

**SOCIAL
INCLUSION**

WITH

**FOOD
SUSTAINABILITY**

Developed by

**EURO-IDEA FUNDACJA
SPOŁECZNO-KULTURALNA**



**GREEN AND SUSTAINABLE
FOOD EDUCATORS**

UNIT overview

This training unit focuses on "Social Inclusion and Food Sustainability," a practical module adapting the referenced How to Guide SECTION FOUR " Increasing awareness on a broader social scale " developed by Green and Sustainable Food Educators.

Participants will define social inclusion/food sustainability and overcome barriers like waste/biases. They will apply best practices (sourcing, kitchens) plus Section 4 scaling tactics like events/alliances. They will build action plans with metrics, including social action for broader awareness.

The presentation has **30 slides**, structured for interactive delivery with visuals, tables, and exercises.

Duration

1 hour 50 minutes (110 min): including **60 minutes of content**/activities and **35 minutes exercise**; flexible for groups up to 15 and 15 minutes for Q&A/debrief.

30 minutes for Self-directed learning How to Guide SECTION FOUR " Increasing awareness on a broader social scale "

UNIT objectives

By the end of this training module, participants will **define social inclusion** with **food sustainability**, identifying key barriers like food waste and supply chain biases in their local contexts.

They will **master three practical best practices**—inclusive sourcing, community kitchens, and waste reduction circles—with hands-on exercises to implement immediately.

Participants will **create personalized action plans** with measurable targets (such as 20% waste reduction and 40% diverse participation) fostering social inclusion .

Module Goal



Equip participants with tools to promote social inclusion through sustainable food practices.

Key Learning



**Define concepts
Identify barriers
Apply strategies**

Icebreaker



**Discussion
"What's one sustainable food choice you make?"**

UNIT TOPICS

1. What is Social Inclusion?

2. Food Sustainability Basics

3. Key Challenges & Best
Practice

4. Scaling Awareness -
practice

What is Social Inclusion?

- Social inclusion is a process that ensures citizens have the opportunities and resources necessary to participate fully in economic, social and cultural life and to enjoy a standard of living and well-being that is considered normal in the society in which they live.
- It encompasses, but is not restricted to, social integration or better access to the labour market, and also includes equal access to facilities, services and benefits.
- It is a concept that is now central to the European policy agenda.

• Source: <https://www.eurofound.europa.eu/en/topics/social-inclusion>

Social Inclusion

- "Social inclusion means no one gets left out of nutritious food access — think migrants, low-income families, or disabled folks facing barriers.

- Why care?

It slashes inequality and builds healthier neighborhoods.



Social Inclusion Example

- Community gardens in Emilia-Romagna, Italy, are increasingly used as tools for social inclusion, offering refugees and asylum seekers, particularly in cities like Reggio Emilia and Bologna, access to plots, vocational skills, and social integration.
- These projects facilitate the transition of migrants by providing, for example, "zero-km" products to the community, helping them build local network.



Community gardens

- Key aspects of these initiatives include:
- **Reggio Emilia Social Gardens:** The municipality has created urban gardens managed by refugee associations, fostering social cohesion across different nationalities and providing "zero-km" products.
- **Skill Development and Integration:** Projects like those run by the CIDAS cooperative focus on social and work-based integration, using gardening as a way to build skills, improve mental health, and provide a sense of belonging.
- **Empowerment through Responsibility:** Initiatives in the region, such as those involving rehabilitated public areas, allow participants to manage green spaces, enhancing their sense of purpose.
- **Community Building:** These spaces act as bridges between local citizens and refugees, allowing them to share cultural traditions and build rapport

Food Sustainability Basics

FARM SMARTER



Regenerative Practices:
-70% Emissions

WASTE LESS



1/3
of Global
Food Wasted

EAT LOWER-CARBON



Plant-Based
Diets



FOOD SUSTAINABILITY & INCLUSION:
ENDING "FOOD DESERTS" IN UNDERSERVED AREAS



Grow



Produce



Consume



Recycle

FOOD SUSTAINABILITY

Question



What's one **unsustainable** habit we all share?

FARM SMARTER

Regenerative Practices:
-70% Emissions

WASTE LESS

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**FOOD SUSTAINABILITY & INCLUSION:
ENDING "FOOD DESERTS" IN UNDERSERVED AREAS**

Key Challenges

FOOD WASTE & INCLUSION



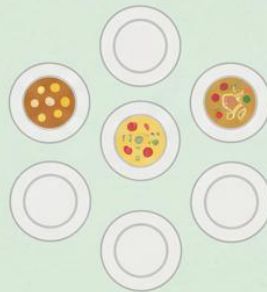
VULNERABLE EXCLUDED FROM SURPLUS

BIASED SUPPLY CHAINS



1/3
BIG FARMS FAVORED,
SMALLHOLDERS
SIDELINED

CULTURAL BIASES



DIVERSE DIETS
IGNORED

**Challenges block progress—
let's break them down.**

- Food waste excludes the vulnerable from surplus;
- biased chains favor big farms, sidelining smallholders;
- cultural ignores diverse diets.

