

PORTUGAL

Municipality of Torres Vedras

Vice Mayor, Laura Rodrigues

PROJECT (SFSP)

Sustainable School Food Program

Healthy and Sustainable Food Systems





SUSTAINABLE SCHOOL FOOD PROGRAM

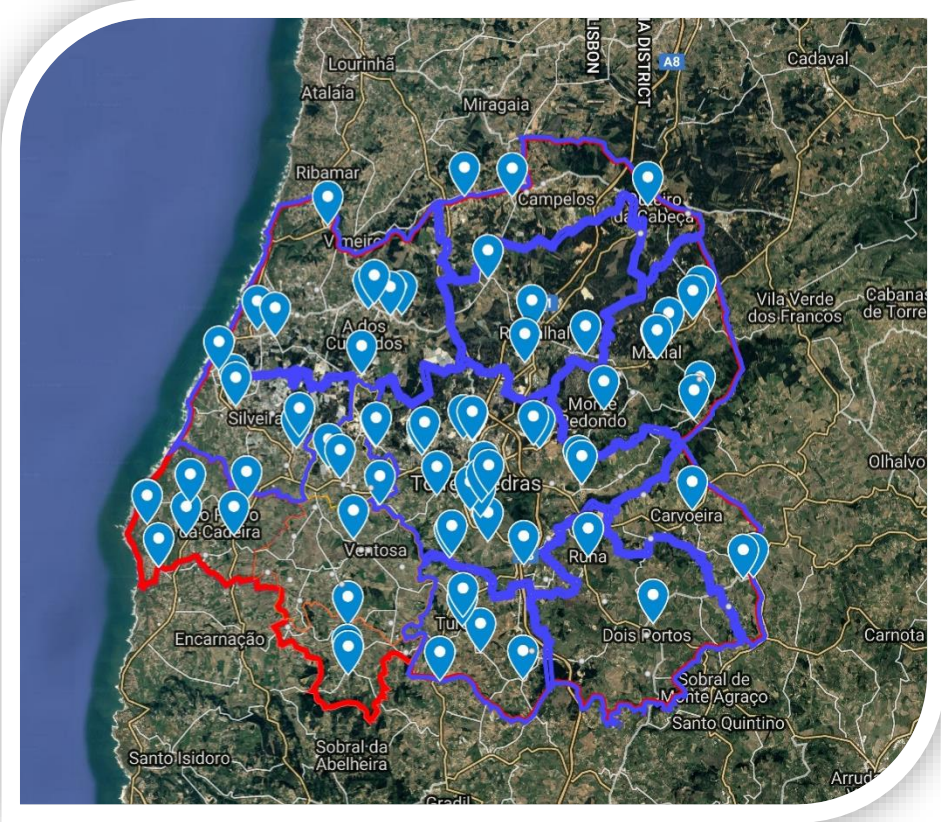
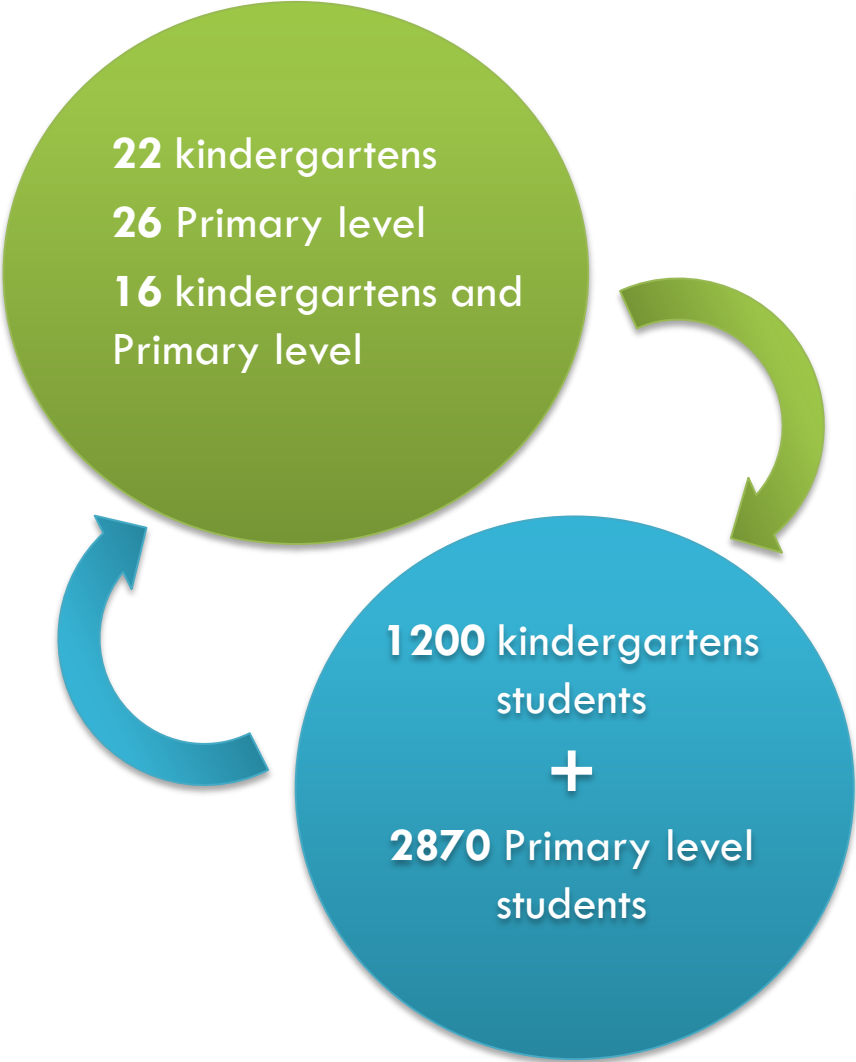
Beginning of the Program: 2014

