



International Association of

Educating Cities

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EDUCATING CITIES
FOR A BETTER WORLD



experience

"I Made the Menu": an experience from Turin in food education

Turin is an industrial city located in the northwest of Italy. It has a population of 897,682 inhabitants and occupies a surface area of 130 km².

In April 2013, the City Council of Turin set up a project called "I Made the Menu" (*Il menù l'ho fatto io*) in order to involve the entire school community in a training-based, innovative program in nutrition education and responsible consumption. The project gets children from 8 to 10 years old to participate actively in the design of the school menu. The idea is to improve their knowledge of the food they eat, while seeking to make the food served in school lunchrooms to their liking.

Currently, 10 classes at 6 primary schools are participating in the project, which involves approximately 250 students. The training program is given by specialised staff from the Turin Institute for Responsible Education (ITER, initials in Italian) and includes field trips to different places such as a pedagogical farm, a market, the School Catering Service, a supermarket, school catering companies, etc. In this way, the students learn about the nutritional value of food and where it comes from (the raising of animals and local fruits and vegetables), seasonal produce, labelling, food safety and environmental factors (CO₂ emissions, waste, etc.).

Each of the groups prepares a "weekly menu" after learning about issues related to food, such as colour, smell, taste, nutrients, origin, characteristics, production, etc. At the end of the program, the menus are evaluated by the specialists (dietitians, teachers, cooks from the school catering companies, etc.), who select the dishes that will be included in the school menu.

At the same time, meetings are held aimed at teachers, families and the persons in charge of school lunchrooms in all the public schools of Turin. In this way, the project approaches the issue of nutrition from various points of view, dealing with issues related to habits, lifestyles and well-being. It also deals with education in responsible consumption by instilling an appreciation for local produce and the knowledge of the food chain, the impact that production and food consumption have on the environment and the strategies for environmental sustainability.

In the two years of development of the initiative, the project has contributed to improving the popularity of school meals, since 6 full menus designed by the students have been included in the school menu, along with other individual dishes, either as a first course or second, or dessert. In addition, it is worth to highlight the multiplier effect of the students on their families, neighbourhood, friends, etc. promoting healthy eating' habits.

Turin promotes healthy eating' habits, responsible food consumption and the active role of students in the design of the school menu.

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editorial

In response to the request by numerous cities and in compliance with the Association's Action Plan, the Executive Committee has called the **first edition of the Educating City's Award**. The Award aims at internationally acknowledging and disseminating the work carried out by member cities. With this initiative the Executive Committee wants to encourage cities to gain progress in their commitment towards fulfilling the principles of the Charter and to highlight the value of their innovative policies and initiatives.

In this first edition **three innovative experiences** from three different cities will be awarded, for contributing to a **better living together**. This includes building inclusive cities which work to create collective wellbeing, where attention is given to diversity, equality, participation, access to public services and information, and to the development of social ties between all the inhabitants, so that all of them feel part of the

city. Cities that create meeting opportunities and spaces, in which the citizens can affect the formulation of public policies, and in which the search for joint solutions to the new challenges is possible.

The experiences should contribute innovation, and should have been carried out for a minimum period of time so that their impact can be demonstrated in terms of improving coexistence in the city, and that they are totally or partially transferable.

The Award will be announced at the 14th International Congress that will be held from 1st to 4th June in Rosario, Argentina. The three awarded cities will be invited to present their respective experiences in a Congress plenary session. Furthermore, a wide dissemination will be made in different publications and communication channels of the IAEC in recognition of the work carried out. With this initiative, the Association aims

to inspire the work of other cities and to promote exchanges.

We encourage all member cities with good practices in this domain to submit their proposals to the Secretariat, by the end of February, for their evaluation. The jury will be made up of members of the Executive Committee, academics, and a representative from UCLG.

The Educating City's Award conditions are available at: www.edcities.org

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did you know that...

★ All the cities of the IAEC are called to participate in the next **General Assembly** that will take place on **11th March** in Lisbon. Coinciding with the Assembly, a meeting of the Executive Committee will also be held in which the bids of the cities opting for the organisation of the **15th International Congress of Educating Cities** will be evaluated. **The deadline for presenting bids is 15th February.**

★ The **12th Meeting of the Spanish Network of Educating Cities (RECE)** was held on 14th January in Rivas Vaciamadrid. The programme included a Roundtable in which mayors from cities such as Avilés, Granollers, Málaga, Rivas Vaciamadrid and Zaragoza participated.



★ Near **300 experiences from around one hundred cities from 19 countries have been received** for the 14th Congress of the IAEC that will be held in Rosario from 1st to 4th June. Furthermore, we should remind you that period of **early registration ends on 15th February**. For more information, go to <http://congresoiaec2016.gob.ar/>

★ The city of Turin organised a **Festival of Education** from 13th to 15th November 2015, within the framework of which a meeting of the Italian member cities took place.

★ The **6th National Congress of the Portuguese Network** which was held from 11th to 13th November in Almada under the theme "Participative Cities, Adapted Cities" gathered more than 500 participants from 37 cities.



★ On 3rd and 4th November, the **Meeting of the Brazilian Network** took place in Santo André which counted on the presence of more than 700 people from 23 cities, and dealt with the theme of "Sustainability, Social inclusion and Diversity in the educational territories".

★ 200 representatives from 20 member cities and entities from the civil society attended the **7th Meeting of the Asia-Pacific Network** that took place in Gumi (Republic of Korea) on 3rd and 4th November under the theme of "Educating Cities for Social Inclusion".



★ One of the goals of the new **agenda for sustainable development for 2015-30 of the United Nations** is to "ensure inclusive and quality education for all and promote lifelong learning".

interview

Mr. Carlos Grana Mayor of Santo André, Brazil

What does the membership of the IAEC provide to Santo André and what can your city contribute to the Association?

