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Small-scale partnership
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*Mindful nutritional behavior and positive culinary
trends for life, work and planet improvement*



e-education
in progress 



Convent Centre



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Food Care *What is?*

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

Foodcare invite them to adopt new culinary trends and healthy life-styles as a concrete change for climate challenges.

Foodcare uses Social Media to reach them and to invite them to become “Change Agents” for an active citizenship. That means, relevant contents are launched online and addressed to catch youngsters’ attention, and to invite them to know more by visiting Foodcare Website, where they can find “Didactic Materials” to know more about the topic and learn new things.



Food Care Purposes



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To encourage healthy life-style and cultural identity

by promoting nutritional trends that respects local biodiversity.



To raise awareness about behavioral nutritional change

towards environmental-friendly food.



To engage youngsters and youth workers

to become changing agents for an active citizenship.



To promote social entrepreneurship in a circular economy

that refers to food along its value chain addressed to the EU Green Deal initiatives.



Food Care **Methodology**



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FOODCARE Methodology is based digital contents creation withh two different, but inteconnected roles:

1) Videos to publish on Instagram and TikTok to catch the youngsters' attention. Using Social Media in a strategic way useful to reach & enage the target group, who are invited to know more through.....

2) Bitesize Didactic Materials download from the Foodcare Website. This material is addressed to know more about the topic and learn new things.



Food Care

List of Contents



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FOODCARE project partners have selected the following topics to create the Didactic Material:

Ecology (basic and relevant concepts)	Seasonal
Nutrition (basic and relevant concepts)	Traditional food to support the Cultural Heritage
Vegetarianism	ZERO Km Food for a more responsible consumption
Veganism	ZERO Waste for a more environmental friendly attitude
KETO Diet	Social Entrepreneurship in a circular economy

Embassadors



Food Care



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