

LISBON

Real-life Interventions



Food Baskets "CSA"

The Food Baskets initiative provides fresh, mostly organic food to vulnerable residents via short supply chains.

Following the Community Supported Agriculture (CSA) model, local, seasonal produce is sold directly from farmers to consumers. Participants commit to supporting the farm's annual budget for a year, subsidized by the program, in exchange for low-cost food.

Goal:

- *Build direct relationships between producers and consumers, reducing intermediaries.*
- *Promote local, sustainable, mostly organic agriculture and efficient use of local crops.*
- *Ensure vulnerable families have regular access to nutritious, quality food.*
- *Involve consumers in choosing food to grow and distribute, fostering community engagement.*
- *Create a quarterly payment system that benefits both farmers and consumers.*
- *Minimize food waste through demand-driven, seasonal production and distribution.*



Community Kitchen

This intervention aims to set up community ovens and kitchens in neighborhoods. These facilities will support food preparation, social events, and educational activities focused on healthy eating, cooking, and nutrition. Stakeholders including residents and local associations will co-create an engagement program, including event topics and schedules.

Goal:

- *Promote community cohesion and a sense of identity*
- *Promote the intergenerational transmission of traditional food-related knowledge and practices (food memories and co-creation of innovative healthy recipes)*
- *Promote the change of unfavorable attitudes towards the consumption of healthy foods*
- *Promote the consumption of healthy foods by including them in recipes to be cooked in the facilities*



Hortas Ninho "Marketing Gardening"

The project seeks to establish a start-up that enhances agricultural skills and provides entrepreneurship training to producers, supporting new business creation. Produce will be sold locally in grocery stores, used in collective catering, and featured in sustainable restaurants. Residents are active participants, contributing to the project's success.

Goal:

- *Increase the availability of healthy, local, and sustainable food.*
- *Foster entrepreneurship and create new businesses focused on transforming the local food system.*
- *Support cultural activities and dynamism.*



Food Literacy Promotion

Co-creating and implementing a learning agenda aiming to promote food literacy. Co-creation will be done with stakeholders and the communities (target population) and implemented through interactive sessions facilitated by nutrition/food experts and neighborhood residents.

Goal:

- *Promote positive attitudes related to healthy eating and food literacy levels.*
- *Increase the consumption of fruits, vegetables, and legumes.*
- *Reduce food insecurity.*
- *Develop a good practices guide for promoting food literacy.*
- *Empower the local community to lead and sustain the initiative with minimal facilitator involvement (e.g., through neighborhood chefs).*