



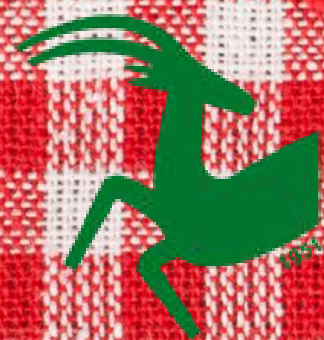
Co-funded by the  
Erasmus+ Programme  
of the European Union

# **FOOD iN SCHOOLS AND CLIMATE CHANGE WHAT'S THE CONNECTION?**

**I TAKE ACTION!**

**Erasmus+ KA210**

**Final report**



**Προστασία  
της Φύσης**  
ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ ΠΡΟΤΕΑΣΙΑ ΤΗΣ ΦΥΣΗΣ

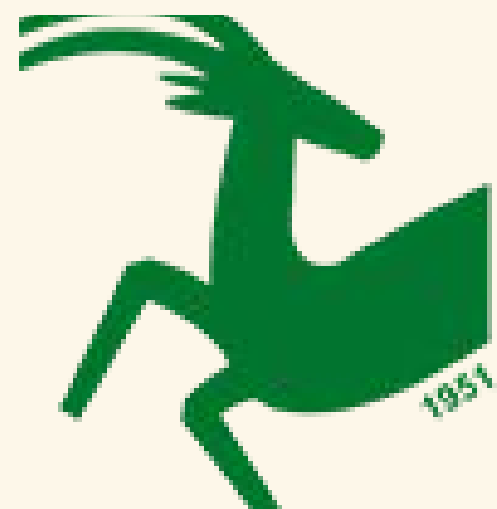


**Οικολογικά  
Σχολεία**



# Participating organisations

National Operators of the ECO SCHOOLS programme in Greece and Slovenia:  
DOVES FEE & Hellenic Society for the Protection of Nature



Προστασία  
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ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΙΑ ΠΡΟΣΤΑΣΙΑΣ ΤΗΣ ΦΥΣΗΣ



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Eco Schools



# Program Objectives

- Training and equipping educators to address modern challenges in Education for Sustainable Development, particularly the interplay between nutrition and climate change through:
- the exchange of best practices,
- the dissemination of educational resources,
- the establishment of a community of practice and learning



## Local Cuisine

## Topics

School Gardens

- Dietary practices that aid in climate change mitigation:
- Cultivating and consuming local and seasonal produce to minimize carbon emissions associated with transportation.
- Minimizing food waste
- Minimization of food-related waste, such as packaging.

Food Miles

ZERO  
FOOD  
WASTE

# ACTIVITIES

Study visits, participation in the AlterMed Fair, digital meetings for the exchange of best practices, and Zero Waste Day.



