



Food Literacy

A New Horizontal Theme in Adult Education and Counselling

Nr 2

Knowing and Eating

Our project is designed as a contribution to a nutrition culture based upon sustainability, individual self-determination and the joy of eating. It introduces Food Literacy as a new horizontal theme into adult education and counselling, sensitises multipliers and trainers in adult education and people in counselling organisations working with less educated target groups, develops materials in order to integrate Food Literacy into various educational and counselling opportunities - from the computer course to debt counselling and enables trainers and counsellors to make Food Literacy more accessible to their clients.

We invite you to the table!

www.food-literacy.org

Impressum:

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The project team is developing a manual "Guidelines for Introducing Food Literacy as Horizontal Theme into Adult Education and Adult Counselling" with a lot of useful information for daily practice and a "Toolbox" containing materials and methods that can be used in various educational and counselling activities seminars and workshops for multipliers. The developer team has finished the draft version. The final version will be available for download in summer 2006.

Training and Counselling "à la carte"

Who will benefit from the project's results?

- Adult education and counselling providers
- Institutions for health and consumer education
- Organisations with focus on nutrition education
- Trainers
- Counsellors and advisers
- Social workers
- All people who want to increase their knowledge about food and nutrition and want to pass it on to others

Dissemination event in Sweden

The midterm plenary meeting of the Food Literacy partnership – more than 20 people from eight countries – took place in South Sweden near the city of Kristianstad. We have chosen this location because this town identifies itself as "Kristianstad – spirit of food". This was therefore the ideal place to present and disseminate the results of the Food Literacy project! Even better, our group participated at the First International Beach Soccer Tournament in Ahus! (www.spiritoffood.se).

