



**The project « Goodbye to waste of food and Hello to the sustainable consumption of food » was funded with the support of the European Union under the Programme: “Europe for Citizens”**

**Applicable to the Strand 2 – Measure 2.2 “Networks of Towns”  
Measure 2.3 “Civil Society Projects”  
Strand 1 – “European Remembrance”**

**6 events have been carried out within this project:**

### **Event 1**

**Participation:** The event involved 51 citizens, including 4 from the city of Lasse (**Austria**), 4 from the city of Bièvre (**Belgium**), 4 from the city of Lefkara (**Cyprus**), 4 from the city of Sary Poddvorov (**Czech Republic**), 4 from the city of Polva (**Estonia**), 3 from the city of Hepstedt (**Germany**), 4 from the city of Kandava (**Latvia**), 4 from the city of Troisvierges (**Luxembourg**), 3 from the city of Moravce (**Slovenia**), 3 from the city of Samuel (**Portugal**), 1 from the city of Naestved (Denmark) e 1 from the city of Cashel (**Ireland**) and 12 local participants from the city of Bucine (**Italy**).

**Location/ dates:** the event took place in (**Bucine, Italy**) from 28/05/2015 to 31/05/2015

### **Short description:**

- Construction of a local monument representative of the event;
- Dissemination of a questionnaire with key questions on climate change and food waste, to prepare a diagnosis of these issues in a rural and European dimension;
- Discussion of the results obtained in the questionnaire;
- Sensitization of the participants to the adoption of healthier and environmentally friendly eating habits through the consumption of local products;
- Knowledge of the project "Tuttigiorni" - good nutrition, nourished, healthy and conscious;
- Promoting the social inclusion of disadvantaged groups and combating poverty and social exclusion;
- Knowledge of the historical heritage of Italy;
- Contact with the gastronomy, culture and way of life of the Italian people;
- Accommodation of participants in host families, which gives a real insight into the way of life and daily life of the host community;
- Promoting cooperation and exchange of experience among the peoples of Europe;
- Contact with the organic mode of production, and perception of its contribution to a fairer and more developed society;

- Discuss strategies to promote the involvement of small rural communities in Europe in actions to combat food waste;
- European culinary evening;
- Promoting European identity by sharing the culture and ways of life of the European peoples;
- Affirmation of intercultural dialogue among participants;
- To know the starting point on the subject and to reduce a plan of action for the involvement of young people in actions to combat food waste;
- Encouraging local officials to address the issue of food waste by implementing concrete measures to get people to reduce waste;
- To awaken from a greater civic awareness about a problem that belongs to everyone;
- Exchange of knowledge and experience of rural Europe;

## **Event 2**

**Participation:** The event involved 125 citizens, including 4 from the city of Lasse (**Austria**), 4 from the city of Bièvre (**Belgium**), 4 from the city of Slivo Pole (**Bulgaria**), 4 from the city of Tisno (**Croatia**), 4 from the city of Lefkara (**Cyprus**), 4 from the city of Sary Poddvorov (**Czech Republic**), 5 from the city of Naestved (**Denmark**), 4 from the city of Polva (**Estonia**), 4 from the city of Kannus (**Finnland**), 4 from the city of Cissé (**France**), 4 from the city of Hepstedt (**Germany**), 5 from the city of Nagycenk (**Hungary**), 4 from the city of Cashel (**Ireland**), 4 from the city of Bucine (**Italy**), 4 from the city of Kandava (**Latvia**), 4 from the city of Troisvieges (**Luxembourg**), 4 from the city of Nadur (**Malta**), 4 from the city of Esch (**The Netherlands**), 4 from the city of Stryzow (**Poland**), 5 from the city of Samuel (**Portugal**), 4 from the city of Ibanesti (**Romania**), 4 from the city of Medzev (**Slovakia**), 4 from the city of Moravce (**Slovenia**), 4 from the city of Bienvenida (**Spain**), 4 from the city of Ockelbo (**Sweedden**), 4 from the city of Desborough (**England**) and 18 local participants from the city of Zagare (**Lithuania**).