Discussion



PICK ONE
CHALLENGE FOR
YOUR TABLE



BRAINSTORM 1
IMPACT



WE'LL USE THESE
TO FUEL OUR BEST
PRACTICES

BREAKING DOWN BARRIER

FOOD WASTE & INCLUSION



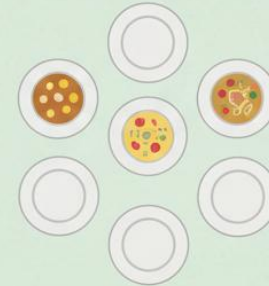
VULNERABLE EXCLUDED
FROM SURPLUS

BIASED SUPPLY CHAINS

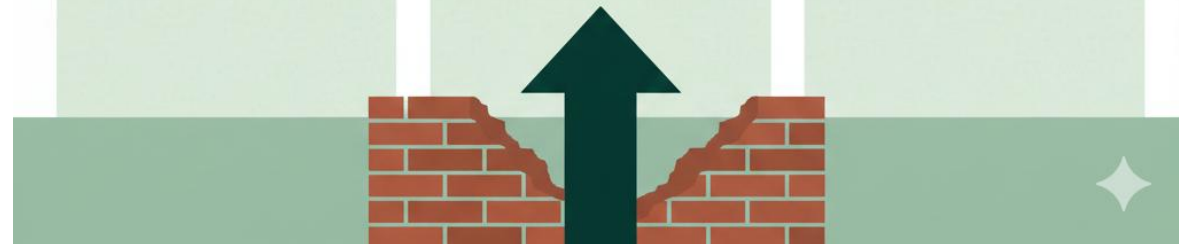


1/3
BIG FARMS FAVORED,
SMALLHOLDERS
SIDELINED

CULTURAL BIASES



DIVERSE DIETS
IGNORED



Best Practice 1 - Inclusive Sourcing

- Inclusive sourcing—partner with diverse suppliers like women-led co-ops.
- Actionable: Map locals, aim for 30% from underrepresented groups.



Case study - Inclusive Sourcing

- Samandağ Women's Cooperative in Türkiye (EU-adjacent, FAO-supported) empowers women post-earthquake by producing jams, pickles, and spice mixes from local specialties, selling at markets and online—**prioritizing 30% sourcing from marginalized smallholders** boosts inclusion and resilience.



- Photo source: Samandağ Women's Cooperative in Türkiye
<https://www.instagram.com/samandagkadinkooperatifi/>

EXERCISE



Role-playing couple
pitching a supplier:
'You, convince me!'



Debrief: What
worked?



Next up:
Hands-on
community action."

Best Practice 2 - Community Kitchens

Shared spaces for cross-cultural skill swaps.

- Steps:
- Recruit volunteers,
- use low-waste recipes,
- host weekly.

Builds belonging and cuts isolation



Case study “Migrant Art”

**Community Actions: “Migrant Art”
form Bologna, Italy**

The Main Objective

- To promote the building of transcultural communities.
- To foster inclusion through the arts, socialization, and intercultural dialogue.

Photo source: artemigrante <https://www.artemigrante.eu/en/indexen>



Case study “Migrant Art”

Weekly Meetings

Open to everyone in a safe and accessible space where everyone can share freely and actively listen to others.

These meetings usually feature the following elements:

- A moment to get to know each other through games.
- A communal dinner.
- Artistic sharing of one's own culture, experiences, stories, or talents.

