

TURIN CATERING FOOD SERVICE

- 8.403.709 Annual meals
- 5.800 Alternative menus for ethical-religious needs
- 1.400 Special diets for food-related diseases



FoodCity&Citizens

Short supply chain catering school and zero emission

The total annual cost of the school catering service of the City of Turin is about € 40 million a year. Every year about 8,403,709 meals are served.

The service is generally entrusted for 3 consecutive years and the total price of the contract is about 120 million Euro.

The educational potential of this service is enormous, considering that enrolled students - on the basis of the data of 2011 -

from nurseries to Secondary Schools, are added only in the age group between 0 and 13 to a population of 71.502 users. If we add to these people the teaching staff, all of those components that work in the world of schools and families that revolve around the school community, every year it can be assumed an involvement of about 230.000-250.000 citizens in the school system.



FoodCity&Citizens

The Councillor for Educational Policies has promoted the development of new specifications for the school catering service, operative from September 2013, which provides a series of attentions that has made it a best practice at national and European level.

In particular taking into account that the school catering service is an important expenditure area, both in terms of volumes and actors involved in the food production chain, which come into play the themes of the relationship between urban and rural areas for the supply of raw materials, as well as the movement of the processes related to the management of the service.

NEWS

SHORT SUPPLY CHAIN:

- the demand to suppliers to buy directly as much as possible from the producers to ensure an impact on the territory of the economies generated by catering services
- to push producers to aggregate their supply with fairer prices and enhance some territorial excellence



ENVIRONMENTAL SUSTAINABILITY

- The transition from disposable tableware to reusable ones
 - Reducing packaging
- Environmentally friendly means of transport (e.g. Methane)
 - Environmentally friendly cleaning products

“The menu: I did it myself!”

A participatory process on Nutritional Education



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The actors in the nutrition education project



- **The City of Turin** with the Department of Educational Policies , the Catering of the Central Directorate for Culture and Education, the Sustainable City Laboratory and Falchera Farm ITER
- Province of Turin with the Development of the mountain and rural Service and promotion of typical productions
- Piedmont Region with DoRS, Regional Documentation Centre for health promotion
- Piedmont Regional School Office of the Ministry of Education, University and Research (MIUR)
- Chamber of Commerce with the Chemical Laboratory
- ASL TO1 with the Department of Prevention - SSD PRP



The main objectives of the “The menu: I did it myself!” project



- **To involve** the whole school community in a path based on knowledge and active participation on dietary choices.
- **To raise** awareness about behaviors, lifestyles and health than address issues such as the monitoring of childhood obesity, preventive healthcare, information on nutritional requirements and labelling
- **To promote** education on conscious consumption, respect and awareness for food supply chains, promotion of local "km 0" products , the impact of production and consumption on the environment and environmental sustainability strategies, the right of all to take part in the food choices and draw their own territory
- **To open** and consolidate an interdisciplinary comparison with the aim of disseminating, monitoring and measuring the effect of the promoted actions



The project proposal for schools

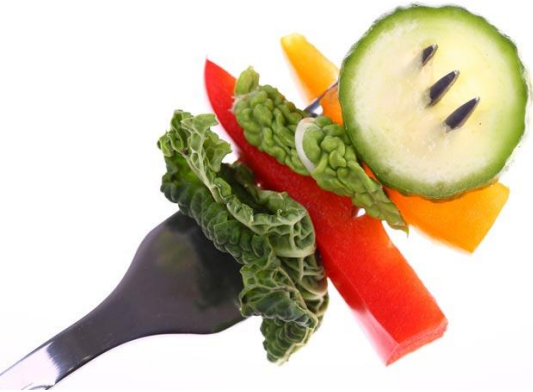


- To provide a **designed path** for Primary Schools involving in different fields classes, teachers and parents
- To involve **boys and girls** in an active process of nutrition education with the aim of proposing best practices for the "**snack**" to be consumed at school and a "**shared menu**" capable of combining health, ecology and a better appreciation of the meals eaten at school
- To offer support and training opportunities to **teachers**
- To involve **canteen commissions** and **parents** in their choices



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The involvement of the Teachers