**Location/ dates:** the event took place in (Zagare, Lithuania) from 30/07/2015 to 03/08/2015

### **Short description:**

- Promotion of mutual knowledge, sharing of the gastronomy, culture and way of living of different European peoples;
- Accommodation of participants in host families, which gives a real insight into the way of life and daily life of the host community;
- Preparation of a monument representative of the event for the posteriority;
- Promotion of social interaction among people of different ages and nationalities;
- Dynamization of dynamics and group activities taking the participants and creating empathy among themselves;
- Discuss what measures we should take to reduce food waste in your home and in your community;
- Discussion on how to involve young people from rural communities in Europe in actions to combat food waste in their communities;
- Elaboration of posters / posters with tips to encourage young people to develop actions to combat food waste;
- Continuation of the collection of recipes with leftovers of meat, bread and potatoes;

- International culinary night, in which the young people were very active in the production and presentation of typical food and like to display their national symbols and traditional costumes;
- Promoting the unity of the European peoples;
- Participation in games and sports activities;
- Raising awareness of the importance of recycling and reusing materials for a better environment;
- Contact with Lithuanian dance and folklore;
- Strengthening ties of friendship and cooperation among peoples;
- Raising awareness of the need to protect and defend the environment and ecosystems;
- Promotion of the concepts of tolerance, mutual understanding and solidarity as a pillar of an active Europe for and for citizens;
- Promoting intercultural dialogue and strengthening ties of friendship between those involved;
- Recognition of the similarities and diversities of the European peoples;
- Systematization of the conclusions reached;

### **Event 3**

**Participation:** The event involved 43 citizens, including 4 from the city of Tisno (**Croatia**), 4 from the city of Kannus (**Finnland**), 4 from the city of Zagare (**Lithuania**), 4 from the city of Nadur (**Malta**), 4 from the city of Esch (**The Netherlands**), 4 from the city of Ibanesti (**Romania**), 4 from the city of Bienvenida (**Spain**), 4 from the city of Ockelbo (**Sweedden**), 2 from the city of Samuel (**Portugal**) e 9 local participants from Nagycenk (**Hungary**).

**Location/ dates:** the event took place in (Nagycenk, Hungary) from 15/10/2015 to 18/10/2015.

#### **Short description:**

- Contact with the culture, history and way of life of the Hungarian people;
- Accommodation of participants in host families, which gives a real insight into the way of life and daily life of the host community;
- Deepening the process of knowledge of European culture;
- Visualization of videos with information and facts about climate change and food waste;
- Identification of forms of food waste in our day-to-day life;
- Combining efforts to find specific solutions and actions to reduce food waste;
- Plantation of an orchard of apple trees, "monument" representative of the event for the posterity;
- Manufacture of traditional Hungarian bread;
- Participation in traditional Hungarian activities and games;
- Call for solidarity and cooperation among the peoples of Europe;
- Promotion of informal living and learning among peoples;
- Contact with a good practice of combating food waste: "food box";
- Raising awareness of the need to adopt environmentally friendly and respectful ecosystems and resources;
- Continued development of the toolbox / dynamics that lead to change of attitudes - development of posters with images and tips to reduce food waste in small rural communities in Europe;
- Reflection on responsible consumption of food and waste production;

- Concrete actions to reduce the production of waste;
- Elaboration of promotional material on food in the right dose;
- Building the European identity by promoting the concepts of respect, cooperation, solidarity and fraternity;
- Systematization of the results achieved;

#### **Event 4**

**Participation:** The event involved 48 citizens, including 5 from the city of Naestved (**Denmark**), 4 from the city of Cissé (**France**), 5 from the city of Nagycenk (**Hungary**), 2 from the city of Cashel (**Ireland**), 4 from the city of Bucine (**Italy**), 3 from the city of Stryzow (**Poland**), 5 from the city of Samuel (**Portugal**), 4 from the city of Medzev (**Slovakia**), 4 from the city of Bienvenida (**Spain**) and 12 local participants from Polva (**Estonia**).

