

Food for thought: For more healthy and sustainable food for all

*An intersectoral conference on food, health and sustainability,
crossing perspectives from research, inspiring practice and policy*

MESTRADO EM PSICOLOGIA SOCIAL DA SAÚDE, ISCTE-IUL

06
MAI
2019

Auditório
J.J. Laginha,
Edifício I,
ISCTE-IUL

FREE ADMISSION



Cecília Delgado, Faculdade de Ciências Sociais e Humanas,, CICS.NOVA -
Centro Interdisciplinar Ciências Sociais - Universidade Nova de Lisboa
e Maria José Ilhéu, Fátima Ferreiro, Alimentar Cidades Sustentáveis - RRN/DSTAR,
CMTV, ISCTE -IUL, outros

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

What we are: group of actors engaged in creating collective awareness on more sustainable food system
thought knowledge sharing

Our vision: breaking silos among food actors and sectors will lead to better decision making

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

How everything started back to April 2018....

- **A key accelerator** - RUAF board members mentored a working session "Urban Agriculture as a component of more resilient food systems" with Portuguese Municipalities, at Fundação Gulbenkian in Lisbon. After a day sharing national and international initiatives the willing to set up a group of stakeholders interested in boosting agriculture and food topics in Portugal arose.
- **The challenge was taken by three women** present on the meeting that are now the leading team, with different backgrounds, i.e., from academia + NGO, local and central government.
- **And a kick-off** - **A visit to Toronto in July 2018 reinforced** the understanding of communication and social media as a must needed step to put food and agriculture into the public agenda.

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

Our **key accelerator** - RUAFA board members working session "Urban Agriculture as a component of more resilient food systems" with Portuguese Municipalities, at Fundação Gulbenkian April 2018



Feeding Sustainable Cities: Lessons learned so far and challenges for the future

Brief national platform background:

- The online google group started on the end of June 2018 leaded by 3 women with different backgrounds: academia / NGO and central and local government.
- Members participation is free. Members affiliation is a snow ball process. Started with roughly 40 members from the coordination networks and today, 9 months after, comprises nearly 250.
- The aim of the group is to disseminate relevant events and information, and to share best practices, among all the actors involved in the Portuguese food system.
- In 9 months over 270 topics where shared by group members. Dissemination can be done by any member.

The Language challenge!

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

How it looks like - A digital Platform to make information accessible in PORTUGUESE - for whom it is their only language!

ocial



Promoções



Atualizações



Fóruns

[Alimentar Cidades Sustentáveis] Biodiversidade, colmeias e polinizadores e produção de ... 12:53

[Alimentar Cidades Sustentáveis] CfP - 6º Colóquio DIAITA Luso-brasileiro de Histórias e C... 2/05

 Cartaz 6CDLB.j...

[Alimentar Cidades Sustentáveis] CONVITE - 6 de Maio - Conferência internacional ISCTE-I... 30/04

 Slide1.jpg

[Alimentar Cidades Sustentáveis] Divulgação Oficinas de Alimentação Consciente, 4 e 5 de ... 24/04

[Alimentar Cidades Sustentáveis] Novas regras à publicidade alimentar dirigida a menores ... 24/04

Delgado, C. et all (2019). Feeding Sustainable Cities: Lessons Learned so far and Challenges for the future. Oral Presentation. INHERIT. ISCTE. May 2019. Lisbon. Portugal

[Alimentar Cidades Sustentáveis] Submissão de resumos - IX Congresso da APDEA/ESADR... 23/04

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

From July to October 2018 a survey was available to members.

Results from the survey are showing that members priorities are:

- 1 - National best practices sharing;**
- 2 - Dissemination of national events;**
- 3 - International best practices sharing;**
- 4 - Extension of the network to other food actors;**
- 5 – Face-to-Face meetings and visits of initiatives;**
- 6 – Building a resource center;
- 7 - Group dissemination in Social Media;
- 8 – Building a glossary; and last,
- 9 - Production of online events.

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

What was done so far?

1. **Sharing national Best Practices** - Since the beginning of 2019, five national Best-Practices sheets were documented. With QUERCUS as a partner, the Platform won the Europe Sustainable for All contest 2019, which will fund one Best Practices e-book in Portuguese, and a dissemination event. The call for Best Practices entries contributions will open soon.

2. **Dissemination of overall information and national events** - 270 shared topics among members since the end of June 2018.

3. **Sharing International Best Practices** - Two Best-Practices sheets were documented.

4. **Extension of the network to other food actors** - still a snow ball process running notably fast. Numbers are encouraging – from the 90 members at the beginning of November 2018, comes up to 225 members today,

5. **Face-to-Face meetings and visits of food related initiatives** - One workshop in Cascais, 3 more are schedule.

