



GROWING INTO ECO-CONSCIOUS ADULTS

Eat4Change: Κινητοποιώντας τους νέους προς μια βιώσιμη διατροφή



Sustainability Toolkit

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<https://geaeducation.eu>



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1 Introduction to Eat4Change

This tool provides resources and recipes for sustainable eating, with a focus on educating children. The resources are split by age groups.

https://www.wwf.gr/shmeio_gnosis/perivallontiki_ekpaideush/diatrofi/

2 Classification

<i>Classification Tag</i>	Mark X if applies	Criteria
Purpose of tool		Water saving
		Energy saving
	X	Smart shopping / food planning
	X	Waste management
		Active transport and mobility
	X	Shrinking our carbon footprint
		Other
Purpose of tool Stages where it can be used	X	Awakening
	X	Understanding
		Enlightenment – Action
		Advocacy
		Evaluation
		Other
Language		Dutch
	X	English
		Estonian
		German
	X	Greek
		Italian
		Lithuanian
		Macedonian

		Other
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3 Description

What is this tool about

This tool is a collection of resources to educate children on food, and sustainability. They provide ideas of activities and challenges, sorted into age groups, as well as recipes for sustainable and healthy meals and snacks.

For which purposes is it used

It can be used by parents, caregivers, and teachers, in order to raise awareness of children on the importance of eating sustainably.

Limitations of the tool

The resources are available only in Greek. Some require registration on an online platform (although the registration is free).



Image source: https://www.wwf.gr/shmeio_gnosis/perivallontiki_ekpaideush/diatrofi/

4 When and how to use this tool

- **Preparation:**

Before using the resources provided, identify the age of the children you will be working with, as well as the topic you want to tackle.

- **Activity:**

Download the resources you are going to use, and carry out the activity.

- **Follow-up about what to do after use:**

Reflect on what worked and what didn't, as well as what you and the other participants learned.

5 Material needed

A mobile device with stable internet connection is sufficient to Eat4Change. The tool is free of charge.

6 Other resources

Links:

Eat4Change: change what you eat one plate at a time | WWF

<https://www.wwf.org.uk/eat4change>

Bring change to the table <https://www.wwf.org.uk/eat4change/bring-change-to-the-table>

EAT4CHANGE | WWF https://www.wwf.gr/ti-kanoume/anthropos/diatrofi/eat_4_change/

Eat4Change: Κινητοποιώντας τους νέους προς μια βιώσιμη <https://edu-gate.minedu.gov.gr/index.php/2023-2024/6312-chronike-epektase-enkrises-tes-ylopoieses-tou-ekpaideutikou-programmatos-me-titlo-eat4change-kinetopoiontas-tous-neous-pros-mia-biosime-diatrophe>

Videos:

WWF Greece #Eat4Change <https://www.youtube.com/watch?v=ndCdMksq0nA>

Το πιάτο της υγιεινής διατροφής <https://www.youtube.com/watch?v=cGR-chVKiV8>