**Location/ dates:** the event took place in (Polva, Estonia) from 14/04/2016 to 17/04/2016.

#### **Short description:**

- Promotion of knowledge about the culture, cuisine, history, language and way of life of the European people;
- Accommodation of participants in host families, which gives a real insight into the way of life and daily life of the host community;
- Realization of presentation dynamics and mutual knowledge of the participants;
- Systematization of the works and conclusions reached during the year 2016;
- Reflection on what each one can do differently, to reduce food waste in their rural communities;
- Participation in orientation activities in nature;
- Raising awareness of the need to adopt practices that respect the environment;
- Informal stimulation for cooperation and cooperation among the peoples of Europe;
- Visualization of the film "Just eat it" and reflection on the theme of food waste under different perspectives;
- Visit to local companies with good practices regarding respect for the environment and natural resources;
- During the visits young people acquired new knowledge and inspiration;
- Realization of sauna, activity unknown for most participants;
- Promotion of cooperation, acceptance and mutual respect for the different cultures and ways of living of the European peoples;
- Reflection and discussion of practices to reduce the loss of food from production to the consumer;
- Encourage healthy and sustainable cooking habits to enjoy food to the fullest;
- Continuation of the work for the toolbox / development of dynamics that lead to the change of attitudes: elaboration of posters with key tips to combat food waste;
- Participation in activities with local inhabitants;
- Contact with local infrastructure and equipment co-financed by the European Structural and Investment Funds, reinforcing the perception of the importance of these instruments for the development and cohesion of European territories and peoples;

## **Event 5**

**Participation:** The event involved 121 citizens, including 4 from the city of Lasse (**Austria**), 4 from the city of Bièvre (**Belgium**), 2 from the city of Tisno (**Croatia**), 4 from the city of Stary Poddvorov (**Czech Republic**), 5 from the city of Naestved (**Denmark**), 4 from the city of Polva (**Estonia**), 4 from the city of Kannus (**Finnland**), 2 from the city of Cissé (**France**), 3 from the city of Hepstedt (**Germany**), 5 from the city of Nagycenk (**Hungary**), 3 from the city of Cashel (**Ireland**), 3 from the city of Bucine (**Italy**), 4 from the city of Kandava (**Latvia**), 4 from the city of Zagare (**Lithuania**), 4 from the city of Troisviegés (**Luxembourg**), 4 from the city of Nadur (**Malta**), 4 from the city of Esch (**The Netherlands**), 4 from the city of Stryzow (**Poland**), 4 from the city of Samuel (**Portugal**), 4 from the city of Ibanesti (**Romania**), 4 from the city of Moravce (**Slovenia**), 4 from the city of Bienvenida (**Spain**), 4 from the city of Ockelbo (**Sweedden**), 3 from the city of Desborough (**England**) and 31 local participants from the city of Medzev (**Slovakia**).

**Location/ dates:** the event took place in (Medzev, Slovakia) from 14/07/2016 to 18/07/2016.

### **Short description:**

- Knowledge about the way of life, culture, cuisine and language of the Slovak people;
- Accommodation of participants in host families, which gives a real insight into the way of life and daily life of the host community;
- Promoting the approximation between European citizens of different nationalities and languages, promoting mutual understanding and tolerance, thus contributing to the development of a respectful European identity;
- Raising awareness of the need to build unity, peace, values and well-being of the European peoples;
- Encouraging citizens' civic and democratic participation at European level;
- Inauguration of a monument representative of the meeting for the posterity;
- Development of dynamics that lead to change of attitudes: Conducting a practical cooking workshop using leftovers, misshapen and / or low-caliber products;
- International culinary dinner;
- Promoting fraternization, socializing, sharing, solidarity and respect for the diversity and common values of the European Union and its peoples;
- Involvement of participants in local sports activities;
- Discussion of the results achieved at European level through a questionnaire on food waste and study of measures to be implemented at local level;
- Encouraging citizens' civic and democratic participation at European Union level and their contribution to the development of European policies;
- Contribution to changing the habits and behavior of Europeans, in the face of food waste and the production of waste and dissemination of good practices;
- Systematization of conclusions;
- Visit to the cave of Jasov;
- International culinary dinner;

