

City Cologne	
Country	Germany
Population	1,084,795
Title of policy or practice	Sustainable Diet and Nutrition
Subtitle (optional)	Appreciating Food - Star Chefs Visit Cologne Schools
URL video	https://www.youtube.com/watch?v=kasFk4UNcTo
Category	Sustainable Diets and Nutrition
SDGs	SDGs: 3,4,5,11,12,13.
Brief description	<p>The motivation for the city's involvement is to support food that is sustainable and regional.</p> <p>Since 2011, Cologne's Environmental Protection and Food Inspection Body has been committed to curbing food waste. Food monitoring and environmental awareness are recurring themes in their discussions and events.</p> <p>The motivation behind the project is to support schools and help pupils appreciate food. Teenagers can learn how to understand and deal with food more efficiently. This is a novel idea cooked up by the Environmental Protection and Food Inspection Body of the City of Cologne, Germany to offer free-of-charge cooking courses directly at school kitchens in Cologne. The target group were adolescents and the aim was to help them prepare for independent life.</p>
Date of start and state (ongoing/completed)	12/2017 – 10/2018 Completed
Actors and stakeholders involvement	<ul style="list-style-type: none"> • Cologne Schools: Pupils and Teachers; • City of Cologne (Department of Consumer Protection and Environment); • Lord Mayor (Mrs Henriette Reker); • Ministry for Environment, Agriculture, Conservation and Consumer Protection of the State of North Rhine-Westphalia (Mrs Ursula Heinen-Esser); • School catering companies and Social Institutions.
Approach	<p>Under the guidance of the chefs, a vegetarian/vegan dish was prepared by the students (approx. 200 pupils from age of 14) in teaching kitchens:</p> <p>Duration: 3.5 hours; Group size: 12 pupils; Food: Provided; Costs: Free of charge for the schools.</p>
Innovation	<p>Aims and Realisation of the Project</p> <p>The motivation for the city's involvement is to support food that is sustainable and regional. Since 2011, Cologne's Environmental Protection and Food Inspection Body has been committed to curbing food waste. Food monitoring and environmental awareness are recurring themes in their discussions and events.</p> <p>The new approach was to bring pupils in contact with food and show how interesting it can be to smell and taste ingredients. Encouraging the children to experiment with food was important to us. The topics covered ranged from shopping sensibly, being aware of food sustainability, handling food, and avoiding excess packaging and food waste.</p> <p>The success of the project is also due to the fact that the two young chefs worked with the</p>

	<p>children on an equal level. It was easy for the pupils to identify with the chefs, who were only a few years older, and they enjoyed cooking together, especially when preparing the vegetarian menu.</p>
<p>Impact</p>	<p>The aim was to provide young people with practical food experience, rather than using a passive approach taken from modern media, e.g. cooking shows on TV or simply discussing the consumption of pre-prepared meals and fast food.</p> <p>This phenomenon of consumer behaviour is the result of a profound change in society: E.g.</p> <ul style="list-style-type: none"> • Occupational absence of father/mother during the day; • The lack of intergenerational living arrangements; • School meals throughout the whole day; • The market-oriented policy of the food industry to sell ready meals, convenience and fast food. <p>The course is designed to introduce young people to making their own culinary decisions and enabling them to lead independent lives. Likewise, it should encourage and arouse curiosity to sample new taste sensations.</p> <p>Not all of the approx. 100.000 pupils (age 6-18) in Cologne were born into best conditions and opportunities in their life. Especially for these involved pupils the experience of sustainable appreciation, comprehensive teamwork and community building are enhancing them to live a life in self-consciousness and to network and participate in democratic processes.</p>
<p>Inclusion</p>	<p>Thematic Inclusion:</p> <p>Several departments of the City of Cologne collaborated for the project (e.g. Economics; Social and Environmental protection; Health; Education). The Food Inspection Body realized the school courses concerning hygienic aspects.</p> <p>A number of students were encouraged to discuss food-related topics, especially when cooking for themselves: this opens up a new perspective on what schools can offer regarding catering and may have a positive impact on how the food curriculum is designed. This participation is in line with the "Child and Youth Friendly Cologne" programme.</p> <p>The programme offers the teenagers something positive and can be achieved with the easiest of means; all you need is a school kitchen.</p>
<p>Adversity coefficient</p>	<p>Business as usual ;-)</p>