



Food Wave “Empowering Urban Youth for Climate Action”

Report of the 1st Online Workshop
Organized by



In the frame of:



PROMOTED BY
Comune di
Milano

IN PARTNERSHIP WITH





Table of content

<i>Planning the workshop</i>	3
Project frame.....	3
Shifting workshop organization due to Covid-19 restrictions.....	3
Agenda	4
Preparatory Documents	5
Training the facilitators	5
Participants list.....	6
Participants profile and statistics.....	7
<i>The workshop</i>	9
Introduction	9
Recordings of the event	10
Working group documents	11
Pitch transcript	13
Survey	15
Facebook report.....	16
Digital tools used during the workshop	18
<i>Capitalization of the workshop</i>	19
Introduction	19
The workshop process	19
What participants bring back	19
The Declaration Process.....	20
Some remarks	20
Conclusion	20
The Food Wave Declaration	21
Follow up ongoing process.....	23
<i>Images & Faces from the workshop</i>	24
<i>Facebook posts</i>	38



Planning the workshop

Project frame

Food Wave - “Empowering Urban Youth for Climate Action” aims at creating awareness on sustainable patterns of food production and consumption for climate change mitigation, activate young people, and enable them to influence institutional decisions so that they can lead us to a sustainable global food system by 2050.

The project is co-funded by the EU and promoted by the Municipality of Milan together with ActionAid Italia, ACRA, Mani Tese and 28 project partners in 17 countries. The network consists of 17 cities, 4 municipal agencies and 8 civil society organizations closely linked with the cities. The C40, the international network of cities, engaged in the fight against climate change is also affiliated to the project.

Lead: Municipality of Milan

Core Team: ActionAid Italia, ACRA, Mani Tese

Cities and municipal agencies: Almere, Metropolitan Agency Brasov, Bruges, Frankfurt, Lisbon CLLD Network, London, Malmö, Institute Wcycle Maribor, Madrid, Groundwork Greater Manchester, Molenbeek-Saint-Jean, Murcia, Nea Smyrni, Pest, Turin, Sao Paolo, Sofia, Warsaw, Zagreb.

Civil society organizations: European Association for Local Democracy – ALDA, ActionAid Hellas, Alianza por la Solidaridad, Biennale des jeunes créateurs de l'Europe et de la Méditerranée – BJCEM, Erasmus Student Network Italy - ESN Italy, Risteco-Eating City




Shifting workshop organization due to Covid-19 restrictions

In the months leading up to the workshop, we were forced to review its organization several times. First, we had to move the date from July to the end of October. Then, we had to change the venue from Paris to Lyon. Later, due to further restrictions resulting from the Covid-19 pandemic, we were forced to organize the event totally online.

The direction and coordination of the event was performed in Turin on the premises of the “International University College” by Maurizio Mariani, Giuseppe Mastruzzo and Jean-Marc Louvin.



Agenda

<div> <div>Co-funded by the European Union</div>  <div>   <div>Catch the wave, lead the change.</div> </div> </div> <div>    </div>							Tools	
Date	Time	Activity	Plenary	Working Groups	Facilitators Meeting	Delegates Meeting		
7/11		1st Session						
	08:45 - 09:15	Introduction Introduction to the event, purpose and objective, Working Group definition.	✓					✓
	09:15 - 09:35	Introductory lectures The EU Market of "Out of Home" food consumption Key Fact & numbers.	✓					
	09:35 - 09:55	The Impact of our Food system on Climate Change	✓					
	09:55 - 10:15	How Gastronomy should help to rethink recipes and tackle climate change	✓					
	10:15 - 10:30	Q&A	✓					
	10:30 - 10:45	Break			✓			
	10:45 - 13:00	Working Groups: Session 1.1 Production, Distribution, Consumption - Nomination of delegates & sharing the vision		✓				✓
	13:00 - 14:00	Break			✓			
	14:00 - 14:30	Pitch (1 st Session)	✓					
8/11	14:30 - 17:30	Working Groups: Session 1.2 Production, Distribution, Consumption - sharing the vision		✓				✓
	18:00 - 19:30	Delegates Meeting Session 1.3 Writing the WG statement				✓		✓
	19:00 - 19:30	Pitch (2nd Session)	✓					
	08:30 - 10:00	Working Groups: Session 2.1 Production, Distribution, Consumption - Writing the Statement		✓				✓
	10:00 - 10:15	Break			✓			
	10:15 - 12:30	Pitch (3 rd Session) Merging the 3 statement into the declaration; Session 2.2	✓			✓	✓	
	12:30 - 13:00	Final session : Public Reading of the Declaration - Next Steps towards the COP26	✓					



Preparatory Documents

In order to inform all participants and provide them with elements on the topic treated during the workshop, some documents were sent in advance.

The first document was the “Preparatory Document” containing statistical data on food and climate change as well as the 7 “Villarcieux Declarations” of the various Summer Campuses organized by Eating City since 2013. The declarations were added to best exemplify the desired “product” of the workshop, i.e. the joint statement “The Declaration” prepared by the youth participants.



The second document was the “Participants Handbook,” a small handbook containing the workshop's rules and a detailed agenda with the various working groups and the tools used during the event (Mentimeter and Padlet).



Training the facilitators

The 3 facilitators have been selected on the basis of their experience and proximity to the place where the workshop should have been held in the absence of the Covid-19 restrictions (Saint Germain au Mont d'Or - Lyon).

The deputy project manager, Jean-Marc Louvin, led the facilitators, in collaboration with the Director of Eating City, Maurizio Mariani. In order to define a standard in the work processes, without limiting the freedom of action of the facilitators, a “facilitator handbook” document was drawn up to support them.

Several meetings with the facilitators were organized to share information, clarify the event's organization, and better define how to manage the plenary and working group sessions. Two stress tests were also scheduled in order to test the digital tools (Zoom breakout rooms, Mentimeter, and Padlet) and simulate the working group sessions.





Participants list

ACTIVIST

N°	First Name	Last name	Country of residence	Gender	N°	First Name	Last name	Country of residence	Gender
1	Ashley	Johnson	USA	F	26	Stefano	Castello	Italy	M
2	Alen	Mujčinović	Bosnia and Herzegovina	M	27	Ángela	Hernández	Spain	F
3	Christian	Reynolds	England	M	28	Adrián	Morcillo Pazos	Spain	M
4	Marina	Cemsak	Spain	F	29	Julia	Martin Nunez	Spain	F
5	Abdul	Moiz	Italy	M	30	Sergio	Cortés	Spain	M
6	Laura	Bernard	France	F	31	Aleksandra	Jovanovic	The Netherlands	F
7	Abigail	Rohweder	USA	F	32	Natália	Salça	Brazil	F
8	Ana	Pinto	Portugal	F	33	Michele	Gandolfo	Italy	M
9	Adar	Fridman	The Netherlands	M	34	Maria	Contreras	Spain	F
10	Ruchita	Bhattarai	Nepal	F	35	Delphine	Bagnol	The Netherlands	F
11	Mitrajit	Biswas	India	M	36	Adeline	Chang	Singapore	F
12	Eris	Papagiannopoulos	France	F	37	Federica	Falomi	Italy	F
13	Francesca	Massazza	Italy	F	38	Tessa	Van Eijdsen	Italy	F
14	Elsa	Duparay	France	F	39	Kristijan	Samamovski	Macedonia	M
15	Rose	Nakanwagi	Uganda	F	40	Ebrima	Jaw	Gambia	M
16	Giulia	Caddeo	Italy	F	41	Andrej	Dover	Slovenia	M
17	Donatella	Acquaviva	Sweden	F	42	Valentin	Luigi	France	M
18	Erica Camilla	Conversano	Italy	F	43	Catarina	Vasconcelos	Portugal	F
19	Hannah	Kistemaker	The Netherlands	F	44	Jeanne	Tanto	France	F
20	Adriana	Samper	Spain	F	45	Almira	Konjić	Bosnia and Herzegovina	F
21	Etna Alegria	Suarez	Spain	F	46	Sidonie	De Kermel	France	F
22	Nerea	Perez	Spain	F	47	Priyanka	Lugani	England	F
23	Grace	Githiri	Kenya	F	48	Adrián	Leco Martínez	Spain	M
24	Joaquín	Martín de Saavedra Rojas	Spain	M	49	Andrada-Ioana	Lupulescu	Romania	F
25	Adriano	Ferreiro Rodriguez	Spain	M	50	Lotte	Van Bortel	The Netherlands	F

GUEST

STAFF & SPEAKERS

N°	First Name	Last name	Country of residence	Gender	N°	First Name	Last name	Country of residence	Gender
51	Julie	Camonis	France	F	69	Joey	Enée	France	M
52	Sara	Marazzini	Italy	F	70	Lancon	Louison	France	F
53	Pilar	Martín de Castro	Spain	F	71	Brun	Severine	France	F
54	Patricia	Jaurena	Spain	F	72	Louvin	Jean Marc	Italy	M
55	Áron	Dorka	Hungary	M	73	Mastruzzo	Giuseppe	Italy	M
56	Aleksandra	Nikolic	Bosnia and Herzegovina	M	74	Mariani	Maurizio	France	M
57	Sara	Romero Muñoz	Spain	F	75	Stewart	Corinne	France	F
58	Sara	Carvalho	Portugal	F	76	Robecchi	Nicola	Italy	M
59	Rémi	Boeuf	France	M	77	Elise	Monge	France	F
60	Lisa	Lingard	England	F					
61	Robin	Gourlay	Scotland	M					
62	Philippe	Galley	France	M					
63	Laura	Fiermonte	Italy	F					
64	Vesna	Bukovac	Slovenia	F					
65	Erika	Quendler	Austria	F					
66	Vladislav	Todorov	Bulgaria	M					
67	Korrie	Hoekstra	The Netherlands	F					
68	Beatrice	Intoppa	France	F					

In total there were 77 participants at the workshop: 50 activist (youths aged 18/35), 18 Guests (aged over 35), 7 persons of staff and 2 invited speakers.

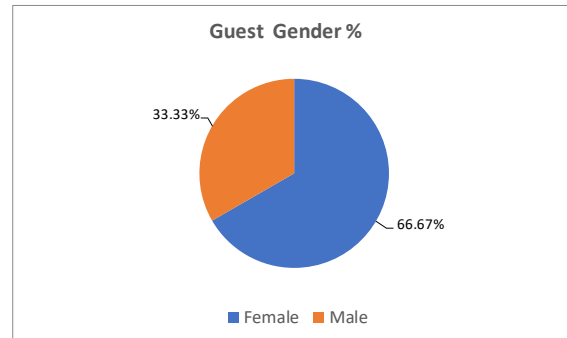
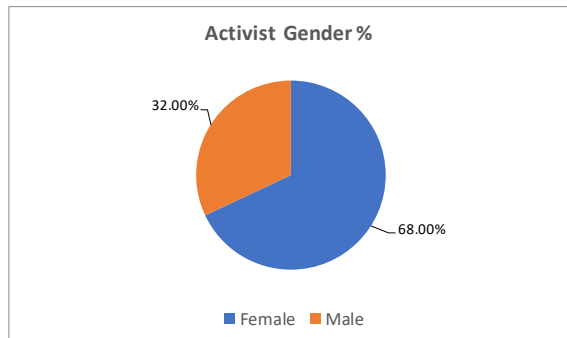


Participants profile and statistics

Participants were divided into 2 main clusters based on their age: Activists and Guests.

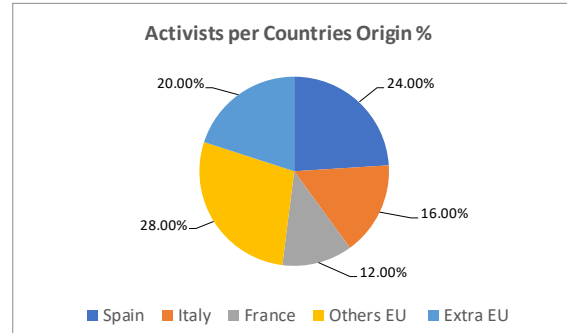
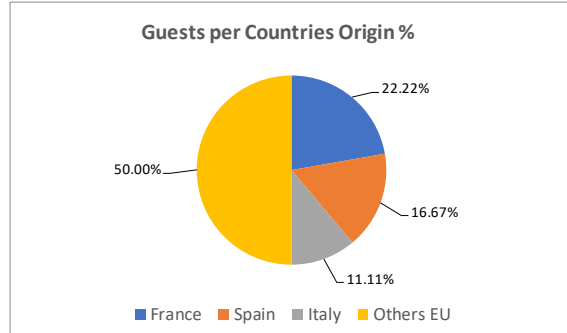
Gender Balance:

Into the Activist cluster, there was a substantial prevalence of females (68%) compared to males (32%), with an average age of 26. Into the Guest cluster, there was also a substantial prevalence of females (67%) compared to males (33%), with an average age of 47.

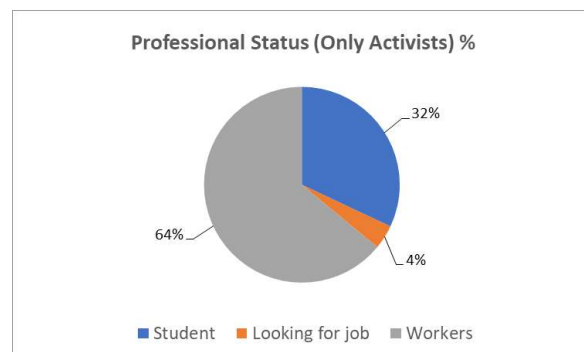


Geographical coverage:

In total, we can sum up the presence of 23 countries. Into the Activist cluster, 19 countries were represented, whereas in the Guest cluster, another 4 countries were represented.



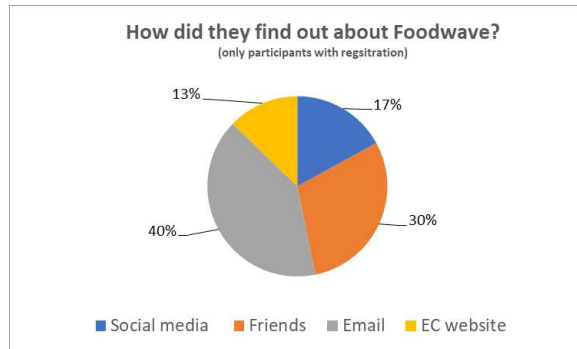
Professional status into Activist cluster:



Professional Status	%	Unit
Student	32%	16.00
Looking for job	4%	2.00
Workers	64%	32.00
	100%	50.00



How did they find out about Foodwave? (only participants with registration done before Nov 3)



Source:	%	Unit
Social media	17%	8
Friends	30%	14
Email	40%	19
EC website	13%	6
Tot	100%	47



The workshop

Introduction

This event was the first of three workshops composing the Food Wave Project (2020-2022). The Food Wave Project highlights the positive impact that the “out-of-home food consumption” sector can provide in fighting climate change. Its goal is to give voice to the common vision of young people on how this sector can contribute to mitigate climate change by analyzing the impact of food production, distribution, and consumption within the three main sectors of:

- Public foodservice (such as schools and hospitals’ canteens)
- Traditional restaurants
- Commercial foodservice (such as fast food)

This first Workshop focused on public food services. Next year the Workshop will focus on traditional restaurants. Then, in the third year, it will focus on commercial food services.

