

MENU OSASUNGARRIAK GUZTIENTZAKO!

Healthy menus for everyone!



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SPAIN STUDENTS AGED FROM 14 TO 16 EATING HABITS HEALTHY BEHAVIOUR NUTRITION

THE SCHOOL

- San Felix Ikastola secondary school
- Concerted school in a small town
- Very advanced educational centre in terms of pedagogical innovations

Familiarity with the open schooling approach before joining the SALL project

Beginner

Experienced

AHA MOMENTS

- The living lab project developed **effective and successful** partnerships with local actors and experts: students, teachers and external actors collaborated to set up objectives, develop solutions and validate the ideas.
- The prototypes were **tested with real and final users** to increase their impact and relevance

THE LIVING LAB PROJECT



THE PROBLEM(S)

The students behind this living lab project wanted to apply something they learned in school to help their local community solve a topical issue. They decided to set up a living lab project around the issue of healthy food habits, to help people acquire better knowledge of nutrition and change their food habits.



THE COMMUNITY

- A local food bank opened their warehouse and agreed to share the menus with their beneficiaries
- The school catering company and food quality control company guided the students
- The teaching staff of the Physical Education Department of the local university validated the healthy menus



THE SOLUTIONS

- Produce healthy menu recommendations based on the food items those in need receive by the local food bank
- Disseminate the menus to the targeted group



THE PROTOTYPES

- An online database listing the food items offered by the food bank
- A set of healthy menus for families receiving the solidarity food boxes, accessible with a QR code
- A set of healthy menus to stay in good shape, accessible online by everyone



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