- A path to train teachers of participating classes to the **principles of proper nutrition**, providing tools to enter activities in educational courses
- To raise **awareness** in children **in the choice of food** with particular attention to fruits and vegetables, to the local traditions and to the seasonality of products.
- To create as a result of the activities developed in the entire path a "**shared menu**" to be adopted by the City of Turin in the 2014/15 school year
- In the 2014/2015 school year managing **the second year** of the project with the aim of monitoring the effects of the introduction of the new menu, "pass the baton" to other classes interested in this path, contributing to consolidate the training for teachers



The involvement of the classes



- 10 selected classes from 4 Schools participate among those which in the last survey presented more critical elements on their level of satisfaction as to canteen service
- Educational tours in “Cascina Falchera” and in a farm in order to acquire cultural elements as to food and knowledge of sustainable food supply chains, in the Cultural Centre on Citizenship of ITER, in the Supermarket and in the Market District to simulate a "good" expenditure and to learn about the labelling of packaged products, in a Cooking Centre together with parents to learn how to prepare the food consumed at school
- Classroom activities on nutrition education, on a good practice of a balanced "snack" to be consumed at school, to build the proposed new menus for the school canteen
- Final event of public presentation of the outcomes of the project "The menu: I did it myself!"



The involvement of schools, canteen commissions and parents



- ↘ **May 2014** [participating Schools] project presentation and introduction to the topics of nutrition education.
- ↘ **October 2014** [open to all schools] seminar on "The management of the meal: from its production to the recovery of left-overs"
- ↘ **November 2014** [open to all schools] meeting on short supply chains, on the culture of local products and on sustainable urban development
- ↘ **March 2015** [open to all schools] meeting on educational aspects related to the issues in the field of nutrition
- ↘ **May 2015** [participating Schools] presentation and discussion on the outcomes of the path realized by the Classes
- ↘ **June 2015** [participating Schools] event for the return to school communities of the participatory process and to disseminate the results of the activities to all classes



“Community School Garden” Educational Urban Gardens



Community School Garden, the main objectives

“good, clean, fair”

- The educational garden as a microcosm for food and environmental education towards new and more sensitive lifestyles as to the reduction of the environmental impact on cities
- Small consumers involved as co-producers and citizens aware of their own food choices
- To develop awareness that food is a cultural fact, whose meaning transcends the nutritional aspect
- To acquire principles of ecological horticulture and agro-housing at school
- To encourage the direct consumption of products grown in educational gardens



Community School Garden promoters

- The City of Turin and ITER with the Sustainable City Laboratory, Falchera Farm, the Catering Service, Environmental Education Office for Green Service Management
- In collaboration with **Slow Food Italy** and **Slow Food Turin City Convivium**

The recipients

- **Students and Teachers** of primary and secondary pre-schools levels
- **Parents** and **school communities**
- **Citizens** as volunteers (urban gardeners)



Community School Garden 64 participating schools

- Establishment of a **urban network** of educational gardens with the involvement of **schools** and **Circumscriptions**
- **64** schools: **18** pre-schools, **36** primary schools, **9** 1st level secondary school , **1** 2nd level secondary school
- The geographical distribution: **C1** 1 / **C2** 3/ **C3** 13 / **C4** 5/ **C6** 13 / **C7** 3/ **C8** 13 / **C9** 5
- **20** participating schools: **13** pre-schools **teachers**, **15** primary school teachers and **4** 1st level secondary teachers



Community School Garden

The Structure of the project

- In the context of the "Growing Up in the Cities" **training** activities for teachers and **practical activities** for the classes located in Falchera Farm
- Participation in the social network **Grow the Planet**
- Support the **Sustainable City Laboratory** and **Slow Food** for the planting or the care of their own garden
- The possibility of purchasing certified materials and equipment distributed by suppliers at **agreed prices**
- Identification of some reference **Urban Poles** to provide assistance to schools
- Looking for volunteers as "**urban gardeners**" to support the care and the management of the Gardens within Schools
- A school year-end event in Falchera Farm



Community School Garden

The Programme

- A public invitation to Trade Associations for the supply of arranged materials to schools
- Sending the authorization request to the Schools for the enrollment in the **Grow the Planet** network identifying the referring teacher
- Sending on the model provided by the **Sustainable City Laboratory** the existing or planned card of the garden
- Publication on the LabCS website of a **booklet relating to educational garden**
- For the Schools participating in Grow the Planet opportunity to request technical assistance to the **Sustainable City Laboratory**





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