# **Greek Participating Institutions**

**Schools with students  
aged 5 to 15:**

**4 Kindergartens**

**4 Primary Schools**

**3 High Schools Schools**

**1 Special Primary School**



# Study Visit Slovenia 2024



## Photo Album



# Study Visit Greece 2024



## Photo Album



# Study Visit Slovenia 2025



## Photo Album





# Study Visit Greece 2025

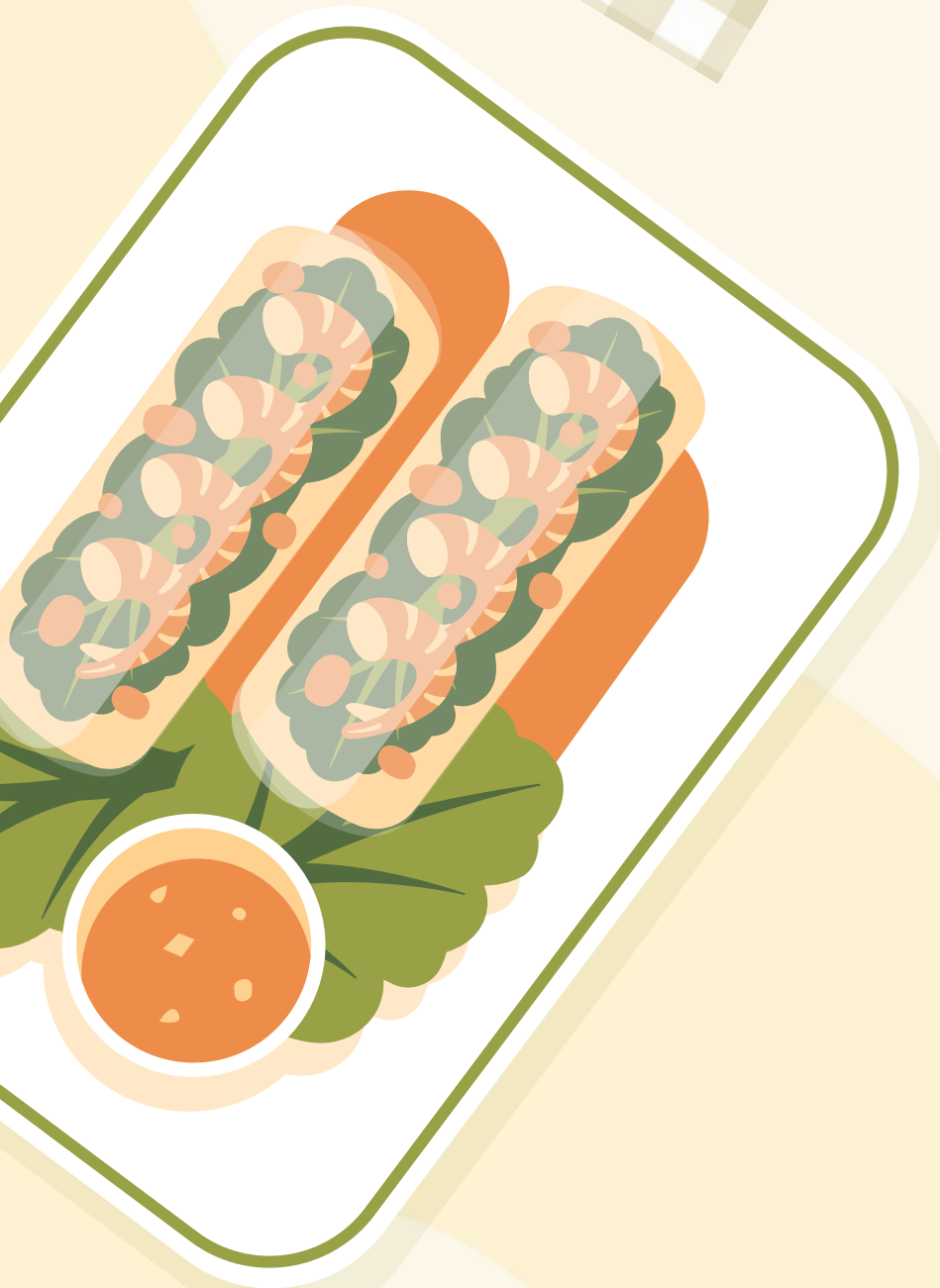


## Photo Album





# Educational Activities of the Creek Schools





## 1st Primary School of Peania

### Local Cuisine

Emphasis was placed on Mediterranean cuisine utilizing local, primarily plant-based ingredients. The children prepared traditional recipes, including vegan and Easter cookies, salads such as dakos, berry jam made from yard fruits, lazarakia, eggplant pie crafted from garden eggplants, and enjoyed olives harvested from the school trees.

### Reducing the food ecological footprint

Composting, fertilizer derived from coffee capsules, the adoption of homemade snacks in place of conventional snacks, food miles, pollinators, and an awareness campaign featuring the film “Zero Food Waste Mission.”

### Eco-Party



### School Vegetable Garden



## 1st Primary School of Peania

### ● Short Film “Zero Food Waste Mission”

Are you interested in understanding food waste and discovering ways to minimize your food ecological impact?

Watch the Green Agents in their Zero Waste Food Mission short film!

● <https://www.youtube.com/watch?v=dqbwLDcu9h8>





## 1st Primary School of Nea Ionia

### Food carbon footprint

The journey of food encompasses packaging, cultivation methods, food waste, and the disposal of "imperfect" vegetables.