The workshop's primary purpose was to write the first draft of a joint statement (“The declaration”) addressed to the UK Presidency of COP26 that will be held in Glasgow in November 2021. This declaration will be better defined and extended to a broader base of youths during the work of Pre-COP26 in Milan.

The aim was to create a group of youths who - together with the young ambassadors of Eating City - can carry on a dialogue to develop youth empowerment processes during the entire duration of the project.

Again, this workshop represented the very first stage of a journey towards COP26 in Glasgow. During this journey, there will be some milestone meetings in order to refine the declaration:

- March 2021: update webinar
- July 2021: at the Eating City Summer Campus (2nd workshop of the project)
- September/October 2021: Pre COP Milan
- November 2021: COP26 in Glasgow



Recordings of the event

All the recording videos are available on the Eating City YouTube page. They have been organized as follows:

- Plenary Session Day 1
- Speech 1 – Maurizio Mariani
- Speech 2 – Elise Monge
- Speech 3 – Nicola Robecchi
- Q&A Time
- Working groups
 - Working group production
 - Session 1.1
 - Session 1.2
 - Writing the statements
 - Sharing the statements
 - Working group distribution
 - Session 1.1
 - Session 1.2
 - Writing the statements
 - Sharing the statements
 - Working group consumption
 - Session 1.2
- Pitch
- Writing the declaration session
- Plenary Session Day 2
- Introduction
- Public reading
- Conclusion



Working group documents

All the working group documents are available at the following link. Here some samples of the working groups documents such as the Mentimeter slides used during first phase of the workshop.

Mentimeter Slide – Working group Production



Mentimeter Slide – Working groups Distribution





Mentimeter Slide – Working groups Consumption





Pitch transcript

Participant's pitches are available on the YouTube page of Eating City. Here below the pitch transcripts.

NICOLA ROBECCHI

Hello everyone ! I'm Nicola Robecchi from Wilden and the WDT Agency and I'm very glad to be part of this convention and this focus group on food as I believe this is one of the leverage topic that can make our working much better in the next years, especially to really go against all the poverty and as well as the climate change problematics that decrease access good food and ingredients.

Recipe for 2030, I have to say that there is not one perfect recipe but it is made of very small details and we have to fight from every corner to increase community engagement and bottom up approach and reverse planning for agriculture as well as for education for nutrition and cooking.

ANDREI DOVER

My name is Andrei, I'm 20 years old, I'm coming from Slovenia and my occupation is working for institute recycle and I'm specific area expert. Why I decided to join the workshop is because I wanted to learn more about the project itself, how to raise awareness among young people about the local food production and climate change so we could better implement our part in the project. Thank You! To create better a better future for all of us we need to take choices today!

ABBIGAIL ROHWEDER

So, reaching a fair and sustainable global food system by 2030, I immediately go to educating consumers and producers, changing consumers views on what food is supposed to look like quote on quote as the way consumers purchase food directly relates to what producers produce. And then creating a second hand market that would otherwise be wasted such as the ugly food that consumers wouldn't buy in a market like ugly tomatoes and putting them into sauce and creating a market for those. Better food storage facilities for developing countries and better crop variations, just like cover crops, perennial grains, stewards for the lands and the soil. And then increasing urban gardens, vertical farming, and just preserving the local identities of the food that is grown, especially in large cities.

CHRISTIAN REYNOLDS

My recipe for a sustainable food system of out of home consumption it's thinking about transforming the way we eat and the way we cook to be more sustainable. By that I mean if we actually change the recipes that we cook to being a more sustainable a more sustainable part of what we have. The way you cook has environmental impacts, the way we eat has environmental impacts and we don't have communications about that. So if we get to educate chefs, educate people to actually change how they cook that will fundamentally change the food system. Because how you come affects the food you eat and the choices you make.

Good for you is good for the planet too! But it can also be good for your community, your town, biodiversity, employment. All of these things don't have to be exclusive.

GIULIA CADDEO

I'm Giulia, I'm 29, I'm Italian and I have an ecological background, I'm a trainee lawyer and I'm specializing in food law. I've chosen to join the workshop because I think that young people have to play an important role in changing, in trying to change, the current food system and trying to fight



against this current system is a duty also because we are seeing that our plants need help of young people. So, I'm here to join this path.

ERIKA QUENDLER

I'm an agricultural economist and I would like to invite the young people to join this process because we are all sitting in the same boat and the young people are our future and the young people can learn from the past generations, and it's not enough to have the knowledge, we must apply it and we need to be willing to do it and this is a must. Thank you from Austria!

EBRIMA JAW

My name is Ebrima Jaw, I'm Gambian, I currently live in Italy (Torino), I'm a current graduate from the International University College of Torino from the University of Torino in Comparative Law, Economics, and Finance. My background is in economics. I joined this group, this workshop, because I believe in climate change – since it has to do with climate change – and of course I also have the belief that there is a connection between the food system and also climate change. From this workshop I'm looking forward to know the connections, the mechanisms that link these two terms or these two activities together. And, as a youth, it is paramount for me to be part of this path and this ??? to make sure that we fight climate change together to grow a food system.

SIDONIE DE KERMEL

Hello everyone! My name is Sidonie De Kermel, I'm 23 years old, and I come from the French Alps. I am currently working for the park of Scarpe-Escout and I'm working to evaluate and improve their territorial food project.

Every single one of us has the power to change the world one meal at the time! So, join us in the transition towards a more healthy and more sustainable food system.

FRANCESCA MASAZZA

Hi everyone! I'm Francesca from Italy! I am a nutritionist but also an Eating City activist. I just joined the FoodWave and I want to invite you all to join with me. So, if you are an activist on sustainability and if you are concerned about the future of our food sector you have to join with me. It's gonna be a very big wave!

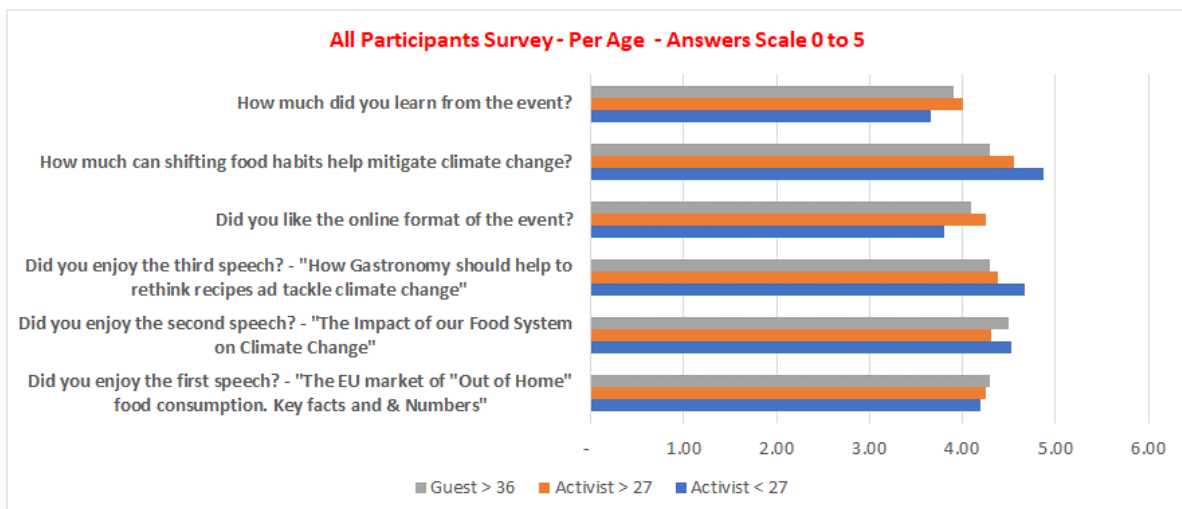


Survey

At the end of the workshop all participants were asked to conduct a small survey with 5 questions.

On a scale from 0 to 5, this is the evaluation of the responses provided:

Participants Age Cluster	Did you enjoy the first speech? - "The EU market of "Out of Home" food consumption. Key facts and Numbers"	Did you enjoy the second speech? - "The Impact of our Food System on Climate Change"	Did you enjoy the third speech? - "How Gastronomy should help to rethink recipes ad tackle climate change"	Did you like the online format of the event?	How much can shifting food habits help mitigate climate change?	How much did you learn from the event?
Activist < 27	4.20	4.53	4.67	3.80	4.87	3.67
Activist > 27	4.25	4.31	4.38	4.25	4.56	4.00
Guest > 36	4.30	4.50	4.30	4.10	4.30	3.90



While analyzing the responses, we have broken them down by age groups:

- Activists between 18 and 26 years old
- Activists between 27 and 35 years old
- Guests aged 36 and over

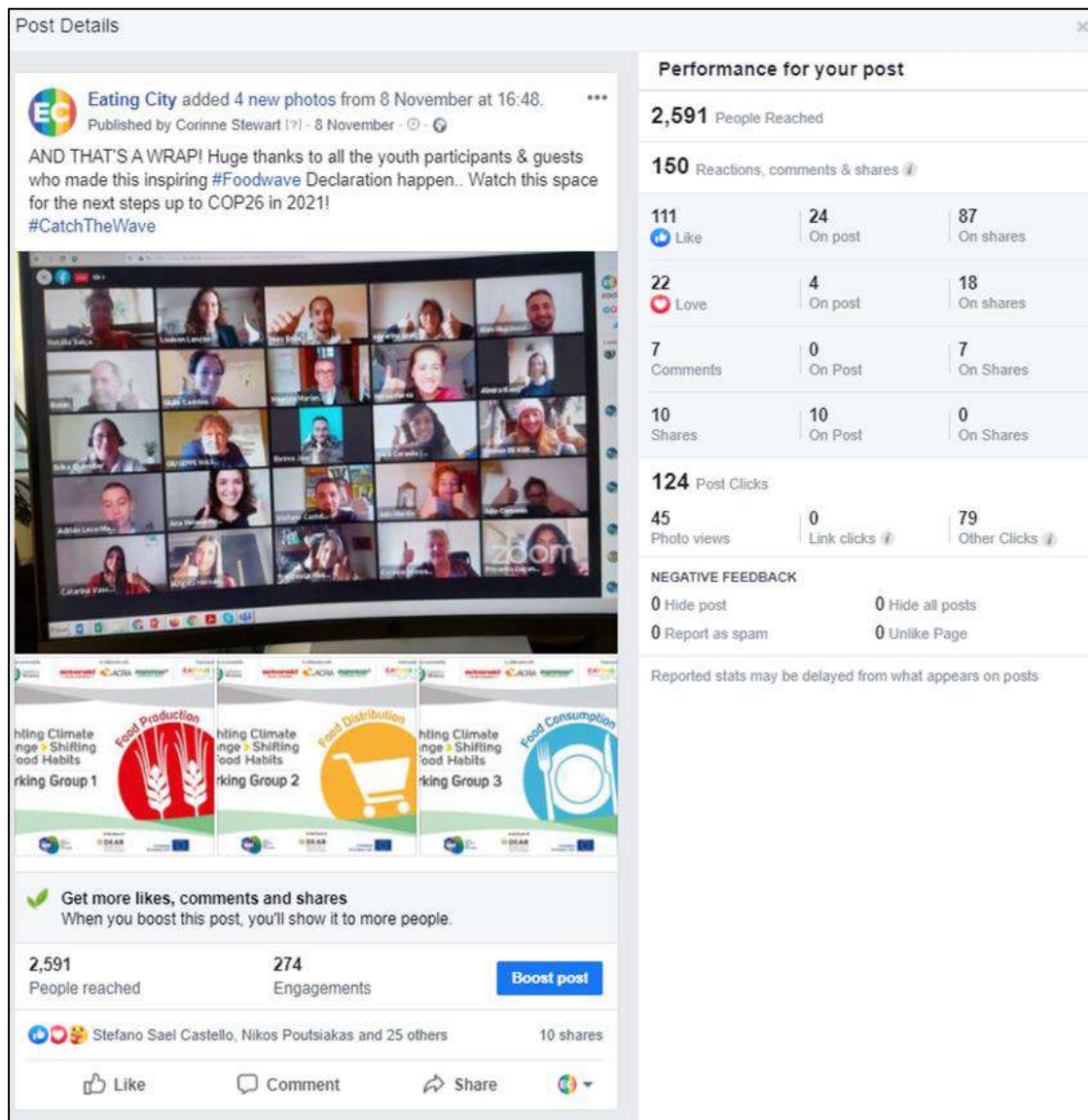
From this reading, it emerges that the youngest (18-26) are more confident that changing food habits can impact fighting climate change. The opinion is less shared among the other two clusters (27-35 and over 35).



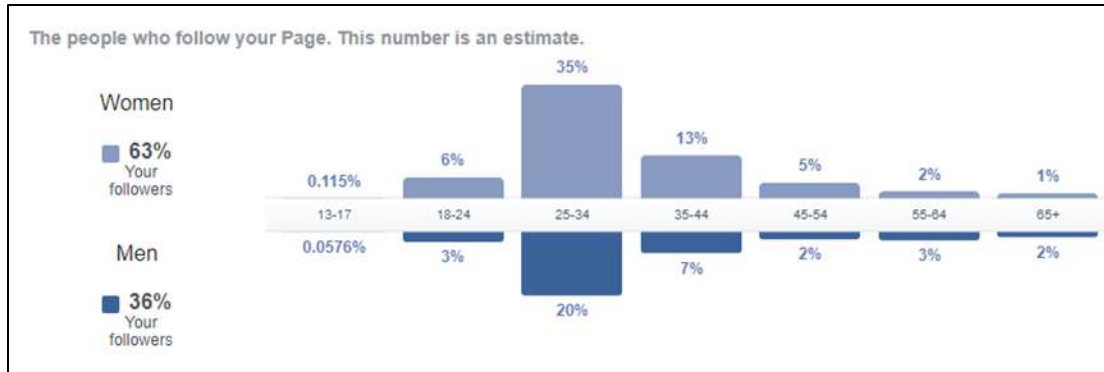
Facebook report

From October 30th to November 8th, we posted 27 messages, which reached over 11 thousand people.

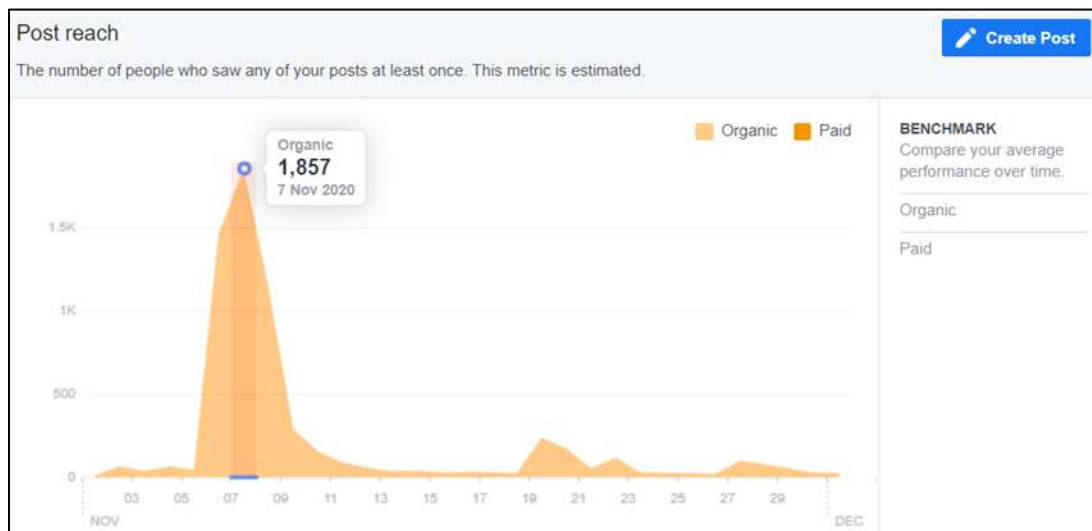
The post that reached the largest number of people was the one posted on October 8th at 16:48, which reached 2591 people.