Integrated strategy that promotes local economy, environmental sustainability and quality in school feeding.

PSAE
ALIMENTAÇÃO
ESCOLAR
SUSTENTÁVEL
TORRES VEDRAS



Municipality of Torres Vedras



CONTEXT OF THE INICIATIVE



TORRES VEDRAS 2015
GREEN LEAF

Strategic direction of the
municipality for an
environmental
sustainability policy

The "[European Green Leaf](#)" is a prize to cities / municipalities with populations between 50.000 (fifty thousand) and 100.000 (one hundred thousand) people and recognizing the commitment to improve environmental outcomes, with particular emphasis on efforts that generate green growth and new jobs.

STRATEGIC ALIGNMENT OF THE PROGRAM



A CITYFOOD Network initiative

STRATEGIC ALIGNMENT OF THE PROGRAM

Agenda 2030

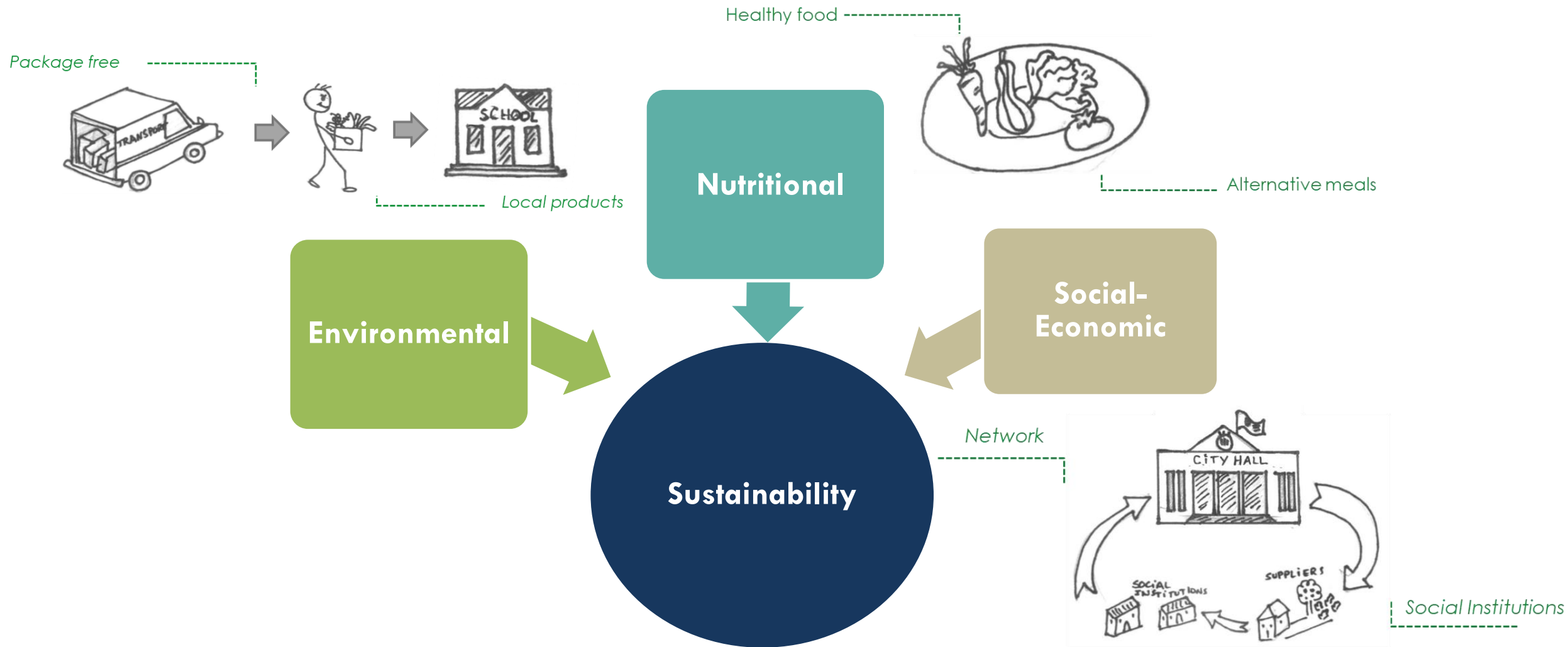


STRATEGIC ALIGNMENT OF THE PROGRAM

Agenda 2030 - THE 9 ACHIEVED GOALS



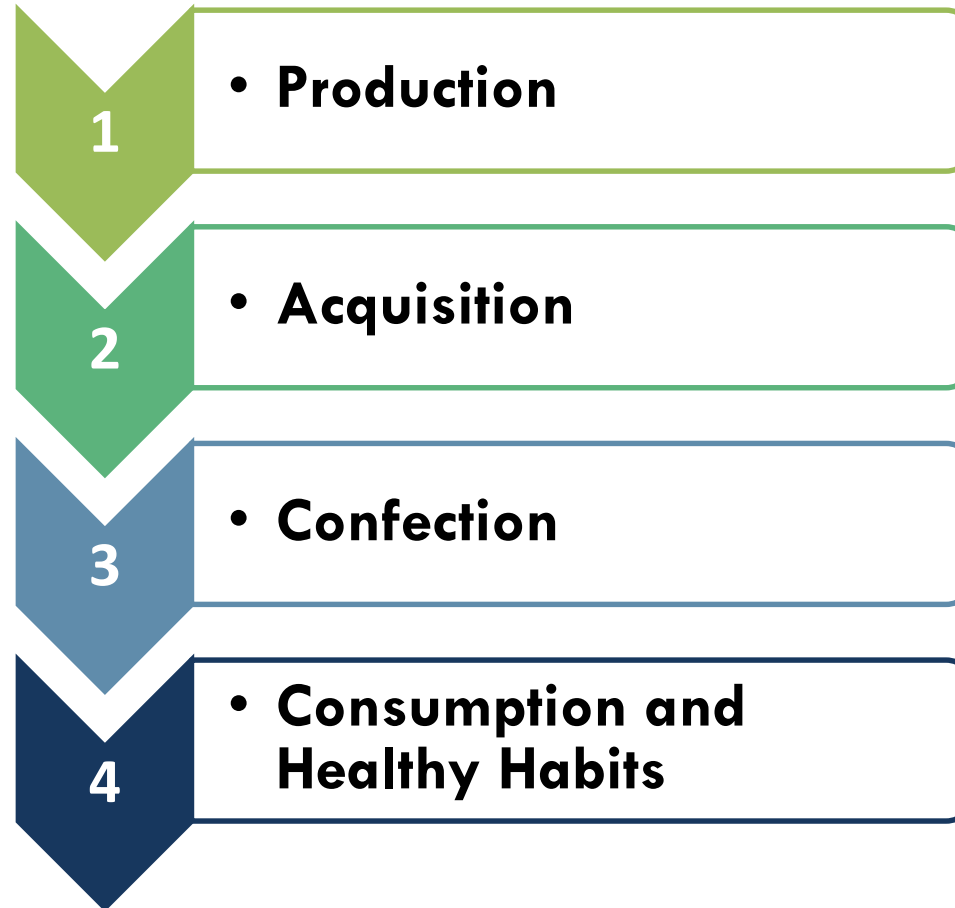
SUSTAINABILITY PRINCIPLES OF THE PROGRAM



STRATEGIC AXES



Development of a sustainable program that contemplates the 4 stages of food process for school meals





