



# TO THE SCHOOL COOKS

## THE STRENGTH TO FOOD PROJECT... IN A NUTSHELL

Dear Cook,

as probably you already know, an adequate food intake is one of the primary objectives of health promotion campaigns oriented to reduce or prevent overweight and obesity in children and adolescents.

Schools seem to be an optimal setting for implementation of health education initiatives, since they allow to reach almost 100% of school-aged children and to offer constant contact with them.

We propose an *educational project* to be applied in schools aiming to promote wellbeing of future generations. We use an “*educational to wellbeing*” path that will help identifying and pursuing the fundamental characteristics of a healthy nutrition.

This educational program will explain how the right nutritional choices may have a positive impact not only on the health status of young and adult generations, but also on the environment and the planet. This program is planned to involve teachers and parents, in order to increase children skills and knowledge. However, the collaboration of all the staff working in the school canteens is extremely useful to improve the eating habits of each and every student!



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## SCHOOL MEALS IMPROVEMENT

In addition to the educational path, we also propose recipes and tips for the canteen staff aiming to improve children eating habits. Since children consume at least a meal everyday in the school canteen, it is important to improve school meals. With this approach, students can learn how to eat better starting from the school canteen. New menus will be proposed, using the same ingredients that are already available for the school, but creating new plates, always nutritionally balanced, taking into account child preferences.

Moreover, some posters on basic concepts about nutrition and diet will also be proposed. This will allow children to have a constant support towards healthy dietary habits.

You will have a primary role in the improvement of students eating habits and your expertise is the starting point to offer healthy and tasty menus. A team of expert will provide you some new ideas and some tips to obtain nutritious recipes.

You will be also involved in a cooking contest with other Serbian cooks who participate in the Strenght2Food Project. In addition, you will have the chance to win a trip to Italy collaborating with an Italian team of expert chefs.

