



PROMOTED BY
Comune di
Milano



FORUM

FOOD WAVE IN ACTION

Enhancing the impact of
youth climate activism

Online - Zoom
23rd October 2021



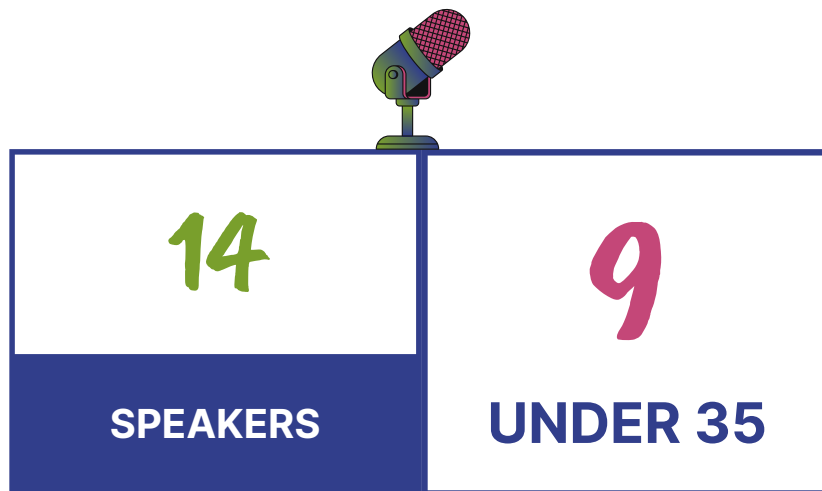
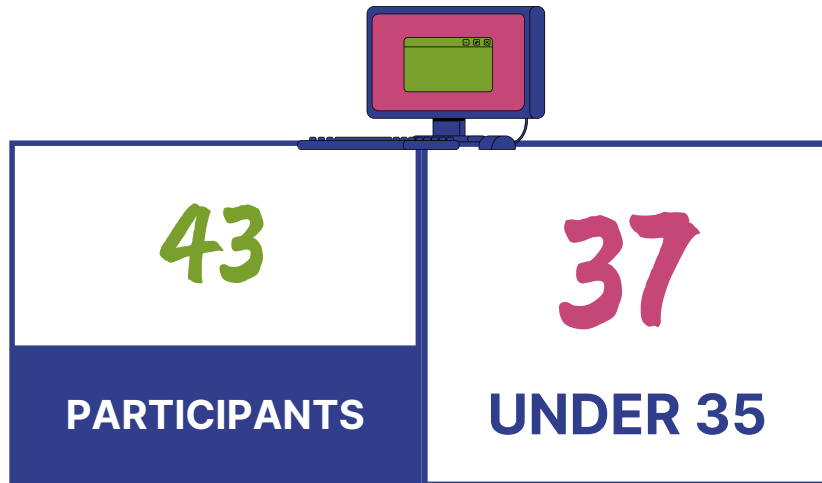
Introduction

In the framework of the Food Wave project, on the 23rd of October 2021 ACRA hosted the international forum “Food Wave in action: enhancing the impact of youth climate activism”.

The online forum represented a space for discussion on the role of youth in urban, environmental policy-making. Participants with various background and experience had the chance to meet with international networks of policy makers and discuss on the topics of social economy, human rights to water, food and work, education for climate justice and sustainable food systems.

The event was created in connection with the blended-modality workshop “Gender Equality and Resilient Food Systems” promoted by Eating City, that took place online and in Cres (Croatia) on the 23rd and 24th of October.

The event in numbers





Objectives

- Build a positive discourse on youth activism for climate, through the highlight of practical experiences, which see young people under 35 at the centre of change in their cities.
- Bring out, tell, enhance and map organizations, initiatives and good practices, both local and international.
- Exchange and transfer expertise within the participants.
- Engage in networking and in exchange of knowledge within local and international stakeholders.
- Understand needs and collect feedback for the development of campaigns and actions through the Food Wave project.



Topics

The event saw the contribution of six speakers (under 35) who shared their experience or project with the participants, engaging in networking and promoting a proactive discussion on the topics of food, climate and city, from a young activist perspective.

After the presentation of best practices, participants worked in different groups on the following topics, trying to highlight the importance of youth participation in that specific area and the challenges to that:

- Social and solidarity economy: a new paradigm for the climate
- Resources worth fighting for: human rights to water, food and work
- The role of education and the access to information in the fight for climate justice
- Sustainable food systems: from production to consumption

This report intends to present an overview of the best practices presented and of the main points in the different working groups, as well as to provide a starting point for future actions and events.

