

City Frankfurt am Main	
Country	Germany
Population	750,000
Title of policy or practice	Frankfurt's External School Garden
Subtitle (optional)	Revival of a former school garden from the beginning of 20th century
URL video	
Category	Sustainable Diets and Nutrition
SDGs	SDGs: 2,3,4,12,15.
Brief description	<p>With the help of the Frankfurt Food Council, an external school garden for elementary schools, which do not have their own space for a school garden, is being built in the Frankfurt East by the city of Frankfurt.</p> <p>From April to October, the children in the garden grow many different types of vegetables under professional and pedagogical guidance. The children will go through a complete "garden year" and accompany the growth of the plants from beginning to end.</p> <p>The scope of the theoretical part varies according to the season and weather conditions and is predominant in the months outside the gardening season (January, February, November, December).</p> <p>The practical work in the garden increases the appreciation of food and the understanding of food cultivation among children. It counteracts alienation from nature, unhealthy eating habits and food waste. The combination of theoretical and practical elements results in a year-round program that - depending on the season - takes place in the school garden or in the classroom. The aim is to counteract the loss of knowledge and competence in the field of nutrition and the environment, thus laying the foundations for responsible consumer decisions even at primary school age.</p>
Date of start and state (ongoing/completed)	05/2019 Ongoing
Actors and stakeholders involvement	Deputy Mayor for Environment, Park department, Health department, department for Education Frankfurt Food Council Uhlandschule (elementary school) Ackerdemia e. V. (non-profit association to spread knowledge about the natural context, food production and agriculture as well as a healthy diet and sustainable consumption).
Approach	<ul style="list-style-type: none"> • To find an appropriate plot of land to build the garden; • To activate schools to implement "Food education" in their schedule; • To find partners for pedagogical support in the garden; • To find volunteers (in this case members of the Food Council) who are engaging and networking and do fundraising.
Innovation	The principles of organic farming are applied to the approx. 1000 m2 area during implementation. Elements of permaculture, such as the use of semen and old varieties, self-regulation, waste prevention and the promotion of biodiversity are applied.

	<p>The contact to the nearby schools is already established. The project is sustainably designed through its independence from the temporal and spatial conditions of the schools. For example, it is not dependent on particular teachers and their place in the project or the short-term planning of the schools. Nevertheless, accompanying teachers are automatically trained and encouraged to use the school garden as a holistic place of learning for other subjects. The knowledge is anchored in the children and thus carried into the families. The involvement of other family members as volunteers or at festivals strengthens this aspect and increases the likelihood of long-term behavioral change in the sense of sustainable development.</p> <p>The project is designed so that the current garden has the possibility of expansion and the idea can be easily implemented in other districts.</p>
<p>Impact</p>	<p>It needs a shift in consciousness to understand the importance of food production and consumption for sustainability. This concerns the preservation of biodiversity and soil health, and the associated need to install stable, sustainable systems in the food production sector, thus reducing the increase in CO2 and other air pollutants.</p> <p>By processing and consuming the grown food, the children gain advanced skills in nutrition, environment and climate. Corresponding educational units enable them to understand global relationships as well. This is how they learn to make sustainable, environmentally friendly and healthy decisions. The project works i.a. the prevailing food waste (> 30% in Germany) and existing widespread diseases such as obesity (ca. 10% of children in Frankfurt at school enrolment) or diabetes.</p> <p>There will also be an open afternoon offer per week, in which all interested children of the respective schools and their families as well as interested people of all ages from the surrounding area can participate. An intergenerational approach is followed.</p>
<p>Inclusion</p>	<p>Thematic inclusion: Park department, Health department and department of Education</p> <p>The Food Council Frankfurt is the initiator of the project and is also responsible for the management of the project. The members have expertise in the practical craft food sector (e.g. beekeeper, confectioner, cook), in the horticultural sector (e.g. landscape gardener) and a theoretical connection to nutrition (e.g. expert for daycare, nutritionist, public health nutritionist).</p> <p><i>GemüseAckerdemie</i> is a year-round theory and practice-based educational program of the non-profit association Ackerdemie e.V. to increase appreciation of food and the understanding of agriculture among children and adolescents. Ackerdemie e.V. is an important cooperation partner of the project. The association provides support with its many years of experience in the field of establishment and management of school gardens.</p> <p>The project will be implemented in cooperation with the Park Department of the City of Frankfurt. This has already provided a suitable area in the Frankfurt Ostpark for the project, which has a water connection. There are water costs. In addition, Park Department will provide garden tools or machines and also the costs for plants, soil etc. are taken over. In addition, the Park Department will provide technical advice on the planning of the area.</p> <p>Territorial inclusion: the idea can be easily implemented in other districts</p>

Adversity coefficient

Well over 10% of children in Frankfurt are overweight or obese at school age. There is a significant health risk from the increase in childhood obesity. Even though overweight related illnesses rarely occur in childhood, there is a big risk for these diseases in adulthood whether the overweight is held. But even in childhood, being overweight and obese can be associated with significant problems. These include mental issues, teasing, Isolation - provoking a vicious circle of frustration, compensation by eating, even less joy of movement and further increasing body fullness.

Children in big cities have less and less contact with nature, both at home and in kindergartens and schools. Few children know where their food comes from or have grown vegetables themselves. The revitalisation of an old school garden, that dates back to the beginning of the 20th century, shows that former knowledge about gardening, agriculture and consumption is lost and has to be relaunched.