

Report for Healthy Wave Study Visit Almada

Project: Healthy Wave (Implementing Healthy Meal for all)

Dates: 15-17 May 2024

Location: Almada

Day 1: Introduction & working session

Date: May 15, 2024 **Location:** Escola Básica e Secundária Anselmo de Andrade

Rua Ramiro Ferrão - 2809-011 Almada **Target group:** Healthy Wave consortium **Actual number of participants:** 27

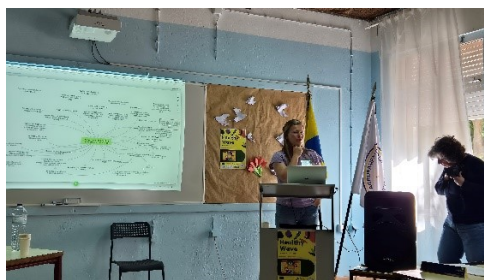
Highlights:

We started the first day with a welcome and tour of the school, showing the premises of the school, including the cafeteria, school canteen and a school garden. They also explained how education is part of the curriculum in some courses, but at least from the first grades onwards. Afterwards, the program of the study visit was introduced and a refresher for the Healthy Wave timeline was presented.

Stakeholders from the municipality presented the Almada context around school and healthy meals, including menu composition, quality assurance, food waste, distribution of left-overs and education materials. They shared the history of school meals within the municipality and how this is funded by both the municipality and parents. Experiences were shared regarding how to engage students in food education, how to define healthy food and how to deal with parent satisfaction.

Afterwards, local stakeholders (municipality, teachers, parents, students) participated in a research workshop organized by Erasmus MC to look at the factors related to the provision of a healthy school lunch for all children in Europe. The stakeholders from Almada brainstormed about this topic and shared their ideas, things that are needed to provide a healthy school lunch and perceived effects. Those factors were mapped in an online program to create an overview of the factors influencing, needed for, or affected by a healthy school lunch. This first research workshop provided a starting point for the second workshop on day 2.

At the end of the day, GAL/Floresti presented their current situation, where at the moment no school lunches are provided and facilities are not present. The first needs for GAL/Floresti identified in the needs analysis were related to sustainable public food procurement, an attractive dining area and staff training. All topics (and more) were discussed in the study visit in Almada.



Key activities:

- Welcome and introduction
- Presentation of healthy school meals, past and present
- Presentation and discussion about experiences with school meals from teachers, city representatives and other stakeholders
- Research workshop with local stakeholders
- Current situation and needs of the mentee city

Dinner: The participants gathered for a project dinner at Tryp Lisboa Caparica Mar Hotel, facilitating informal networking and discussions.

Day 2: Field Visit

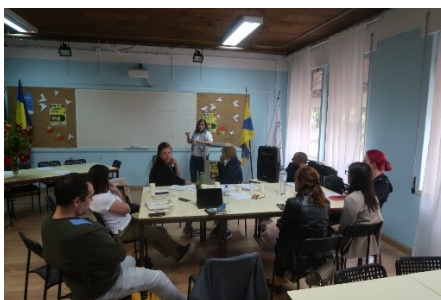
Date: May 16, 2024 **Location:** Primary school 1 – Escola Básica 1 do Pragal **Target group:** Healthy Wave consortium
Actual number of participants: 15

Highlights:

In the morning of day 2 we had two study visits to primary schools. We had a look at the school facilities, like having a vegetable garden, a kitchen and/or school canteen. We talked to teachers and supporting staff and examples of educational food activities were shared, like a class system to promote fruit consumption. Furthermore, we had lunch at one of the primary schools and got an insight in the logistics during the lunch break.

In the second and last research workshop with mentor and mentee city we reviewed the overview with all factors provided by local stakeholders and looked for overall themes or relationships between factors. In each mentor city an overview of factors will be created and will be input for the research performed by Erasmus MC during the Healthy Wave project.

We ended the second day with a group discussion about lessons learned and next steps in Almada, like involving students and parents more and creating a nice place to eat in school. Furthermore, we discussed some building blocks and successes from Almada to take into account in the mentee city as well. Among others, changing the mentality of students, food education for both children and teachers and culture specific foods were discussed.



Key activities:

- Field visit to two schools
- Research workshop
- Lessons learned in Almada

Dinner: The participants gathered for a project dinner at the secondary school in Almada, where students and teachers prepared a collaborative and festive meal and evening, facilitating informal networking and discussions, but also providing an international experience for students.

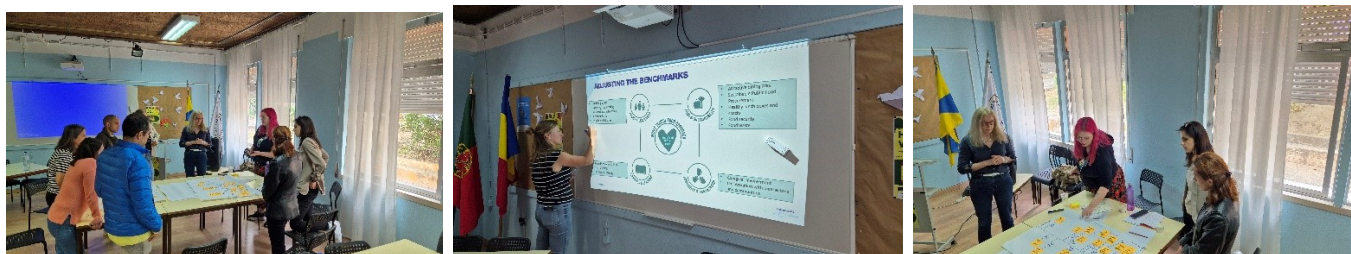
Day 3: Next steps

Date: May 17, 2024 **Location:** Escola Básica e Secundária Anselmo de Andrade
Rua Ramiro Ferrão - 2809-011 Almada **Target group:** Healthy Wave consortium **Actual number of participants:** 11

Highlights:

The last day of the study visit started with a workshop to adjust the benchmarks that will be used in the Healthy Wave toolkit. Both mentor and mentee city were asked to separately rank the key factors of the Whole School Food Approach to level of importance (not important, neutral, important). Additional benchmarks and comments could be added. Afterwards we compared the ranking from mentor and mentee and discussed the benchmarks. This session was performed in each study visit and will be used as input for toolkit development.

The remaining part of the last day was about the next steps for GAL/Floresti, the mentee city. In the workshop led by Erasmus MC, the mentee had to think about their goals. During the workshop, one goal was chosen to further develop by identifying relevant stakeholders and actions to be taken. A timeline was drafted for this first goal. Afterwards, the mentee city presented their goals and timeline and the mentor city was asked to reflect on the goals, describe how they could help out and share their experiences regarding the different topics.



Key activities:

- Adjusting the benchmarks
- Workshop Composing the roadmap

Conclusions: The Healthy Wave study visit Almada successfully launched the cooperation between the partners from GAL/Floresti and the secondary school in Almada, facilitated collaboration among the partners, and provided valuable insights into the school meals system in Almada. The event was well organised, with engaging sessions and productive discussions that set a solid foundation for the future mentoring activities.