The ratio between male and female followers is very similar to the one found among the participants (63% women 36% men) and to the historical one in Eating City.



The event's promotion on the Facebook channel worked quite well, creating a peak of contacts on the workshop days. The peak reached 1857 contacts on November 7th, the first day of the workshop.





Digital tools used during the workshop

As an online event, the Food Wave workshop used a series of digital tools to ease the entire process of connecting people and ideas. The digital tools used during the event were: Zoom, Zoom Breakout Rooms, Mentimeter, Padlet, and GoogleDrive Word Doc.

- Zoom: The entire event took place on the Zoom platform. Participants were given one single link to access the event as well as the working groups and side activities.
- Zoom Breakout Rooms: The function “breakout rooms” on the Zoom platform has been used to gather participants into working groups during the event. In these breakout rooms participants of the same working group were altogether and could easily work by sharing chat messages, screen, and ideas. The use of breakout rooms has been decided based on the following reasons: (1) it allows the organizers to have full control over the entire event by (1.1) being able to move participants from one room to other (e.g., from working group room to pitch room and back) and (1.2) being free to enter and leave at will the different working groups thus supervising the entire event ; (2) it allows having one single link for the whole event (plenary session, the working groups and side activities (e.g., pitch room)) making it easier for participants to connect to the event.
- Mentimeter: It has been used to ease the "sharing the vision process". Thanks to the interactive and dynamic slides, participants were able to live sharing with other participants their thoughts while commenting on them. Besides, it allowed the organizers to keep track of the ideas that were shared.
- Padlet: the Padlet's pages have been used as a digital whiteboard. Managed by the facilitators and the delegates, it allowed participants to see on their screen their ideas and link them together into a mindmap. It also allowed participants to give comments and feedback without interrupting people talking. Finally, just as Mentimeter, it allowed the event organizers to keep track of the brain storming process once the event finished.
- GoogleDrive Doc: the GoogleDrive Doc Word has been mainly used to write the declaration. Some group used it to write the statements as well. Indeed, it is a highly performative tool enabling more users to share the same document and modify it while making everyone else seeing what modifications have been made.
- Whatsapp: Facilitators and organizers used a Whatsapp group to exchange messages about the development of the workgroup. It enabled facilitators to ask for help without interfering with or interrupting participants sharing ideas and thoughts.



Capitalization of the workshop

Introduction

The Food Wave "Fighting Climate Change, Shifting Food Habits" has been a full-online two-day event organized by the Eating City Platform. It gathered about 80 participants worldwide from different backgrounds (students, workers, activists, professors, researchers, etc.). All participants were committed to learning from each other and sharing their common conviction that food habits are a powerful lever to mitigating climate change.

The workshop process

The event started on November 7th at 8.45 am. After a brief introduction of the event, participants had the opportunity to attend three experts thought-provoking presentations that lay down the workshop's bedrock. The first presentation was on the "out of home" food consumption sector by Maurizio Mariani (Eating City). The second one was on the impact of the current global food system on climate change by Elise Monge (Transformation). And the third one was on how gastronomy can help to mitigate climate change by Nicola Robecchi (Wilden). The presentations were followed by a stimulating Q&A time where participants had the chance to dig deeper into the hot topics they were presented with. After the presentation, participants split into their working groups; each group focusing on a different topic such as "food production", "food distribution", and "food consumption".

During the first session of the working groups, participants introduced themselves and started sharing their key concepts and thoughts about the topic they were asked to reason upon. Once the common assumptions were shared, the second session required participants to critically reason as to what characteristics a food system should present to tackle climate change. Thanks to the digital tool Padlet used as the classic whiteboard, each group had the opportunity to lay down different ideas and link them together in an organic way, thus generating a true common thinking process. At the end of the second session, participants were asked to leave their working groups so as to allow their delegates and the facilitator to write down few statements encapsulating the brainstorming process of the day.

At the beginning of the second day (November 8th), participants gathered in their working groups to discuss the statements proposed by their delegates and facilitator. After this last sharing movement, the 6 delegates and the 3 facilitators from each group gathered to start the declaration's writing process. Once the declaration was completed, all participants gathered in the plenary session for the public reading. After the public reading, participants started sharing their experience, thoughts, and feelings about the two-day event as well as the future of their declaration. The event ended with a common commitment to be present at the next event in order to walk together the Road To Glasgow COP26" path.

What participants bring back

According to the feedbacks gathered at the end of the public reading of the declaration, by emails, and by our own survey, we can affirm that the event was successful. First of all, participants testified that they learned a lot during the event - both from the three speeches and the entire working group process. Secondly, they very much enjoyed the challenge they were confronted with. Sharing ideas, listening to



what others have to say, and craft a declaration reflecting many worldviews and opinions is no doubt a challenging process. But a process that participants enjoyed as they all supported each other in attaining their common goal. Thirdly, even though far away from one another and even though coming from different cultures and backgrounds, participants made the experience of being part of a greater community. Indeed, the event has been perceived as the necessary bridge connecting young people worldwide firmly committed to fighting climate change by moving towards a more just, transparent, equal, and sustainable food system.

The Declaration Process

The cornerstone of the entire Food Wave workshop is the final declaration. It is the testimony of the great work dozens of young people did during this workshop. It elegantly merges passion, hope, and a sound analytical understanding of the current food system issues and the tools by which they can be tackled. Even though this declaration is but the first step towards COP26 in Glasgow, which means that it will be modified and re-written, it is nonetheless an encouraging foundation and the clear testimony that youth are strongly committed to a paradigmatic shift towards a more sustainable food system respectful of the environment, producers, and consumers.

Some remarks

Even though the event has been successful, it can still be improved. After the event, the Eating City staff gathered to share ideas and thoughts about what went well and what could have been done otherwise. Here are some improvements we are committed to making for the next events:

- An online event should not last longer than 6 hours. Sessions should be no longer than 2h each. Breaks of 15 min are essentials not to exhaust participants.
- At the end of each session, participants have to go back to the plenary session before leaving the event. First, some may have questions about how the event is going to evolve and, second, it gives the impression of still being part of an official event and not just a working group among many others on the web.
- For the next events, there must be a chief facilitator figure who's going to (a) manage the event and (b) continuously engage with participants and facilitators when needed, and (c) intervene in the working groups to check how the brainstorming is evolving. In short, a chairperson orchestrating the event and to which anyone can relate to in case of necessity.
- If possible, there must always be for the next events a group of people (both organizers and participants) in presence during the entire event. First, it eases communication, and second, it creates more engagements throughout the whole event.
- Last, it may be interesting to shuffle participants between working groups to diversify approaches and keep up the dynamic process of the entire event.

Conclusion

As a conclusion to this report on the first Food Wave Workshop, it may be useful to take a step back to see the broad picture. As it has been said previously, the event had to change many times its format and



organization. Due to Covid-19 restrictions, the event shifted from a semi in-presence event in Paris to a fully online event managed in Turin. Secondly, because of these sudden changes, all participants had to spend more than 7 hours in front of their computer screens while engaging in energy-requiring activities such as sharing ideas and thoughts, carefully listening to what other participants had to say, and writing a common declaration altogether. Because of all this and based on how the event played out, it is fair to say that it has been a great success. Not only it delivered a convincing final declaration, but also it generated a strong network of firmly committed youth, all deeply engaged in using food as the essential leverage to mitigate climate change. In conclusion, as one participant stated in her pitch, the Food Wave event made all participants aware that "we can fight climate change one meal at the time."

The Food Wave Declaration

(First Draft – November 8th -2020)

Introduction

We are 53 young people from 19 countries across the world. We hold a wide range of perspectives: we are chefs, farmers, gastronomists, lawyers, nutritionists, students and researchers in environmental, food and social sciences, urban planning, economics, and communication. We share a passion and concern for our food systems, and acknowledge an urgent need for a shift in paradigm – but we are full of hope.

Our definition of sustainable food system includes a holistic perspective and enables the connection of different components and actors of the food system.

Today we are in a state of global depletion. Through rigorous industrialization of the economies, which have led to the consumers being misinformed have created unsustainable habits and environment detrimental practices. Education and communication are key to shifting toward sustainable consumption.

Production

Sustainable food production relies on localised, fair and diverse production systems. Through our definition, sustainable food production is a resilient, equitable, innovative system with minimal negative effects to water, land, soil, and biodiversity while at the same time it is contributing to the farmers and general well-being, health, cohesion and vinculation/identity. Our main emphasis is on information exchange and education. On that note, to educate farmers to adapt to the new challenges, and improve different ways of communication with consumers, farmers and food system stakeholders. It involves adapted public policies to enable producers to transition towards sustainable production systems and valorize the potential of ecosystem services.

Main tools for future sustainable production system:

- Transparency: A transparent sustainable production system would make consumers more willing to consume quality food.
- Innovation: Scientists and farmers need to work together to create more sustainable ways of farming. Also, facilitating technology in the form of social media and online platforms to upgrade marketing and bring youth into the system.
- Extension services: Improving access to and activity of extension services to better serve farmers needs and climate change challenges.
- Networking: Farmers need to come together and connect to share knowledge and ideas to address challenges and improve connections with all stakeholders.



Distribution

Transparency is required for every actor from the farm to the fork chain making information about the origin, working conditions, production methods, wealth redistribution, nutrition, and externalities available which could be achieved through sustainable taxes, laws and certification schemes. Policy should encourage a multidimensional sustainable criteria for choosing distributors and suppliers.

Distribution is assigning the right food to the right place. Logistic needs to be optimized in terms of CO₂ emissions and reduction of transport is needed. Abusive packaging and plastic consumption also must be minimised while reinforcing the link between producers, distributors and consumers. Companies must be accountable for their waste. Regulation, taxes and sharing recycling tools will make them responsible to recycle waste, packaging and compost organic waste.

Knowledge and communication of the whole story of the products should be shared to all the actors of the food distribution. Education to raise awareness from the chef to the eater, give the power back to the chef, and make eaters participate in their canteen.

Consumption

Consumption is not just the natural act of eating, but it goes beyond that: it is a matter of choice that impacts the food system, climate, environment and health.

Citizens should be rightly informed on the environmental and health impact of their food choices, based on updated scientific research. We must aim toward organic, local, seasonal, unprocessed and more plant based food to create positive habits that are supportive of the environment, local economies as well as our physical and mental health.

- In schools, sustainability + food as a subject part of the curriculum
- Labels and certifications should enable adults to make conscious choices and also be exposed to sustainable food advertising campaigns
- Healthy, nutritious and tasty food must be central in hospitals in order to prevent and reverse disease

Food waste is a preventable challenge and a shared responsibility that can be tackled through education and awareness aiming a zero waste approach.

Public policies and laws are tools to change and raise awareness both of companies and consumers. Therefore, economic and fiscal incentives should support a sustainable food system. There should be regulations promoting natural whole foods to reduce CO₂ emissions efficiently. Policies should be evaluated based on the overall cost on the food system: environmental, health in addition to financial cost.

Systemic change means environmental justice that can be achieved by reducing consumption and localising and diversifying production. These actions will lead to the formation of an ecologically sustainable society.

By reclaiming our power through information and changing behaviours, we can generate a systemic change to restore the natural balance.



Follow up ongoing process

The Food Wave "Fighting Climate Change, Shifting Food Habits" workshop is the promising first step of the "Journey To Glasgow COP26". In fact, after this first online event, participants of the workshop and other future participants will be conveyed to an update webinar held in March 2021 to implement their declaration. Then, they will all gather once again for the Eating City Summer Campus in July 2021 to rethink and improve the declaration. Finally, the declaration will be presented at the Pre COP26 in Milan.