The world is facing a series of new problems that require new solutions, which are impossible to find when you look at the city from just one viewpoint. The city should be the result of a joint educational effort.

All the people in a city have the duty and power to stand up for an emancipating educational setting, that corrects the inequalities, respects the differences and protect the environment.

It is an honour to form part of the IAEC as a member of the Executive Committee, and to work with other cities of the world on public policies focused on a more human and fair society, based on local actions.

Coordinating the Brazilian Network is for us the challenge and responsibility to build awareness and to reach the maximum number of municipalities, so that the ideals of the Charter can become a commitment in each of the Brazilian cities.

Could you give us some examples of the dialogue that has been established with the civil society?

Santo André counts on a participatory approach in public policy formulation, which includes the organisation of conferences, public audiences and forums that enable a broad debate and deliberation on public policies; consultations and informative meetings, that establish the links and ties between the different areas of the City Council and the population; the maintaining of 18 municipal councils of citizen participation, amongst them being the municipal councils of health and education and the participatory budget.

Could you explain the "PrefeituraAqui" initiative and how you managed to generate interest in what is public?

PrefeituraAqui was carried out in each of the 20 regions of the participative budget of Santo André, by a team made up of civil servants from various departments, which acted over a period of 30 days in a specific territory. The actions that were carried out during this period were those of the conservation and improvement of urban space, information on public services and awareness actions to create a caring culture. We call this last aspect the educational action. All the actions are determined in accordance



with a prior diagnosis of the region, carried out by the various departments involved in the programme. Another important factor is the direct dialogue and the coexistence established with the population by means of the presence of civil servants throughout the time that the programme lasts in the territory.

What is the role of the local health councillors and what benefits does this figure contribute to the local management?

Besides the Municipal Council of Health, Santo André has 54 Local Health Councils, which allow an effective social control. The councillors are elected by the direct vote of the resident population from the area of action of the health unit, which implies a broad understanding of democratic participation in the decisions of the municipality in all the domains, including health. This dialogue allows municipal decision makers to interact with the real needs of the population of a given territory. The Councils point out possible failures and solutions in the provision of services, provide guidance to the population in terms of the functioning of the services, stimulate organised participation, etc.

The city provides a large number of educational opportunities and pedagogical resources. Could you give us some examples of these?

The Municipal Network of Education counts on an extensive offer in the city, such as SABINA - the Park of Knowledge, the School Park or the CESAS.

The SABINA is one of the main centres of interactive sciences of contemporary education

of the State of São Paulo, that has the mission of being a major laboratory for the schools in the areas of physics, chemistry and biology.

The School Park Project began in 1997 with the aim of building awareness on the side of children, teachers, directors and civil servants of the municipal network on environmental issues, etc.

The CESAS are educational complexes that include nursery school, pre-school and primary education, community centre and library. Furthermore, they provide the students, families and the local community with pleasant spaces, with a path for walking, an area of socialization, swimming pool, sports complex, etc.

How is the culture of peace fostered in the city?

The Department of Human Rights and Culture of Peace boosts in the city the innovation of a government concerned with the respect of the citizenship and its dignity and ensures the reflection and transformation of the current reality.

Consolidating this Department as well as the reflection, allows us to introduce, in a gradual way actions in various fields of intervention aimed at moving from a violent culture into a culture of peace. The challenge is to provide children and adults with an understanding of the principles and respect for freedom, justice, democracy, human rights, tolerance, equality and solidarity. This implies the clear rejection of any manifestation of violence...

More information at www.edcities.org

experience

The Torres Vedras Night Run, a different way of experiencing the city

With a population of approximately 80,000 inhabitants and a surface area of 407 km², Torres Vedras is located in the west of Portugal, 40 km from Lisbon. The city is an important tourist enclave because of its 20 km coastline, beaches and hot springs.

In order to foster healthy habits, the City Council of Torres Vedras set up in 2014 an experience called "Night Run", which comprises the organisation of nightly group runs or walks through the city. The distinctive thing about this initiative in Torres Vedras is that physical activity is being combined with promoting knowledge of the city.

Except on weekends, Torres Vedras is a city that has little nightlife, but the Night Run manages to rejuvenate the city on Wednesday nights with the presence of people walking or running through its streets, from 9:30 pm to 10:30 pm. During the activity pedestrians take control of the street, relegating traffic and occupying and enjoying the public space.

There are 4 different routes, which have been adapted to 4 different groups created according to various criteria: the participants' physical fitness, intensity of the run, age, etc., in order to facilitate participation of a large number of people in this free, informal activity, which requires no registration.

Each week the activity focuses on a monument, an emblematic building or a point of interest: the municipal market, the city hall, the castle, the convent cloister, the fire station, a park, a school, an institution, etc.



All the groups will pass by the selected place at different times, allowing the participants to discover or rediscover their city and stimulating their curiosity for visiting the place at another time, in order to appreciate in greater detail its cultural, architectonic, artistic or heritage-related qualities.

Furthermore, the initiative promotes the establishment of new relations between people who live in the city, since it binds hundreds of people to a specific movement during which coexistence and dialogue prevail, and which allows the participants to set aside their daily problems for a while and strengthen ties that can last beyond the duration of the activity.

To date there have been 72 Night Runs in Torres Vedras, with a great degree of participation: more than 29,000 people

have taken part, approximately 400 per night. Nevertheless, the initiative is subject to climate conditions, and participation falls when the weather is not very inviting.

On the other hand, the results of the evaluation survey show a high degree of satisfaction of the participants, who are also very appreciative of the visits to the selected venues in the city as well as of the opportunity of walking or running through the streets without traffic annoyances.

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