Photo source: artemigrante <https://www.artemigrante.eu/en/indexen> <https://www.artemigrante.eu/en/indexen>

Explore more



Case study @refettoriogastromotiva

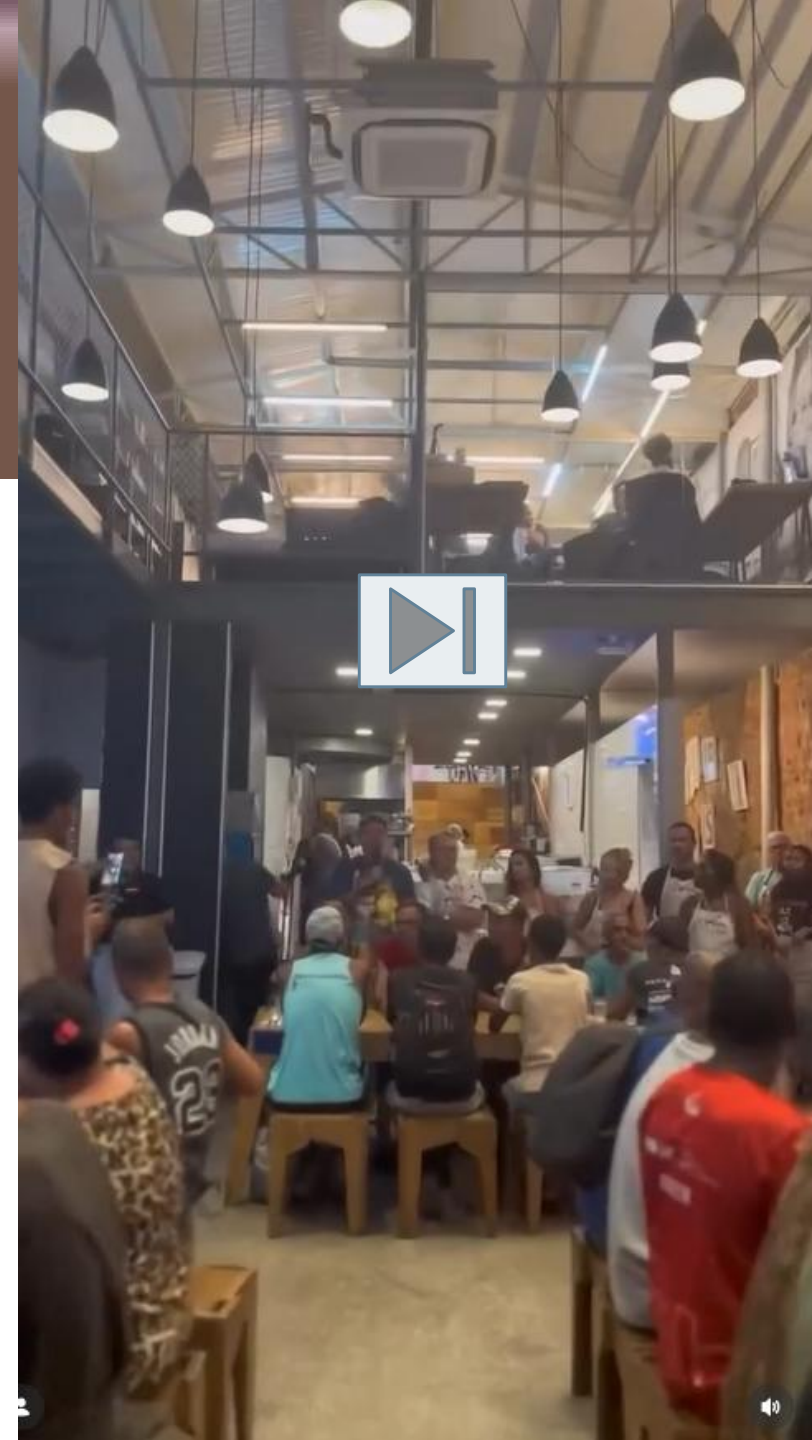
Refettorio Gastromotiva: Rio de Janeiro

runs a public restaurant with a fixed-price sustainable menu;

by night, it welcomes people in vulnerable situations with the same dishes, care, and hospitality—funding solidarity through shared value and purpose.

Photo and Video source: Food for soul

https://www.instagram.com/reel/DNInScuNPNv/?utm_source=ig_web_copy_link&igsh=NTc4MTIwNjQ2YQ==



Best Practice 3 - Waste Reduction Circles

Circles to redistribute surplus

- Form inclusive groups to redistribute surplus (e.g., Too Good To Go app).
- Social Actions Focus: Include everyone: Direct Consumers, Corporates, communities .
- Train youth/seniors on sorting.

Target: 20% waste cut; track volunteer hours.

Waste Reduction Circles – Social Actions

Action	Description	Inclusion Impact
Volunteering	Weekly sorting shifts	Engages migrants/youth
Community Events	Zero-waste markets	Celebrates diverse recipes
Peer Support	Mentors pair newbies	Builds confidence
Awareness (Sensibilizzazione)	Posters/social media	Educates neighbourhoods
Creative Actions	Upcycle art workshops	Sparks innovation

Case study “FoodCloud Kitchen”

are redistributing surplus food to over 600 community and voluntary organizations across the country.

