

## PRACTICE ABSTRACT #14

# Introducing food education in Capannori's schools through comics and creativity

The municipality of Capannori (Plain of Lucca, Italy) is running a food education initiative for primary schools using creative and storytelling-based educational tools. With the support of the FoodCLIC project, **the municipality created “La zuppa di Durvere” - a comic book** whose title is an anagram of verdure (vegetables in Italian). Its story follows three children on a bike ride that becomes a quest to collect special vegetables for a legendary, magical soup. The story links the enjoyment of healthy eating with the discovery of local traditions and local environment (such as the local markets, vegetable gardens, and the Gherardesca lake), while also promoting intergenerational and intercultural exchange.

The comic book format makes healthy eating a fun and memorable topic. **By connecting food with imagination, play, cultural identity, children are more motivated to eat vegetables and appreciate traditional dishes.** The project also inspired schools to organise creative workshops in which children design their own comics and participate in educational visits to the places featured in the story, reinforcing learning through direct experience.

**Recommendation:** Schools and municipalities can use or develop similar creative tools (such as comics, stories, or games) to strengthen food education. Combining food education with culture and outdoor activities helps children gather knowledge and develop a lasting positive relationship with healthy eating while reinforcing their connection to their local community.



Snapshot from @La Zuppa di Durvere

Learn more about this initiative in [this article](#) or [watch this video](#)