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# EU City Lab on Changing Habits for a Healthy and Sustainable Food System

Mouans-Sartoux, 21-22 March 2024



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# **A look at the menu of discussions for the two days ahead**



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moving debate...

**How many km did you travel  
to arrive in Mouans-Sartoux?**



**0 km**



**...many km**

## Who is in the room?

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- URBACT Secretariat & EUI Secretariat,
- Participants from across Europe...
- Photographer & video team...
- EU City Lab Press Team...
- English-French simultaneous language interpretation...

Wifi:      Network: EUCITYLAB      Password: Food2024

# A look at the menu...

- Welcome breakfast, registration and informal networking
- **A look at the menu of discussions for the two days ahead**
- **A Systemic Approach to Local Food Transition: The IPES Framework**
- **The European Landscape on Food**
- **The Mouans-Sartoux's Recipe for More Sustainable Food Habits**
- Coffee break
- **Spicing up the menu: Good Practices from Across Europe**
- Lunch
- **Mouans-Sartoux's farm, school canteens, food education space, urban garden**
- Free time & Dinner



- Welcome breakfast, registration and informal networking
- **What's in our basket? Debrief of day 1 debates/ city visits**
- **Mixing Up the Ingredients. Spotlight on approaches, tools and methods for better food habits**
- Coffee break
- **Filling In the Doggy Bag: What to Bring Back Home**
- **The Cherry on the Top. Next funding and networking opportunities**
- Lunch

## A look at the menu of discussions for the two days ahead

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- **EU City Labs** overall framework
- Recap of the **day's agenda**

Speakers:

- **Gilles Perole**, Deputy-Mayor of Mouans-Sartoux
- **Jenny Koutsomarkou**, Head of Unit Communication & Knowledge, URBACT Secretariat

Moderator:

- **François Jégou** (URBACT/EUI Expert)



# **A Systemic Approach to Local Food Transition: The IPES Framework**



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# A Systemic Approach to Local Food Transition: The IPES Framework

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## Speaker:

- Roxana Triboi (Researcher and consultant on food planning and policy, lead author of the Ex-ante assessment of the “Food” thematic area under the Urban Agenda for the EU)

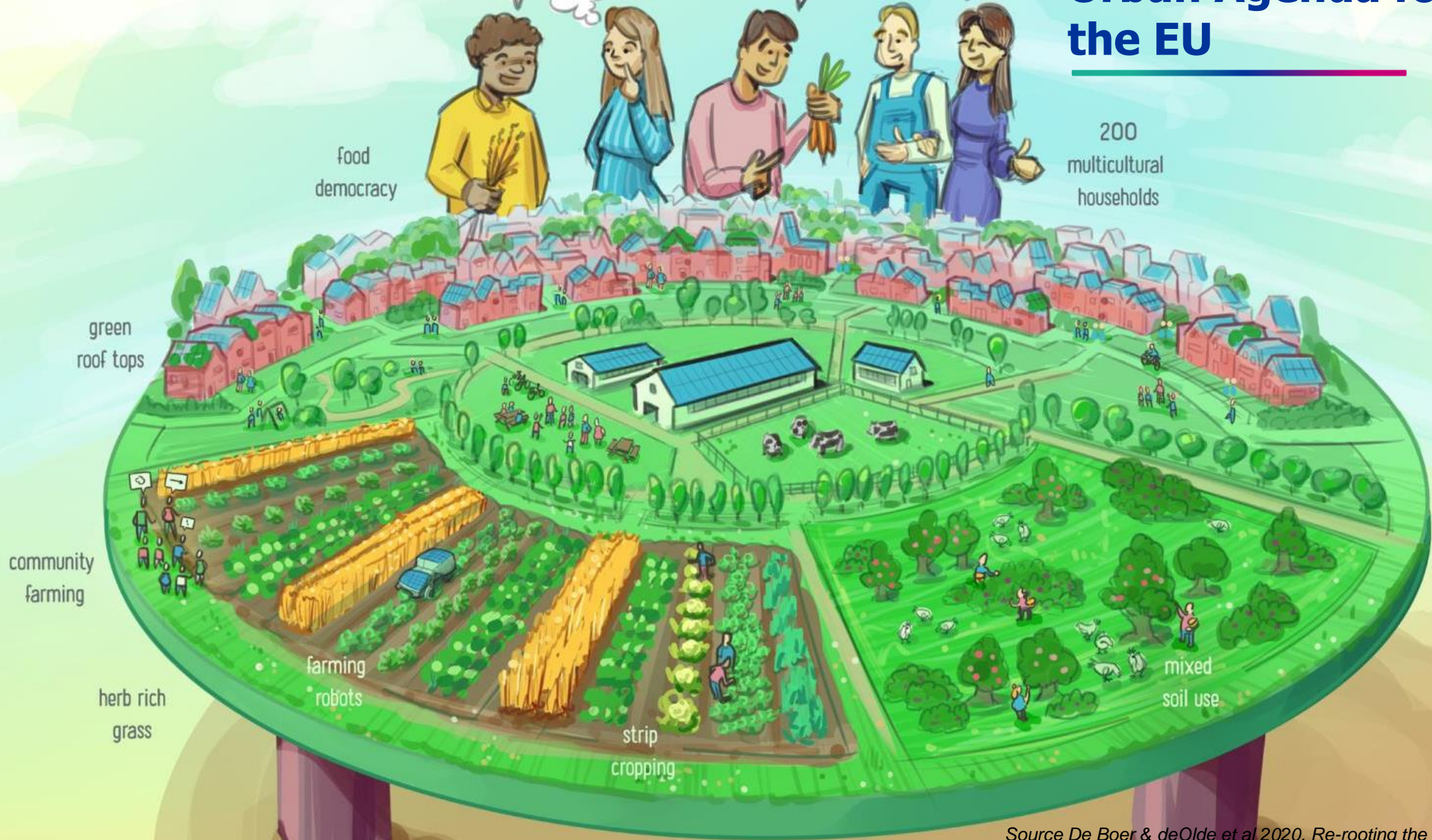
## Moderator:

