Council has collaborated with the Munster Technological University to improve the situation of food among migrants and asylum seekers so that they can gain new cooking skills that empower them to cook healthy and culturally appropriate food.
- *Community Food Projects/Growing Spaces*: The CFPC has been supporting community food projects throughout the city, which aim to bring communities together around food and encourage cohesion among residents.
- *Plans for a Sustainable Food Innovation Hub*: The Council has received a dedicated space from the city council, which they hope to use for food and growing and for producers to communicate around food with each other.

These projects involve a wide range of social groups and have been happening in Cork for several years. While some are targeting specific communities and are initially designed by the CFPC, others have been boosted by vast overall community engagement such as the growing spaces. The *Sustainable Food Innovation Hub* will be a dedicated space that is open to everyone from the city and enlarges the scale of people reached by the CFPC.

SUSTAINABLE AND INTEGRATED URBAN APPROACH

The projects introduced in Cork often work through collaboration of the city and the CFPC with communities that use the initial support to create their own changes. The capacities that communities build in the initial process enables them to continue projects or cause impacts that would be difficult to achieve through a top-down approach, such as tailored communication with their peers. Another example of this takeover process is the *Community Food Projects* program which started out through the CFPC but space allocation to citizen initiatives is now part of the city development plan.

PARTICIPATORY APPROACH

As mentioned above, stakeholders around the topic of food in Cork involve academics, practitioners, community members. Academics can provide the scientific background for food initiatives; practitioners and experts can connect them to the ground realities and realise them effectively; community members are not only active users and participants of projects but can also use existing infrastructure, both physically and institutionally to drive further change themselves.

Although Cork has not collaborated with URBACT on food topics, they have collaborated on other topics such as playing for children. Cork is also collaborating with the World Health Organisation on healthy cities.

WHAT DIFFERENCE HAS IT MADE

Reports of change have been mainly reported qualitatively from specific communities and at events held by the CFPC. Citizens report how they have been influenced by projects not only through the direct impact of food but also the social impact that these projects have through fostering social cohesion and a sense of community.

TRANSFERRING THE PRACTICE

The initial spark for the focus on food in Cork was a project in a disadvantaged area which received funding to do a food project. An academic from University College Cork (UCC) who was a specialist in sustainable food systems spearheaded the project. Among other things they created a food charter and cooked for people on a larger scale. By the end of the funding scheme there were enough people excited about the idea and continued it at the city level a decade ago – the CFPC.

Chances to transfer the practices from Cork elsewhere are plenty. A charter about the values that will shape actions, projects, and policy are important for all cities to lay out so that there is a framework that can guide action. The focus on empowering disadvantaged groups can be adapted to

cultural realities and would be impactful in all European cities. For example, empowering the Traveler Women community to create their own information to share in ways that are appropriate could be replicated elsewhere according to specific conditions.

A main point that drives the CFPC is to bring food to the agenda altogether. As they have said “Food is everybody’s business, so it becomes nobody’s business”. Bringing food to the forefront when cities think about their citizens’ health is the underlying motivation behind many of their actions and something that will need to happen in any city that wants to achieve institutional change which is the most effective way to change food habits.



SUMMARY

Diet for a Green Planet as a concept was developed by Södertälje in 2001 and has been in use ever since. It applies to public collective catering: the municipality uses its power as a customer to offer sustainable and healthy meals to schoolchildren and other consumers of public meals. Over the years, Södertälje has sought to transfer its good practice elsewhere, in particular thanks to the *Diet for a Green Planet* URBACT Transfer Network of which it has become a driving member.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

The idea of promoting sustainable and healthy food won over the municipality of Södertälje in 2001. The concept *Diet for a Green Planet* was born in 2010 thanks to two research projects carried out by BERAS (Baltic Ecological Recycling Agriculture and Societies), in 2003 -2006 and 2010-2013.

