Case study: Barcelona World Sustainable Food Capital

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This Project is funded by the European Union

Policy Framework:

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The Milan Urban Food Pact:

In October 2015, 210 cities* all over the world, including Barcelona, signed the **Milan Urban Food Policy Pact**.

This is an international treaty in which 210 cities express their commitment to promoting **sustainable, inclusive, resilient, safe, diversified agri-food systems,** in order to guarantee accessible, healthy food for all, reduce food waste and preserve biodiversity, while mitigating the effects of the climate crisis and adapting to it.

14 Lug 2021

The Milan Urban Food Policy Pact Monitoring Framework Handbook and Resource Pack

24 Giu 2021

Global Dialogue – Empowering Cities and Local Governments to improve food systems globally

https://www.milanurbanfoodpolicypact.org/the-milan-pact/

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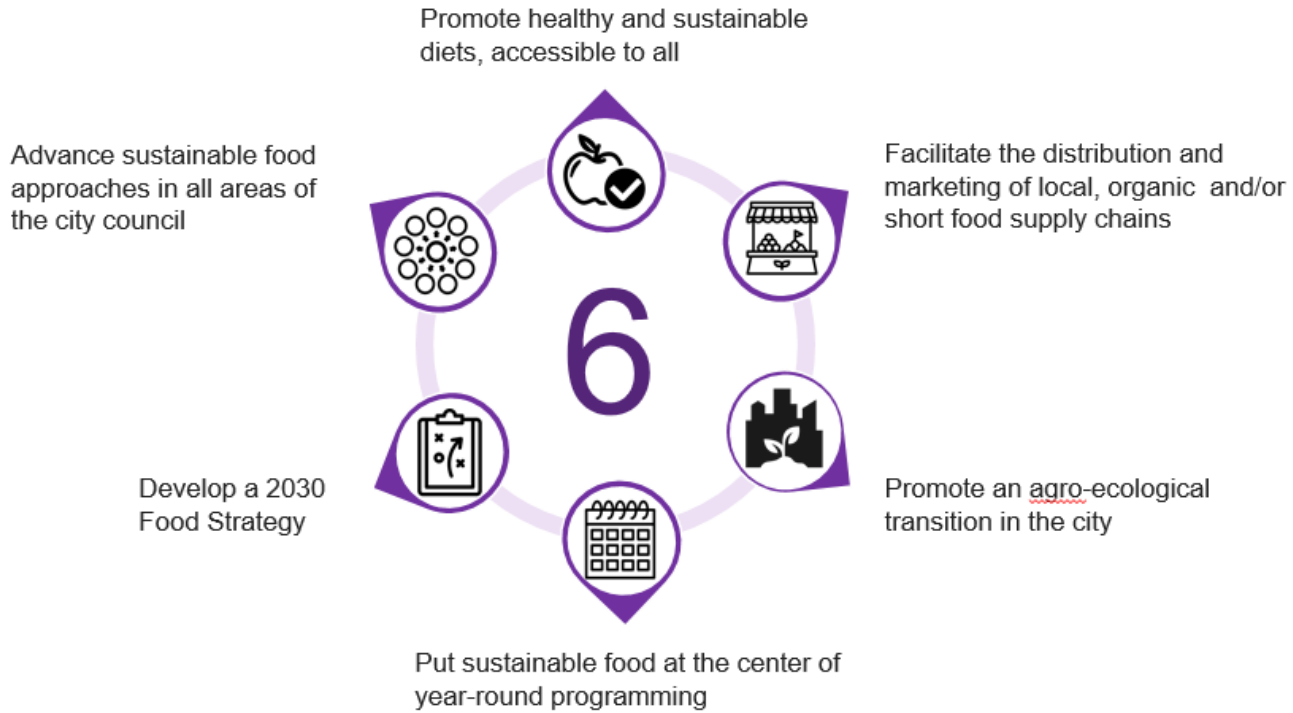
UNFOLD URBAN SUSTAINABLE FOOD POLICIES AND PROJECTS IN BARCELONA

Barcelona's year as the World Sustainable Food Capital in 2021 is therefore a catalyst for a **food transition towards sustainability that strengthens local economies and improves the health of both people and the planet.**



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https://alimentaciosostenible.barcelona/en

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Climate change/protecting the planet

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Promote healthier, more sustainable diets, and make them accessible to everyone.

