



Healthy diet requires education!

MOUANS-SARTOUX

Population

10 000 inhabitants

Situation

Between Cannes and Grasse, Alpes-Maritimes, French Riviera

Cantines

1 050 guests a day
3 school groups
1 kitchen per school

100% organic

- Effective January 1, 2012
- 80% reduction food waste
- Constant budget

Food supply

- Haute-Combe municipal farm (6 hectares which 3,5 ha are cultivated)
- 3 employees
- 25 t of vegetables/year,
85% autonomy in canteens
- Public market divided into 24 lots

Food Project territorial (PAT)

2016 : creation of MEAD (Center for Sustainable Food Education)

No good nutrition without education and awareness. Many communities only please themselves by slowly introduce organic food onto the plates, at best, to be in line with the law, at worst by obligation, without the population commitment. At Mouans-Sartoux, MEAD (Center for a Sustainable Food Education) was created in order to settle down the food project in the heart of the territory challenges, with guests, inhabitants, associations, institutions, research centers, companies.

Why ?

- Food sovereignty is not just about canteens
- Local communities should set an example
- Communicating is not the strength of public policy
- There is a big expectation for sustainable food

How ?

- Educate and support children
- Associate families (surveys, public meetings, invitations) and inhabitants
- Work with local businesses (restaurants, shops...)
- Highlight agricultural realities
- Let pleasure and sharing is a fulfilment of social life



Education is central to the political project

Mouans-Sartoux Book Festival is one of the three most important in France. For years, it became a great place to launch local political reflection that combines elected officials, citizens, researchers, thinkers... Children, parents, young people, seniors, everyone comes very enthusiastic at this event where the city's sustainable development policy is rooted.

Mouans-Sartoux has also created a **Territorial Food Project (PAT)** which is part of a France local Agenda 21 that deals with all areas of municipal life: mild commuting, everyone's access to sporting equipment on foot or by bike, the resuming of an abandoned railway line, a Mediatheque and a busy cinema, some shared family gardens, pedagogical plot, establishment of a good university education... The city joins the National Cycling Cities Club, and is a founding member of **Organic Food Territories** with Un Plus Bio (first national network of organic canteens). The commune is also a pilot city designed to pass its experience to other territories, as part of the **European Urbact Program**.

On the menu : pleasure and sharing

Set of actions in order to make contagious the food project

DISCOVER

It all starts at the canteen. During the lunch break, children are supervised by the leisure centre staff. Animators give them the taste of discovery, lead them to **understand where the products come from**, challenge them on food variety and nutritional balance. Similarly, how to satisfy small or big hunger, eat all the food on the plate, sort out the leftover, and create a friendly sharing moment.

LEARNING

In 2017, Mouans-Sartoux developed **a teaching plot of 700 m²** in the municipal farm. Pupils take immersion courses about organic crops. 20 teachers have chosen to be involved in these activities. A MEAD animator, who coordinates the three inner school gardens, welcomes them. The beneficiaries of the social grocery store also come to cultivate, maintain and harvest their vegetables on the parcel managed in a shared way. Children periodically visit the farm and sometimes **they participate in plantings and harvests.**

Back to the land...

The lack of knowledge of agricultural realities is affecting more and more eaters ever more urban and less naturally inclined to take care of food production issues. In this way, the municipal farm is a valuable support to get reconnected to the land and food origins.



... and tasty lessons

As part of school activities, cooking and nutrition sessions put children in touch with what they eat.

A cook and a facilitator set up these jovial sessions where vegetable-based recipes are prepared: Let's eat more fruits and vegetables!

EDUCATE

Created in 2016, the MEAD (Center for Sustainable Food Education) is the main educational vehicle of the food project. The **children and their parents are sensitized** to environment's protection, better public health, fair trade (several private and associative shops are involved). The **Families Positive Food Challenge**, an experience that encourages families to change their practices over several months, was first implemented in 2017. It is renewed every year.

EXPLORE

As part of the MEAD, which **steering committee associates with external organizations** (icon list below), the City drives surveys about families' knowledge and ownership of the food project. In 2016, the results of a second very detailed questionnaire were encouraging: **85% of people said they had changed their consumption** habits by using more bio and local food. 13% say they always eat organic, 63% very regularly. Another questionnaire was conducted, asking about the balance between the resources and the needs of the territory. Vegetables and egg producers have been identified as the most lacking offers.

Some good ideas

What about **sending suggestions for evening menus** to families, by email, to complete the food balance at home? The City of Mouans-Sartoux's Children education and youth directorate also offers a **monthly spotlight on a food** and the recipe to cook it well. MEAD sends **a quarterly newsletter** to more than 1,000 subscribers to report on the activities undertaken and to announce the schedule of upcoming appointments. In this way a climate of trust and sharing has been established that promotes transparency and strengthens the project's legitimacy.