Images & Faces from the workshop



Fig. 1 - Plenary Session Day 1

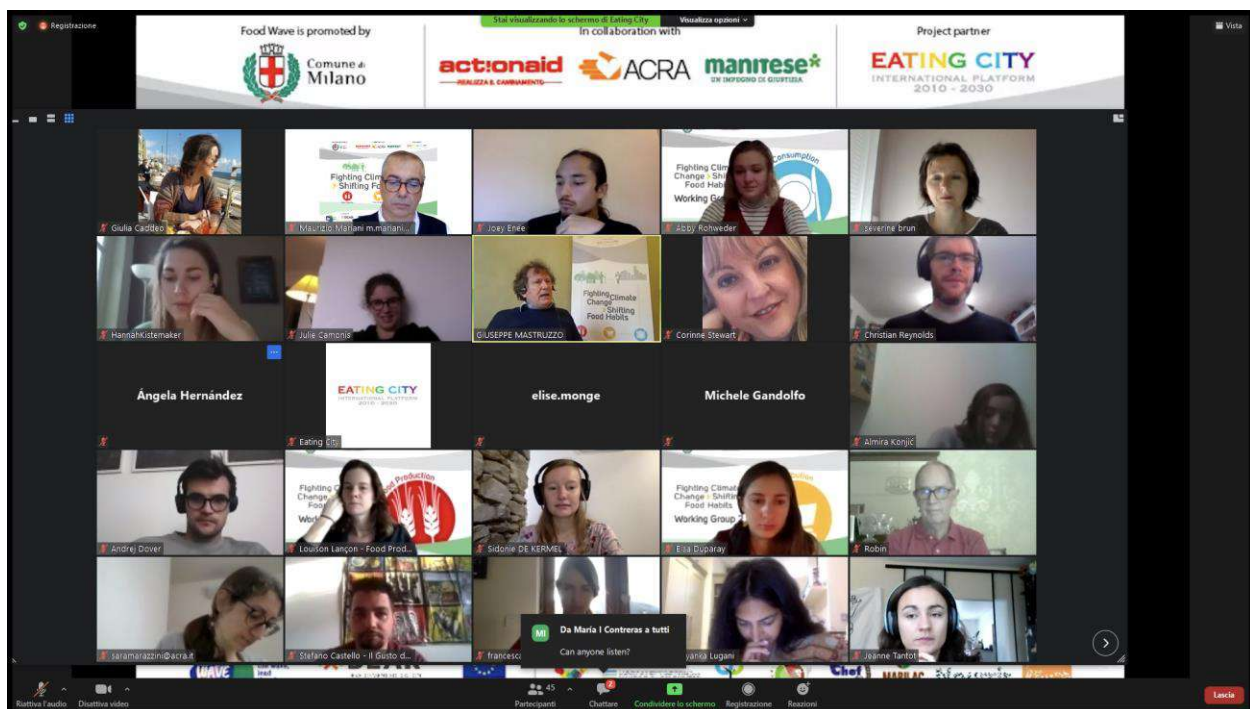
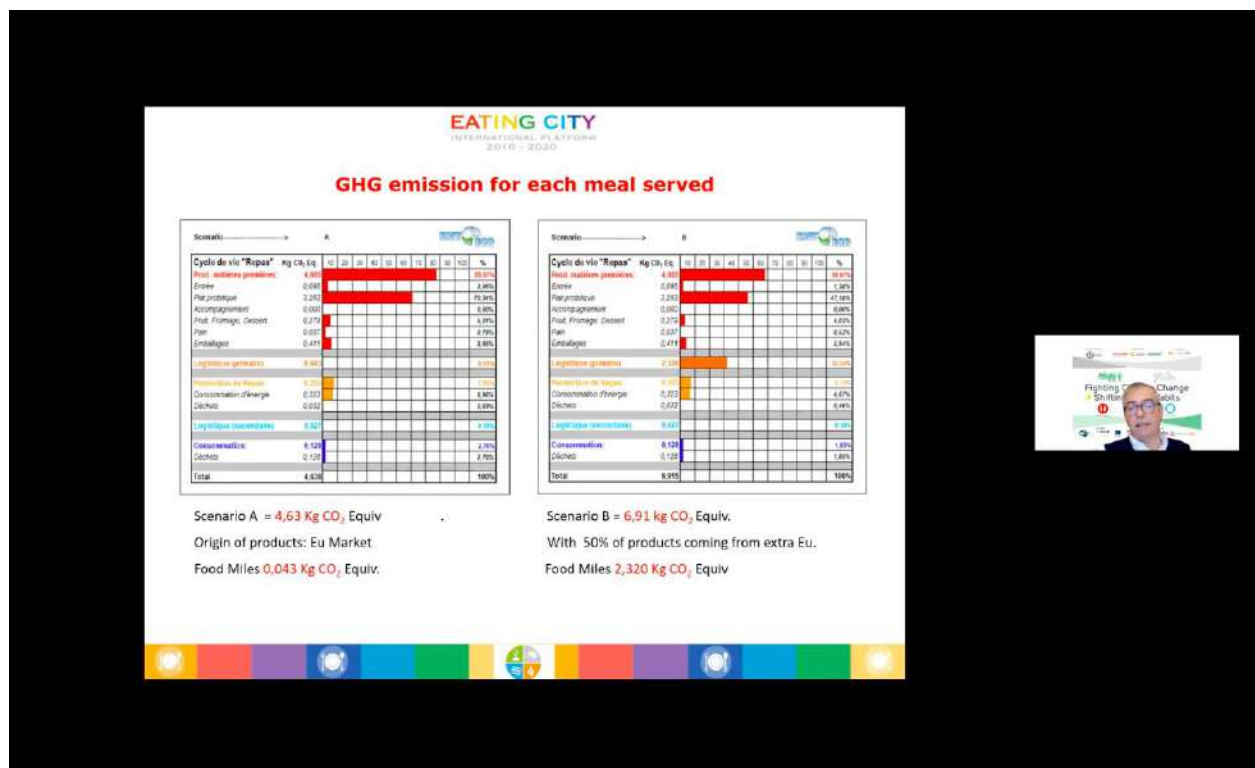
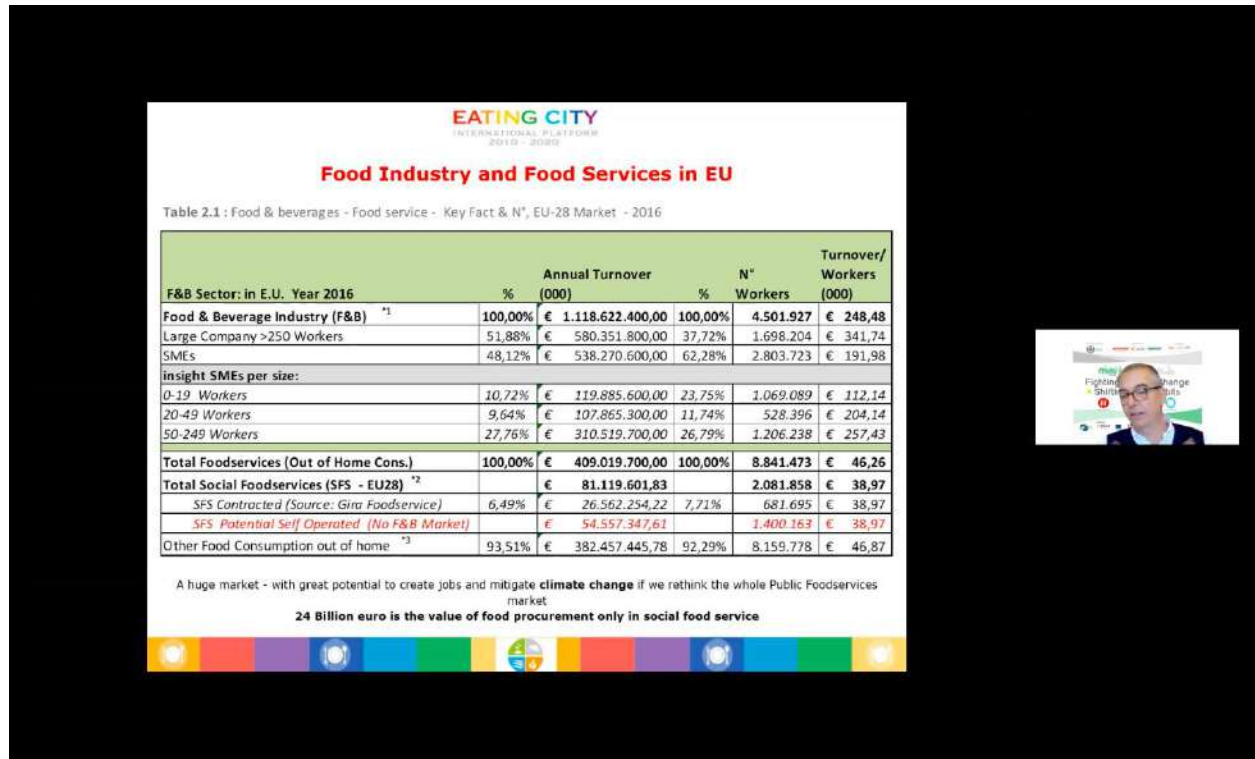