- Contact with the historical and cultural heritage of Slovakia;

## **Event 6**

**Participation:** The event involved 115 citizens, including 2 from the city of Lasse (**Austria**), 2 from the city of Bièvre (**Belgium**), 2 from the city of Tisno (**Croatia**), 3 from the city of Lefkara (**Cyprus**), 2 from the city of Stary Poddvorov (**Czech Republic**), 2 from the city of Naestved (**Denmark**), 2 from the city of Polva (**Estonia**), 2 from the city of Cissé (**France**), 1 from the city of Hepstedt (**Germany**), 3 from the city of Nagycenk (**Hungary**), 3 from the city of Bucine (**Italy**), 2 from the city of Kandava (**Latvia**), 2 from the city of Zagare (**Lithuania**), 2 from the city of Troisvieges (**Luxembourg**), 2 from the city of Nadur (**Malta**), 2 from the city of Esch (**The Netherlands**), 2 from the city of Ibanesti (**Romania**), 2 from the city of Medzev (**Slovakia**), 2 from the city of Moravce (**Slovenia**), 5 from the city of Bienvenida (**Spain**), 3 from the city of Ockelbo (**Sweden**), and 66 local participants from the city of Samuel (**Portugal**).

**Location/ dates:** the event took place in (Samuel, Portugal) from 08/09/2016 to 11/09/2016.

### **Short description:**

- Raising awareness of the European reality and the need to promote active civic participation at the local, national and European level;
- Accommodation of participants in host families, which gives a real insight into the way of life and daily life of the host community;
- Presentation of a good practice in Portugal: "Zero waste" project "Dariacordar" association - use of food products that used to end up in the garbage, making them reach people who need them, joining forces to help those who need it and put an end to waste ;
- Addressing the possibility of replication of good practice in other countries;
- Work on the theme of food waste and combating climate change through an interactive game of mobile phone and internet connection;
- Strategies to promote the work of this theme among different age groups;
- Raising awareness of the need for reuse and recycling of materials and respect for the environment;
- Analysis and systematization of all the work developed throughout the project and results achieved;
- Recognition that food waste issues have an impact at the local level and in a European dimension;
- Discussion of the topic under various expectations, in particular on the side of environmental pollution and energy waste, as well as the loss of food in all links from production to consumer;
- Perception of the importance of introducing the theme in the younger layers to make young people understand that they can make a difference by adopting small gestures;
- Presentation of the "toolbox" of the project;
- Raising awareness of the need to effectively reduce food waste and thereby reduce carbon dioxide emissions, contributing to a better environment and healthier and more sustainable ways of life;
- Approach to the possibility of alternative uses of food;
- Workshop of handmade production of soap, reusing food oil;
- Promoting informal learning, cooperation and collaboration among the peoples of Europe;

- International culinary dinner;
- Contact with the history, culture, gastronomy and way of life of the Portuguese people;
- Going to the beach;
- Stimulation of the respect and growth of the true common European identity, by serving citizens at the table of citizens of different EU countries;
- Raising awareness of the importance of the European Structural and Investment Funds for Europe's social and territorial development and cohesion, particularly in rural areas;
- Exaltation of European ideals of freedom, peace and solidarity, the main objective of the Europe for Citizens program;
- Full integration of European citizens, reflected in the slogan "People meet people".
- The participation of a large number of local inhabitants, itself serves the purpose of giving maximum visibility to the project;