

City Livorno	
Country	Italy
Population	160.000 inhabitants
Title of policy or practice	3 esse - salute, saperi e sapori (3 Ss – Health, Education and Flavours)
Subtitle (optional)	
URL video	
Category	Sustainable Diets and Nutrition
SDGs	<p>SDGs: 3, 4, 11, 12.</p> <p>The Project 3 ESSE: Salute, Saperi e Sapori/3 Ss: Health, Education and Flavours (3S) aims to promote food education among primary schools' students, their parents and teachers and experimenting and design a new model of school canteen. Furthermore, it aims to promote food education programmes for Livorno's citizens involving also restaurants and other operators of the local food system.</p> <p>In doing so, the 3S project meets specific SDGs: by promoting food literacy the 3S meets SDG 4. Furthermore, since food education generate food agency, which is the capacity of a person to act conscious food consumption choices oriented to his wellbeing and sustainability, the project aims to transform passive consumers into food citizen meeting SDG 11 and SDG 12.</p>
Brief description	<p>The motivations of 3S raises from implementing the Food Strategy of Livorno which has identifies food education as one of the priorities of intervention.</p> <p>The scopes of 3S are two: first, promoting food education among primary schools' students, their parents and teachers. As part of the 3 S project, in addition to school gardens that Slow Food Livorno is developing in many schools of Livorno and food education laboratories, the Municipality financed the renovation of a public building and built a Public Kitchen to promote food education including cooking courses to extend also to Livorno's citizens.</p> <p>The second objective of S project is to experiment and design a new model of school canteen based on short food supply chains, food education through school gardens and food laboratories, embellishment of school refectory and new meals distribution to students. The long run objective of this experiment is to design and develop a new model of school meal system for all the public schools in Livorno.</p>
Date of start and state (ongoing/completed)	<p>02/2018</p> <p>Ongoing</p>
Actors and stakeholders involvement	<p>The 3S has been developed by the Municipality of Livorno, in partnership with Slow Food Toscana, the University Sant'Anna School of Advanced Studies of Pisa and with the collaboration of Cirfood, the private company that produces meals for all schools of Livorno, which provided the Public Kitchen's furniture.</p> <p>In the 3S project students, their parents and the teachers are involved, and the goal is also to involve citizens, restaurants and the food supply chain operators of the local food system.</p>
Approach	The first laboratory focused on the waste of healthy meals in school. The goal was to involve students and their parents in understanding the importance of a healthy diet and show the parents

	<p>that preparing meals with children makes the food more desirable. The lab was organized as follows: rediscovering our senses and their role in oriented food choices, cooking workshop where Slow Food representatives talked about the nutritional value of food, biodiversity and seasonality when visiting the school gardens.</p>
Innovation	<p>The tight relationship between nutrition and health is widely recognized at a scientific and political level. The 3S project suggests an innovative approach to challenge the problem of the citizens' individual and public health by focusing on food education and adopting an experiential learning approach. The consumption of a healthy and sustainable diets depends on the level of people's knowledge about nutrition and it also depends on food agencies. This is the capacity of a person to act conscious food consumption choices oriented to his wellbeing and sustainability, which depend also in the knowledge about the food system. Food system and nutrition knowledge is what transforms passive consumers into food citizen.</p>
Impact	<p>Not applicable, the impact of the 3S is in a long run and not measurable with quantitative data.</p>
Inclusion	<p>The 3S addresses thematic inclusion integrating two MUFPP categories: Sustainable Diets and Nutrition and Food Supply and Distribution because, on the one hand, it promotes food education among primary schools' students, their parents and teachers and, on the other hand, it experiments and designs a new model of school canteen based on short food supply chains.</p>
Adversity coefficient	<p>Not applicable</p>