Fig. 2 - Plenary Session Day 1



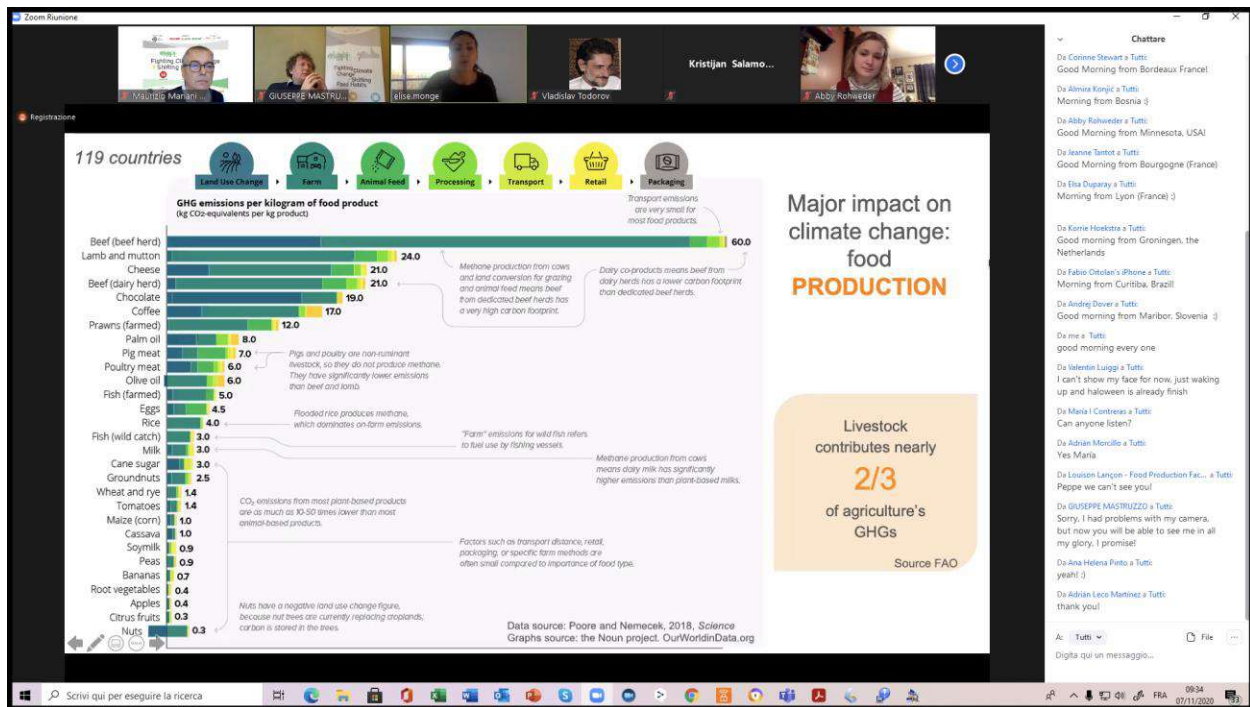


Fig. 5 – Speech 2 – Elise Monge

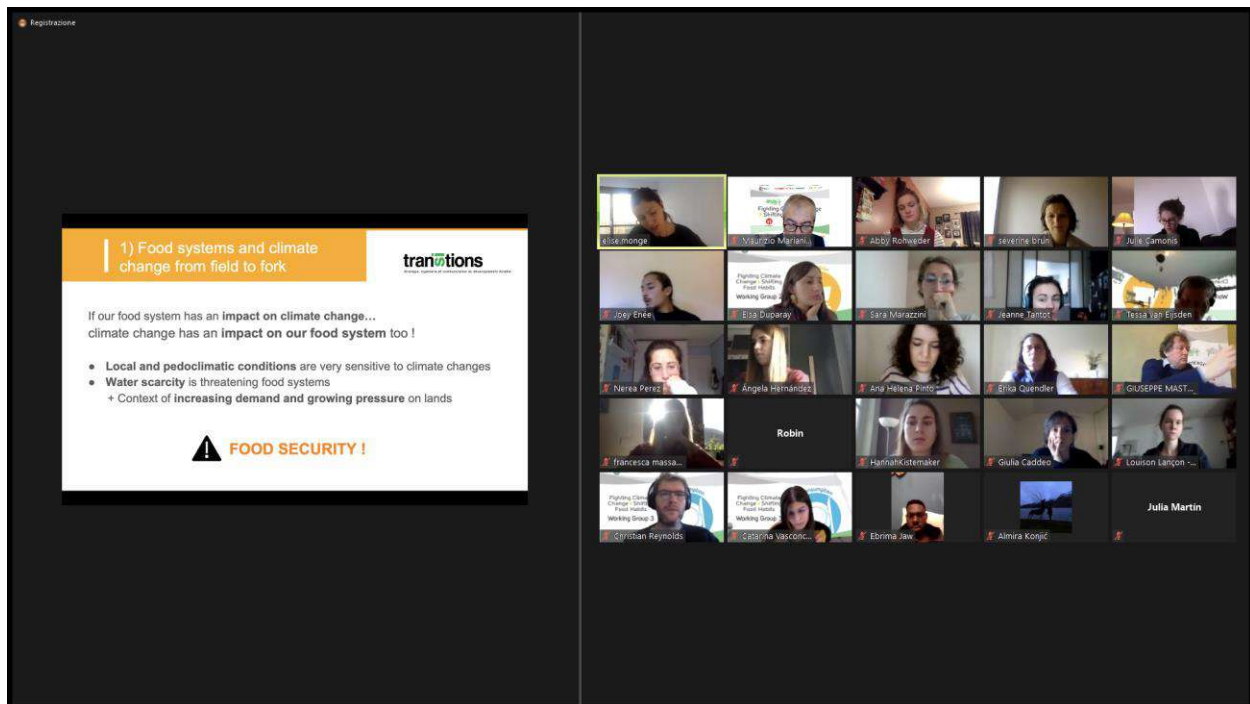


Fig. 6 – Speech 2 – Elise Monge

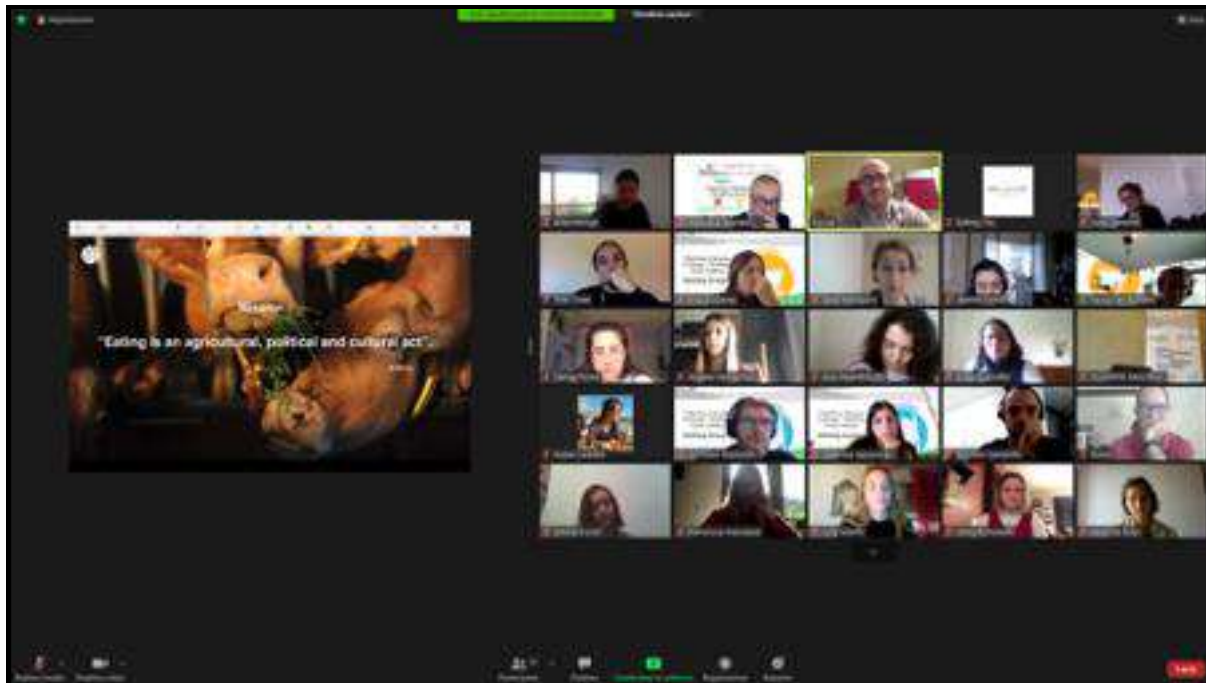


Fig. 7 – Speech 3 – Nicola Robecchi

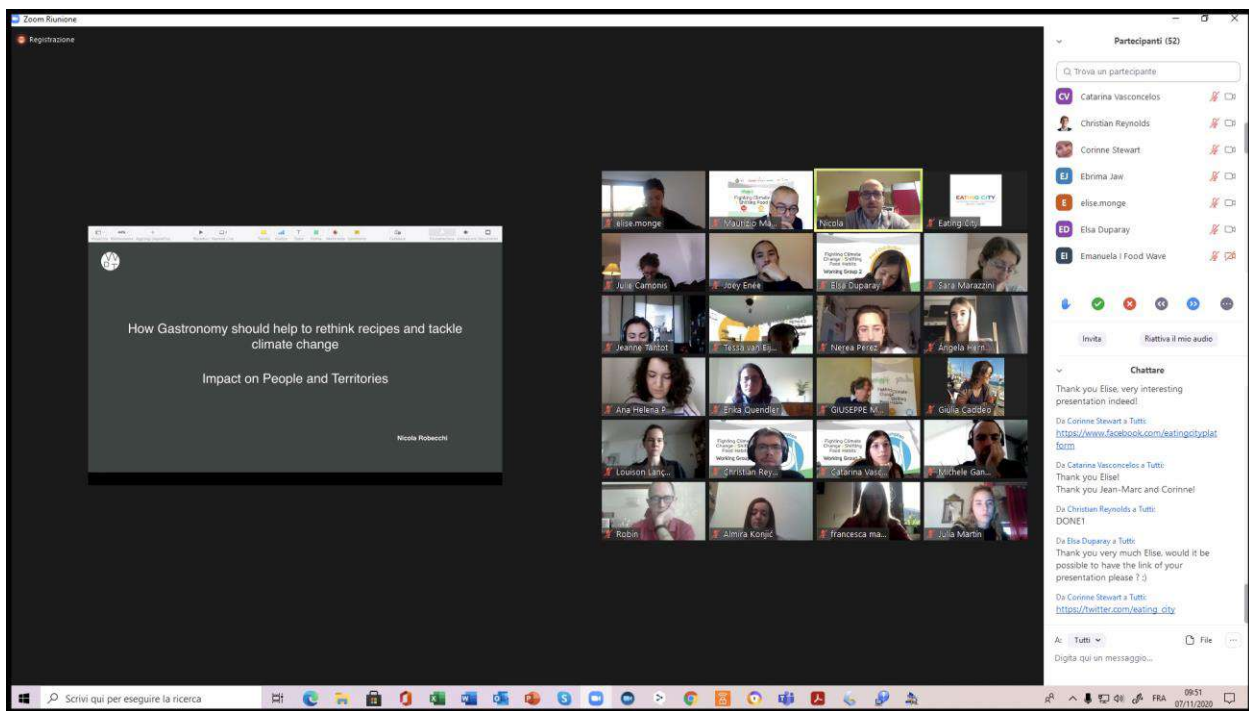


Fig. 8 – Speech 3 – Nicola Robecchi



Fig. 9 – Q&A Time

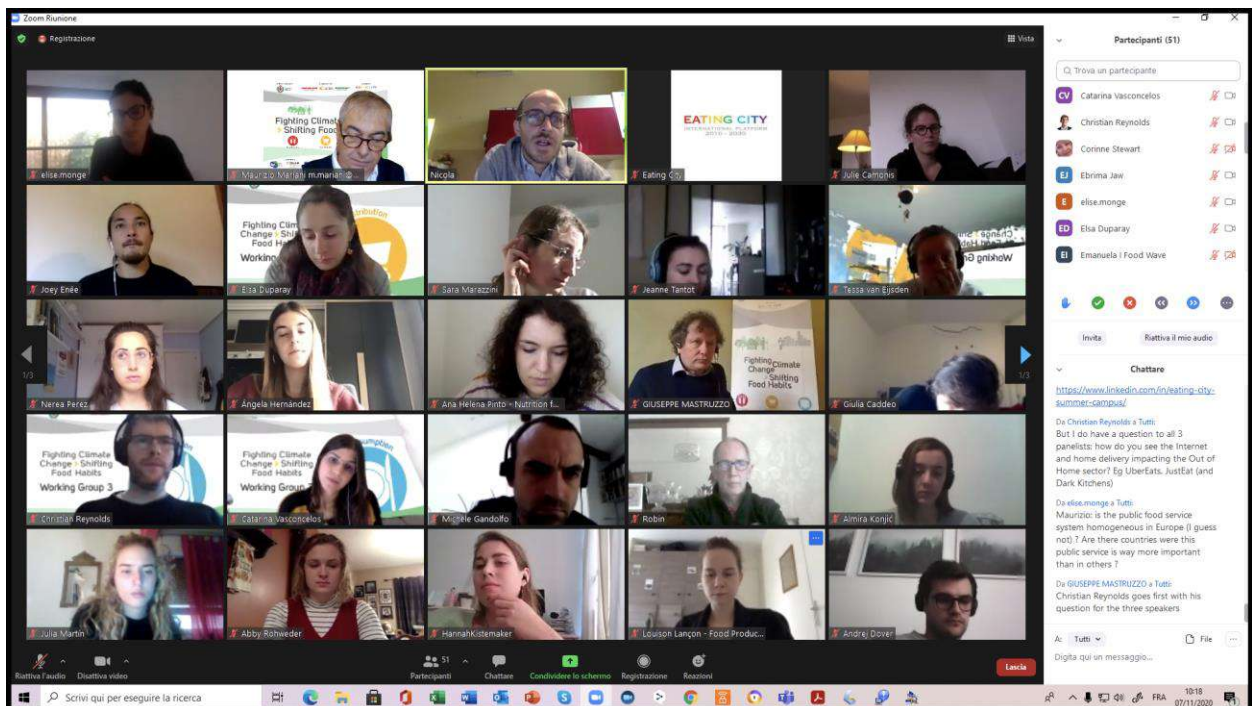


Fig. 10 – Q&A Time

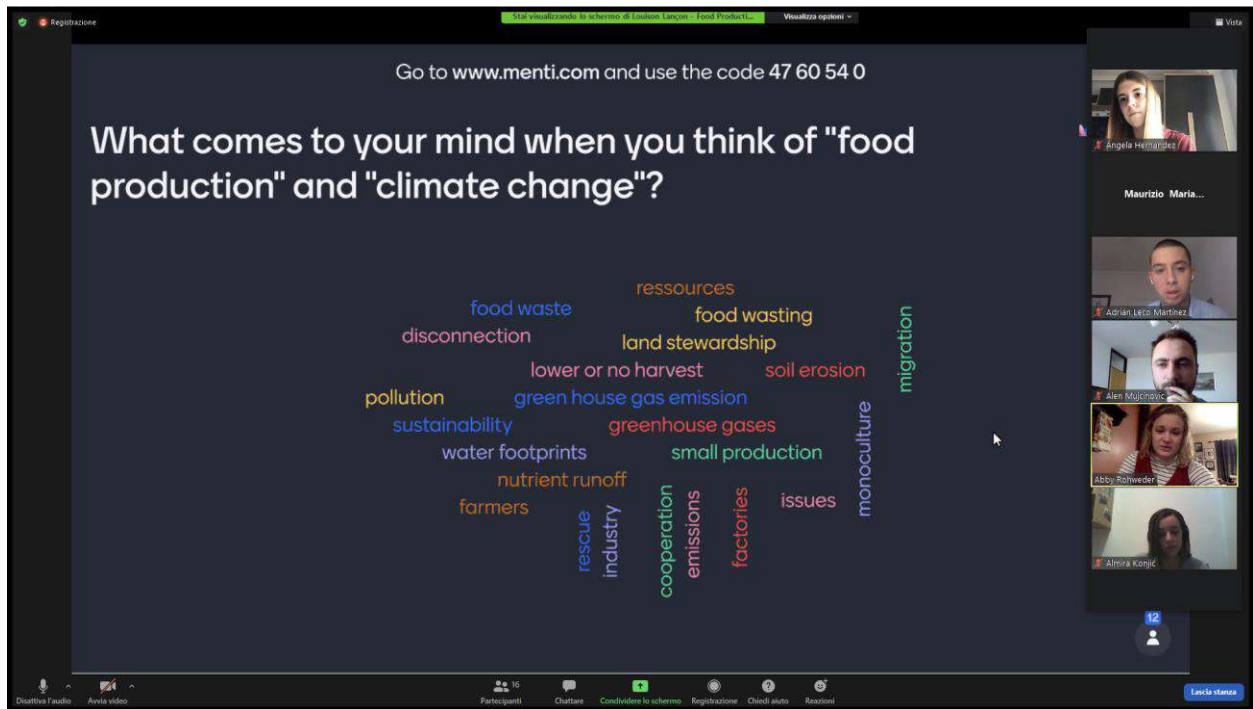


Fig. 11 – W.G. Production

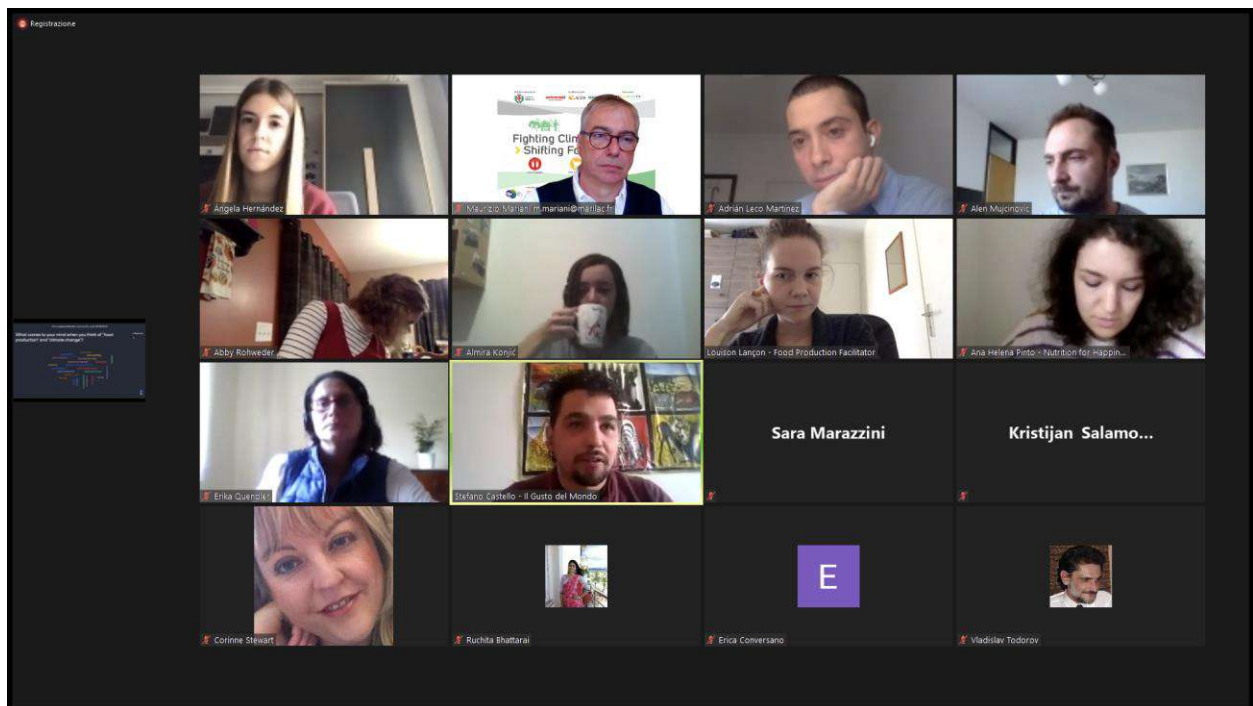


Fig. 12 – W.G. Production

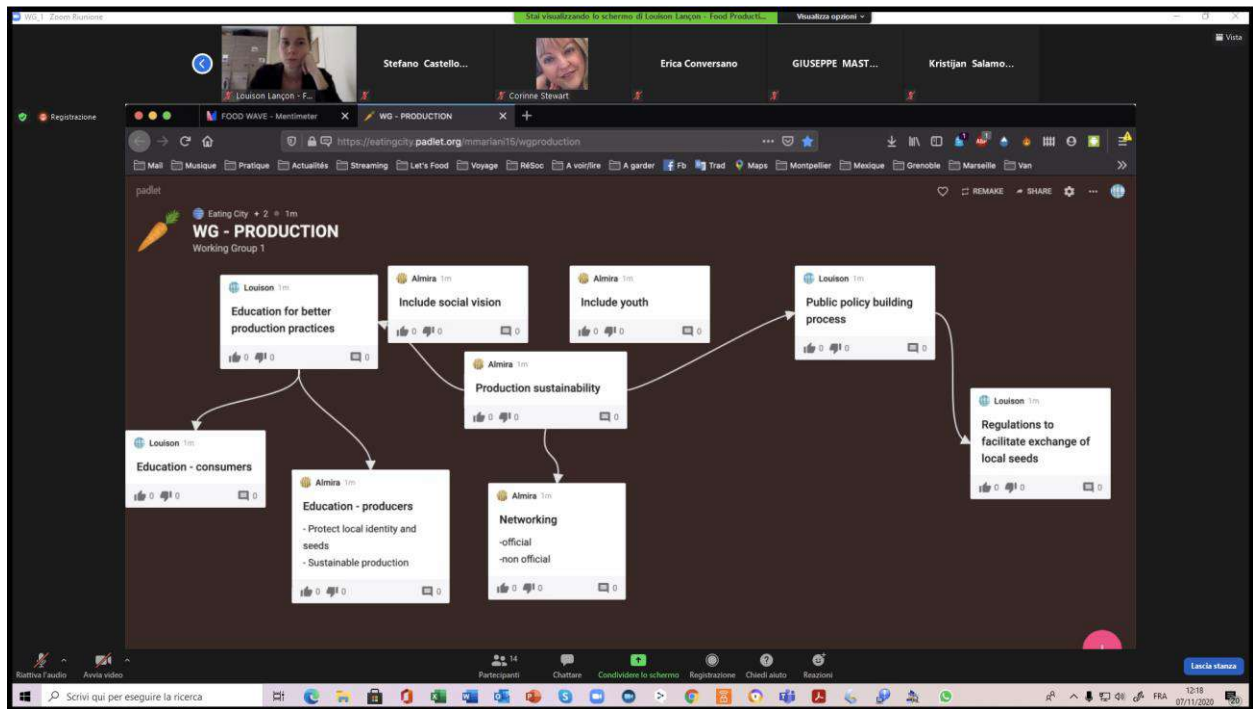


Fig. 13 – W.G. Production

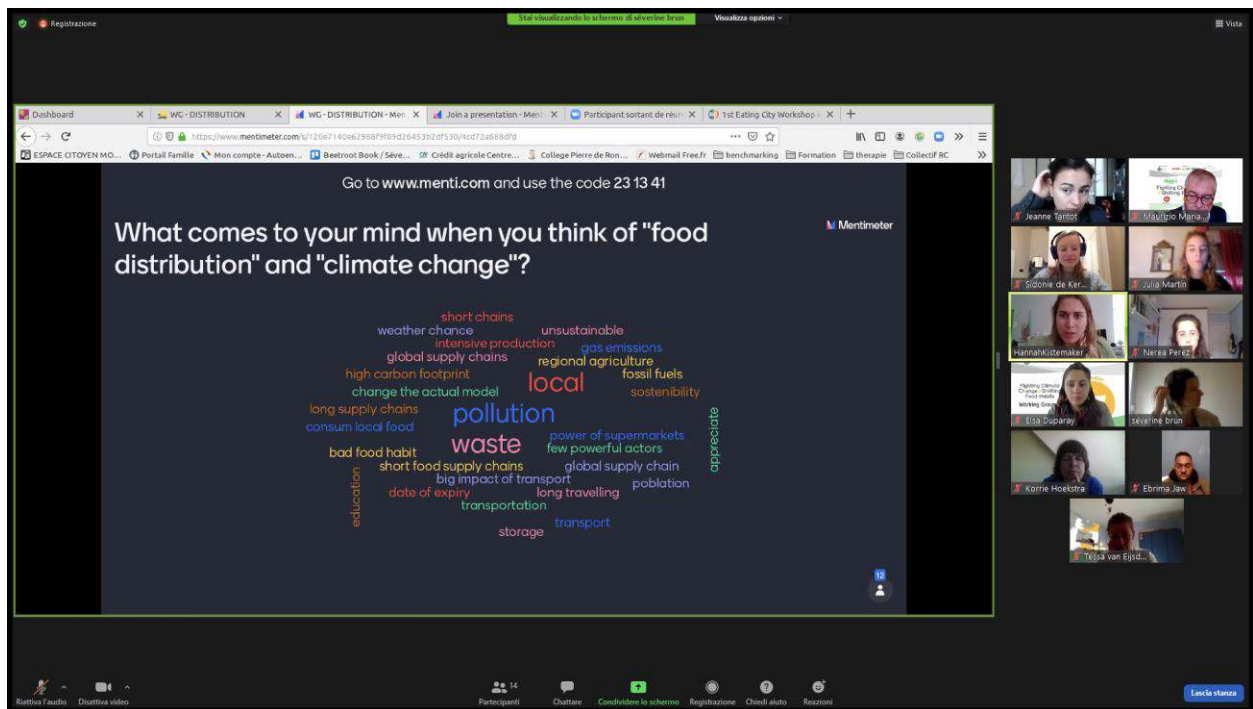


Fig. 14 – W.G. Distribution

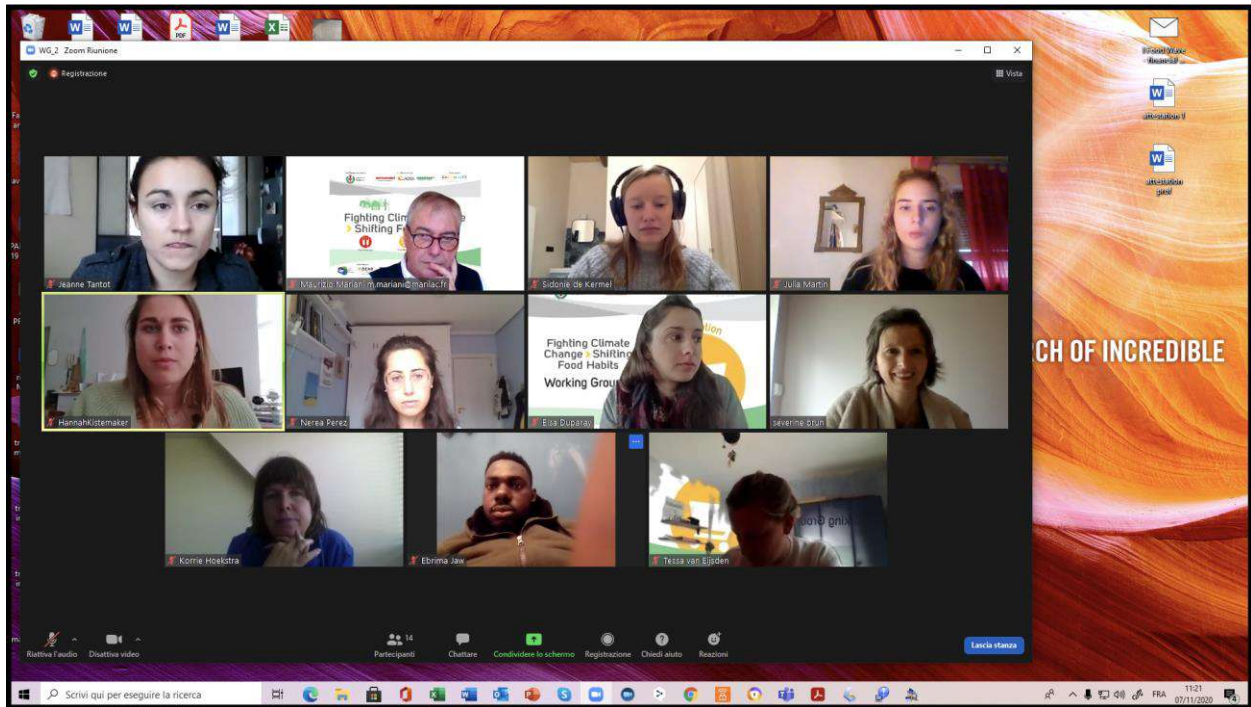


Fig. 15 – W.G. Distribution

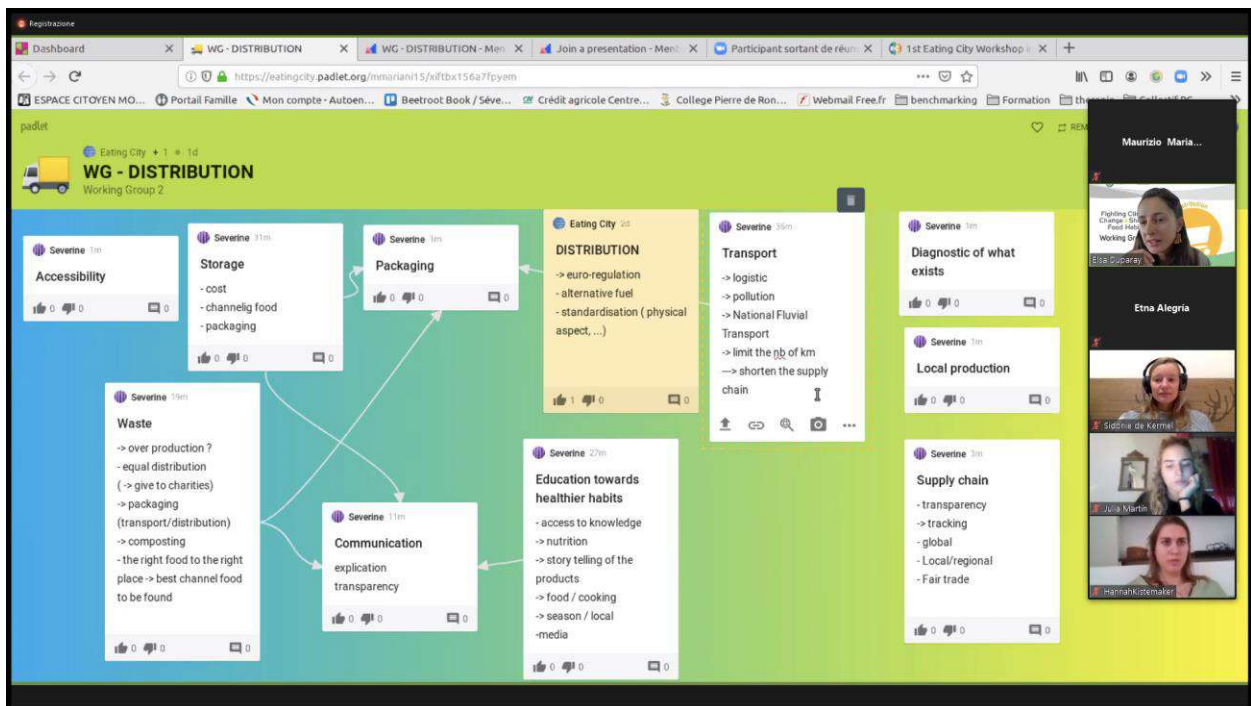


Fig. 16 – W.G. Distribution

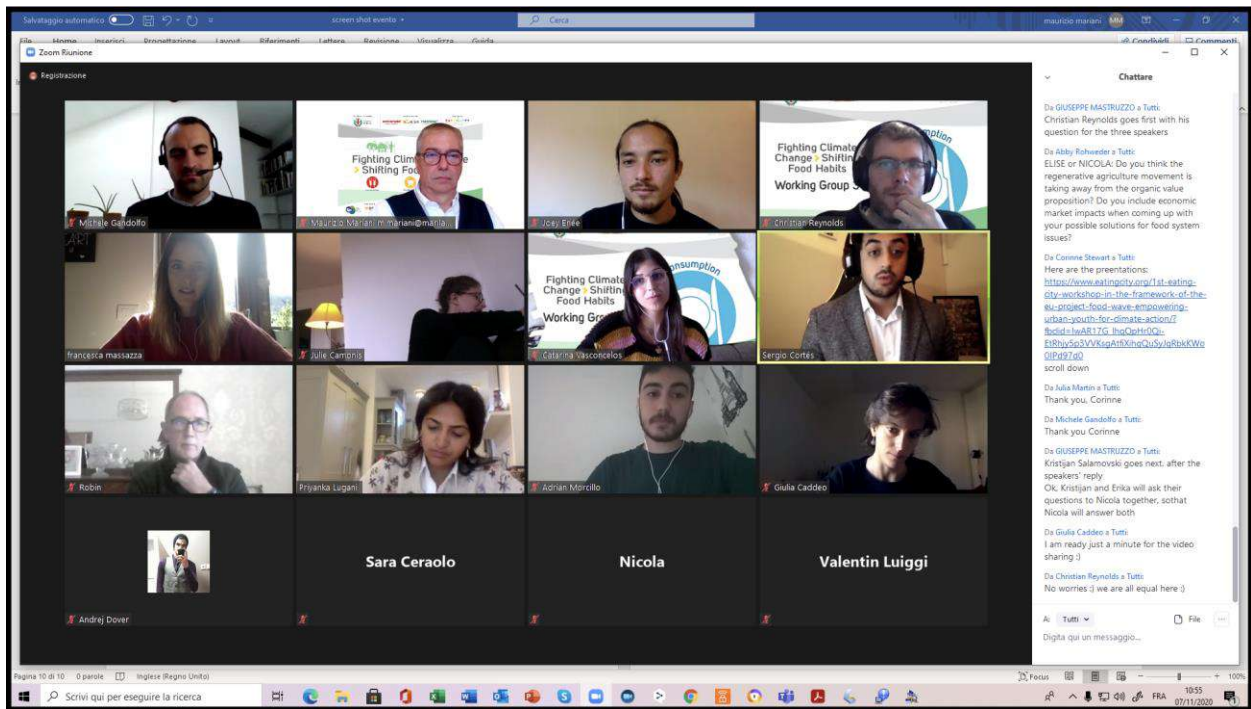


Fig. 17 – W.G. Consumption

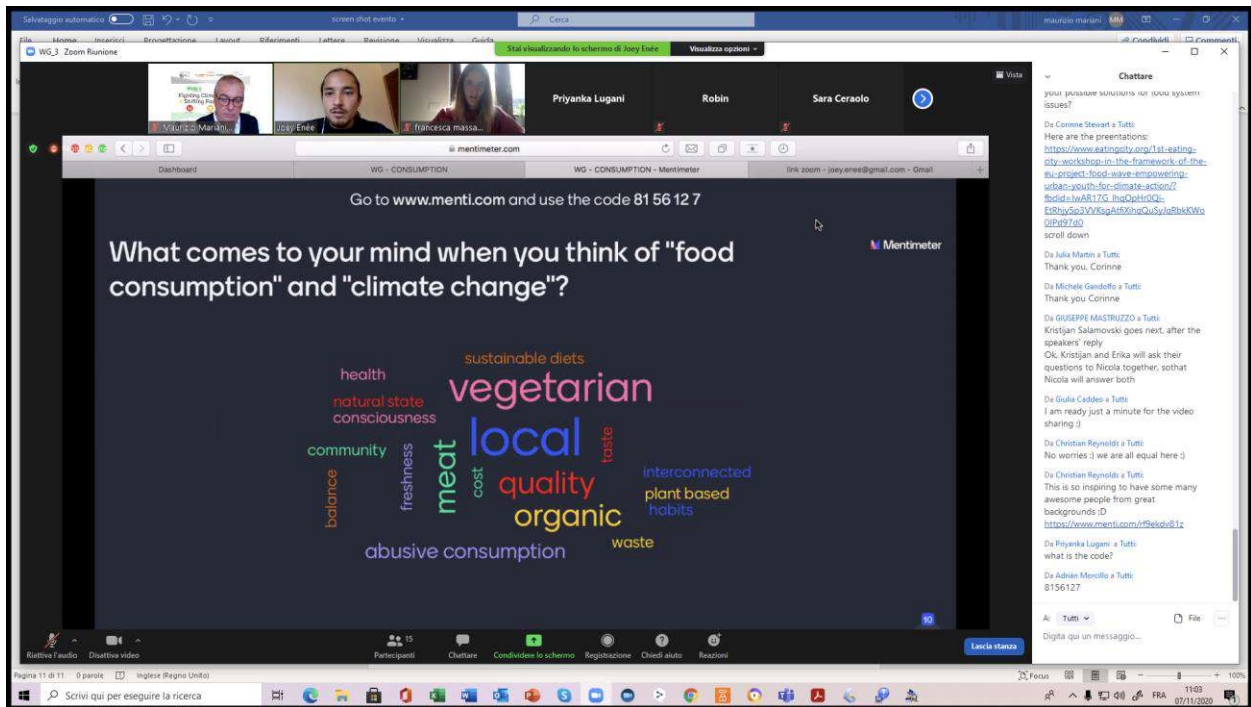


Fig. 18 – W.G. Consumption

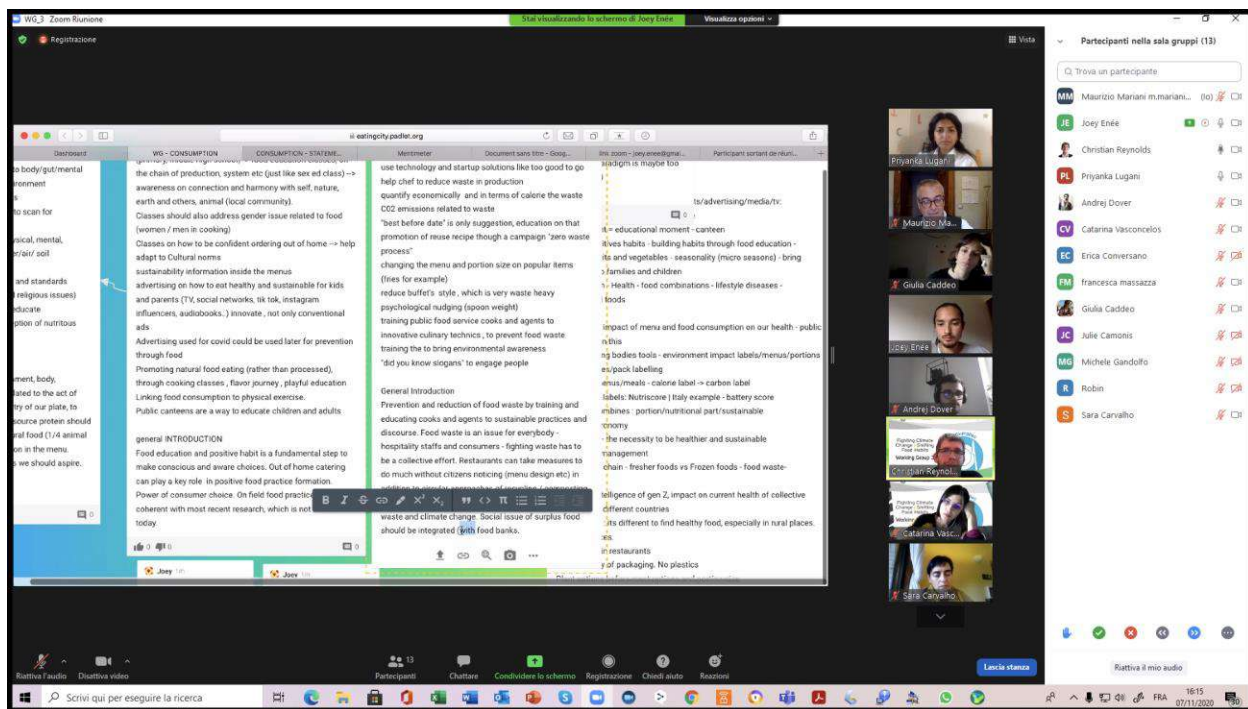


Fig. 19 – W.G. Consumption

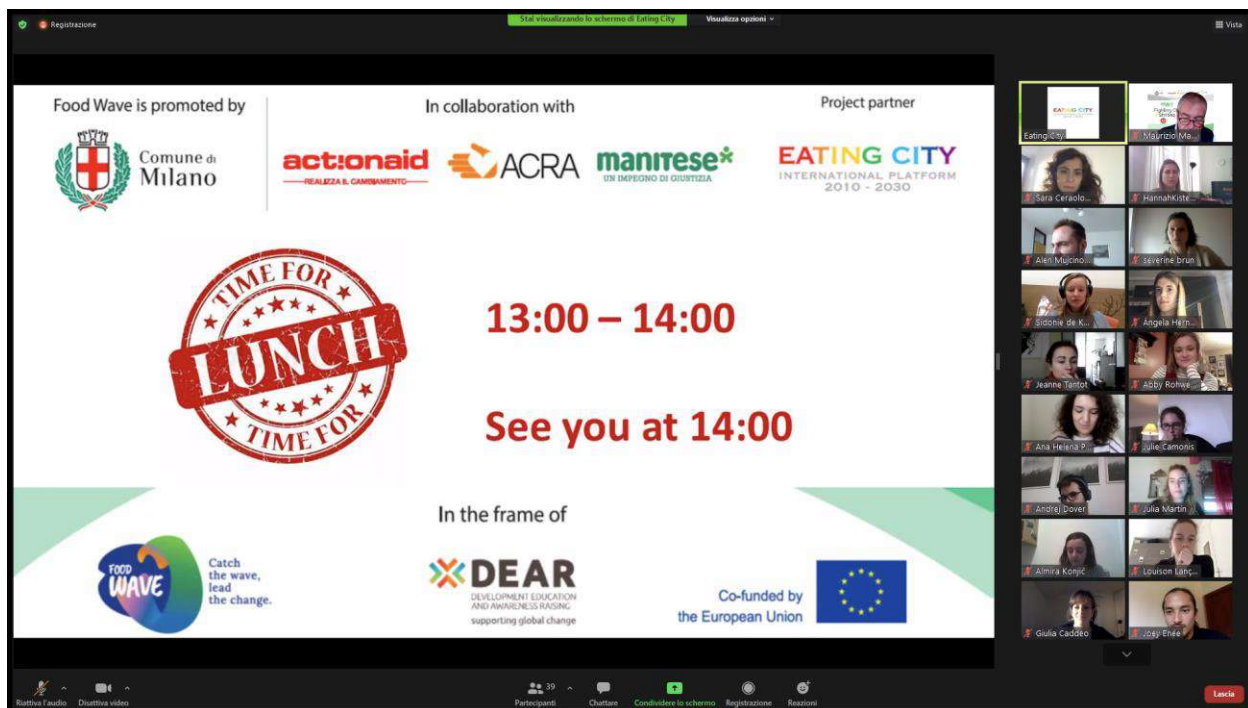


Fig. 20 – Lunch Break

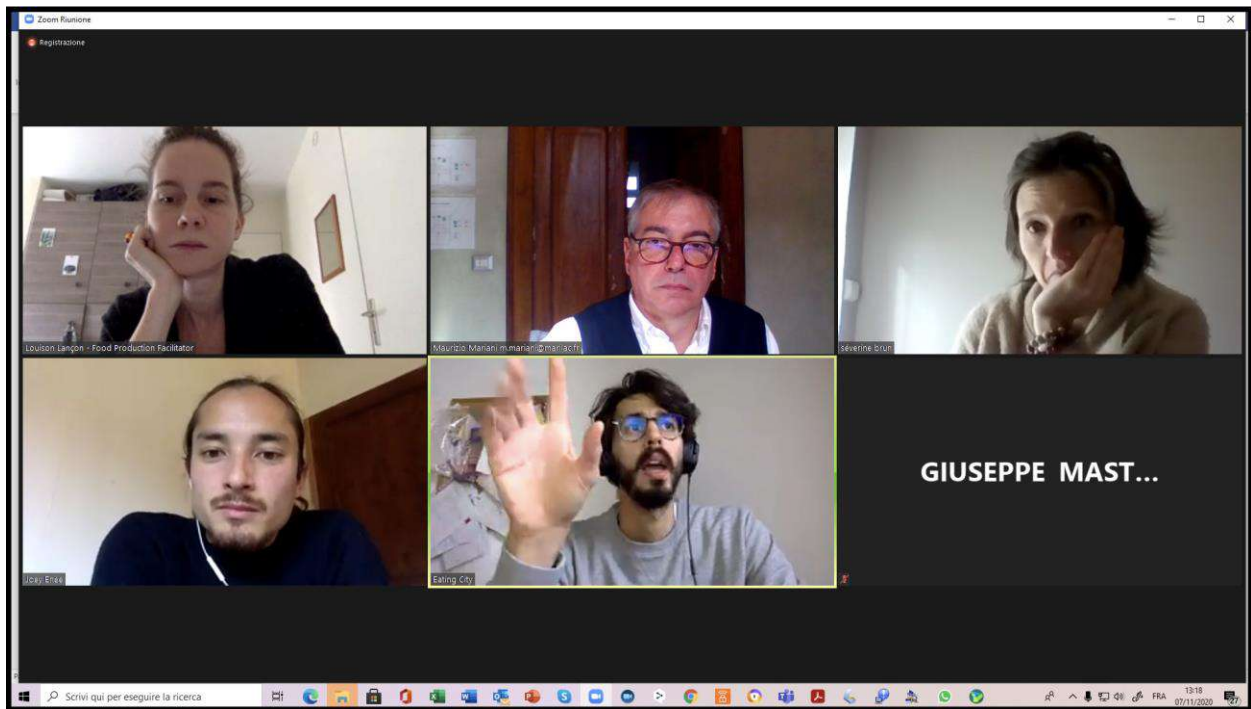


Fig. 21 – Staff meeting

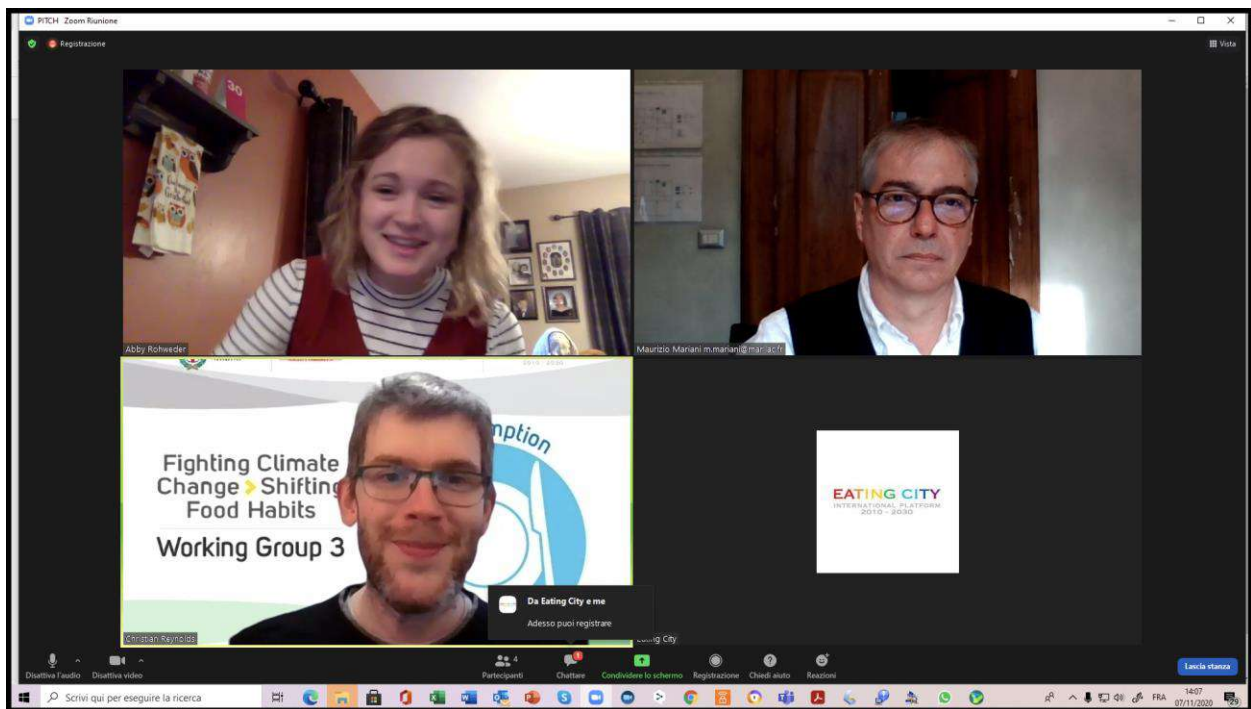


Fig. 22 – Pitch



Fig. 23 – Plenary session end of the day 1

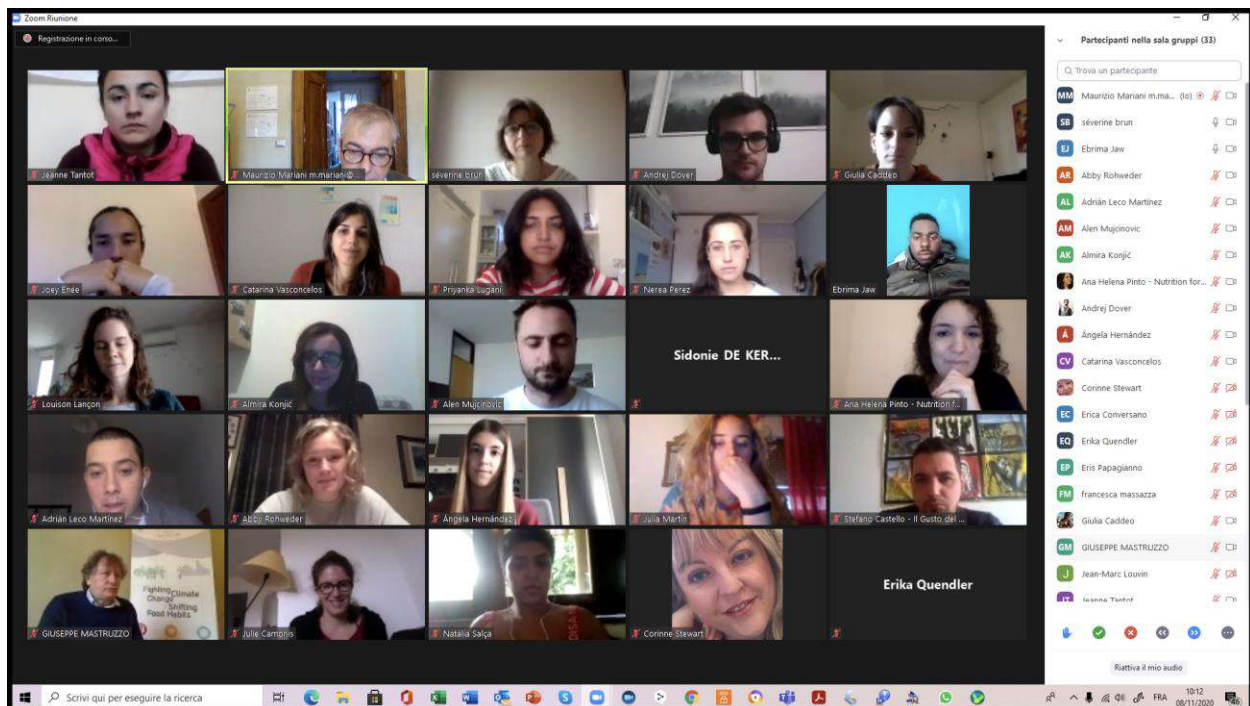


Fig.24 – Plenary Session Day 2

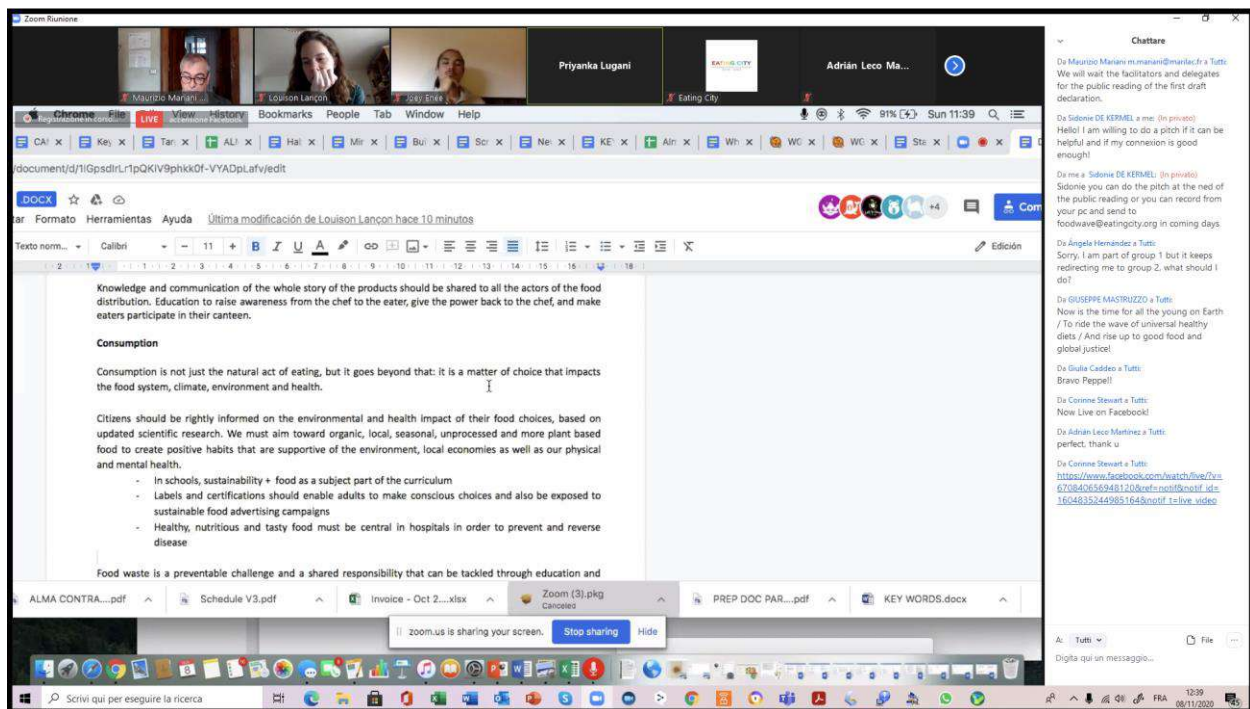


Fig.25 – Plenary Session Day 2 – Public Reading of the Declaration

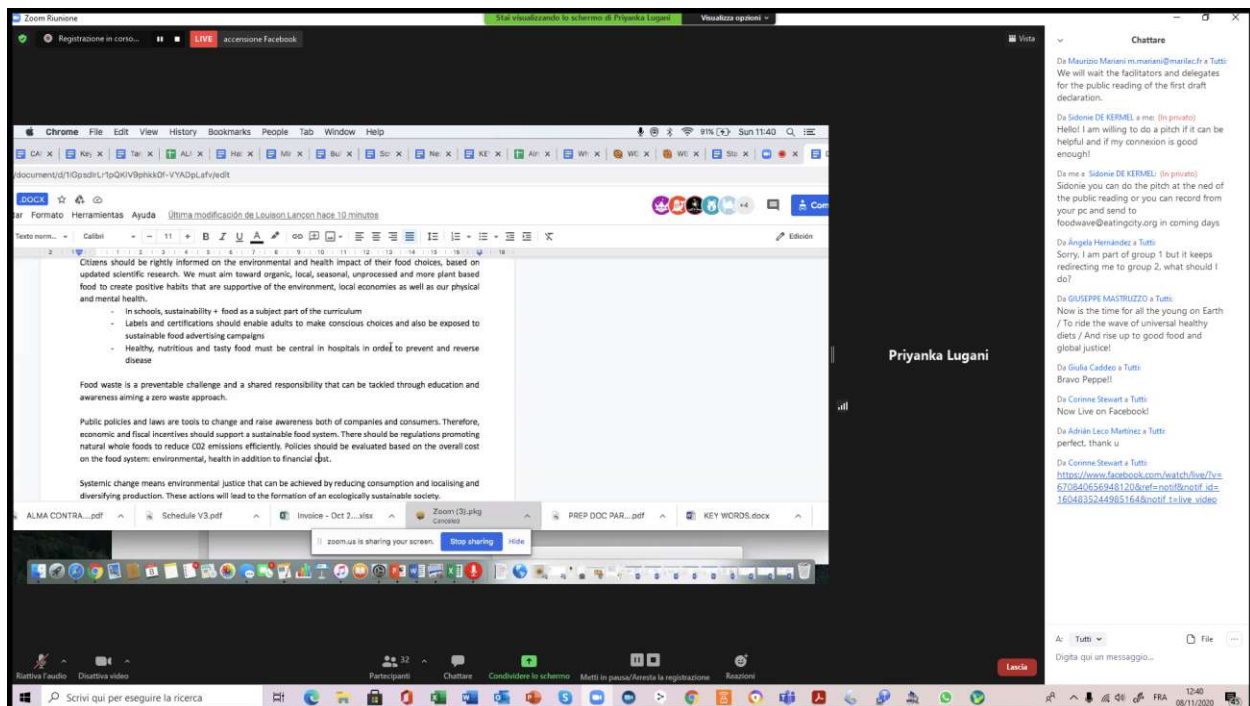


Fig. 26 – Plenary Session Day 2 – Public Reading of the Declaration

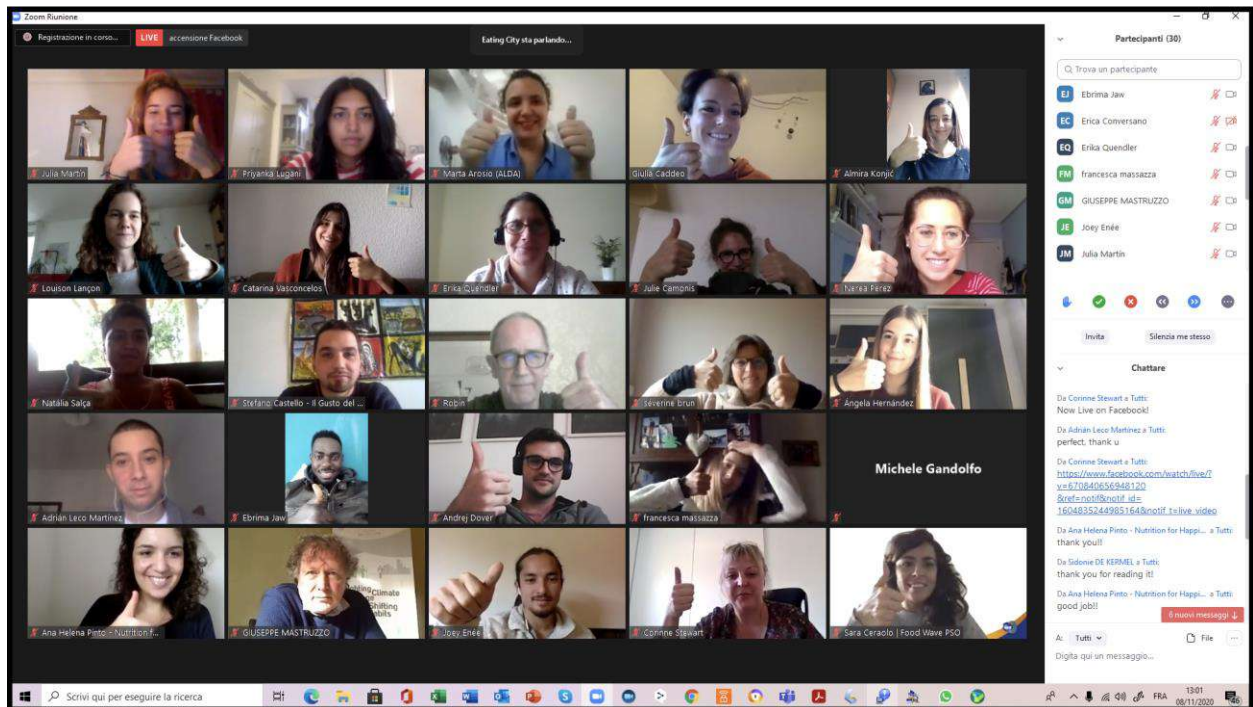


Fig.27 – Plenary Session Day 2 – Conclusion

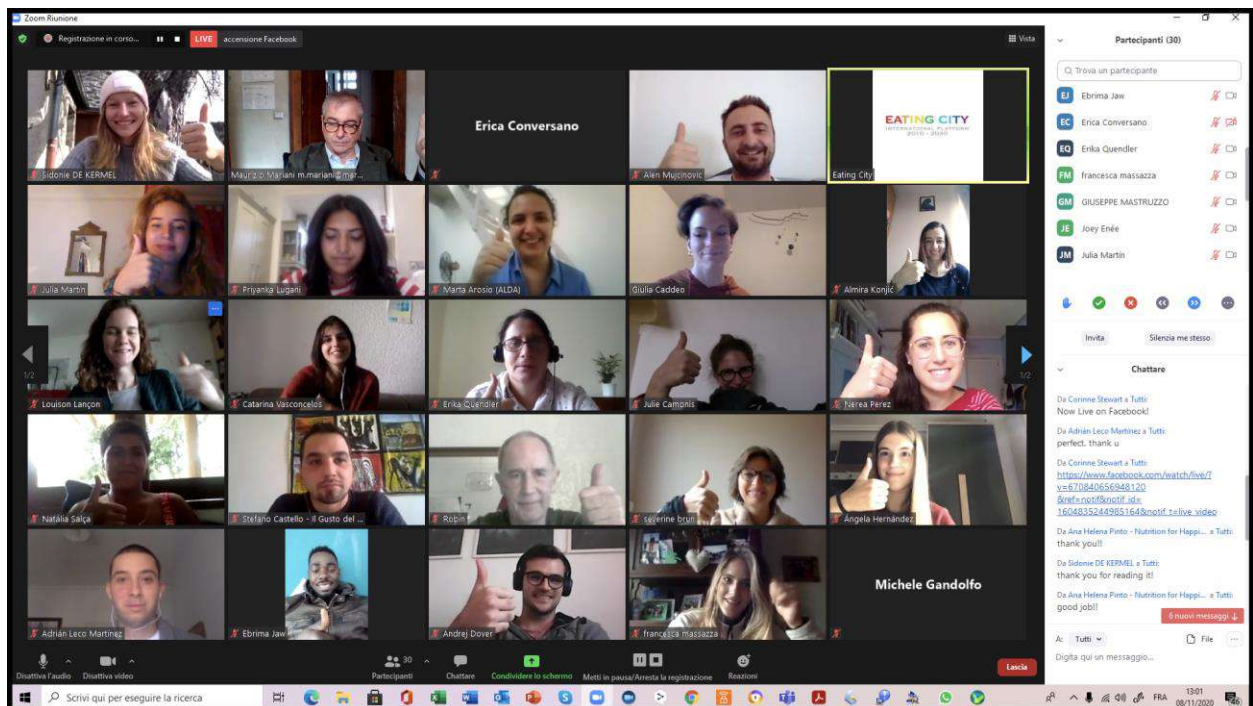


Fig. 28 – Plenary Session Day 2 – Conclusion











































