- Marcelline Bonneau (URBACT/EUI Expert)

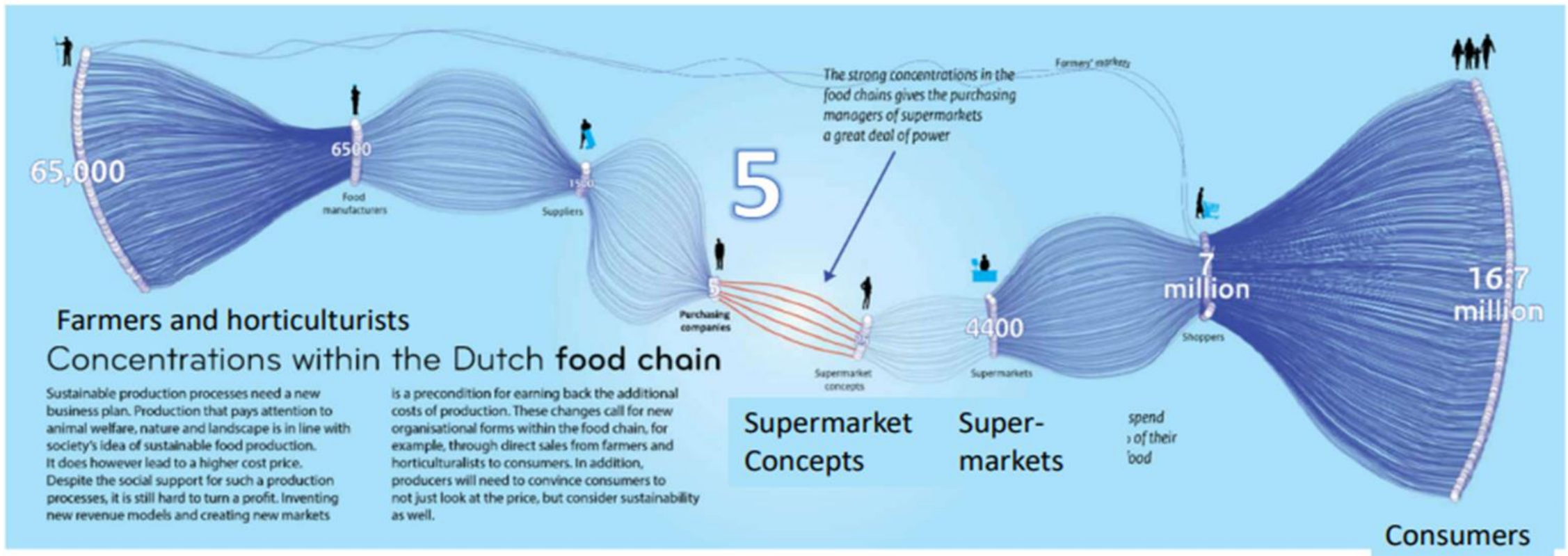


# Community of 'Prosumers'

## "Food" thematic area Urban Agenda for the EU

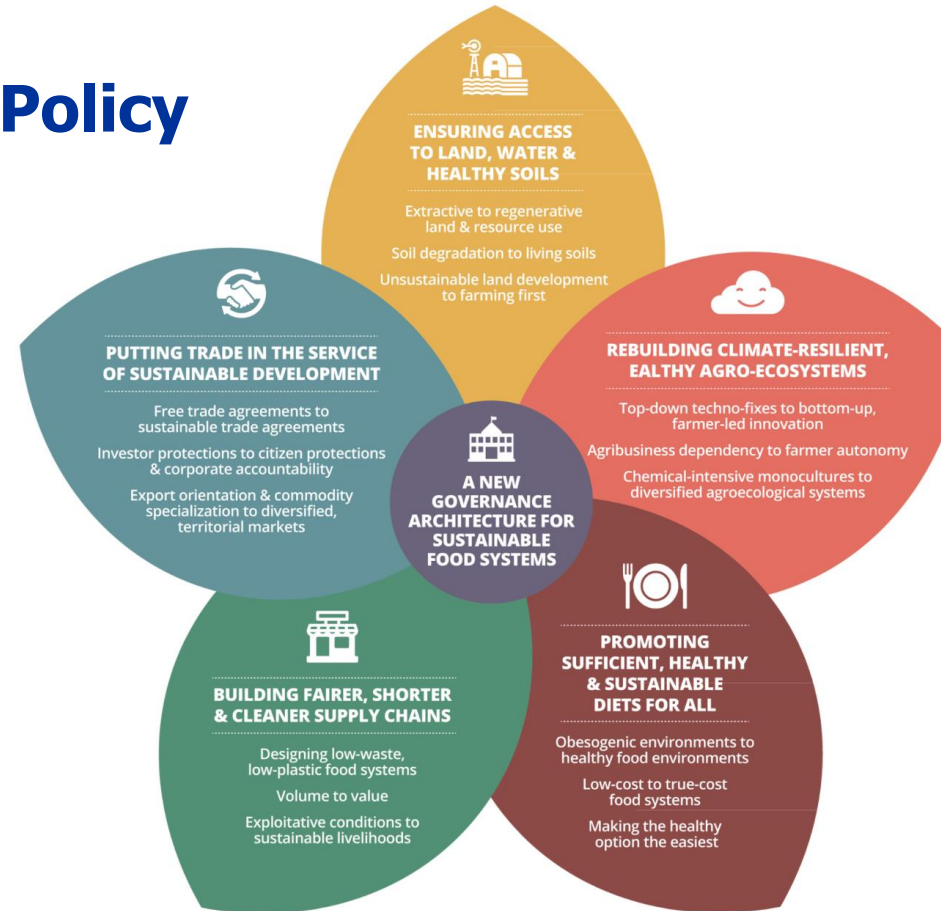


# Power distribution in the food chain



Source PBL, 2014

# Towards a Common Food Policy



source: report 2019 IPES-food

1. ENSURING ACCESS TO LAND, WATER AND HEALTHY SOILS
2. REBUILDING CLIMATE-RESILIENT, HEALTHY AGRO-ECOSYSTEMS
3. PROMOTING SUFFICIENT, HEALTHY AND SUSTAINABLE DIETS FOR ALL
4. BUILDING FAIRER, SHORTER AND CLEANER SUPPLY CHAINS
5. PUTTING TRADE IN THE SERVICE OF SUSTAINABLE DEVELOPMENT