Generate more economic opportunities for local sectors, such as local shops, municipal markets and local producers and farmers, by boosting local, organic agricultural production.

Tackle the climate emergency in the city of Barcelona while facilitating an agroecological transition, by promoting urban agriculture and protecting peri-urban spaces.

Generate resilience against global risks and social inequalities.

Generate more economic opportunities
Strengthening local economies

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- Connecting producers and consumers
- Promoting local Markets, sustainable restaurants and small scale retailers
- Funding projects: **Grants for sustainable food projects**
- Providing technical advise to entreupreuners
- **Sustainable public procurement**

Promote healthier more sustainable diets accessible to all

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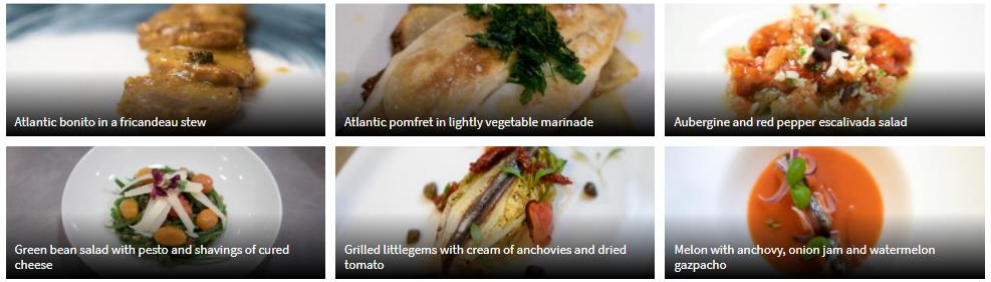
- Community kitchens to guarantee the right to healthy food
- Seasonal menus with recipes

Summer recipes

Here are some recipes, created by the CETT, HTSI and ESHOB gastronomy schools, so you can put into practice what you have learned about these products!



- Tips for individuals:

What can people do to incorporate sustainable food into their everyday lives?

PRACTISE RESPONSIBLE CONSUMPTION | ADOPT HEALTHY HABITS | REDUCE WASTE

- Tips for organisations:

What can these organisations do to incorporate sustainable food into their everyday operations?

TRAIN AND INFORM | ADOPT SUSTAINABLE HABITS | ORGANISATIONS AS LEADERS IN SUSTAINABLE FOOD | REDUCE WASTE

https://alimentaciosostenible.barcelona/ca/enfortim-les-economies-locals/el-menu-de-les-estacions

Educational campaigns: at schools

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1. School menus +healthier +sustainable
2. Now, here, the schools
3. Tips for schools

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1. +healthier+sustainable school menu

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MENJADORS escolars
+sans +sostenibles

Materials i assessorament

MENJADORS escolars
+sans +sostenibles

Proteïna vegetal

Què és la Proteïna?

Són els nutrients que més funcions compleixen en el nostre organisme. Ajuden a formar els teixits, els enzims, les hormones, els anticossos i alguns neurotransmissors. A més, transporten vitamines i ens defensen d'organismes invasors que ens poden fer emmalaltir.

Proteïna Vegetal

Proteïna Animal

Mites sobre la Proteïna Vegetal

MITS

Les proteïnes d'origen vegetal no aporten suficient energia als infants.

La proteïna animal és de major qualitat, la completa.

La disminució de proteïna animal i l'augment de proteïna vegetal causarà desnutrició als infants.

REALITAT

La proteïna vegetal és equiparable a la proteïna animal a l'hora d'aportar energia.