The commitment to a Diet for a Green Planet includes five requirements:

- Good and healthy food
- Organically produced
- Less meat and more vegetables, legumes and whole grains

- Locally produced ingredients depending on the season
- Reduced waste

These criteria were taken into account in the public restoration of Södertälje. Its 89 kitchens, located in nursery schools, schools and retirement homes, provide 24,000 meals to 17,000 people every day. This takes into account breakfasts and after-school snacks, as well as preschool children and supervisory staff. The total budget for this collective catering is around 5 million euros.

Concretely, there is one vegetarian option for every lunch and one completely meatless day per week. Further efforts focus on meat products with mainly Swedish and organic meat and MSC labeled fish. Purchasing seasonal products and reducing meat intake, as well as food waste, allow the municipality to make savings which give it the means to guarantee nearly 60% of organic raw materials.

In 2014, Södertälje was named School Feeding Municipality of the Year by [White Guide Junior](#).

SUSTAINABLE AND INTEGRATED URBAN APPROACH

In the case of Diet for a Green Planet, good practice is closely linked to the territory and more particularly to the municipality which developed the initiative at home and carried it beyond. A guiding document adopted by the municipality states that catering businesses should purchase local and seasonal products as much as possible. It also requires the municipality to favor organic foods. Thus, it is both public and private actors who, with strong urban roots, bring the concept to life.

In addition, Diet for a Green Planet highlights the Swedish territory, through a menu born from the national region, and more particularly the county of Stockholm. The concept favors local producers and Södertälje has invested even more on a regional scale since the establishment of the MatLust project (2015-2021).

PARTICIPATORY APPROACH

Diet for a Green Planet is an initiative of the municipality of Södertälje whose success relies on the collaboration, at different levels of intensity and temporality, of different actors.

Within the town hall, it was thanks to the support of all parties that the concept was able to see the light of day when they adopted a municipal policy in 2010. Agents and elected officials continued to support *Diet for a Green Planet* over the years. The 200 municipal employees who provide meals have initiated projects to transfer good practice.

The Nutrition Officer of Södertälje is responsible for the policy and reviews updates annually. The relevant committee monitors the policy with statistics on purchases for each interim financial statement which is then reported each year in the environmental accounts and the annual report.

As part of a public-private partnership, the company Telge Purchase is responsible for implementing the [food and nutrition policy for schools and nursery schools](#). They set up partnerships between the municipality and its suppliers in accordance with the program.

WHAT DIFFERENCE HAS IT MADE

By providing access to healthy and sustainable food to the city's children, the Södertälje Diet Unit hopes to ultimately reach parents and bring about change in the eating behavior of households. According to the testimony of municipal officials, the change in diet has not always been received positively by students, their parents and school staff. This is why the municipality had to implement education and inclusion. During dietary advice, it was necessary to explain the choices made and take feedback into account. Schools and kindergartens were also encouraged to take children to municipal kitchens in order to create a relationship between the guest and their meal.

As a result, a positive change in attitude was noticed among children and their parents.

This is how, from a handful of central kitchens, Södertälje grew to 81 unit kitchens: each unit decides its own menu. A flexible method that helped develop creativity and limit food waste. Additionally, this enabled savings to be reinvested in organic products.

TRANSFERRING THE PRACTICE

Since its launch in 2010, *Diet for a Green Planet* has launched several campaigns to expand its reach and transfer to other municipalities in the European Union.

- Diet for a Green Planet – URBACT Pilot Transfer Project (2014-2015)

This is the first Transfer Network operated by Södertälje as part of URBACT. For sixteen months, the Swedish municipality supported Mollet del Vallès (Spain), Molétai (Lithuania) and Lomża (Poland) in their journey towards collective catering faithful to the criteria of Diet for a Green Planet. Depending on the receiving cities, the results were different due to the heterogeneity of their resources and organizational structures. The case of Mollet del Vallès is particularly encouraging: public procurement has been completely revised to meet the criteria of the concept.

- MatLust (2015-2021)

This European program aims to promote sustainable food in the Stockholm region under the leadership of the municipality of Södertälje. It aims to develop medium-sized businesses in food processing and distribution and to strengthen links between academia, businesses and the public sector.