PRESENTATION OF PRACTICES

Youth on the stage





Slow Food Youth Network (Italy)

slowfoodyouthnetwork.org

SFYN Italy is the Italian Youth Network of Slow Food, a global, grassroots organization, founded in 1989 to prevent the disappearance of local food cultures and traditions, counteract the rise of fast life and combat people's dwindling interest in the food they eat, where it comes from and how our food choices affect the world around us. As the Youth Network, they act everyday all over Italy to raise awareness on our food systems, especially regarding food impact on the climate, workers' rights, and animal welfare.

In April 2020, SFYN Italy launched the "Dieta Caporalato Free", an online campaign on the distortions of the Italian supply chain, especially regarding gang-masters and illegal recruitment in the agricultural fields, which goes hand in hand with migrants' exploitation and inhuman working conditions. Supported by experts on this topic from all over Italy, the campaign aimed to explain what this phenomenon is, which dynamics make it happens and how we, as consumers, can fight it.



Serve the City (Portugal)

servethecity.pt

Serve the City is a volunteers' network based in Lisbon that works for the creation of bridges between citizens, institutions and territories through volunteering projects for active citizenship.

Using urban agriculture, Serve the City is trying to contrast school dropout and social exclusion, with a large-scale project that goes from producing food to having a healthy diet and even live on a more sustainable way. Since January, around 35 volunteers gave at least 1 hour of their time to contribute to a more sustainable community.

Among the project's activities, "edible schools" were created: volunteers helped creating vegetables gardens and children were involved in awareness-raising activities and games on the topics of healthy diet and sustainable food systems. The goal for this year is to reach six classes and build an ecological club that would involve students outside of school hours. In addition, volunteers set up an "edible square"; the intervention started on 40 square meters of land, and it will be the starting point to continuously create relations, activate relevant civic participation, and promote a more sustainable and healthy way of living.



Sow the City (United Kingdom)

sowthecity.org

Founded in 2009, Sow the City is an award winning, Manchester-based social enterprise, with a mission to empower communities to grow and live sustainably. Partners in the Food Wave project, they were involved in the organization of Summer and Winter Schools of Activism and of several events, one of which engaged more than 1400 people during the Manchester Science Festival at the Museum of Science and Industry.

Sow the City and the Food Wave activists developed a gamified installation called “The carbon supermarket”: participants are invited into a grocery store where they would use carbon to pay, not money, using a personal carbon budget concept, usually set at 4kg of carbon per day only for food. This activity is easily transferrable to other Food Wave cities, could be a useful engagement tools, as it uses existing adapted technology, and has a low budget. The activity requires participants to make difficult decisions and tradeoffs, so it encourages them to think about their shopping style and it helps them gain insights into how important shopping decisions are for climate change.



Tartrufo (Romania)

tartrufo.ro

The Tartrufo team specializes in the collection, sorting, processing, and marketing of fresh truffles and their transformation into many long-lasting food specialties. Our company carefully collect from hectares of forest in Transylvania, trying to bring you the most delicious local gourmet products directly on your plate.

Thanks to the contribution of expert food technologists, they keep the traditional recipes unchanged and they handle the preparation phase in an artisanal manner. The company has managed to expand the technological processes of the products, to accelerate and automate the sealing, sterilization and labeling phases of the preparations available in their online store. The goal is to provide customers with luxury Romanian dishes created with truffles carefully picked from the forests of Transylvania, to enjoy a specific and delicious aroma of truffle dishes, both at home and in restaurants.



Vitamimos (Portugal)

vitamimos.pt

Founded in 2007, Vitamimos is a multidisciplinary team with an extensive pedagogical experience with a group of dietitians/nutritionists responsible for promoting training activities, food consultancy and content development. Vitamimos is based Quinta da Alagoa (Cascais, Lisboa); their mission is taking part in people's education and promote healthy eating habits and lifestyles.

One of the projects carried out at the moment by Vitamimos is the “Health Chefs Program”, focused on innovation in prevention; the project’s objectives relate to children’s responsibility for their healthy lifestyles and their role as agents of change within the family. The program brings an holistic and experimental approach to the school environment (cooking workshops, family activities, and manuals with recipes and recreational activities) and it includes:

- Health education sessions with a healthy cooking workshop for students with ages from 5 to 11 years old of the public school system in three Lisbon areas;
- Food education sessions with healthy cooking workshop for the parents/caregivers of the students in this schools;
- Educational and formative content are offered and creation of an online platform as well.



