

# FOODCARE Newsletter

ISSUE 1 - FEBRUARY 2024



## A SHORT INTRODUCTION TO THE PROJECT

### FOODCARE - Mindful nutritional behaviour and positive culinary trends for life, work and planet improvement

FoodCare is an Erasmus project addressed to youngsters aged 15+.

The project encourages them to adopt new culinary trends and healthy lifestyles as a concrete response to climate challenges.

FoodCare leverages social media to engage them, inspiring them to become “Change Agents” for active citizenship.

Relevant content is launched online to capture youngsters' attention and direct them to the FoodCare website, where they can find "Didactic Materials" to deepen their knowledge and learn new skills.



**To know more about the project?  
Visit our Webpage and Social Media**



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## MAIN GOALS OF THE PROJECT

The main objectives we want to achieve with FoodCare are to:

- raise awareness about ways that contribute to reacting to environmental and climate change challenges
- show innovative practices to prepare learners, staff, and youth workers to become true agents of change implementing behavioral change by culinary adaptation towards environmentally friendly food and measures that also help avoid food waste
- encourage healthy lifestyle and well-being
- promote entrepreneurship, creative learning, and social entrepreneurship
- improve 21st-century life skills
- understand cultural identity by engaging in intercultural dialogue on culinary heritage and food trends.



## THE PROJECT PARTNERS



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## WHAT WE HAVE DONE SO FAR WITH FOODCARE

**We are excited to share the progress of the FoodCare project.**

To date, we have developed a comprehensive Learning Concept document that serves as the foundation for our initiative.

This document applies micro-credentials to non-formal and informal learning settings, focusing on new culinary trends, eco-friendly foods, and measures to reduce food waste.

Our goal is to educate and empower young people to adopt healthier and more sustainable dietary habits.

The Learning Concept also includes detailed nutritional recommendations for youngsters in Italy and Spain, along with insights into their current food behaviors and social media usage.



**This foundational work is essential for guiding the next phases of FOODCARE project and ensuring impactful outcomes.**



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