- Agri-Urban – URBACT Action Planning Network (2016-2018)

This is the second Transfer Network supported by Södertälje, this time with eleven receiving cities (Baena (Spain, lead partner), Fundão (Portugal), Monmouthshire County Council (Great Britain), LAG Pays des Conduses

(Belgium), Södertälje (Sweden), Jelgava Local Municipality (Latvia), Petrinja (Croatia), Pyli (Greece), Cesena (Italy), Mouans-Sartoux (France), Mollet Del Vallès (Spain)). The objective was to develop employment in “green business” through local farms and collective catering. Since the end of the project, different actors have been meeting in a working group whose aim is to ensure continuity.

- Diet for a Green Planet Flagship 2019-2020
The aim of this project is to spread Diet for a Green Planet around the Baltic Sea by creating a network of actors willing to work with the concept. Södertälje is taking the initiative of an 18-month project funded by the Swedish Institute to connect municipalities, universities, private food services, colleges, industries and NGOs. Aiming to fill research gaps and to launch new projects.

Resources

<https://www.sodertalje.se/miljo-och-halsa/hallbara-sodertalje/ekologisk-hallbarhet/offentliga-maltider/>

<https://www.sodertalje.se/skola-och-forskola/maltider/>



SUMMARY

Supported by the municipality of Thessaloniki and the residents, 7 edible urban garden projects have emerged in the Greek metropolis since 2015, to link the recreational value to the alimentary one. The three intramural sites of Thessaloniki (vineyard, community garden and school garden) are motivated by the Common Benefit Enterprise of the City of Thessaloniki (KEDITH), to participate in the European network Ru:rbán of URBACT III. Three years after the end of the Ru:rbán program (2018-2021), these edible spaces are part of neighborhood life and the pantry of the residents who invest in them.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

In 2015, the municipality of Thessaloniki decided to convert several public spaces into urban gardens. Across the metropolis, 7 initiatives bringing together more than 300 gardeners have emerged, while the city itself employs more than 70 participants on 3 projects: a vineyard, a school

garden (Triandria school) and a community garden. The latter, called Kipos3, is the most successful project. It was developed in two phases (2015 and 2017) under the leadership of around thirty families, in collaboration with architects, landscape architects, farmers and municipal authorities. Initially thought of as an experimental and therefore ephemeral project, Kipos3 is still active and has become an emblematic garden of Thessaloniki.

Built on old concrete surfaces (Kipos3 used to be a parking lot), the edible gardens of Thessaloniki are open spaces and accessible to anyone. They therefore become meeting places, in addition to green and utility spaces. Very few acts of vandalism have been reported. In addition, they are places of education: from elementary school children to postgraduate programs, all generations of pupils and students have gathered there for a workshop or a conference, contributing to develop a taste for urban gardening, thanks to partnership with the Center of Environmental Education of Eleftherio Kordellio.

The urban gardens of Thessaloniki follow the permaculture method and promote the development of endemic plant varieties and some that were forgotten or lost. Pesticides and chemical fertilizers are banned in favor of compost.

Following the exemplar institutional models of Ru:rbn partner cities, URBACT local group (ULG) in Thessaloniki focused on an Urban Gardens' Regulation proposal as a tool to institutionalize all the phases of an urban garden operation: providing space (which is a real challenge in Thessaloniki), as well as the organizational form (rights and tasks for the participants, etc).

SUSTAINABLE AND INTEGRATED URBAN APPROACH

The urban gardens of Thessaloniki are a very good example of what collaboration between a municipality and residents can generate.

On the one hand, the projects are deeply rooted in grassroots since they are based on pre-existing initiatives and the gardeners are residents. This model based on amateurism and volunteering is well suited to small projects like Kipos3 (600m²). Urban gardens therefore live thanks to strong citizen commitment, reinforced by increased awareness of environmental issues and a cultural movement focused on slow food and permaculture. The attachment of elders to the Thessaloniki of their youth, pre-metropolisation and at a time when city-rurality links were intimate, is also key.