At the following link it's possible to access all the screenshots that have been taken during the event. Screenshots have been taken



































Facebook posts

All posts published Create Post						
Reach: Organic/Paid Post clicks Reactions, comments & shares						
Published	Post	Type	Targeting	Reach	Engagement	Promote
07/12/2020 00:17				47	1 3	Boost post
07/12/2020 00:16				17	0 0	Boost post
04/12/2020 18:12	Eating City is proud to be a partner in this exciting project!			74	5 7	Boost post
04/12/2020 18:11	#CatchTheWave!			82	2 4	Boost post
29/11/2020 22:39				83	4 4	Boost post
28/11/2020 14:42	This is one of the flagship promises of the environmental parties of the			124	3 8	Boost post
23/11/2020 11:27	CALL FOR INTEREST! Mediterranean Youth and Climate			107	8 10	Boost post
21/11/2020 07:14				114	3 5	Boost post
08/11/2020 16:48	AND THAT'S A WRAP! Huge thanks to all the youth participants			2.6K	124 150	Boost post
08/11/2020 12:33	FOOD WAVE			1.1K	90 75	Boost post
08/11/2020 08:23	Good Morning! The workshop agenda: don't miss the public			557	15 21	Boost post
08/11/2020 06:46	Follow us again this morning on Facebook for Day 2 of the			70	5 7	Boost Event
08/11/2020 06:44	Your turn! How can we reach a fair & sustainable food system by			719	42 24	Boost post



07/11/2020 16:45	 #FoodWave Day 1 is coming to an end ... together, participants have			268		1 16		Boost post
07/11/2020 14:26	 Before rejoining their Work Groups, each participant is being asked to			205		6 15		Boost post
07/11/2020 13:03	 Activities will resume after lunch. The workshop will start up again at			91		2 5		Boost post
07/11/2020 11:48	 Some statistics of the #FoodWave Workshop  Average age : Youth			1.1K		18 31		Boost post
07/11/2020 11:16	 "Production" Workshop virtual brainstorming session  			308		4 20		Boost post
07/11/2020 10:58	 After a short break, the #Foodwave participants have now broken out			53		1 3		Boost post
