

FOODCARE Newsletter

ISSUE 2 - FEBRUARY 2025



THE METHODOLOGY

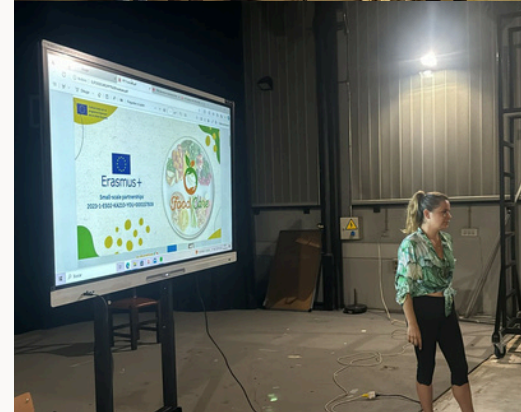
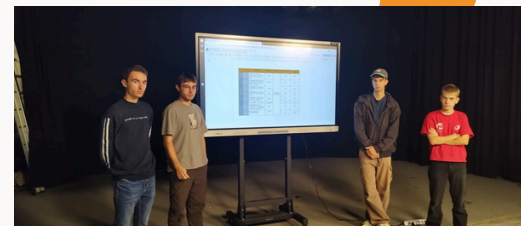
FOODCARE - Mindful nutritional behaviour and positive culinary trends for life, work and planet improvement

Education In Progress and The Convent Centre have realized and tested the methodology with around 8 youngsters. In Spain the youngsters of 24 were actively involved.

The project had a great impact and encourages them to adopt new culinary trends and healthy lifestyles, thanks to the Didactic Materials that you can find on FoodCare website. Our youngsters had the opportunity to deepen their knowledge and learn new skills.

Therefore, after the Pilot Test experience, some of them declared: “Thanks to Foodcare, I learned to separate waste and consume fewer products from big brands that use a lot of plastic and unnecessary packaging. I reuse glass containers and also shop more at local markets, where products come without unnecessary packaging.”

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



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THE PILOT PROJECT

To follow our example by replicating the FoodCare experience, educators can find guidelines and tools by reading the [Methodology](#), that you can find on the project website.

What is also useful and motivating, is the use of the YOUTHPASS, where the competences acquired by the youngsters can be displayed, giving to FoodCare methodology even more visibility and recognition.

Next step is to engage our youngsters to become “Change Agents” for active citizenship, and to invite other youngsters to follow our Social Media, and other educators to use FoodCare methodology to positively impact their youth.

PROJECT PARTNERS



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