National and International Best Practices in Portuguese

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

8. **LIÇÕES APRENDIDAS:** É possível avançar com projetos de responsabilidade social através da sociedade civil informal. O grupo de consumo Horta na Cidade tem características de funcionamento que podem facilmente ser replicadas e adaptadas a outros contextos urbanos.
9. **CONTATOS:** Raquel Amaral - 962367485 rf.amaral@gmail.com; Filipa Alves – 929090628 filipaflipa@gmail.com
10. **FONTES E INFORMAÇÃO ADICIONAL:** O grupo funciona 40 semanas por ano, O valor médio semanalmente por cada membro do grupo é 10 euros, sendo que os alimentos se mantêm com qualidade durante cerca de 1 semana mais do que os comprados no supermercado regular.
11. **IMAGEM E/OU VÍDEO disponíveis:**

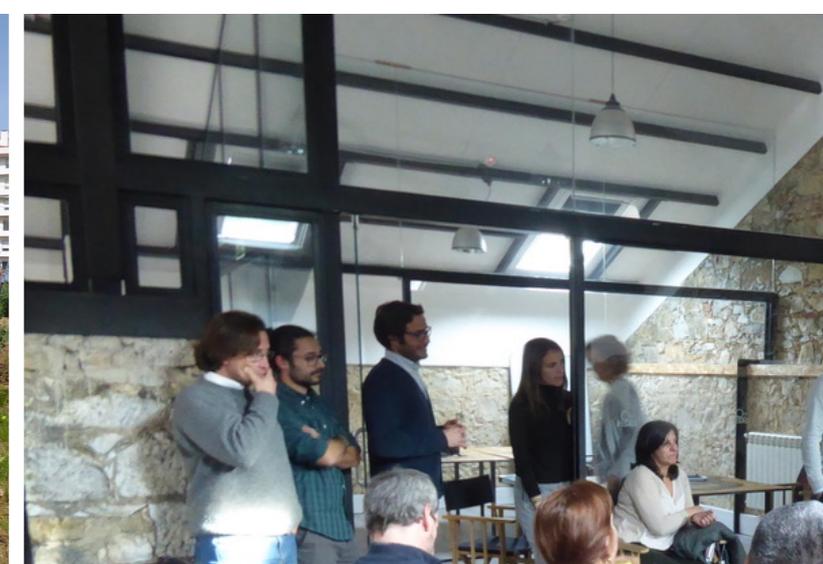


Elaboração: Raquel Filipa de Almeida Amaral

Data: 19 de Março de 2019

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

Relatório Resultados dos grupos de trabalho



Workshop e visita à
Horta e Vinha
Comunitária do Murta,
inserida no Programa Terras de
Cascais
22 de Fevereiro 2019

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

Lessons learned so far:

1 - External triggers facilitated and reinforced the launching of the Food Platform – RUAF working session with Portuguese Municipalities led to a public commitment of keeping the debate on food and agriculture more permanently open and fuelled by different voices.

2 - Food when taken in its broadest sense is a strong driver for connecting people, notably in Portugal – The already significant joining of 225 members so far in 10 months of activity illustrates fairly well that food is a subject that facilitates connections among different actors and sectors.

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

3 - Needs a leading and committed group to start – with complementary skills and knowledge on the various aspects of what food entails as well as interpersonal relations and communication skills – i.e. is not all about food. Interpersonal relations can be as important as institutional ones to make things happen.

4 - To keep it going its hard work – There is a huge logistic role that needs to be done in addition to the challenge of feeding the Food Group with new and relevant information. Doing a biweekly best practice sheet or preparing face-to-face events are additional crucial tasks that require planning and willpower.

Challenges for the future:

1 - How to turn it sustainable through time – What will be the future of the platform is a never-ending question in the core group head. Different paths can be foreseen. To keep it informal and to wait to see what the future will bring. This option does not allow, for instance, to apply for funding. Another option is to formalise the platform which will require a permanent and engaged team.

2 - To insure commitment of core volunteers' members – Dissemination is currently made by a core group. Breaking the invisible glass wall of limited “members participation” and get higher exposure, is a continuous challenge for the coordinating group that needs a lot of patience. This is being done with direct email, phone calls, or face-to-face meetings, to increase confidence and to get members to be more actively involved. All activities rely on voluntary tasks.

Feeding Sustainable Cities: Lessons learned so far and challenges for the future

3 - Fair representation of all Food System sectors and actors – The almost 250 members of the Food Group result from a snowball process. In order to have a fair actors and sectors representation a more systematic approach needs to be taken further. The aim is difficult to fulfil as it would need an actor's assessment which requires time and a full time person.

4 - Increase Food Group members' engagement through face-to-face activities, not only digital ones – The success of Cascais workshop shows how important is to bring people together. Again, a challenge, due to lack of volunteer's capacity to develop external events.

5 - Increase connections with more local, national and international organisations, in order to increase our advocacy capacity at policy level - this is something foreseen. However, no idea where to find dedicated persons to make it happen though!

Thanks!

Feeding Sustainable Cities: Lessons learned so far and challenges for the future



Coletivo de Atores implicados na Sustentabilidade do Sistema Alimentar

Delgado, C. et al (2019). Feeding Sustainable Cities: Lessons Learned so far and Challenges for the future. Oral Presentation. INHERIT. ISCTE. May 2019. Lisbon. Portugal

✉ alimentarcidades sustentaveis@gmail.com

🌐 <http://bit.ly/AlimentarCidadesSustentaveis>