## Types of Integrated Food Policy



**Bringing policies together** Creating a new plan or strategy to bring all aspects of policy related to food together in an overarching cross-government project

**Food in all policies** Ensuring food is reflected in other policy areas or departments

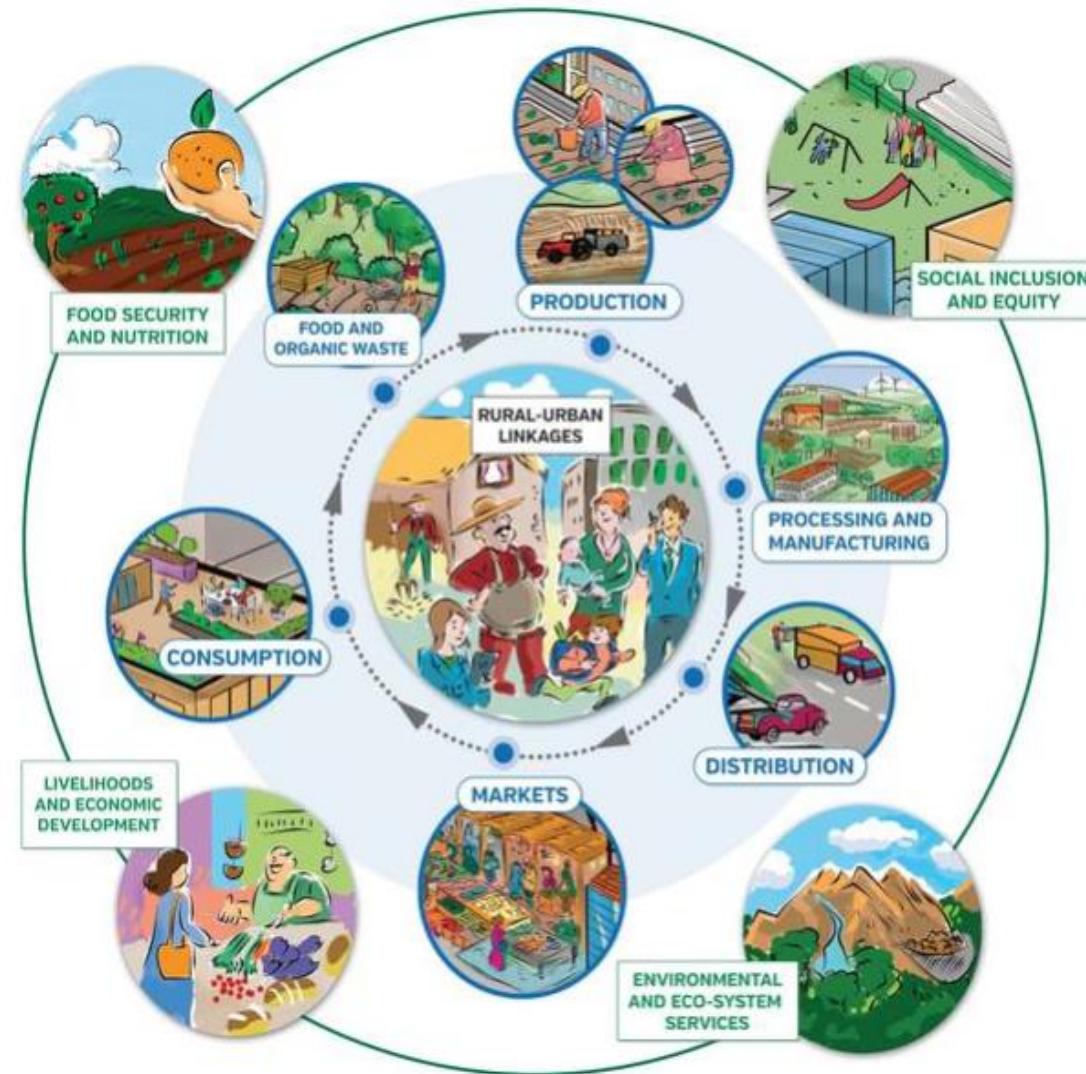
**Policy measures with multiple goals** Using particular food policy measures as leverage points to address multiple food system goals together – such as better diets, protecting the environment, providing jobs and markets, and improving skills and livelihoods

