



# FOODBUSTERS

“Activate your strengths through sustainable nutrition”

KA1 project for youthworker



## Topics:

- Awareness raising on food and nutrition
- Health aspects of sustainable nutrition
- Ecological sustainability in nutrition

## Overall goal:

- Offer young people a framework of healthy eating habits to help them achieve greater health and longevity while providing tools for greater autonomy in their lives.
- Address health aspects as well as ecological, economic and social sustainability in relation to nutrition.

## Objectives:

- Education about the basic nutritional science: macronutrients, micronutrients, nutrient density
- Integration and self-sufficiency
- Exchange on how cooking is a central part of each participant's culture
- Promoting food as a tool not only the path to a healthier body and mind but also to a healthier planet.
- Strengthening of nutrition literacy
- Exchange best practices and experiences from respective countries and explore non-formal learning tools and methods
- Support for self-reflection and long-term, sustainable character development
- Ability to design educational projects and workshops on food safety, nutrition, and sustainability
- Supporting long-term partnerships and future collaborations to develop policy recommendations



## Outline of project:



- Age group - Mobility of youth workers: 18+**
- Date - March 25. - April 3. 2024 incl. Arrival- & Departure day**
- Where? - Abenteuerzentrum im Grunewald, Berlin, [\(https://abenteuerzentrum.berlin/\)](https://abenteuerzentrum.berlin/)**

## Contents

- Introduction to sustainable nutrition and strengths orientation
- Health aspects of sustainable nutrition
- Lectures by nutrition experts on the connections between nutrition and Health
- Workshops on preparing healthy and sustainable meals
- Ecological sustainability on nutrition and impacts of food production and processing
- Practical exercises to reduce food waste
- Youth work programs - designing sustainable activities - social responsibility
- Challenges and solutions in integrating sustainability into youth work
- Implementing sustainable nutritional practices in participants' everyday lives
- Prevention, intervention and effects of sustainable nutrition on health
- Integration self-sufficiency
- Introduction to various non-formal methods
- Creative workshops for sustainable nutrition workshops for young people, for example: Concept of “Make your own Plate” - Tools - Digital Awareness - Local Volunteering

## Project Trainers:

The project training of this project lies with Leonor Castro and Luís Ribeiro, PMs of their organization Hirundo. Hirundo is the main trainer of the project. During their travels and experiences in social impact and international mobility, they obtained an additional qualification for teaching how to improve personal skills through Erasmus+, Sustainability, and local activities to improve communities. In addition, they have been working as volunteers with a food waste organization and facilitators with non-formal education with youth for more than 8 years, especially in the implementation of social impact training, on how can we improve our own skills to get jobs easily and how to create sustainable projects.

## about us:





## Project Management:



The project management of this project lies with Steffi Pardella. Steffi Pardella is the main coordinator of the project. During her studies in therapeutic pedagogy, she obtained an additional qualification for leading experiential programs through outdoor activities, is a member of the Federal Association of Adventure Education e.V. and has qualifications in process facilitation and for instructing a wide variety of experiential education methods. In addition, she is a de-escalation and prevention trainer for violence and racism. She has been working as a trainer and facilitator with non-formal education with children, youth and adults for more than 17 years, especially in the implementation of social competence trainings, the accompaniment of youth and young adults in voluntary service and the further education and training of trainers. Since spring 2022, she has been responsible for project management of international projects in the Erasmus+ Youth program and has since then also worked as a moderator and trainer in several mobilities for youth workers.

## Interested ?

You can apply here:

<https://forms.gle/DFuWeQGDo4VntvRz9>

## Questions ?

You can write me here:

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