On the other hand, it was the municipality which had the will to create these gardens and to ask citizens what they wanted these gardens to become. Although Thessaloniki has not allocated any budget to these initiatives, which therefore rely on private financing, it nevertheless ensures the water supply. In addition, the city has put in place a regulatory framework to identify, monitor and possibly provide available public spaces to install urban gardens.

PARTICIPATORY APPROACH

By joining the URBACT Ru:rbal Transfer Network, Thessaloniki benefited from expertise that allowed it to think about urban gardening strategically. The Greek city was notably able to get closer to other European municipalities with comparable characteristics and similar challenges. It took advantage of their experience and pre-existing initiatives in its territory to develop this best practice.

More particularly, the merit of Thessaloniki is to have succeeded in creating a space for dialogue common to all the initiators of urban garden projects. They were able to exchange their experiences, visions and concerns, which created a fertile climate of trust. The deliberative process was opted for.

WHAT DIFFERENCE HAS IT MADE

"Before, my neighborhood was ugly," a neighbor from Kipos3 testified in 2020. Now, the resident recognizes that a

new dynamic has taken place around her home. In addition to the pride and pleasure that gardeners take from their activity, as well as the nutritional and taste quality of these organic vegetables, the gardens have become meeting places that benefit the entire neighborhood, including those who do not invest in gardens. A real neighborhood awareness has been established. Even those who do not participate in the garden watch over it and do not hesitate to intervene in the event of malicious intrusion (vandalism being limited to a few rare thefts, not systematic and of marginal scale). It played a key role in the transformation of the surrounding residential area, exempting the spirit of an inclusive, warm and alive citizens community and contributing in the social resilience of the area in the period of the hard economic recession.

However, even if gardeners get a third of their vegetable consumption from the gardens of Thessaloniki, it must be remembered that this is a very limited initiative: across the entire metropolis, only 7 projects contribute to filling the pantry of some 300 residents. Several constraints make it unlikely that these urban gardens will be deployed on a larger scale:

- Strong urbanization justifying a limited availability of green public spaces (2.5m²/inhabitant). Available public land is a patchwork of fragmented and small plots.
- Several political priorities in planning level and restricted budgets for urban interventions due to financial recession. City gardens are unlikely to win the competition for space against more lucrative activities.

TRANSFERRING THE PRACTICE

The deployment of urban gardens in Thessaloniki was made possible by the management tools and capacity building workshops offered by Ru:rban. Gardening practices, organizational models, challenges and threats about the projects' sustainability, formulas of collaboration and support by the local authorities and connection with the

local communities are part of the knowledge that Thessaloniki got from Ru:rbal and the local groups network. This made it possible to capitalize on pre-existing initiatives.

Coming from the first wave of transfer of the best practice from Rome (2018-2021), the local group from Thessaloniki insisted on bringing the spirit of the URBACT networks to life by sharing good practices, encouraging new initiatives and bringing together the gardeners with the local authorities to facilitate the thriving gardening projects. This is why the city is part of other networks, such as Interreg CityZen, a European program about the incorporation of new technologies and innovation, as well as business models, in urban farming projects.

Resources

<https://urbact.eu/articles/thessaloniki-transfer-story>

<https://www.youtube.com/watch?v=dSCPh-a0FJ8>



SUMMARY

Building on previous citizen initiatives, Krakow has encouraged the creation of community gardens since 2017; a special feature of the city today. The 32 projects identified to date were all created by users able to shape them according to their wishes, but also benefited from the committed support of the municipality. In 2018, Krakow joined the Ru:rbán Transfer Network to implement regulated management of community gardens.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

Although Krakow has a long history of urban gardening, notably through allotment plots, it only had a few community gardens before the municipality started to push for it in 2017. The municipality identified the obstacles and next steps before setting up an educational campaign called “ABC of urban gardening” to encourage residents to get involved in urban gardening. Krakow understood that a lack of knowledge, low community trust and relationship issues were some of the main barriers to citizen involvement.