# Multiple entry points for urban food policy



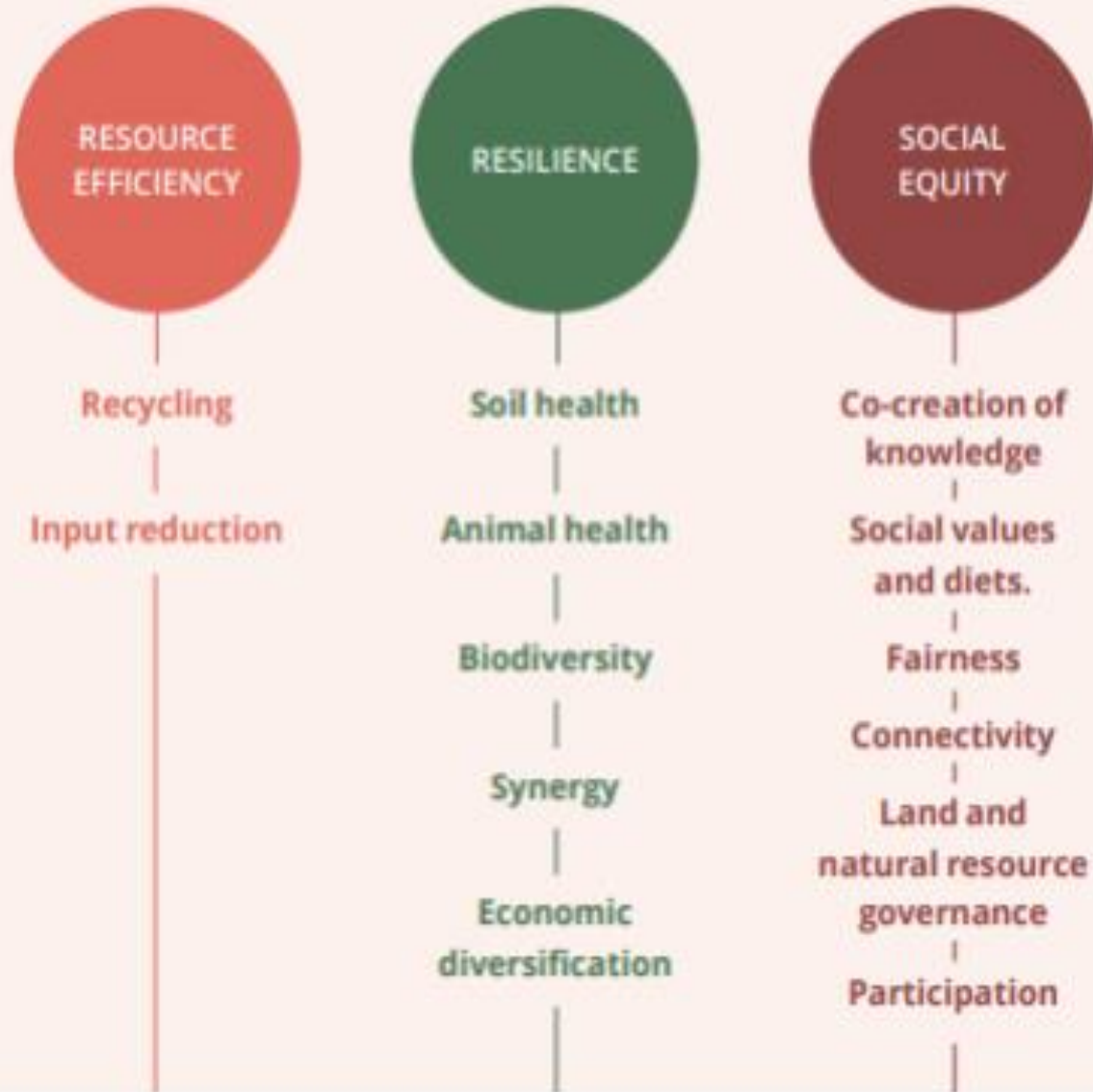
source: "Towards a Common Food Policy" report  
2019 IPES-food

