

Report for Healthy Wave Study Visit in Cluj-Napoca, Romania

Project: Healthy Wave (Implementing Healthy Meal for all)

Dates: 4-6 September 2024

Location: Cluj-Napoca

Day 1: Introduction & working session

Date: September 4, 2024 **Location:** Cluster of education, Avram Iancu 13-15, Cluj-Napoca **Target group:** Healthy Wave consortium **Actual number of participants:** 12

Highlights:

The first day of the kick-off event focused on interchange between both cities and workshops to foster the project.

The day commenced with a warm welcome by the president of the Cluster of Education, C-EDU (Simona Baciu). She focused on the importance of wellbeing in the development of children and how to align needs and resources to ensure a more inclusive and adapted access to food in schools. Followed by Prof. Radu Vas who presented the context in which Pedagogical High Schools manages to serve and have access to healthy food.

Before lunch break the Rikolto facilitators facilitated a workshop about the needs for and effects of healthy school lunches. The input from a broad group of stakeholders will be used to make a final causal loop diagram and is part of the research done by EMC. After lunch, conclusions were drawn. Rikolto facilitated a second workshop about the benchmarks in the WSFA framework. The result of this exercise will feed the Healthy Wave toolbox.

In between workshops, mentee city Riga presented the context of school meals in Riga and shared what they want to learn from the mentor city and the actors involved.

Next to that there was an inspiration talk about a pilot project in Cluj where a very motivated chef who proved it is possible to cook with 2 euros, by making a list of 80+ recipes and a list of kitchen utensils needed.

The day concluded with a wrap up and conclusions of day 1 and a forecast to day 2.



Key activities:

- Welcome and introduction
- Inspirational talks and insights from Cluj
- Insight in the current situation and needs of Riga
- Research workshops

Dinner: The participants gathered for a project dinner at Maimuta Plangatoare Restaurant, facilitating informal networking and discussions.

Day 2: Field Visit

Date: September 5th, 2024 **Location** Cluster of Education, Cluj-Napoca **Target group:** Healthy Wave consortium **Actual number of participants:** 8

Highlights:

The day started with an introduction by local canteen manager Dan Novak, into the role of the Municipality of Cluj-Napoca in access to healthy food for different social and civic actors. Dan explained the history and future of the role of the local authority in setting the standard in public canteens. After his explanation we made a field visit to 4 different canteens in the city: the canteen for city staff, the canteen in a kindergarten and two public canteens for individuals, where one aimed at the general public and one targeted underprivileged residents.

After the site visits, Rikolto facilitated a workshop specifically for Riga, called 'Composing the plan/next steps for City of Riga'. This workshop was the starting point of their action plan. After the workshop the first ideas and actions were presented to the mentor city for feedback. At the end of the day there was a final site visit of the Hermes Market a public food market organized by the municipality.

Key activities:

- Field visits
- Workshop: action planning



Conclusions: The Healthy Wave study visit Cluj successfully launched the cooperation between the partners from Riga and the Cluster of education in Cluj. The visit also provided a deeper insight into the situation regarding school meals in both cities: the similarities and differences in approach and ambitions for the future. The event was well organized, with engaging sessions and productive discussions that set a solid foundation for the future mentoring activities.