“Krakow’s Community Garden” program was launched in 2018 while Krakow got involved in Ru:rbn project, one of URBACT’s Transfer Networks. What Krakow learned from Rome and the other URBACT Local Groups helped to develop clear rules for all gardens, which contributed to the sustainability of the good practice.

Community gardens grow rapidly in Krakow: 16 were reported in 2021 and 32 are currently [mapped](#), 18 of which being school gardens.

But what is a community garden exactly? It is an open and deeply civic place. Everyone can spend time and get involved there and it is managed by the residents. It is the inhabitants, cultural centers, local activity groups or District Councils that carry out a community garden project.

SUSTAINABLE AND INTEGRATED URBAN APPROACH

The community gardens of Krakow are a great example of collaboration between the municipality and residents. The first gardens were born from citizens’ initiatives, and the city decided to scale them up, while leaving residents the chance for involvement. As a public authority, Krakow is a supporting agent whose role is to provide material support and expertise to new projects, but not to impose its own vision of community gardens.

Thus, the municipality gives visibility to new projects by organizing an opening meeting and disseminating information through posters and social media. Municipal plots are also reserved by the Municipal Greenspace Authority. The municipality is committed to making administrative procedures simple to facilitate access to these spaces.

Once the land has been acquired, the city helps gardeners to develop their skills through workshops organized by the School of Municipal Gardeners. Project leaders can also request a starting pack including gardening tools, benches, etc. This starting pack can be customized according to the

needs of the project. As the municipality reminds us, *“it is important that it responds to your needs as fully as possible, because its success depends on it.”*

PARTICIPATORY APPROACH

This good practice is driven by the public sector and citizens. However, other actors can also get involved, for example, if the land coveted by the leaders of a new project is private. In this case, the initiators can sign a free lending agreement which results in a declaration of membership. The garden is then available to gardeners for one year with the possibility of extending the contract thereafter. This solution is therefore not ideal, because it does not allow for calm planning for the long term, which is nevertheless the time for gardening.

An obligatory element accompanying the creation of a garden must also be the development of rules for the functioning of the place and the community that creates it. A garden is primarily a community that creates it and is united around one idea. Therefore, it is worth making the principles of such cooperation clear and acceptable to all creators and users of the place from the very beginning. It is on this point that URBACT intervened through the Ru:rbal Program by transferring Rome's expertise in this area. Thus, Krakow became the first city in Poland to regulate community gardens.

However, some city practitioners note the lack of involvement of certain actors: “The main problem may be a lack of NGOs with skills and knowledge good enough to lead this kind of project”. In addition, if the municipality offers significant support, additional investments are required, for example to barrier the sites or to build a water system.

WHAT DIFFERENCE HAS IT MADE

Although it is difficult to assess the real impact of these gardens in the lives of the inhabitants of Krakow, we can at least note the rapid development of the initiative: after six

years of existence, there are already more than thirty gardens that have emerged, and new projects are still underway. Following the wishes of the municipality, the gardens are built by citizens to meet their needs and expectations. This explains the diversity of the projects. Some are large vegetable gardens comparable to urban farms, others are floral parks or purely recreational places. Some aim to host popular meetings, others call for more personal renewal.

To understand what has changed in Krakow, it is not enough to look at what exists today, we must also take into account what the gardens have replaced. However, some community gardens have been created in heavily degraded locations. Rehabilitating hostile places requires more investment, but brings greater added value, develops a better sense of mission and pride and benefits the entire neighborhood.

Transferring the practice

The direct effect of the implementation of the project for the Municipality of Krakow is the development and adoption of regulations regarding the creation of community gardens in Krakow. Rome, leader of the Ru:rban Program, helped Krakow oversee its own community gardens. This transfer is also considered as the most challenging part of the project. But the city practitioners of the Polish city also insist on the role of Ru:rban's other URBACT Local Groups, as one of them testifies:

"For us, it was crucial to have multiplot community gardens. At first, as members of the community were raised on allotment gardens, this idea didn't inspire our confidence. But when in Loures one of the invited speakers spoke again with such great passion and praised this kind of urban gardening, we decided to include this system into our proposed community gardening regulations."