# City-region framework

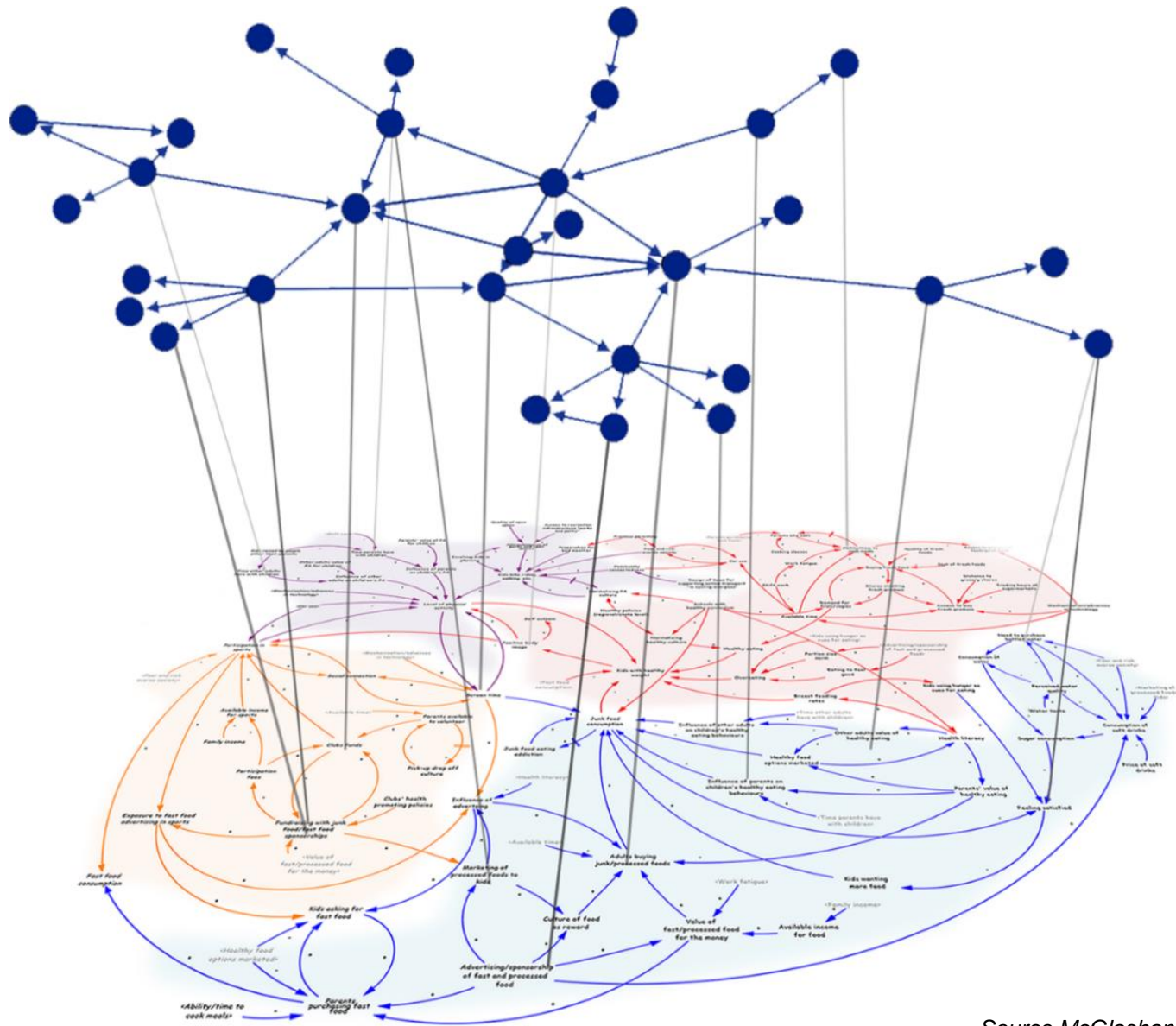


; , Source: FAO

# 13 Principles of Agroecology



source: IDS & IPES-Food, 2022. Smoking mirrors



Source McGlashan, J., de la Haye, K., Wang, P. et al.





# The EU landscape on Food



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# The European Landscape on Food

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## Speakers:

- Gilles Perole, Deputy-Mayor, Mouans-Sartoux (host city and EU Urban Agenda partnership on Food member)
- Elisa Porreca, Food Policy Officer (EU Urban Agenda partnership on Food Coordinator), Municipality of Milan, Italy
- Roxana Triboi (Researcher and consultant on food planning and policy, lead author of the Ex-ante assessment of the “Food” thematic area under the Urban Agenda for the EU)

## Moderator:

- Marcelline Bonneau (URBACT/EUI Expert)

## The need for simplification of EU laws

better regulation correlation, improved subsidy efficacy



*SFSF refers to 'Sustainable Food System Framework'*

**The Framework for a Union Sustainable Food System** was meant to mark the shift from traditional agricultural policies to a holistic approach, addressing the fragmentation in current legislation and advocating for a comprehensive, resilient, and sustainable food system strategy.

# URBAN AGENDA EU - Food Thematic Partnership

The UAEU Partnership on Food gathers 21 stakeholders from all parts of the food chain in order to build a **shared vision** together with the necessary means for its sustainable implementation.

Food Partnership goals:

- Better funding
- Better regulation
- Better knowledge





# The Mouans-Sartoux's Recipe for More Sustainable Food Habits



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# The Mouans-Sartoux's Recipe for More Sustainable Food Habits

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- Browse **key-dimensions of the systemic food transition** in Mouans-Sartoux
- Question **how it is contributing to change for more healthy/sustainable food habits**
- Demonstrate the efficiency of the strategy showing the **results of a assessment study**

## Speakers:

- **Gilles Perole**, Deputy-Mayor of Mouans-Sartoux
- **Thibaud Lalanne**, Head of the MEAD, Sustainable Food Education Centre
- **Lea Sturton**, Director of Food at Mouans-Sartoux
- **Caroline Monjardet**, MEAD, Sustainable Food Education Centre
- **Charlie Chauffert**, MEAD, Sustainable Food Education Centre

## Moderator:

- **François Jégou** (URBACT/EUI Expert)

**Local and organic canteens...**



**Healthy and sustainable food practice at school...**





# MEAD Sustainable Food Education Centre of Mouans Sartoux...



Self-production...



**Municipal farm...**



**Facing food precariousness...**



# Access to healthy and sustainable food...



## Reaching the non-participating...



## Working with companies...



# Focussing macro-health challenges and cooperating with scientific research...



POUR LES FAMILLES DES ENFANTS SCOLARISÉS  
DU CP AU CM2  
SUR MOUANS-SARTOUX

## PARTICIPEZ À L'ÉTUDE KALI SANTÉ !

en répondant à un questionnaire et en validant la participation de votre enfant

*Pour comprendre quel est le lien entre  
l'alimentation et la santé des enfants*

**ANNÉE SCOLAIRE 2023-2024  
SUR LES 3 ÉCOLES DE MOUANS-SARTOUX**

*Réunion et stands d'information à la sortie des écoles  
sur la semaine du 19 février 2024*



KALI Santé\* est une étude scientifique pour **évaluer l'impact de l'alimentation** sur la **santé** des enfants

### POURQUOI PARTICIPER ?

Portée par la commune de Mouans-Sartoux, cette étude est conduite par les **médecins professionnels de santé** du Département de santé publique du Centre Hospitalier Universitaire (CHU) de Nice.