Hi ha aliments vegetals si que són proteïnes completes. Es poden menjar al llarg del dia i aconseguir una proteïna completa.

És totalment fals aquesta afirmació, ja que la proteïna vegetal també conté més nutrients que són molt bons per l'organisme.

Salut i Sostenibilitat

El 34% dels centres consumeixen carn vermella i/o processada 2 o més cops/setmana.

El 90% de les escoles no ofereix setmanalment cap proteic vegetal com a segon plat.

Les dietes calòriques amb excés de proteïna animal, grassos saturats i productes ensucrats i ultra-processats, juntament amb un estil de vida sedentari, tenen efectes negatius per a la salut i incrementa el risc de patir malalties cardiovasculars, diabetis o càncer, entre d'altres.

Amb la reducció de la proteïna animal dels menús escolars a tres dies per setmana respecte a la seva presència actual s'aconseguiria una reducció del 23% en les emissions de gasos d'efecte hivernacle.

Beneficis

Rica en Nutrients

- Els aliments que contenen proteïna vegetal, com les llegums, contenen minerals com el calcil, ferro, magnesi, selení i vitamines del grup B i l'Rics en fibra, important pel trànsit intestinal.

Econòmica

- 1 kg de llegums és molt més econòmic que 1kg de vedella.

Sostenible pel Medi Ambient

- L'augment de proteïna vegetal redueix les emissions de dióxid de carbonis.

Freqüència de Consum d'Aliments

Com augmentar el consum?

- Que els plats siguin vistosos, gustosos i atractius: molts colors, textures.
- Barrejar aquells aliments que no són ben acceptats amb els preferits.
- Variar la presentació i tècnica culinària dels plats: anar més enllà de la cullera: taronja de llentles, falàfels, canelons amb farcit vegetal.
- Acostumar al paladar poc a poc: servir petites quantitats d'aquells aliments menys acceptats al principi, i anar augmentant la mida de les racions progressivament.

2. “now, here, the schools”

Iniciativa “Ara, aquí, les escoles”: acció educativa artística vinculada a l’any de la Capital Mundial de l’Alimentació Sostenible.

3. TIPS FOR SCHOOLS

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What can schools do to incorporate sustainable food into their everyday schedule?

SHARE INFORMATION | ADOPT HEALTHY HABITS | CREATE SUSTAINABLE MENUS | REDUCE WASTE

Share information

- Get to know the kitchen
- Get to know the food process
- Get to know the options
- Get to know products

Adopt healthy habits

- Teach about sustainable food
- Grow a garden
- Organise family activities

Create sustainable menus

- Take into account non-financial criteria when organising food
- Offer healthy food for everyone
- Prioritise local, eco-friendly products and businesses

