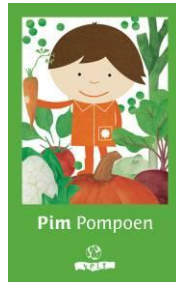


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Educational assistants

Velt (an organization for ecological living and gardening)

An organic story at school?

Experiences of 5 years of educational work on the topic of ecological food.



This book tells you the story of 5 years of education on the topic of organic and ecological food. The first chapter tells about a project for secondary schools. This project contains a folder for teachers and a website. In the second chapter you'll find a project for primary schools. In collaboration with a provincial government Velt challenged the schools to a lot of funny missions concerning ecological food. The book presents the results and experiences of 5 years 'Bio met Klasse'.

Emmanuel Legrand



Director-assistant at the CRIE of Mariemont
Regional center of Environmental's initiation (CRIE) of Mariemont



Sustainable food, also a major program for EE ?

From a few activities about vegetables to a complete set of 16 holiday's sessions about sustainable food (July and august of 2010). And maybe, to a complete program to the use of school for 5 years?

In our center we have notice that the theme of "sustainable food" seems to be more attractive now than 10 years before. Maybe does the public begin to be bored about waste, nature, water, pollution and other "classical" themes of EE ?

This last holiday sessions were the most frequented of ever. Maybe it can be explains by the fact that sustainable food talk us also about our own health, about our every day action of eating, and maybe, by the fact that television does now speaks a lot about this question...

But, actually, with the use of the seemingly "simple" concept of "**time**", Education about sustainable food is powerful way to touch a lot of environmental questions. "Time" helps us to decline the theme in different directions:

- Understanding the before, the now and the after of what we eat in our plate.

The "before" permit to discover aspects like agriculture of now and before, bio-agriculture, GMO, pesticide/ pollution, transport, CO₂, climate changes, "grey energy", fear trade, the change of taste due to agro alimentary industry and the publicity, animal protection, the societal organization between town and countryside

The "now" permit to speak about: energy (cooking,...), water, home made production, taste, the different food culture in the world, ratio of meat and vegetables, the health and disease behind the act of eating, the food pyramid, ...

The "after" help us to work about, compost, waste, way of preservation (aluminum paper,...), wasting,

- One week, sufficient time to take responsibilities in matter of food:

All the week is devolved to experiment the above questions. Children's had to prepare food for their own consumption, e.g. bread, from the beginning (the seeds, to change in flour, with our machine), to cook it the Baker's oven! passing through our kitchen to mold it ! The same occurs, in the limitation of the possibilities of children, with, yogurt, cheese, meat, vegetables, rice,... Helped by the presence in our center of a kitchen garden and a little animal's breeding section.

- Changes of behavior need time, time that permit to approach environmental question with different way: listening is not enough to change... you have to: read, see, think, discuss, explore in order to analyze, to compare, and act in the session! and, of course, try it your-self, that can

change an attitude... and, all this, means : put in real situation, technical and pedagogical material...

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Project coordinator in
Education for Sustainable Development
Robert Schuman Institut – Eupen (Belgium)

Eat healthy without chewing the planet

How to implement a sustainable food offer in
school?



The book tells the exciting adventure of a school who decided one day to render its education for sustainable development more coherent by improving its food offer. From small gestures to major changes, many challenges have been faced before reaching the goal. Today, much has been accomplished : the school's restaurant proposes a balanced and healthy diet with 60-70% of organic ingredients and a vegetarian meal one day per week; the soda and snack vending machines have been replaced by a (organic or fair trade) fruit distributor; during the breaks, a wide range of healthy, ecological and solidary snacks is offered; in order to reduce waste, all the "disposable" packages and tableware have been replaced by "reusable" ; healthy breakfasts are organized by the sports teachers; an exhibition on SD has been elaborated by first degree students; a calendar of seasonal vegetables and fruits has been produced by arts students....

Discover all this and many more possible approaches on the way to a sustainable school with this book.

Marlies Regelink marlies.regelink@wur.nl



Project leader of Smaaklessen
Wageningen University

How to teach children about Food and Nutrition?

Smaaklessen, the educational program about food and taste for primary schools in the Netherlands.



The book speaks about the successful program Smaaklessen (taste lessons). Smaaklessen contains of practical lessons in which taste is the main aspect. The book contains pictures of children who perform experiments and become aware of their taste preferences. The children get more interested in food and aspects that are linked to food. In this way their knowledge on food will increase, as well as their consciousness.

Read the book and taste!, smell!, touch! see, and hear! yourself!

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Education Campaigner
EVA vzw (Ethical Vegetarian Alternative)

Donderdag Veggiedag – Thursday Veggie Day

About a successful campaign addressing meat moderation for environmental and health reasons.



In 2008, the organization EVA launched the campaign Donderdag Veggiedag (Thursday Veggie Day, it does sound better in Dutch) encouraging the general public to adopt one veggie day per week. Why? Because eating more veggie food is good for the environment, your own health, for the animals, and even for people in developing countries (less meat means more food for people). Above all, eating a vegetarian meal can be a really tasty thing to do! The Donderdag Veggiedag campaign got picked up by the city of Ghent and from there on things got rolling. Several restaurants, 35 city schools and 40 kindergartens, as well as the cafeterias for the city's employees joined the campaign. After an initial kickoff event, the campaign got huge press coverage internationally. Moreover, the idea

inspired other cities like Sao Paulo, Cape Town or Bremen joining in. This book explains what Donderdag Veggiedag means and focuses on the successes in schools in Ghent and beyond.

Rob Renaerts rob@coduco.be



Coordinator Rabad

Réseau des acteurs Bruxellois pour une alimentation durable.

30 organisations, 30 visions of sustainable food.

Creative solutions for working together



The Rabad (Réseau des acteurs Bruxellois pour une alimentation durable) is an organisation with over twenty organisations active in Brussels on sustainable food consumption and production. Among the members are organic farmers, NGO's working on different topics such as health, fair trade, environment, collective city gardens, a fair trade shop, organic restaurants and catering services, social economy enterprises, organisations for the poor, educational farms...

The variety of activities of the members is enormous and a creative pool of ideas to change our current food system. But because of the different backgrounds of the members it is not always easy to create common project and visions on sustainable food.

This book describes the first three years of the Rabad with its happy moments and occasional problems. Part two will be published in the following years, but at the end of first book, the athor gives us a good idea of the bright future of the Rabad.

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Programme manager

Stichting Urgenda, Netherlands society for sustainable action and innovation

40 days of sustainable eating

A challenging search for what to eat, where to go
and if it's possible at all.



The Book speaks about a new way of campaigning on sustainability by not trying to reach the public by sending a message, but by setting an example. Sandra van Kampen just started herself by practicing what she preaches and being honest about her goals, successes and failures.. The Book also handles with issues as “How far can you get inspiring people by using only the social

media"? And "how can you start small and showing people the possibilities of sustainable living instead of frightening them guilt and dreadful visions?".