

# CHALLENGE YOURSELF FOR SUSTAINABILITY!



PORTUGAL STUDENTS AGED FROM 15 TO 19 HEALTHY EATING HABITS FOOD WASTE

## THE SCHOOL

- CED Pina Manique - Casa Pia High School
- The school's mission is to integrate students through inclusive educational paths, based on prolonged education, quality vocational education and a commitment to professional integration.

Familiarity with the open schooling approach before joining the SALL project

Beginner

Experienced

## AHA MOMENTS

**Shared by the school leader:** Teachers found it very gratifying to see the way in which the students adhered to this project and the activities developed.

**By students:** The students felt that they had a voice in the improvement of the food systems in their school. They were always asking when the next session was.

**By societal actors:** The societal actors involved were very pleased by the topic and proud to participate in the project that they consider very important for the development of students as citizens.

## THE LIVING LAB PROJECT



### THE PROBLEM(S)

The living lab addresses the food system within the school. Participants decided to assess the quality and the variety of the food served at the school's cafeteria and to reduce food waste before and after serving meals.



### THE COMMUNITY

- A chain store specialised in zero waste products and a food supplier specialised in collective catering contributed with expertise and feedback
- The school director and the school board supported the initiative and attended some of the sessions to contribute with ideas on how to reshape the food systems in the school



### THE SOLUTIONS

- Reduce food waste in the school canteen
- Promote healthy eating habits and increase the supply of fruits in school



### THE PROTOTYPES

- A world café to discuss the issue in groups
- A blind test competition on fruits and vegetables



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