

FOODCARE Ambassadors

What have we learnt?



Weronika Wasela, POLAND

During my internship in Mallorca, I discovered how powerful the idea of Zero km food really is. Choosing local products not only supports farmers but also protects the environment by reducing transport emissions. Food isn't just what we eat—it's a tool for change.



Klara Kaczmarczyk, POLAND

Through the Foodcare training, I learned how closely our food system is connected to ecology. I now understand how my daily choices affect forests, water, and the climate—and how small changes in my habits can really make a difference. This knowledge motivates me to inspire others to think more sustainably about what's on their plates



Alise Vibane Sroma, LATVIA

Through the FoodCare didactic materials, I learned how small choices can create a big impact. Understanding food labels, avoiding waste, and choosing seasonal products are simple steps that make our meals healthier and more sustainable. These tools showed me that food education is not just about cooking this is about respecting nature and caring for our future.



Itziar Etxeberria Ramos, SPAIN

I discovered how important it is to choose local products. Supporting farmers not only strengthens communities but also helps protect the environment by reducing transport emissions. Thanks to the FoodCare project, I've also learned the benefits of choosing seasonal fresh food, nutritious, and better for the planet. Food isn't just what we eat, it's a tool for change.



Martina Miceli, ITALY

I have learned that choosing local and seasonal food is not only healthier but also more sustainable. By eating 0 km food, I can support small farmers, reduce pollution from transportation, and enjoy fresher products. It has also taught me the importance of protecting biodiversity and cultural traditions while making choices that benefit both the environment and the local economy.



Cristina Sánchez Campos, SPAIN

Thanks to the FoodCare project, I realized that food is much more than nutrition- It is a responsibility. Choosing seasonal and local products helps to reduce waste, protect natural resources, and promote fairer economies. I've learned that small daily actions can create a positive impact on both the environment and society. This experience has shown me that sustainability starts with the simple choices we make every day.



Tine Batista, SLOVENIA

I have learned that a balanced and varied diet is essential for maintaining good health and overall well-being. By choosing whole foods rich in vitamins, minerals, and fiber, I can support my body's daily functions and help prevent chronic diseases. Nutrition has taught me the importance of listening to my body, and understanding how different foods affect me. I have also realized that our relationship with food is an important part of a healthy lifestyle – that eating is not just a physical need.



Emili Šibelja, SLOVENIA

I learned that our food choices have a big impact on the environment. Meat, especially beef, requires much more land, water, and energy than plant-based foods. Livestock farming produces a lot of greenhouse gases, and agriculture can also cause deforestation and loss of biodiversity. By eating more sustainably, we protect nature and support local economies.

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Laura Rutar, SLOVENIA

Traditional Mallorcan food preserves culture, supports the local economy, builds community, protects biodiversity, and keeps history alive. I've learned to value and support Mallorcan traditions through food by cooking local dishes, buying from local markets, and choosing traditional restaurants—helping preserve culture, support the economy, and promote sustainability.



Nuša Poropat, SLOVENIA

I learned that Zero Waste is about reducing trash by reusing, recycling, and composting food instead of throwing away. This approach helps protect nature, and reduce pollution. It also supports the economy by saving money. I discovered that even small daily actions can have a big positive impact on the planet and our communities.



Edonit Qoti, SLOVENIA

I learned that social entrepreneurship in a circular economy in Mallorca is all about creating businesses that solve social and environmental challenges while keeping resources in use for as long as possible. These ventures focus on reducing food waste, reusing materials, and regenerating natural systems—such as upcycling local crafts, repairing traditional textiles, or turning food scraps into compost. It also focuses on reducing food waste and for example buy less food if you think that you won't eat all.



Nik Marinšek, SLOVENIA

I learned that veganism is about choosing not to eat or use animal products in order to protect animals, the environment, and our health. This lifestyle helps reduce animal suffering, lower greenhouse gas emissions, and conserve natural resources like water and land. Veganism also supports a more sustainable food system by using fewer resources and reducing pollution.