L'**alimentation** équilibrée a montré, chez les adultes, un **effet protecteur** sur la santé. En participant à Kali Santé vous allez **aider les chercheurs** et **mieux comprendre** quels sont les effets de **l'alimentation sur la santé des enfants** en prenant en compte l'alimentation à la maison et à la cantine, l'activité physique, le sommeil...

### COMMENT PARTICIPER ?

En **remplissant un questionnaire** : vous allez recevoir un email contenant des codes permettant de participer anonymement **à partir du 19 février 2024 et jusqu'au 13 mai 2024.**

En **donnant votre accord et celui de votre enfant pour** :

- un **relevé** de taille et de poids
- le **prélèvement d'une mèche de cheveux** (en vue d'évaluations futures de l'exposition à certaines substances de l'environnement)

\* Kali Santé : Kids Alimentation Santé

Financé par





# WHAT IMPACT IN 5 YEARS?

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## WHAT IMPACT IN 5 YEARS? (2016-2022)



- Exemplarity of the municipality's sustainable food offer
- Sustainable food education for the general public
- A cross-functional sustainable food policy
- Food a central issue at Mouans-Sartoux

### 3 studies :

- Municipal observatory of school catering
- Syalinnov method, designed by Adel Ouraba and Pierre Leray <https://syalinnov.org>
- Life cycle analysis method by Andréa Luloviciva (ADEME/UCA thesis)  
<https://www.mdpi.com/2071-1050/15/6/4740>

## WHAT IMPACTS IN 5 YEARS?

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- 71% of residents have **changed their eating habits**
  - 40% of residents **shop mainly in organic or local** stores
  - An 85% increase in **occasional meat consumers**
  - 66% say their **change in eating habits was influenced by the municipality.**
  - The results also show that respondents from the sub-sample benefiting from PAT(Territorial Food Plan) actions supported by the MEAD (Sustainable Food Education Centre) are **2 to 3 times more likely to change** their eating habits and practices.
- 
- - **42% GHG** impact for people who apply all recommendations
  - - **26% GHG** impact for people who have participated in MEAD activities
  - -**12% GHG** impact for people who did not take part to MEAD activities



# Thank you for your attention !

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Gilles Perole, Deputy-Mayor of Mouans-Sartoux

Thibaud Lalanne, Head of the MEAD, Sustainable Food Education Centre

Lea Sturton, Director of Food at Mouans-Sartoux



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# Spicing up the menu: Good Practices from Across Europe



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# Spicing up the menu: Good Practices from Across Europe

**1****Go to [wooclap.com](https://wooclap.com)****2****Enter the event code  
in the top banner**

Event code

**CITYLABFOOD**

# Spicing up the menu: Good Practices from Across Europe

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## Speakers:

- Elisa Porreca, Food Policy Officer, Municipality of Milan, Italy
- Bo Vanbesien, Expert on European subsidies and external relations, Strategic Department of the City of Roeselare, Belgium
- Denise Cahill, Healthy Cities Co-ordinator Cork City, Eye, Ear & Throat Hospital, Western Road, Cork, Ireland
- Véronique Biquer, Project manager "Healthy and sustainable food for all" - Social Cohesion Plan, City of Liège, Belgium
- Davide Arcadipane, Sustainable food project manager at ISoSL, Liège, Belgium

## Moderator:

- Marcelline Bonneau (URBACT/EUI Expert)



# Lunch break



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## Lunch break

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- ✓ Please bring all your things with you: we won't be back in the room today!
- ✓ Please give interpretation headsets back at the registration desk
- ✓ Upcoming at 2:30pm: site visits in 2 groups!



# What's in our basket? Debrief of day 1 debates/city visits



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## What's in our basket? Debrief of day 1 debates/city visits

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- Check-in session looking at **the lessons already learned** (what's in your basket?) and **gaps** (what's still missing in your basket?) to orient the content of the second day...

**Everybody participating** standing in front of the EU City Lab Press Wall...

Moderation:

- **François Jégou** (URBACT/EUI Expert)
- EU City Lab Press Team
  - **Ben Eibl**
  - **Eva Timsit**
  - **Matilde Pereira Rocha**
  - **Nicola Candoni**

moving debate...

**Did you find inspirations in yesterday's program to bring back in your city?**

rather yes...

...still thinking...

rather no...



We have heard from several cities that they have struggled to measure and assess impact of their food policies and projects. Finding and working with scientific partners to create evidence is a great way of showing positive impact and convincing others of their practices.

**How can we improve the access and production of scientific evidence to assess ongoing projects and make it easier to convince others?**

How can you create more dialogue between the thinkers and the doers in your city?

"The thinkers and the doers are not finding space together". Denise Cahill, from Cork, explained how creating this dialogue is a motor for their action, to **give a place to everyone's voices**, from the farmers to the elected representatives, including the planners, and the grassroots movements.

The aim is for everyone to **learn from different perspectives and experiences**, and thus be able to have better design and implementation of policies by improving the inter-comprehension.

We hope  
they  
assess  
project  
scientific  
great  
and co

How can  
product  
assess  
easier to

The main barriers to behavioural change include the inertia induced by culture and the lack of knowledge about food. Who, indeed, knows the social and environmental impact of chocolate were it is produced, but also the health issue sugar and fat foster where it is consumed (namely, in our body)?