As the municipality of Krakow realized, the interest of the Transfer Network is not to replicate identically here what

worked there, but to “*summarize the experiences and expectations*” of pioneering initiatives developed across the EU. After the Ru:rban resilient urban agriculture program, Krakow invested in two other European programs: Erasmus+ Gardeniser Plus and Erasmus+ Gardens as inclusive green learning spaces.

Resources

[https://www.greeninclusion.eu/post/community-gardens-in-krak%C3%B3wZZM - Zarząd Zieleni Miejskiej w Krakowie - Urban gardening in Krakow](https://www.greeninclusion.eu/post/community-gardens-in-krak%C3%B3wZZM-Zarząd Zieleni Miejskiej w Krakowie - Urban gardening in Krakow)

<https://urbact.eu/articles/krakow-transfer-story>

https://www.krakow.pl/aktualnosci/255853,29,komunikat,2021_rokiem_ogrodow_spoecznych.html

<https://archive.urbact.eu/krakow-transfer-story>



SUMMARY

Supported by the municipality of Caen jointly with a collective of citizens called La Maison de l'alimentation durable, an urban farm was born in 2019 on the site of a former industrial wasteland. A place of innovative agricultural production, but also of meetings between producers and consumers, of festivity and of proliferation of ideas, the initiative benefited from Ru:rbau Transfer Network in 2020. Its activity is temporarily suspended due to depollution of the site.

SOLUTIONS OFFERED BY THE GOOD PRACTICE

As in other cases, such as that of Mouans-Sartoux (France), the good practice of Caen was born from the will of the municipality and more precisely, from the Territorial Food Project in force. This is how in 2019, the future of an industrial wasteland called "Les Tonneaux" was discussed: the idea of making it an edible and social place quickly emerged.

The 1400m² plot was therefore developed to respond to the municipality's desire to relocate agriculture. The absence of soil due to permeability and pollution was compensated for by the installation of vegetable boxes. Les Tonneaux has become a place for agricultural experimentation with methods ranging from permaculture to robotics (see the farmbot), as well as a place to welcome the public and professionals. It is therefore a place of innovation, meetings and education.

From 2020, some infrastructure was installed on what had become a real urban farm: chicken coop, mobile kitchen, producers' store, dry toilets, composter, water and electricity, etc. All of this, organized according to the "Berlin method", that is to say giving pride of place to recovery, volunteering, and generally (very) low-cost.

Five community project leaders ensured the operation of this urban farm and made it the Maison de l'alimentation durable (2020). At the same time, Caen benefited from close contacts with Lille and its Fives Cail project, and was integrated into URBACT's Ru:rbane Transfer Network.

However, an operation to redevelop the neighbourhood and decontaminate the site forced the Maison de l'alimentation durable [to leave Les Tonneaux in 2023](#). If the municipality promised that sustainable food will once again have its place in Caen from 2026, the collective is in no way guaranteed to resume its activities: *"La Maison will have to apply like all the other project leaders"*.

SUSTAINABLE AND INTEGRATED URBAN APPROACH

The Maison de l'alimentation durable is a good example of best practice born from collaboration between a municipality and residents.

The project was initially the will of city representatives, guided by the political agenda of their Territorial Food Project. The municipality took charge of communication, renovation of buildings and the establishment of

partnerships, starting with the URBACT Transfer Network. It also pushed for an agreement to make the plot available to the association (the City of Caen benefits from a temporary occupation authorization but the landowner is Ports de Normandie).

The place is, however, managed by five residents of diverse origins (computer scientists, musicians, urban planners, etc.) inspired by alternative places such as the squats of Berlin. One of the five founders explains that the objective was to: *“create a house open to sustainable food initiatives”*. However, La Maison de l'alimentation durable found itself geographically isolated when the wholesale fruit and vegetable market to which it was attached moved in 2021. Communication and attractiveness efforts were then crucial to maintain the dynamics of the place.

