



"Educating youth towards sustainable, healthy and equitable food systems"



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The **EDU4Food** project aims to educate young people about sustainable food systems, promote healthy eating, and foster youth employment in the food industry. It seeks to inspire consumption change through interactive tools for youth workers, connect young people with local stakeholders, and disseminate project results.

Target Groups

- Young people aged from 18-30, especially disadvantaged youth
- Youth workers, youth mentors and educational providers

Objectives

- educate young people about the Farm-to-Fork strategy
- develop interactive tools and activities for youth workers to inspire consumption change and to promote sustainable, healthy and affordable food
- encourage healthy eating by highlighting the linkage of nutrition to health and by promoting the nutritional benefits of locally sourced, fresh, and seasonal produce
- foster youth employment and entrepreneurship by inspiring youth to explore opportunities in the agriculture and food industry
- connect young people with local farmers, food producers, and community organizations
- disseminate the results and lessons learnt from the project

EDU4Food Results



Training Package including educational modules on the Farm to Fork strategy, case studies, career opportunities, sustainable recipes and cooking videos, quizzes, game and Activity guide



Interactive Space providing access to the project's material in an interactive format including an e-learning system, resources repository and Piloting sessions



Local Initiatives on food education including workshops, expos and farm visits



Kick Off Meeting in Copenhagen

Where are we now?

After a very successful Kick off Meeting in April, hosted by Crossing Borders, the project coordinator, and two productive Online Sessions, our team is currently hard at work developing the Training Kit content. We're excited to announce that the Training Kit will be ready by the end of the year!

The project's website is already available in five languages -English, Danish, Greek, French and Polish.

Stay tuned for more updates on our social media platforms as we continue to make progress!



Follow us for more!