Torres Vedras
Câmara Municipal

AXIS 1

PRODUCTION





BIO SCHOOL VEGETABLE GARDEN PROGRAM

WHAT DOES IT CONSIST?

Implementation and development of pedagogical gardens, according to the principles of Organic Farming.

- The program started in 2018/2019 school year, with 8 pilot schools, with the intent to extend to other schools.
- It has the technical support of the Municipality in all phases, and the development of the gardens are a responsibility of the schools.



BIO SCHOOL VEGETABLE GARDEN PROGRAM

WHAT DOES IT PROMOTE?

Awareness actions for students and teachers:

What is Organic Farming? What are the principles? How does it develop? What is the importance for local, global and human terms?

Study visits to the organic farms of the county, with practical activities in the farms;

Knowledge of the basic techniques of agricultural production, natural cycles and identification of plants;

Consumption in school meals and/or family context.



BIO SCHOOL VEGETABLE GARDEN PROGRAM

Universe of the School Community

37 classes Kindergartens	1 300 kindergarten students
41 classes Primary level	2870 primary students
Nº of classes in the Program	37
Nº of children in the Program	815
Age group	3 – 10 years



ENVIRONMENTAL EDUCATION CENTER

The Environmental Education Center has an organic garden.

The Municipality's students are invited to help maintain this space, learning a little about the care of the plants, showing the advantages of the vegetables gardens and composting processes.





AXIS 2

ACQUISITION



LOCAL PROVIDERS



Torres Vedras
Câmara Municipal



Acquisition of products to Small and Medium Suppliers located in Torres Vedras - Circular Economy -



Small Short Chain

Promotion of direct contact between suppliers and consumers, encouragement of less intensive and environmentally sustainable cultural practices

LOCAL PROVIDERS



CAMPOTEC
Peeled
vegetables



REDUCARNES
Meat



HÁPÃO
Bread



**CONFRARIA DA
HORTA**
Fresh Fruits



TEOFRUTAS
Fresh Vegetables



GINJAGEL
Frozen fish

Minimize displacement and reduction of packaging

ORGANIC FOOD AT SCHOOL MEALS

Beginning of incorporation: March 2019

- Joint work with local organic producers started in 2018
- Demo-scale in municipal canteens and some Private Institutions of Social Solidarity partners





