



Generation S ESPOSENDE

FOOD SUSTAINABILITY PROGRAMME

Summary

Educating for sustainability is about fostering a change in attitudes and behaviours in the face of today's global challenges. This will prepare people who are more capable of exercising a conscious, dynamic and informed citizenship in the face of the future challenges. In this context, and fully integrated with emerging environmental concerns, the city of Esposende recognises that health and the promotion of well-being must occupy a central place in the policies of territories and communities, as they translate into prevalent factors for their sustainable development. Without healthy people, development is limited.

Generation S follows the **principles of the Educating City**, calling on a wide network of partners to intervene according to a participatory, integrated and inclusive strategy, and involving different agents from the community with a common concern: to contribute to the educational promotion of new generations, acting in a preventive and constructive way.

Taking a holistic and transdisciplinary perspective, the project effectively contributes to the implementation of a series of key subjects at all levels and school cycles, such as **health, sustainable development or environmental education**,

as it's based on knowledge, values, attitudes and behaviours that children and young people should reveal throughout their schooling, on issues that involve the relationship between food/nutrition and health, but also on relationships between sociocultural and individual or collective factors.

City: Esposende
Country: Portugal
Inhabitants: 35,358

Topics:
Environment,
food,
sustainability

Context

The city of Esposende, composed of nine parishes or wards, is located in the north of Portugal, in the region of Minho. It belongs to the district of Braga and is the only one with coastal territory. It has a population of about 35,000 inhabitants. Its territory extends over an area of about 95 km², crossed by the Cávado River to the south and the Neiva River to the north.

The schools directly involved in the project are early childhood centres for boys and girls from 3 to 6 years old, and the first cycle of primary schools for children from 6 to 10 years old. The city of Esposende has **twenty-three schools in the levels mentioned above, educating about 1,700 children.**



Goals

- To promote healthy and environmentally friendly food choices;
- To create synergies capable of promoting the consumption of local and seasonal products;
- To contribute to a collaborative economy and sustainable consumption;
- To reduce food waste;
- To raise awareness about the life cycle concept;
- To integrate food sustainability issues into school curricula;
- To raise awareness about food sustainability, the ecological footprint and the circular economy.

Methodology

The project has four main axes:

1) Sustainable School

Canteens: strategies based on food sustainability have the merit of creating long-term eating habits and putting food choices in the hands of consumers.

2) **ReEduca:** educational activities that ensure awareness of education in food sustainability.

3) **ECOalimenta:** strategy to fight against food waste, as well as reduction, reuse, recovery and recycling in the food field.

4) **AgroKids:** development of school gardens for the cultivation of local products.

Generation S aims to raise awareness about how we produce and consume, as these practices add to many of today's environmental problems, such as climate change, pollution, depletion of natural resources, and loss of biodiversity. Quality of life depends on our ability to live within the limits of the available resources, so Generation S seeks to encourage the consumption of local products in the city, especially vegetables and fish.



Evaluation

The food sustainability programme is an innovative response to the environmental challenges identified, based on the principles of circular economy, decarbonisation and sustainability.

STRENGTHS:

- Monitoring of the city's school canteen network in terms of food quality and safety;
- Food education actions;

- Commitment of the council and Esposende Ambiente to the project;
- Technical team with lots of knowledge, experience and motivation;
- Involvement of local authorities;
- Strategies defined at the level of municipal policies in the field of health and the environment

OPPORTUNITIES:

- Growing concern about food and environmental problems associated with sustainable development;
- Revitalisation of the local economy based on circularity and sustainability standards;
- Legal system and strategic documents on a national level;
- Possibilities for partnerships and funding projects in the context of balanced nutrition and sustainability.

Future proposals

For the future, the Esposende City Council intend to continue the development of programmes, projects and actions that promote healthy and sustainable eating and to the promotion of a true circular economy, contributing to the health of children and young people and to the sustainability of the community in its environmental, social, and economic aspects.



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