In Roeselare, rising the inhabitants' awareness is an ongoing challenge. Moving the discourse from sustainability, which is an above ground concept, to health, which is perfectly understood by people, has been

# Mixing up the ingredients





# Mixing Up the Ingredients

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- Round 1:
  - Mouans-Sartoux: Evaluation tools
  - Milan: School canteens solutions
- Round 2:
  - Cork: Food Study with Irish Traveller Women
  - Lille: TAST'in Fives
- Round 3:
  - Liège: Liège House of Sustainable And Inclusive Food
  - Roeselare: Circular Food Hub

# Mixing Up the Ingredients - Round 1

**Table 1:**

## Evaluation Tools in Mouans-Sartoux, Thibaud Lalanne



Presentation of three key studies assessing the impacts of Mouans-Sartoux's food project on citizens' eating behaviours and on the environment

**Table 2:**

## School canteens solutions in Milan, Chiara Mandelli



Milano Ristorazione, the municipal agency for school canteens, represents one of the main public stakeholders able to contribute to the implementation of the Milan Food Policy and is a place to experiment with good practices, including menu changes and measures to order to enable the adoption of this change.

## Mixing Up the Ingredients - Round 2

**Table 3:**

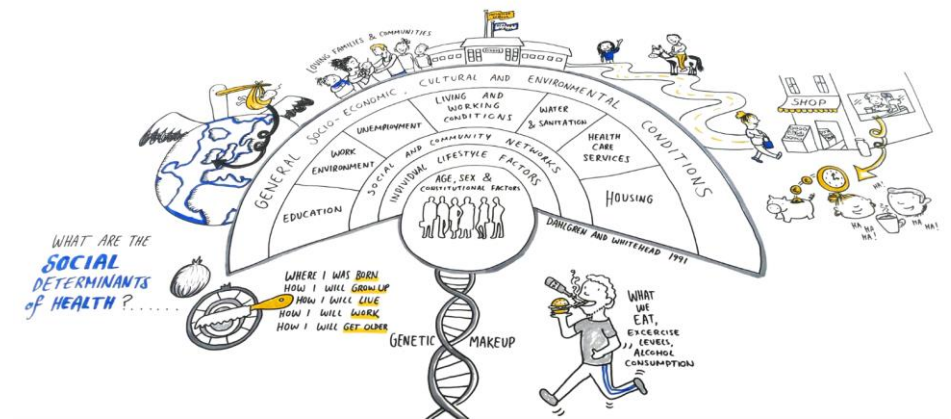
### The House of Sustainable and Inclusive Food (MAdiL) in Liège, Emilie Farcy



MAdiL promotes access for all to practical and theoretical learning about healthy, local and sustainable food through: culinary workshops and tastings, walks around edible wild plants, meetings with local producers and introductions to market gardening techniques.

**Table 4:**

### Food Study with Irish Traveller women in Cork, Denise Cahill



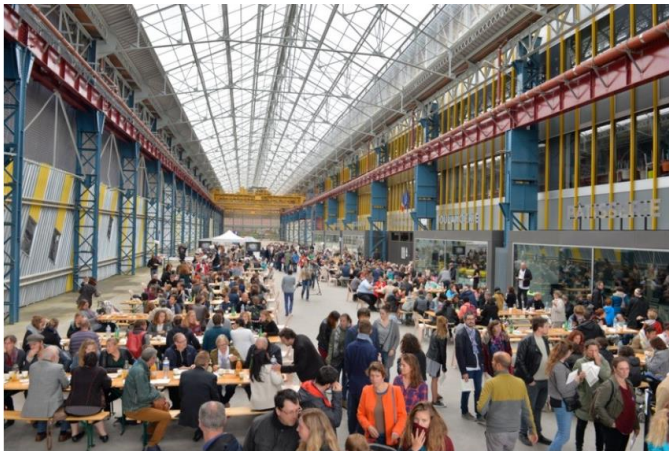
A project which explored the food choices and food consumption, as well as participation in physical activity and exercise, among a sample of Traveller women.

## Mixing Up the Ingredients - Round 3

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**Table 3:**

**UIA TAST'in FIVES in Lille, Perrine Dubois**



At the heart of a brownfield, a central food hall of 2050 m<sup>2</sup> has been renovated to host an innovative combination of productive and food-services activities: a “community kitchen”, a professional kitchen hosting an incubator, a food court, an urban farm

**Table 4:**

**Circular Food Hub in Roeselare, Bo Vanbesien**



The Circular hub extends beyond just providing affordable food; it includes a kitchen for workshops on cooking cheap, healthy, and sustainable meals, an eco-café serving low-price meals made with local products, and other amenities

## We'd like to learn and improve these EU City labs!

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**1****Go to [wooclap.com](https://wooclap.com)****2****Enter the event code  
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Event code

**CITYLABFOOD**



# Filling In the To Go Bag: What to Bring Back Home?



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## Filling In the To Go Bag: What to Bring Back Home?

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Aims of the session:

- Collectively define/**enrich the lessons learned**
- Already organise **feedback material to present when back home** (colleagues, hierarchy...)