PARTICIPATORY APPROACH

The Maison de l'alimentation durable is the result of a mosaic of partners who each contributed their part to the building.

The equipment for the plot was, for example, provided by the city of Caen (temporary water and electricity networks used for the composting experiment, two containers, three growing bins, farmbot), private donations (truck), a partnership with the Lemonnier Institute (permaculture), and so on. The partnerships are the spine of this project: the access to a place for workshops at the Pavillon and the Dôme, the advice from the Sauvages restaurant on a cooking tray, the methodological exchanges with the Tiers-Lieu Rive Droite, the reception of the SCOP Toutenvélo and links with economic players and real estate operators on the Presqu'île.

Regarding its financing, the collective benefited from the legitimacy of the Territorial Food Project and was thus granted aid from the Post-Covid Recovery Plan. Caen's multi-year investment plan also reserved one million euros for this sustainable development experiment.

Between 2020 and 2021, Caen benefited from the transfer of good practices put in place by Rome as part of the Ru:rbal network. 'Ru:rbal plots' were created so that new initiatives inspired by Rome and other Urban Local Groups could be developed. This is for example the case of the "Yummy" educational initiative whose purpose was to incentivise gardening.

WHAT DIFFERENCE HAS IT MADE

Over time, vegetable gardens become spaces for conviviality (shared meals), interfaces with local farmers (producer stores), places for the exchange of knowledge (reception of schoolchildren, workshops), spaces for collecting waste and compost manufacturing.

The Covid-19 pandemic and successive lockdowns delayed the development of the vegetable garden but "La Maison" managed to attract an audience of volunteers, residents and students. Quickly, the project gained a certain influence thanks to what became soon a community. At the height of its activity, the collective had nearly 300 members.

Other achievements have emerged: La Maison de l'alimentation worked on the launch of an integration project to offer varied professional activities (vegetable production, delivery, cooking, etc.). The collective defines itself as a space for hosting projects .

However, despite its very encouraging beginnings, the urban farm was suspended in order to clean up the site. The reason why it was not decontaminated before the implementation of this initiative is not specified, but a lack of long-term vision might be an explanation. Nevertheless, we can hope that from 2026, a new initiative will take up the torch with renewed ambitions on fertile soil.

Transferring the practice

Caen is part of the first of two waves of sharing the experience of Rome, that is to say of Ru:rbal Transfer

Network. The objectives of this transmission project are threefold:

- strengthening organizational capacities and knowledge of urban gardens
- training leaders responsible for urban vegetable gardens
- developing governance (internal regulations) to sustain initiatives

From January 2019 to September 2021, the URBACT Local Groups project teams worked in parallel at the local level and at the European level. Locally, around thirty stakeholders including associations, researchers, farmers, residents, elected officials, technicians and economic actors discussed around the same table throughout a set of ten meetings. On a European scale, city practitioners from Caen visited the other URBACT Local Groups at their places, which boosted their creativity to increase the number of vegetable gardens in all urban spaces (wasteland, schools, former military land, housing estates, surroundings of social housing, spaces public areas, activity zones, monuments, etc.). In this context, the experience of Caen also benefited the other local groups.

City practitioners from Lille, who work on the Five Cails project, were invited to Caen in 2021 to share their experience, proof of the strong conviction held by the municipality of Caen in the richness of the European urban network.

Resources

<https://urbact.eu/urban-gardeners-caen-have-had-busy-summer>

<https://www.aucame.fr/catalogue/travaux-pour-les-membres/ru-rban--de-l-agri-culture-urbaine-a-la-ville-resiliente---inspiration-europeenne--pour-un-amenagement-caennais--401.html>

<https://www.ouest-france.fr/normandie/caen-14000/caen-dedie-a-l'alimentation-durable-le-collectif-la-maison-doit-quitter-la-presquile-11b8f1f2-dd34-11ed-918a-b6ae5ea8d348>

<https://grand-format.net/breve/une-maison-de-l'alimentation-sur-la-presquile-de-caen/>