

PRACTICE ABSTRACT #15

Creating Shared Food Spaces in Cascais (Lisbon): recommendations for municipalities to strengthen neighbourhood cohesion and food resilience

In the framework of the FoodCLIC project, Cascais (Portugal) has facilitated the establishment of co-designed food spaces that strengthen neighbourhood cohesion and urban food resilience with tangible social and health benefits. The Community Kitchen in Cabeço de Mouro hosts collective cooking activities that foster social inclusion, intergenerational learning, and local identity, while promoting food literacy and access to healthy meals in a safe environment. Similarly, the Community Oven in Adroana, with a traditional wood-fired oven, outdoor stove, barbecue area, and covered lounge, has become a vibrant neighbourhood hub, combining cultural tradition with hands-on learning opportunities.

The success of these initiatives is rooted in participatory co-design: workshops with local stakeholders identified community needs, co-designed the facilities, and developed a community-led 'Learning Agenda' focused on sustainability, cooking skills, and healthy eating.

This approach demonstrates that **small, co-created food spaces can strengthen social cohesion, promote entrepreneurship and sustainable food practices while enhancing urban food resilience.**

Key recommendations for other municipalities:

- Engage communities early to co-design spaces that reflect local needs.
- Combine well-equipped facilities with structured learning activities to maximise social and food-related outcomes.
- Plan for scalability through additional neighbourhood hubs, mobile kitchens, or mobile markets to extend reach.



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Find out more about the Lisbon FoodCLIC Living Lab [here](#):

