



*The planet-friendly food*

**February 16, 2024**

**FOODINSIDER.IT**



The goal of the Green Food Week is to involve the highest possible number of canteens (in schools, universities and companies), inviting them to replace high environmental impact dishes with sustainable alternatives based on key ingredients such as legumes, and fresh, local, organic food. So far, hundreds of towns and over 60 university cafeterias, as well as a few company cafeterias, have joined the event. Participants receive a special kit with information, posters and suggestions of activities and workshops for children, to help everyone better understand why it is necessary to change our dietary habits and make sustainable choices.

### **THE MAIN GOAL**

The main goal is to shift a challenging topic like climate change into an 'environmental celebration' by enjoying together food that can foster a sense of community and showing that there's a lot we can do to protect the environment and ensure a healthy future for our children.

### **THE 16th of FEBRUARY**

February 16th is the most significant day of the International Green Food Week. It's the day that symbolically brings together all the diners from school, university, and company canteens worldwide. People get together to do something to protect the environment and promote the habit of a healthy, planet-friendly lifestyle. It's the meatless day for cafeterias, featuring dishes made from legumes and seasonal vegetables, as well as alternative grains like millet.

Throughout the rest of the week, any additional initiatives are welcome within the framework of the initiative. Cafeterias are free to choose and offer green dishes every day and suggest initiatives to reduce food waste.

### **UNIVERSITY AND COMPANY CANTEENS**

During Green Food Week, university and company cafeterias have the option to offer at least one green dish every day from February 12th to 16th, or to concentrate their efforts on the meatless day on the 16th.

### **A GOOD REASON TO JOIN IN**

Participating in Green Food Week can significantly reduce the carbon footprint, at least for a week. It is a simple yet effective way to mitigate the effects of climate change through a more plant-based and sustainable menu, which can become a positive dietary habit for health, the community, and the environment.

## HOW TO JOIN THE GREEN FOOD WEEK

If you represent a cafeteria and want to participate in the Green Food Week, here's what you need to do: fill out the form at this link that will allow us to keep track of your planned activities and the number of green meals involved.

## #GREENFOODWEEK24

If you share pictures of the dishes you prepared or images related to initiatives within the framework of the Green Food Week, please tag @foodinsider and include the official hashtag #greenfoodweek24. In this way, you can connect with other participants and contribute to the shared narrative of sustainable and eco-friendly practices.

## THE STORY OF THE GREEN FOOD WEEK

The Green Food Week is connected to "M'illumino di Meno", a campaign that takes place in Italy and has been promoting sustainable lifestyles since February 16th 2005, the date of the Kyoto Protocol. The campaign encourages the reduction of energy consumption and the adoption of responsible behaviours contributing to environmental sustainability. The Green Food Week extends the focus on sustainability through more conscious food choices. Both initiatives converge towards the common goal of promoting a more sustainable and environmentally conscious lifestyle.

## FOODINSIDER

Foodinsider.it is an NGO focussed on canteen sustainability and promotes campaigns and initiatives to accompany the ecological transition in the context of food consumption.

## WHAT ELSE

Keep us updated: send the green food proposals for your canteen and the number of meals involved to the email [greenfoodweek@foodinsider.it](mailto:greenfoodweek@foodinsider.it) and tag the photos of the dishes on social media.

