



TOL – training for multipliers in Oradea, Romania, 28nd to 29th September 2015

The TOL-project focuses on a combination of healthy and regional food in schools, combined with an educational program for future consumers. The project approach includes

- healthy nutrition interventions early in childhood and adolescence in order to prevent or reverse the adverse health effects of overweight and poor eating habits
- recommendations of the food processing companies
- considerations of regional economic cycles

Schools can/should have an important task and responsibility in prevention, because they provide the most effective method of reaching large numbers of people, including youth, school staff, families and community members. Healthy food and improved nutrition should be a high priority on every school agenda because of the positive effect on child well-being, and subsequent enhanced learning ability and academic performance. The project focuses also on Agriculture and Regional Development. The design of regional business cycles in the regions/countries involved, will help to keep the rural areas as places to live and work and develop. The holistic view of living space, school and work is the basic approach. (part of the description of the project)

The Training

The Training is designed for multipliers, who want to initiate projects and activities concerning health and regional food in school-cantines. The Contents of the Training will be

- Current state of health and eating habits
- SWOT analyses of the situation in schools in different regions of Europe and for different target groups
- Recommended standard of healthy food in schools
- Vision, goals and strategies of healthy and regional food in schools for each region
- Implementation of change processes, phases, difficulties and chances
- methodology to accompany changes: motivation of participants - “make affected persons to involved persons”;
- Communication tools
- best practice examples of the special region(s)
- Networking