AXIS 3

CONFECTION



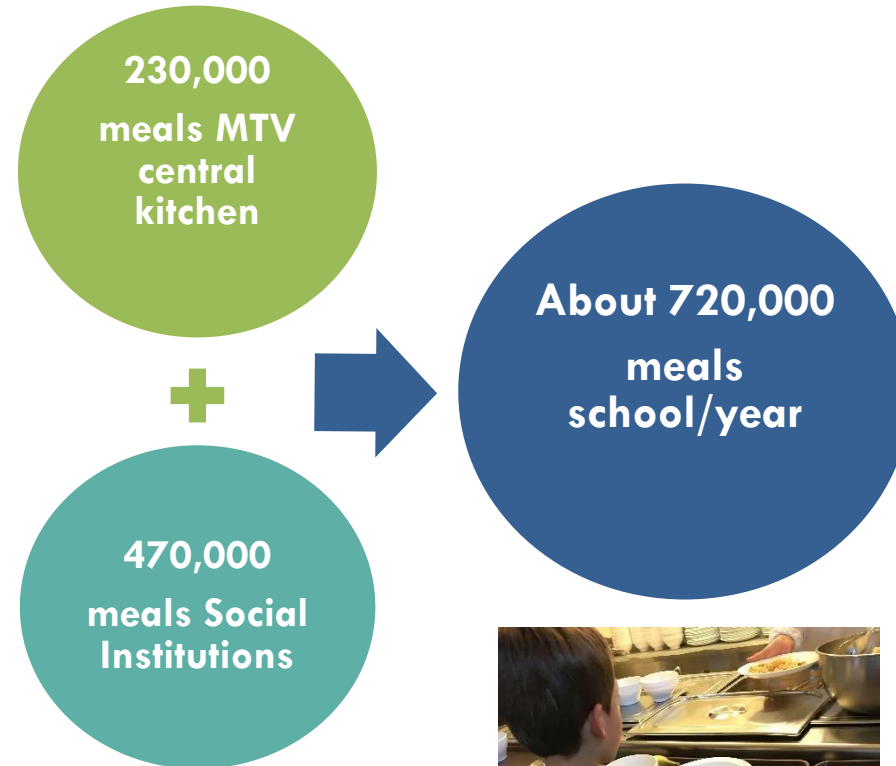
CONFECTION



Torres Vedras
Câmara Municipal

Private Institutions of Social Solidarity network, ensuring together with the central kitchen of the Municipality, the provision of school meals/day

Monetization of logistics and human resources existing in social institutions in the city





AXIS 4

CONSUMPTION AND HEALTHY EATING HABITS



HEALTHY EATING HABITS

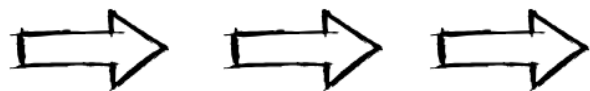
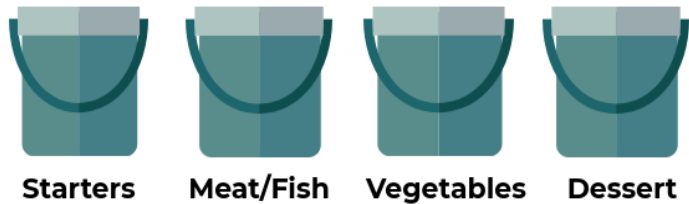


WHAT DOES IT PROMOTE?

Disclosure good eating habits and link them to health issues

Active School Program preventing and combating obesity - promotes both physical exercise in schools, such as the choice of a healthy diet.

Separation and quantification of food leftovers



Children play an active role in separating food leftovers, which are monetarized and weighed daily to adapt menus and ensure a significant reduction of food waste.

HEALTHY EATING HABITS

Disclosure good eating habits and link them to health issues



"ALMOÇA COMIGO NOS MEUS ANOS"

Lunch with me in my Birthday
Invitation to the parents to accompany their children in the school lunch, on the day of their birthday, creating the opportunity to meet the quality of school meals and approaching the family to school.



REGIME DE FRUTA ESCOLAR (RFE)

School Fruit Regime - Free distribution of fruit and vegetables to the kindergarten and primary school students, promoting the daily consumption, to be accessible to every student.