07/11/2020 10:35	 If you'd like to join the FoodWave workshop, here is the Zoom link:			80		6 7		Boost post
07/11/2020 10:28	 Q&A session underway (answers in the recorded video which will be			81		2 7		Boost post
07/11/2020 10:22	 All Plenary session presentations can be found on the			69		3 7		Boost post
07/11/2020 10:16	 Eating city staff at work.. #CatchTheWave			503		16 26		Boost post
07/11/2020 10:07	 3rd and final lecture is being given by Nicola Robecchi from WDT			475		20 26		Boost post
07/11/2020 09:56	 Eating City was live.			271		16 9		Boost post
07/11/2020 09:42	 The 2nd Lecture by Elise Monge from French organisation			354		8 17		Boost post
07/11/2020 09:30	 53 participants are #catchingthewave this morning! 			340		12 17		Boost post



07/11/2020 09:22	 The 1st Lecture is given by Maurizio Mariani, Eating City's			225		0 12		Boost post
07/11/2020 09:16	 The agenda of today's Workshop			581		6 22		Boost post
07/11/2020 09:04	 Eating City was live..			481		32 23		Boost post
07/11/2020 08:50	 We will be starting very soon! The event will be recorded and will be			543		10 38		Boost post
07/11/2020 08:23	 Follow us on Facebook for the @FoodWave Workshop as from			68		3 5		Boost Event
05/11/2020 08:36	 D-2!			89		4 7		Boost Event
03/11/2020 20:28				90		5 2		Boost post
30/10/2020 15:24	 Eating City is proud to be part of the DEAR community with #FoodWave,			122		3 8		Boost post
26/10/2020 05:16	 Excellent achievements! Paving the way together.. #publicfood #organic			104		4 1		Boost post
23/10/2020 12:09	  Last chance to register for the Foodwave workshop on			114		10 28		Boost post
22/10/2020 19:30	 If you are in Saint Germain Mont D'or...			76		1 0		Boost post
20/10/2020 12:33				60		2 0		Boost post
18/10/2020 14:12	 Lunch ! Au Lien d'Or - Snackiviste Valentin Luigi Maurizio Mariani			100		3 2		Boost post



Post Details

EC

Eating City