Conscious Kitchen (Netherlands)

consciouskitchen.org

Conscious Kitchen is a movement that fights food waste by collecting would-be-wasted food and turning it into delicious meals for the community. They are a non-profit organization made up of volunteers, with the goal of bringing people together with the satisfaction of saving food.

Conscious Kitchen organizes weekly dinners on Thursdays to promote community, conscious living and sustainability. By sharing a meal, they aim to bring people together over food, and in doing so create awareness about food waste and how good plant-based food can be.

On market days, leftover food is collected as a donation and it is turned into a satisfying and wholesome meal, supplementing the donations with pasta, potatoes, bread or bulgur (and sometimes beans, nuts or tofu). They cook under the supervision of one or two regular volunteers, but everyone is invited to help cooking. The team cooperates fully in collecting food, cooking and cleaning.

WORKING GROUPS

Youth in action



Social and solidarity economy: a new paradigm for the climate

LEAVE NO ONE BEHIND



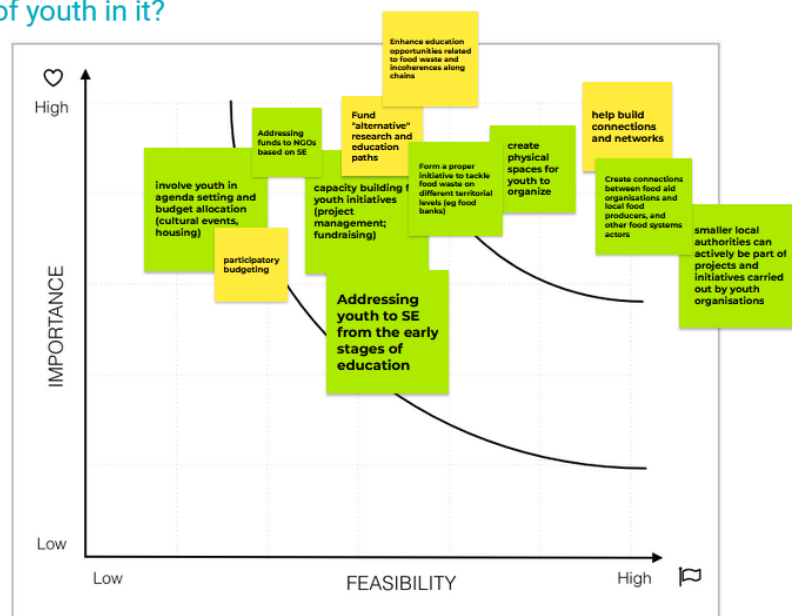
Results

The discussion within the working group focused on the role of youth in the framework of social and solidarity economy, specifically on four pillars:

- Education and capacity building for youth, the most important step to create change;
- Active participation in public decision-making processes, for example participatory budgeting;
- Need for a strong network to better implement already existing initiatives
- Physical spaces, because from physical space comes official recognition.

Education, in particular, needs to be addressed from the early stages, organizing proper courses on solidarity economy and food habits. This would not be possible without proper funds, which are necessary to stimulate research and the improvement of the education sector.

What can local authorities do to promote social and solidarity economy and the role of youth in it?



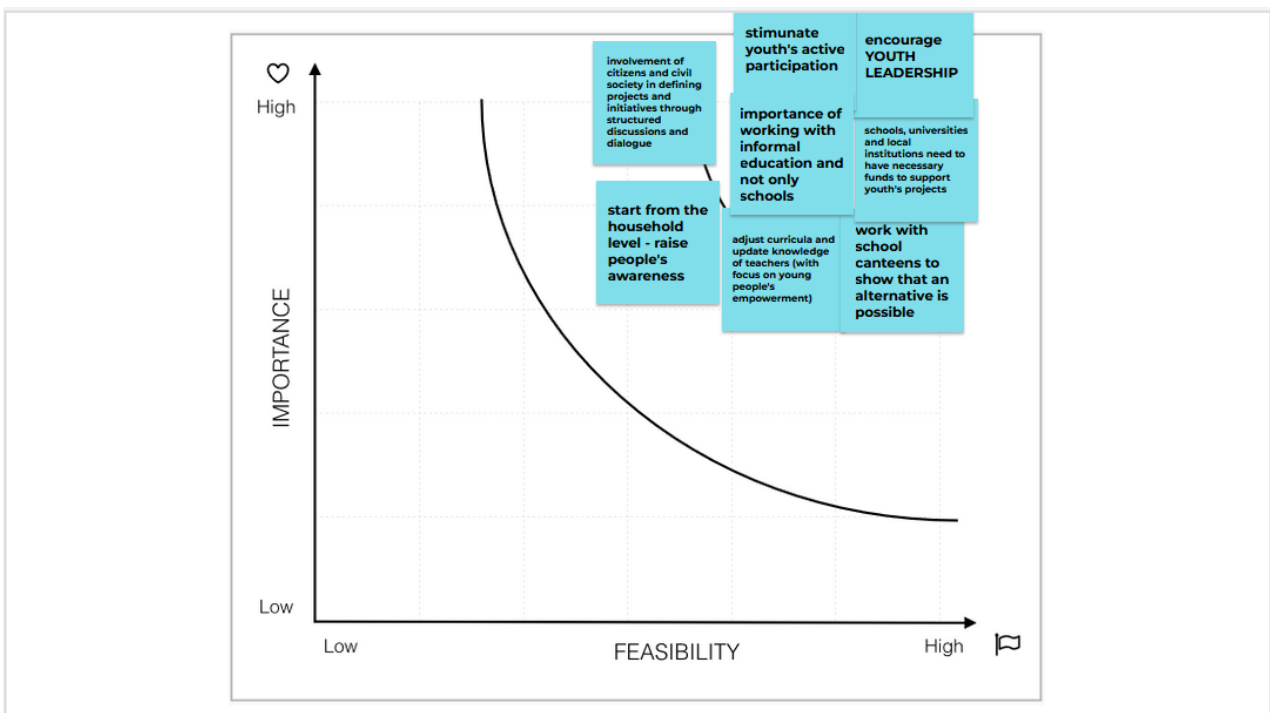
The role of education and the access to information in the fight for climate justice



