

Food Action

Source / Link: <https://fact.globalactionplan.com>

Thematic area:

- Climate
- Nutrition
- Environment

Type of good practice:

- Project
- Initiative
- Programme
- Production
- Information
- Education
- Other

Target group:

- Children up to 14 years
- Adolescents
- Teachers / educators
- Youth counsellors
- Young refugees and asylum seekers

Summary:

The FAct! Program provides support for individuals and households interested in exploring health and environment aspects of their eating habits. A self-learning workbook contains action recipes, food recipes, and supporting material for three topics Food & Waste, Food, Climate & Environment and Food & Health. A Manual for Coaches provides support for people willing to organise a study circle. A big online library contains further information. The materials are available in English, Spanish, German, Italian and Hungarian.

Description:

The FAct! Program provides support for individuals and household s interested in exploring health and environment aspects of their eating habits, and willing to learn what they can do about



The self-learning workbook proposes easy action steps. It contains action recipes, food recipes, and supporting material for each of the three topics Food & Waste, Food, Climate & Environment and Food & Health. Via before-and-after surveys, one can track your progress.

The FAct! Manual for Coaches provides support for those willing to organise a study circle to learn from and experience food actions with others. Such a study circle needs an empowering coach to facilitate the process, and the manual helps successful coaching.

The online library contains further information for users who want to do their own research. It shows a great number of references to interesting web addresses and web hosted files on the areas food & waste, food & climate, and food & health.

The materials are available in English, Spanish, German, Italian and Hungarian.

The FAct! program materials – Workbook, Library and Coach training manuals – are also freely available for adaptation beyond the current language versions.

Presentation: https://issuu.com/gap_international/docs/intro_waste

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