PROGRAM DISCLOSURE



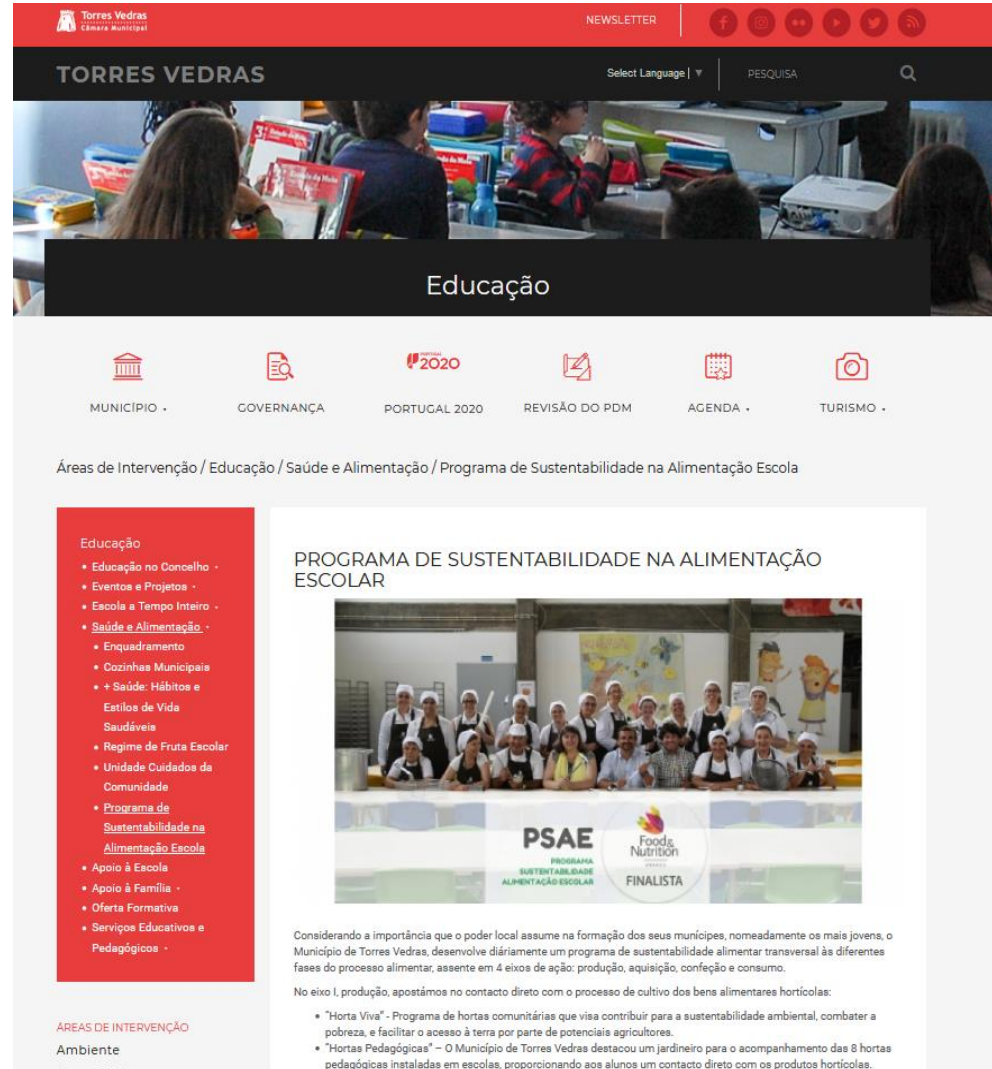
PORTAL DA EDUCAÇÃO DE TORRES VEDRAS



It is a website that aggregates useful information for all users and particularly for the educational community. In this portal you can get information about:

- News;
- Education in the County;
- Events and Projects;
- Support for the family;
- Training offer;
- Educational Services

Is a tool that is intended to be useful and promoter of communication between the municipality and citizens.



The screenshot shows the website interface for the Municipality of Torres Vedras. At the top, there is a navigation bar with the logo, a newsletter sign-up, and social media icons. Below this is a header with the text 'TORRES VEDRAS' and a search bar. The main content area features a large image of children in a classroom, with the word 'Educação' centered below it. A horizontal menu contains icons and labels for 'MUNICÍPIO', 'GOVERNANÇA', 'PORTUGAL 2020', 'REVISÃO DO PDM', 'AGENDA', and 'TURISMO'. Below the menu, there is a section titled 'Áreas de Intervenção / Educação / Saúde e Alimentação / Programa de Sustentabilidade na Alimentação Escola'. This section includes a red sidebar with a list of links under the heading 'Educação', such as 'Educação no Concelho', 'Eventos e Projetos', 'Escola a Tempo Inteiro', 'Saúde e Alimentação', 'Enquadramento', 'Cozinhas Municipais', '+ Saúde: Hábitos e Estilos de Vida Saudáveis', 'Regime de Fruta Escolar', 'Unidade Cuidados da Comunidade', 'Programa de Sustentabilidade na Alimentação Escola', 'Apoio à Escola', 'Apoio à Família', 'Oferta Formativa', and 'Serviços Educativos e Pedagógicos'. The main content area displays a featured article titled 'PROGRAMA DE SUSTENTABILIDADE NA ALIMENTAÇÃO ESCOLAR' with a photo of a group of people in a kitchen setting. The article includes the text 'PSAE PROGRAMA SUSTENTABILIDADE ALIMENTAÇÃO ESCOLAR FINALISTA' and 'Foods Nutrition'. Below the photo, there is a paragraph of text and a list of bullet points describing the program's goals and activities.