The kitchen uses excess surplus ingredients to prepare a yummy food experience for the public, community organisations and corporate partners at markets, festivals and events.

Ireland’s catering industry is responsible for 100,000 tonnes of food waste a year, at a cost of more than €200 million. So a zero-waste food truck that can cater for your event with leftover food repurposed into tasty meals is a breakthrough.

Photo source: Food Cloud <https://food.cloud/foodcloud-kitchen>



Measuring Impact



 **TOOLS: FREE GOOGLE FORMS**

ACHIEVABLE!
BASELINE NOW,
REVIEW MONTHLY

TIP Questions on setup? This leads to your personal plans.

- Track diversity in events, kg saved, survey scores cultural ignores diverse diets.
- Baseline now, review monthly.

Scaling Awareness - practice

- **When starting a social action project, it's vital to identify the issues the group truly cares about.**
This shared interest is the cornerstone of motivation, which directly influences the project's success. Investing time in collaboratively mapping these issues and finding common ground creates a strong foundation for your collective work.
- **Mapping issues for social action is a crucial preliminary step that involves several key components.**

- Purpose
- Importance
- Collaborative Approach
- Identifying Concerns
- Prioritization
- Stakeholder Analysis
- Root Cause Analysis
- Visual Representation
- Data Gathering
- Foundation for Action

Ideas for Action



What are some types of social actions or community projects you've seen or heard of that really made a difference?

PLAN A CIRCLE EVENT - WHAT'S YOUR ACTION?



Action Plan

- **Think** about which actions like **circle event** you can start taking right now to improve things for yourself and the community around you.
- **Choose** a theme for a social action.
- **Choose** the type of social action.
- **Identify** what and who you would like to reach with your social action.
- **Note down** your ideas on the provided sheet.

Group Activity

Plan a circle event—what's your creative action?

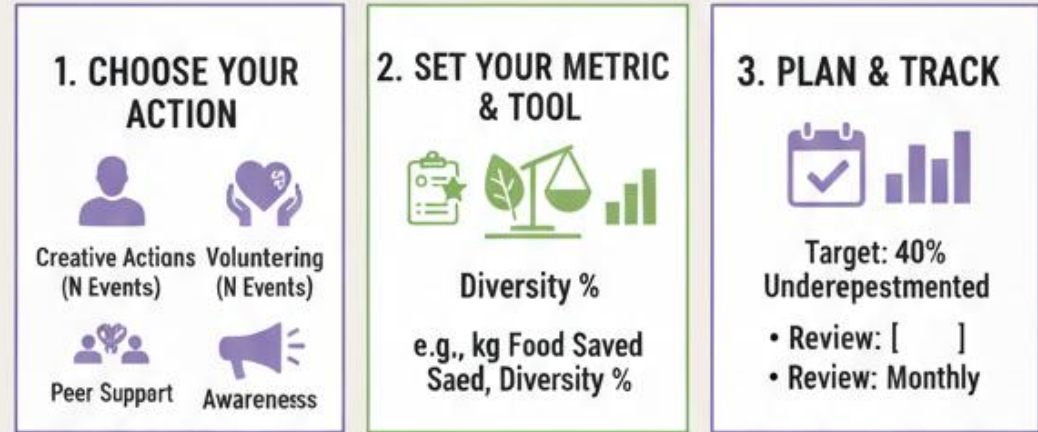
Group Activity

Plan a circle event

Identify what and who you would like to reach with your social action.

Note down your ideas on the provided sheet.

2. SET YOUR METRIC & TOOL



Select from home

Use <Image-1 as guide

 **TOOLS: FREE GOOGLE FORMS**

ACHIEVABLE!
BASELINE NOW.
REVIEW MONTHLY

Select from Beats 1

Ready to make a difference?
Start planning now!

Action Plan Template



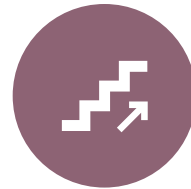
Action Title
(creative name—
how you would
advertise it):



Brief description
(what will happen):



**What is the
purpose?** (What
do you want to
achieve? What do
you want to
change?):



Steps (how will
you get there? How
will you start?):



**What do you
need?** (Resources,
tools, skills,
information,
knowledge, etc.):

Q&A and Next Steps

Presentation of Action Plans

ASSESSMENT OF LEARNING OUTCOMES

- Test your knowledge about issues from a given Unit
- **Test of knowledge - a list of questions or online form or mentimeter.com**
- A set of 3 questions to test the knowledge



info

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to be define THE PROJECT " GREEN AND SUSTAINABLE FOOD EDUCATORS "



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