Reduce waste

- Reduce organic waste
- Reduce plastic waste

https://alimentaciosostenible.barcelona/en/tips-schools

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Communication Campaigns

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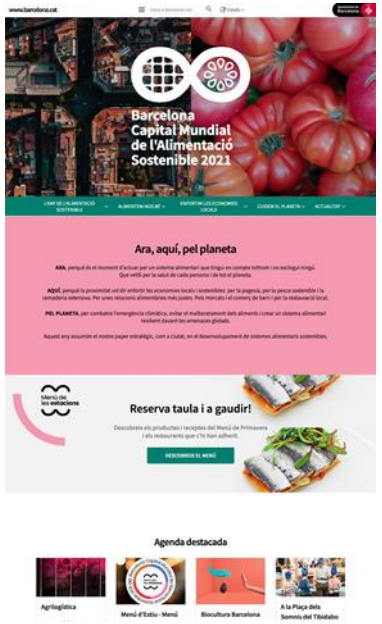
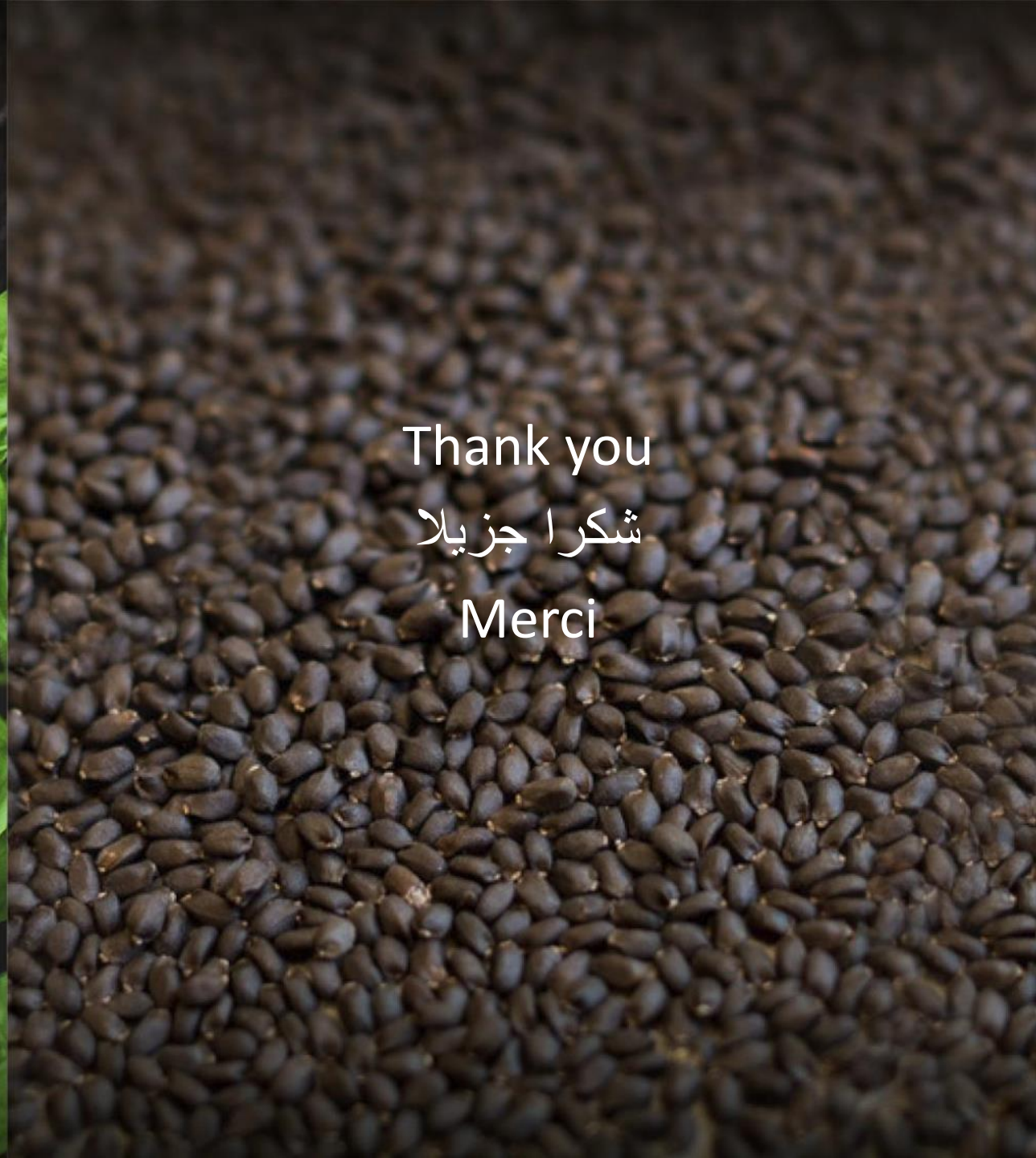
Campaigns in the city

Campaigns Online



Campaigns Offline

Campaigns on social media: Instagram, facebook and twitter



Thank you

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Merci

Further enquiries:

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