Results

The group worked on the role of education in encouraging and enabling youth leadership on climate change, as young generations will be the ones mostly affected by it. The issue should be discussed from community level, in the households and within school; unfortunately, teachers often do not have the competences or funds to include the topic in their curriculum, and this represents a challenge in empowering children and youth.

Among schools, non-formal and informal education has an important role, where experts and scientists should be involved in sharing accurate and proved information to local communities, in a language that is accessible to all people.



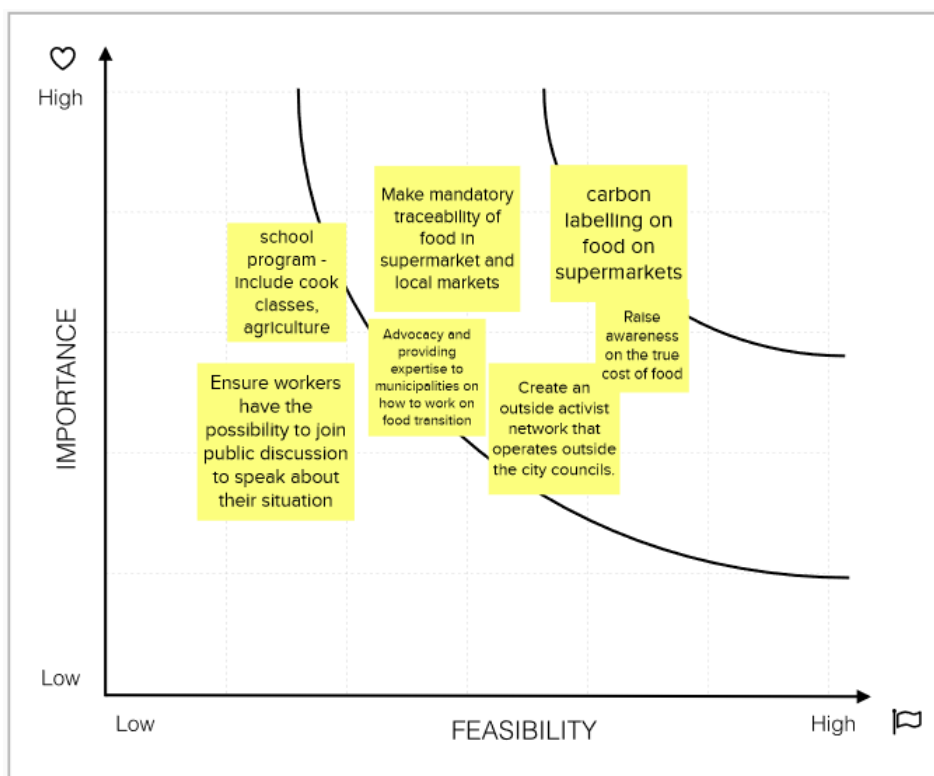
Resources worth fighting for: human rights to water, food and work



Results

The work of the group can be summarized in five macro-areas:

1. Food labeling: traceability of food should be mandatory, with a specific focus on the real cost of food and carbon-labelling.
2. Activists' network: the creation of a strong activists' network is the first step to operate within and outside city councils, to connect with the local community and shape decision-making processes.
3. Advocacy: providing expertise to municipalities on how to work on food transition is a fundamental step for the inclusion of youth in decision-making processes.
4. School programs: schools should be afforded funds in order to carry out cooking classes and gardening workshops.
5. Inclusion of workers: workers should be included in the discussion, presenting their problems, limitations and opportunities.