### Food Equity

From producer to consumer  
Local market analysis  
Ethical dilemmas

## Culinary heritage

### Recipes of traditional foods of our country

Συνταγές παραδοσιακών φαγητών του τόπου μας



Linking food to the surrounding environment




**1st Primary School of Nea  
Ionia**

**View all the activities  
in the video:**

Τροφή και Κλιματική Αλλαγή

# Food and Climate Change

Τροφή και κλιματική Αλλαγή



*Erasmus+ project: Food in schools and climate change - what is the connection? I take action!*  
*Erasmus+ πρόγραμμα: Τροφή στο σχολείο και κλιματική αλλαγή-Ποια είναι η σχέση; Αναλαμβάνω δράση!*

1<sup>st</sup> Primary School of Nea Ionia Attica, Greece    4<sup>th</sup> Grade    Teacher: Vasiliki Strataki    May 2024

<https://www.youtube.com/watch?v=D03W9sd5Fxs>



## Athens College Elementary School

### School Gardens

- Vegetable gardens, herb gardens, harvesting the produce from the school trees, pollinators

### MiniReducing the food ecological footprint

- Composting, reduce waste, awareness initiatives, food remnants in bird feeders

### Zero Food Waste Tips



Harvesting the  
olives







## Athens College Primary School

**View all the activities  
in the video:**

[https://drive.google.com/file/d/1k-F57ot6f\\_SlMhgjC5do5W1TqSeffA-B/view?usp=sharing](https://drive.google.com/file/d/1k-F57ot6f_SlMhgjC5do5W1TqSeffA-B/view?usp=sharing)





## 7th Primary School of Gerakas

- **We cultivate our food in the schoolyard.**

Vegetable garden, utilization of produce for cooking food, minimization of food waste, composting

### School Vegetable Garden



### Composting





## **SPECIAL NEEDS PRIMARY SCHOOL OF PAMMAKARISTOS, Nea Makri**




### ● **School Garden**

Utilization of the school garden for sensory experiences and food categorization.

### ● **Reducing the food ecological footprint**

Sweets from fruit remnants, initiatives to promote awareness of food waste, traditional culinary practices



**Garden trip**

### **Orange peel confection**



Explore various activities [here](#).





