

FINAL REPORT – August 2025

Time project: from June 2024 to June 2025

Project: *"Technical Tests of Counseling in School Foodservice"* prepared by the ASAND- Foodservice Study Group, Bacherini Paola, Bonannini Sandra, Campo Giuseppina, Marchi Gianna, Matteini Veronica.

Recipient: Coordinator Stacia Nordin-Organization ICDA

Objectives:

The project was developed in line with its stated objectives: to promote sustainable nutrition through a participatory approach and the tools of nutritional counseling; to strengthen the empowerment of citizens (users, parents, teachers); to activate a network of municipalities interested in renewing the school food service by valuing local experiences and promoting the exchange of best practices; and to share a toolkit of practical and replicable tools for use by other local municipalities and professionals.

Results:

The activities were structured around four operational challenges:

1. **Climate-friendly menus**, with the selection of local, sustainable, and low CO₂-emission recipes, proposed and discussed within school meal committees. On the experimental menu day *"Farmer's Dish"*, among a total of 462 students, the following outcomes were recorded: the "legume soup with pasta" recipe was consumed and appreciated by 81% of the children, while the "Fettunta" was consumed and appreciated by 85%. Overall food waste remained well below the 30% target threshold.
2. **Standardized food waste recording system**, whose results—presented in a poster awarded by the ASAND association as the best contribution during the SPRING 2025 SINPE and ASAND event which took place from 27 to 29 March 2025 in Bari highlight the importance of reducing food waste in school canteens through the adoption of preventive and corrective actions. The poster, attached to this report, documents the entire process: data collection methodology, results, and strategies for waste reduction.
3. **Practical educational workshops**, used as a tool for food education aimed at primary school children, involving both teachers and parents. The activity recorded the participation of 93 children and 125 adults (teachers and parents).
4. **Dietitian Help Desk**, a free listening and consultation service for families and educators, managed by trained dietitian staff. Sessions were held on a monthly bases from January to May 2025, as detailed in the attached flyer. The help desk addressed nutritional concerns and fostered direct dialogue with families.

On June 26, 2025, a webinar was held to present the project and its results to the participating municipal administrations. The event flyer is attached. A toolkit of educational materials was produced, including brochures, technical fact sheets on best practices, and a recipe collection. All materials will be shared with the ASAND and ICDA associations and with the partner municipalities.

Financial Resources:

- €850 for the creation of graphic materials and data analysis;
- €500 for the organization of a demonstration buffet featuring the sustainable recipes collected;
- €470 for miscellaneous organizational expenses related to group meetings.

Identified critical issues:

Initial resistance to change from school staff and parents; the need for more advanced planning to integrate activities into school programming documents; and the time and cost required for training and implementation, which should be accounted for in planning documents.

Future Outlook:

Inclusion of sustainable recipes in the school food services' menus of the municipalities; publication of a scientific paper on the waste monitoring system (scheduled for September 2025); continuation of activities with the expansion of the network.

Conclusions:

The project intends to represent an example of replicable, strengthening the collaboration between local authorities, schools, and health professionals. It enhanced the role of schools as key environments for promoting healthy eating, social cohesion, and environmental respect. **The collaboration among institutions** was a valuable asset that made a significant difference, encouraging data interoperability, standardization of knowledge and best practices, and a willingness to innovate. This project lays a solid foundation for future initiatives and structural improvements in school food service.

For any information on the project:

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