Sustainable food systems: from production to consumption



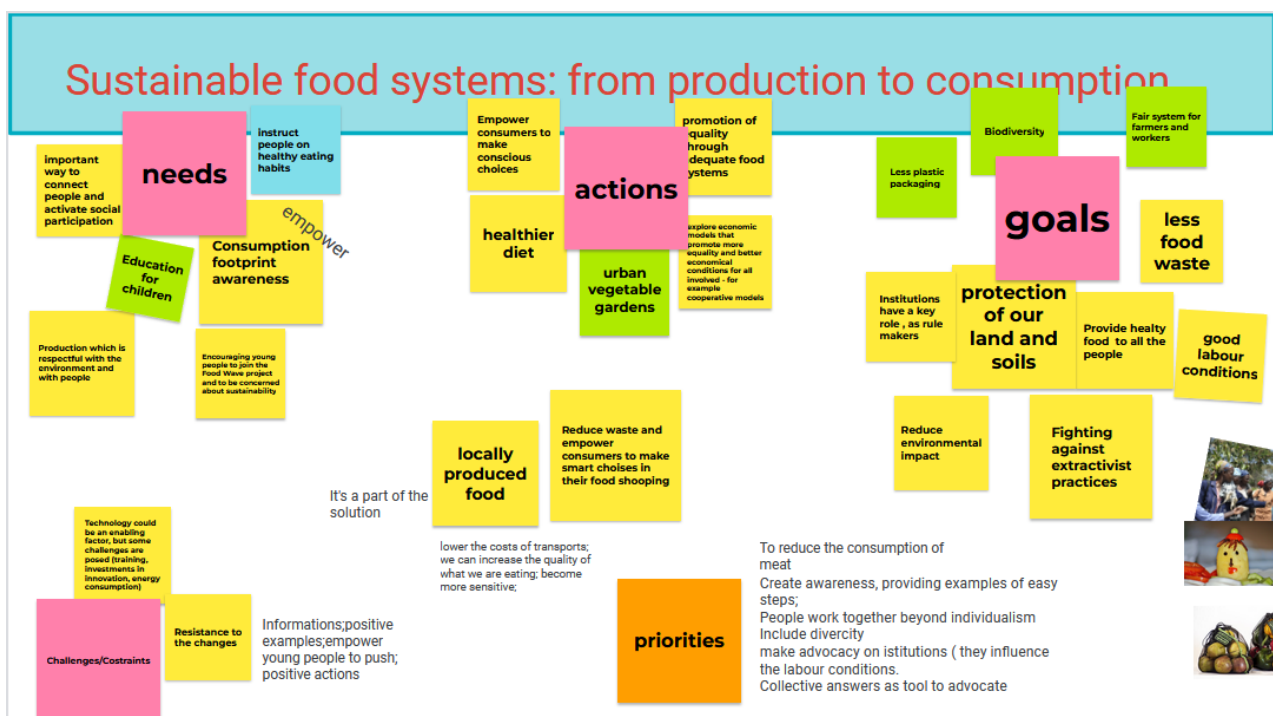
Results

The group structured their work in five areas: needs, actions, goals, challenges/constraints and priorities.

The main key takeaway is that to achieve high-end goals, such as protecting biodiversity, actions should start from the consideration of some ground needs: educating children, informing people, and creating awareness. These needs can then be transformed into action to promote practical initiatives, such as the creation of community gardens.

As for the main challenge, producers and consumers, who do not want to change their routines, can create some constraints in enlarging change to the mass.

Nevertheless, the main priorities are reducing the consumption of meat, creating awareness, trying to increase advocacy on decision-makers and political institutions.





Conclusion

The first international forum within the Food Wave project, titled "Food Wave in action: enhancing the impact of youth climate activism" was closed by Valeria Fantini, representative of ALDA.

"It was very interesting to see all the results from the working groups, even though it was hard to work on such complex topics in a short amount of time.

It's good to create a connection among young activists and youth-led organization because there are a lot of good ideas and great projects. All the working groups pointed out the need for education, both formal and non-formal, on climate and food systems; I hope that the results of this initiative will be the creation of a network of young activists that can work with local authorities to create more projects and initiatives on the topics."



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