## 7th High School of Chalandri

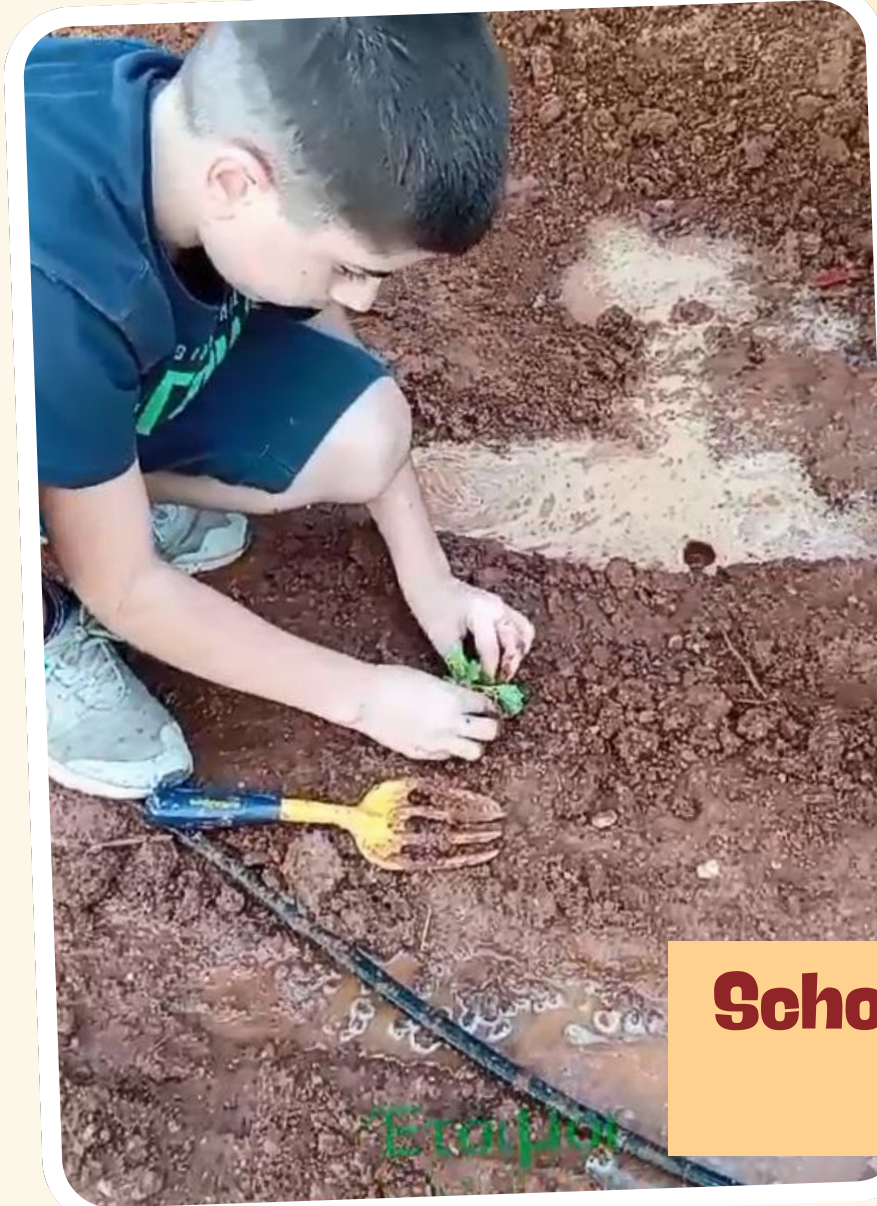
### Local Cuisine

We produce our own bread, jams, wine, traditional confections, salads, and olives sourced from our garden.

### Reducing the food ecological footprint

Easter Recipes with leftovers

Homemade bread



School Vegetable  
Garden



## 5th High School of Aḡia Paraskevi

### School Vegetable Garden

Vegetable garden, use of produce and distribution to charitable organizations.



School Vegetable Garden





## 2nd High School of Gerakas

### Local products

- Production of carob flour from the trees in the school yard, sweets cooking, school vegetable garden, and herb garden, use of herbs

### Reducing the Ecological Impact of Food

Using a novel composting technique

### Carob flour making

View additional information [here](#)



### School Vegetable Garden

Additional information available [here](#).



## 4th Kindergarten of Lavrio

### Local Cuisine

We explored the various uses of grapes: jam, dessert, juice, grape cookies, and grape cream.