OUTCOMES

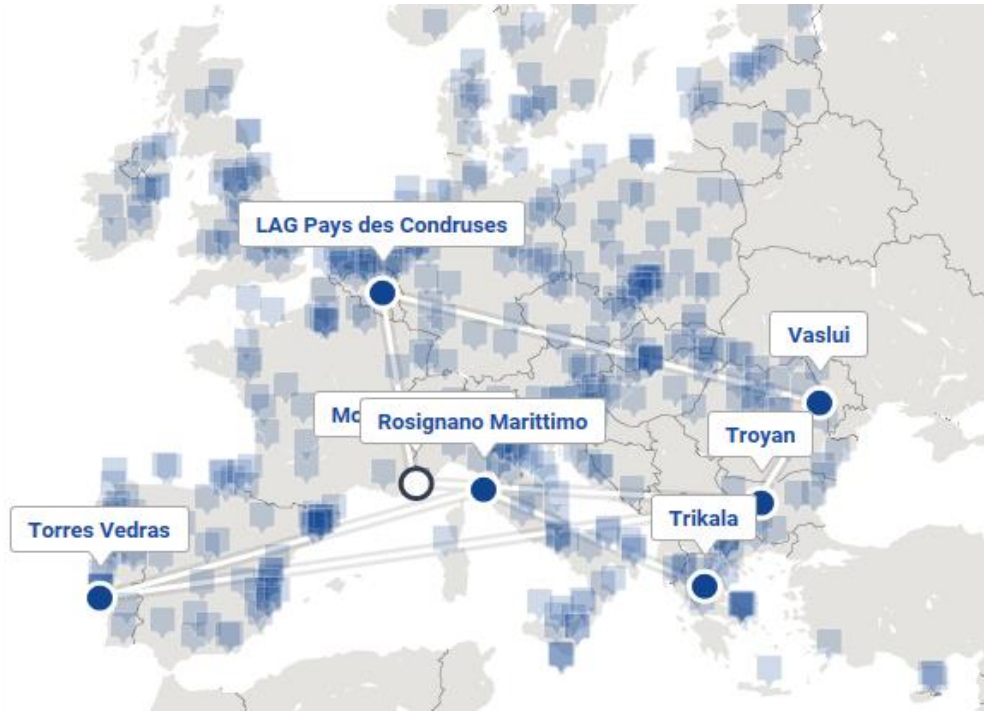
Sustainable
Kitchen and
Food Waste
Management

Healthy Food
Education and
Sustainable
Behaviour
Change

Sustainable
Urban Planning
and Agricultural
Land Use

Food-Related
Local Economy
and Job
Creation

Sustainable
Integrated
Governance



Partners

- Belgium (Pays des Condruces)
- Bulgaria (Troyan)
- **France (Mouans-Sartoux) | Lead Partner**
- Greece (Trikala)
- Italy (Rosignano Marittimo)
- Portugal (Torres Vedras)
- Romania (Vaslui)

TRANSFER NETWORK OF BIOCANTEENS

Education-Food-Environment-Local
Economy-Governance

Project Modules

# 1	MUNICIPAL FARM PLAFORM
# 2	KITCHEN MICRO-GOOD PRACTICES
# 3	ORGANIC DEMAND AND OFFER
# 4	FOOD GOVERNANCE
# 5	FOOD SOVEREIGNTY VISION
# 6	OPEN DIALOGUES AND OUTREACH
# 7	WORKING WITH PUBLIC PROCUREMENT
# 8	FOOD EDUCATION MICRO-GOOD PRACTICES

FUTURE CHALLENGES



Torres Vedras
Câmara Municipal

- √ Daily monitoring for the reduction of food waste resulting from the consumption of meals by students;
- √ Gradual increase in vegetable protein intake and decrease of animals with seasonal products;
- √ Awareness for children, families and educators for sustainable food eating habits;
- √ Raising farmers' awareness for the revitalization of traditional farming to agro ecological practices;
- √ Healthy food system, with equity and inclusion, based on more organic products and less intensive and traditional farming.



CITY KITCHEN TEAM





**THANK YOU FOR
YOUR ATTENTION!**

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PORTUGAL – LISBON- Municipality of Torres Vedras

