

THE FOOD DAY



Description of the project including the project's goal

Food Day - is a nationwide celebration and a movement for healthy, affordable, and sustainable food. October 24, 2013. Also it is a necessary value needed for survival.

Goals:

To reduce diet-related disease by promoting healthy foods, support sustainable farms and cut subsidies to big agribusiness, expand access to food and alleviate hunger, protect the environment and animals by reforming factory farms, and promote health by curbing junk-food marketing to kids.

Project's objectives, activities and achievements

Location – schools, hospitals, universities. We prepare special stands with information about healthy food, pesticides, genetically modified organisms and other contaminants that disrupt ecosystems and human health, sustainable use of food, food resources (local food benefits).

Activities

- 1) We cook some healthy food and give a try to taste it for children. For example, fruit cocktails, local vegetables, porridges, etc.
- 2) Also we invite children to watch colourful movies about “vegetables life“, how food from environment and nature comes to our tables.
- 3) Moreover we invite a musical group and have a live concert. Songs depends on what kind of audience we have.
- 4) Besides, we give and explain leaflets, methodological material about healthy wildlife habitats within agriculture and aquaculture, recycle and waste reuse as a resource, the understanding, value and character of urban and rural ecosystems, about economic support structures for the next generation of producers, about the alternative uses of the product or space over many users and time. We also help participants to recognize the cultural and spiritual relevance of food to health and well-being.

Achievements

- 1) Happy faces and the best mood;
- 2) Increases knowledge of the connections between food quality, healthy environments and healthy people;
- 3) Promotes equity around access to land and resources needed for public access and personal food production;
- 4) Unites and inspires children and their parents to grow and share food and food cultures.

How young people were involved

Young people – they are the power of the new century. They have so many amazing and original ideas. That is why "The Food Day" project was inspired and created by youth from the NGO. In our meetings we are brainstorming and all good ideas are written.

Students collect a selection of healthy (sometimes raw) food products, food product labels/packaging and favourite meals. Also we discuss local sourcing, traditional foods, 'exotic' foods, national cuisines, international cuisine and so on. Moreover we consult websites or textbooks with information about organic food production, climate and watering requirements. And there is no doubt, we are putting all project's activities into practice.

Yes, this project is an element in ongoing youth participation activity, because we never stop and make as many projects as we can and try to associate them.

Project funding

Specifically this project doesn't need a lot of money, but it is very valuable. It needed about 300 LTL (87 euros), because the prices are lower in Lithuania. This funding is from the kind people who donate to our organization. Well, it is not easy to get money for other projects, but we submit requests to the Ministries of Environment and Health and Education.

Project's connections to national or international environment processes

Yes, there are connections with "Sustainable Consumption" strategy. The connections are main ideas, for example: to recycle and utilize waste as a resource or economic support structures for the next generation of producers. Also we have connections with "Children Nutrition Programs in Schools, Menus" – we are explaining to children how important it is to eat healthy food from our garden.

Project's connections to national or international health processes

Yes, we are communicating with Health Promoting Schools and try to show illnesses statistics, especially those caused by unhealthy food and incorrect lifestyle.

Follow up, outcomes and future plans

This project will be complete by next October 24, because we make this project once in a year for a week or a shorter period of time. So we will discuss after few months what follow up is planned. The outcomes are published on the Internet and local newspapers.