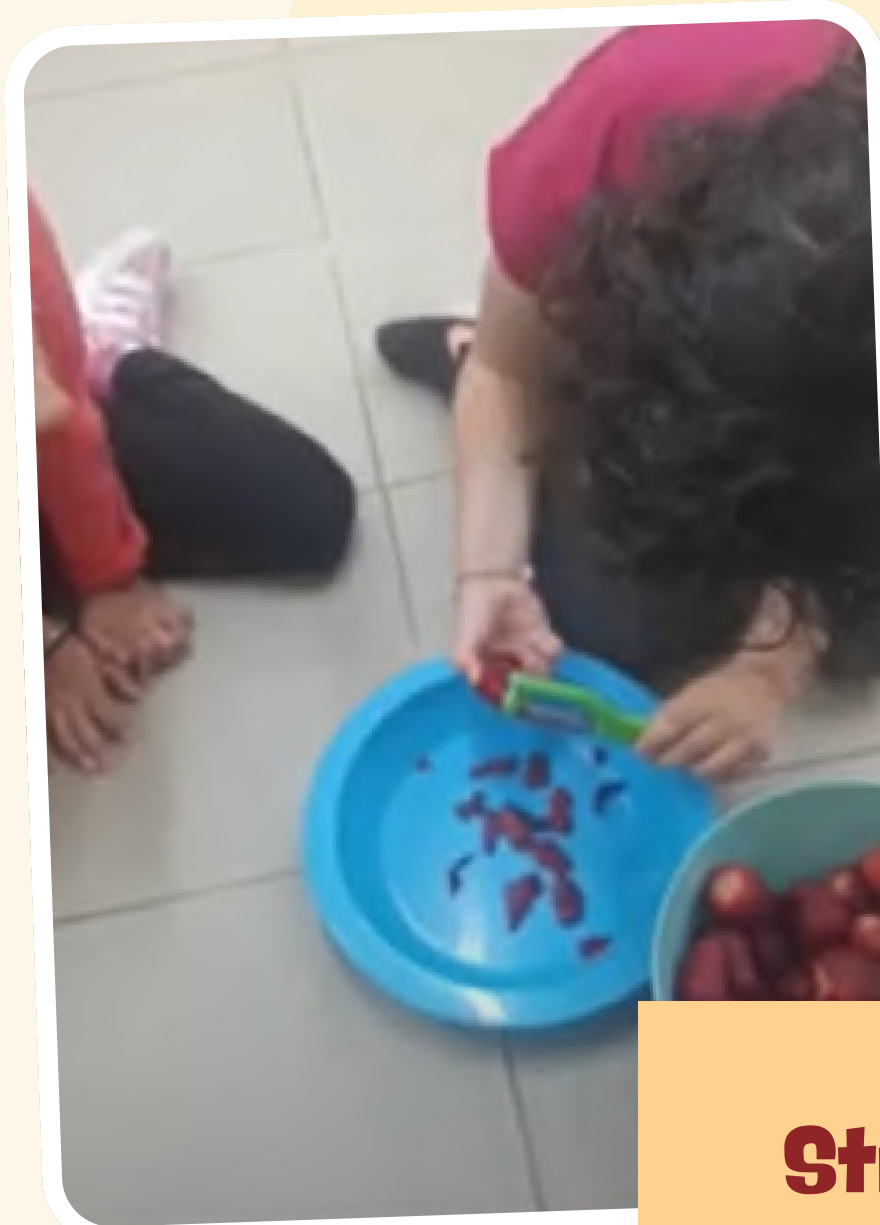
### Reducing the food eco footprint

Reusing food scraps through composting, making jams and cream cheese.

### Making full use of lemons



φλούδα ζαχαρωμένη  
sweet lemon rind



### Strawberry marmelade



## 4th Kindergarten of Lavrio

- **View additional activities in the video:**



Stop Food Waste Day - 4th Kindergarten of Lavrio-Greece



[https://www.youtube.com/watch?v=je02W3fP\\_sc](https://www.youtube.com/watch?v=je02W3fP_sc)



April 24 - National No  
Food Waste Day

## 7th KINDERGARTEN of ARTEMIDA

### Local cuisine

Bread-making, garden produce salad,  
apple mousse

### Reducing the food eco footprint

Research on food waste, development of a  
digital book featuring strategies for waste  
reduction, food donation initiatives, food  
miles, and compilation of recipes using  
leftover ingredients.



Potato salad with  
onions sourced from  
the school garden



## 7ο ΝΗΠΙΑΓΩΓΕΙΟ ΑΡΤΕΜΙΔΑΣ

- Δείτε περισσότερες ιδέες για τη μείωση της σπατάλης φαγητού στο βίντεο:



<https://www.youtube.com/watch?v=o4OsSuvNYdY>



## 7th KINDERGARTEN of ARTEMIDA

- Explore additional strategies for minimizing food waste in the video:



<https://www.youtube.com/watch?v=o4OsSuvNYdY>



## 7th Kindergarten of Pallini

### School Garden

The garden's crops was donated to the Municipality's Social Grocery Store.

### Reducing the food eco footprint

Composting, reduction of food packaging, production of carob flour.

### Composting



### School Vegetable Garden





## 1ο ΝΗΠΙΑΓΩΓΕΙΟ ΝΕΑΣ ΜΑΚΡΗΣ

- Μεσογειακή  
Κουζίνα

Τοπικά φρούτα και λαχανικά, σχολικός  
κήπος, μέλισσα-διατροφή και κλιματική  
αλλαγή

- Μείωση οικολογικού  
αποτυπώματος Διατροφής

Μείωση απορριμμάτων από διατροφή

### Φρουτοσαλάτα



**Game-based**  
διερεύνηση της  
μεσογειακής  
διατροφής



## 1st Kindergarten of Nea Makri

### Mediterranean Gastronomy

Local produce, educational garden, bees and pollination and climate change

### Reducing the food eco footprint

Minimizing food waste

### Fruit salad



### Game-based research of the Mediterranean diet