Published by Corinne Stewart [?] · 7 November ·


Some statistics of the #FoodWave Workshop

Average age : Youth Participants = 26 yrs, Guests = 45 yrs

Status: (Youths) Students = 31%, Employed = 65%, Job-seekers = 4%

Gender: (All participants) 37% Male / 63% Female

20 Countries: see map



✓

Get more likes, comments and shares

When you boost this post, you'll show it to more people.

1,098

49

Boost post

People reached

Engagements

Severine Brun, Sido Dk and 8 others

4 shares

Like

Comment

Share

Performance for your post

1,098 People Reached

31 Reactions, comments & shares

21 Like

8 On post

13 On shares

4 Love

2 On post

2 On shares

1 Comments

0 On Post

1 On Shares

5 Shares

4 On Post

1 On Shares

18 Post Clicks

4 Photo views

0 Link clicks

14 Other Clicks

NEGATIVE FEEDBACK

0 Hide post

0 Hide all posts

0 Report as spam

0 Unlike Page

Reported stats may be delayed from what appears on posts

Food Wave - Report of the 1st Workshop - Year 1

Pag.41

Post Details
X

Eating City

Published by Corinne Stewart [?] · 7 November · 🌐

⋮

We will be starting very soon! The event will be recorded and will be published on the Eating City Youtube channel.

👍 Get more likes, comments and shares
When you boost this post, you'll show it to more people.

543	48	Boost post
People reached	Engagements	

Alemnew Gebeyehu, Clara Fahd and 12 others

2 shares

👍 Like
💬 Comment
➦ Share
🎨 📷

Performance for your post

543 People Reached		
38 Reactions, comments & shares		
35 Like	13 On post	22 On shares
1 Love	1 On post	0 On shares
0 Comments	0 On Post	0 On Shares
2 Shares	2 On Post	0 On Shares
10 Post Clicks		
1 Photo views	0 Link clicks	9 Other Clicks
NEGATIVE FEEDBACK		
0 Hide post	0 Hide all posts	
0 Report as spam	0 Unlike Page	

Reported stats may be delayed from what appears on posts



Catch
the wave,
lead
the change.



FOODWAVE IS SUPPORTED BY

