



#FOOD4INCLUSION



# NUTRITION TRAININGS FOR CHILDREN IN SCHOOLS

## Why is better food literacy necessary?

The World Health Organisation (WHO) stresses that children should consume as little added sugar as possible.

➔ But the reality is that children regularly consume much more sugar than the daily recommended maximum

- Risks of sugar overconsumption
- Psychological problems related to overweight
- Obesity
- Tooth decay
- Type 2 Diabetes
- Cancer
- Addiction
- Satiety
- Attention deficit and hyperactive disorder (AHDH)

## How can you get involved?

**STEP 1:** let your contact organisation know you would like to participate and we will send you the memorandum, which has to be signed.

**STEP 2:** choose which classes you would like to benefit from the trainings and agree upon the date and place.



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*This project aims to empower vulnerable children through food literacy.*  
*SAFE – Safe Food Advocacy Europe main goal is to promote healthy diets and address healthy inequalities in disadvantaged backgrounds and households, and combat poverty by guaranteeing children equal access to nutrition information*



# FOOD LITERACY TRAININGS FOR CHILDREN LIVING IN DISADVANTAGED AREAS

Sugar Food labels

**We firmly believe that inclusion starts with food.**

## Why do we promote food literacy among children?

SAFE's commitment to food literacy aims to empower children to adopt healthier eating habits with the involvement of schools.

The course:

### 1) Sugar training

Aims to promote childhood obesity prevention by focusing on the impacts of sugar consumption, presenting the different forms of sugar and how to calculate daily intakes.

How?

- PowerPoint presentation
- Informational flyer to take home
- Additional presentation on food additives and colorants

### 2) Food packaging/labelling training

Seeks to develop understanding of the difference between minimally and ultra-processed, high in fat, sugar and salt (HFSS) foods teaching the children how to decode food labels and marketing techniques, and how a healthy and balanced diet can contribute to disease prevention

How?

- PowerPoint presentation
- Informational flyers to take home

SAFE is committed to this objective through the project 'Food4Inclusion - Upscaling food systems for the mitigation and exclusion of poverty', co-financed by the European Union.

An essential part from Food4Inclusion are food literacy trainings for children living in disadvantaged areas. This project aims to promote healthy diets and combat inequalities in disadvantaged backgrounds and households, and combat poverty by guaranteeing children equal access to nutrition information.

SAFE organises nutrition trainings for children in schools, primarily in disadvantage areas, as disadvantaged families have notably been identified as the prime consumers of ultra-processed and high in fat, sugar and salt (HFSS) foods.

SAFE developed a training programme which consist in two modules:

1) One that aims to foster food literacy, which teaches children about dietary guidelines in a comprehensive manner, understand the differences between minimally and ultra-processed, HFSS foods and also teach them how to read food labels.

2) A second model that tackles childhood obesity prevention by focusing on sugar consumption, presenting the different forms of sugar and how to calculate daily intakes.