Process:

- At tables : **4 courses menu of conversations** to guide the collective analysis
- **Sharing tables' inputs on « Feedback posters »** on the wall
- **Voting on the best quotes/answers** and sharing insights

Moderator:

- **François Jégou** (URBACT/EUI Expert)



# **The Cherry on the Top Next funding and networking opportunities**



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# Upcoming opportunities from URBACT

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2024

15 April

29-30 May

30 June

18-22 November

EU City Lab #2 in Liège  
Public Procurement & Food

EU City Lab on  
Funding Energy Transition

URBACT Call for Good Practices



EU City Lab#3  
Land & Food  
tbd

2025

1 April

8-10 April

30 June

URBACT City Festival  
in Poland

URBACT Call for Transfer Networks

# EUI opportunities

# portico

- All knowledge resources on Portico
- Join the community!

## Urban Agenda for the EU:

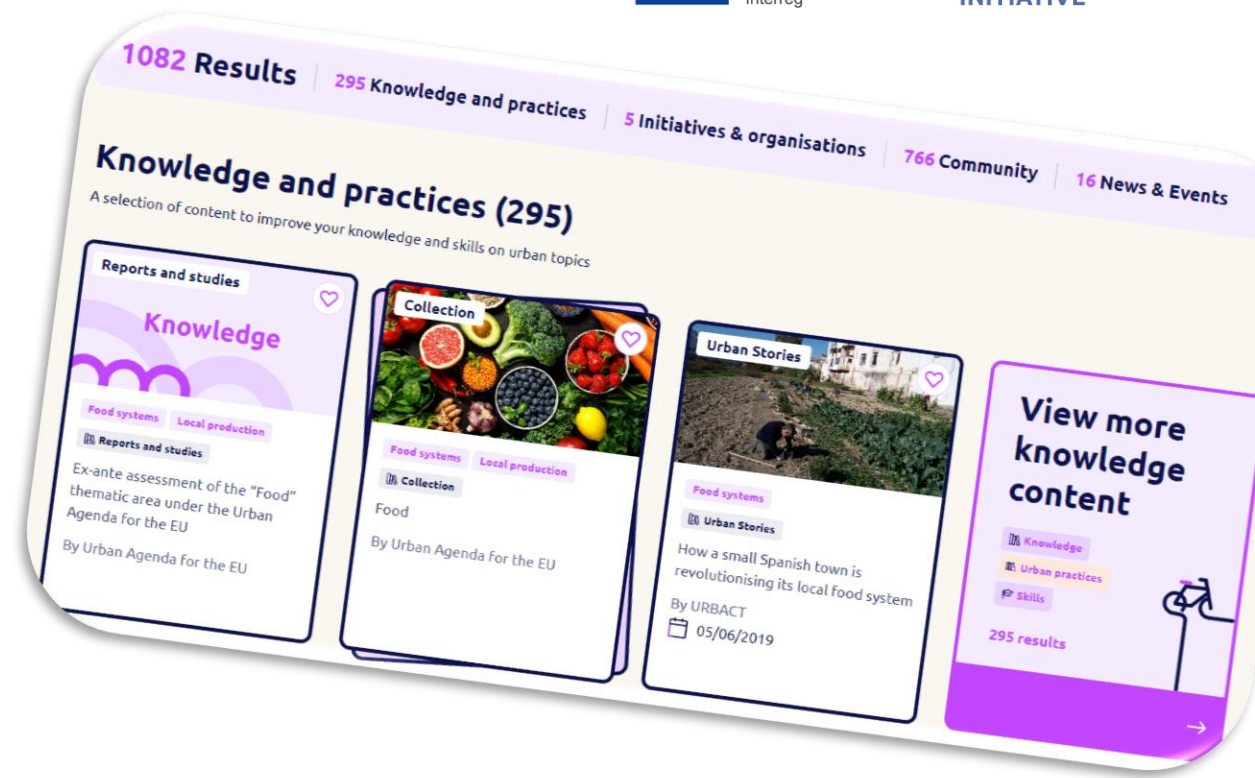
- [UAEU Food Thematic Partnership](#)

## Innovative Actions

- Call open in May – stay tuned!

## EUI Capacity-building:

- [Call for peer-reviews](#): Call open until 30 April!
- [Call for City-to-City exchanges](#): permanent



## City-to-City exchange

- **1 applicant city**
- And another **1-2 cities from a different EU Member State** with expertise to help tackle this challenge ('the peer')
- **Simple application form**, quickly implemented visit(s) (between 2 and 5 days each)
- **Depends entirely on city needs** and the challenge they wish to put forward!
- **Ongoing Call – Apply when you need.**



More: <https://www.urban-initiative.eu/capacity-building/pilot-call-c2c-exchanges>

## City –to-city exchange: type of support provided?

**Funding** to support applicants and peers:

### Type of cost

### Applicant City

### Peer City

Travel, accommodation & subsistence

Up to 4 people

Up to 2 people

Daily rate covering staff time

No

Up to 2 people

**Expertise:** we can appoint **a moderator to facilitate exchange and learning process**

**Peer identification:** we can facilitate contact with urban authorities around Europe

## Examples of City-to-City exchanges

Lille (FR)

Urban transformation, river  
reconquest and park creation

Turin (IT)

Brno (CZ)

Digital Transition for Function  
Urban Areas

Tallinn (EE)

Oulu (FI)

Applying migrant co-design to  
local integration strategies

Fuenlabrada (ES)

Piatra Neamț (RO)

Urban mobility  
implementation and  
infrastructure development

Szeged (HU)

## City-to-city exchange in 2024

- **Call open on a continuous basis – Cities can apply when they need/want!**
- Evaluations conducted on a rolling basis.
  
- **Bilateral consultations** always available at [this link](#)
- **Peer introduction request form** always available at [this link](#)
- Join [Portico](#) to search for urban solutions and practitioners





# Thank you for your attention !

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