

Co-creation sessions organised by partners at the beginning of the project has led to a wide range of topics addressed in science cafés.

Food security was addressed from the level of the private household up to the national and global food system. In addition, how sustainable ways of eating can be achieved, how alternative ways of food production and consumption may contribute to that as well as topics around healthy food, urban gardening and bee keeping were also tackled. Changing food habits and emphasizing and improving food education as well as a wide range of other aspects have been discussed all over Europe.

Summary of topics appearing in the partner science café reports:

#### Food security

- Household food security
- Agro-ecology for increased production and food security enhancement in Uganda
- The link between bees as pollinators and food security
- Food Security in primary productions: fruit, vegetables, cereals
- We network: From the school garden to food security
- Eat, Feed, Take Care
- Ending world hunger is possible: An example of good practice
- Gastronomy and food security: Local food and urban agriculture
- Mindful eating – for the conscious handling of food
- Securing food for the future – science and politics in the responsibility for sustainable agriculture and nutrition
- The role of school in food security
- Food security and Greek phytogenetic resources
- Food security and education
- Food safety and food trends
- Exploring food security issues around potato production.
- Engaging volunteers working for the Edible Gardening project with the issue of plant genetic resources for agriculture (PGRFA) – the role of potato genetic resources in food security.
- Increasing food crop production, availability and accessibility
- Let's talk about food that feeds the city of the poor: With those who help, observe and have already done a lot.
- "soil", "regional & seasonal diversity", " food safety and trends"
- Thought for Food - How can we overcome barriers to nutritious food?
- Insects for food, feed and food security
- Food safety and trends
- Hungry or full? Let's talk about food shortages and abundance!

#### Sustainability

- Food crop sustainability
- Enhancing food quality and minimizing wastage
- Where does my breakfast come from?
- Discover the relationship between gastronomy and sustainability
- Sustainable food on the university campus
- Sustainable nutrition
- Sustainable food: What about waste?

- How to join healthy and sustainable food?
- Science in the city: Food and sustainable consumption?
- Mindful eating – For the conscious handling of food
- Securing food for the future – Science and politics in the responsibility for sustainable agriculture and nutrition
- Food waste – An issue that people feel strongly about and wish to reduce.
- Field to fork – To explore the issues around local production of healthy and sustainable food
- Regional & seasonal diversity
- Between ethics, health and enjoyment – What is good nutrition?
- How can post-harvest food wastage be reduced in Uganda?

#### Healthy food

- How to join healthy and sustainable food?
- Healthy Food: What Future?
- Health and food: A difficult union?
- Healthy soil – Healthy food?
- Food: Well-being and tradition?
- Between ethics, health and enjoyment – What is good nutrition?
- How can "eating right" be encouraged in Uganda?

#### Alternative food

- Insects for food, feed and food security
- Wild apples and cultivated apples: Food resources vs. biodiversity of wild species.
- Science Beer: Alternative food supply chains, is it possible?

#### Urban Gardening and bee keeping

- Save the world with tomatoes on the balcony?
- Gardening in big cities right now. Traditional allotment garden associations and urban gardening projects in Berlin/ Grow edibles in town?
- Bees in the city – Disappearance of bees and competition between wild bees and honey bees in the city
- Beekeeping in the city – Mission possible
- The garden in the small town – A basis for food independence
- CITY and GARDEN Sofia – Scenarios for the metabolism of the city and the place of the gardening in it
- Gastronomy and food security: local food and urban agriculture
- Let's talk about bees, with beekeepers, farmers, consumers and a researcher
- Pollinators: An essential resource at risk

#### Food in education

- Students' nutrition
- We network: From the school garden to the food security
- The role of school in food security
- Food security and education
- Sustainable food on the university campus

### Food habits

- Why most Ugandans prepare and serve themselves more food than they can finish eating?
- Let's talk about food, with food producers and consumers and with whom is watching and studying our behaviours
- Food is communication. Food cultures and nutrition for a world with a future
- Between ethics, health and enjoyment - what is good nutrition?

### Other

- How can agricultural productivity be improved in Uganda?
- Family labour and inclusiveness of every family member to increase food production
- Let's talk about bread! With bread makers, consumers and researchers
- Preserving, fermenting, smoking. Just a trend or more?
- More food sovereignty: preserving food with fermentation
- A decision in every spoonful
- Family, bread and gastronomy
- Biodiversity on a plate - the path of food to the modern consumer
- From nature through traditions to the table: Ethnobotanical Data on Using Wild Growth Plants for Food
- Vanilla grains and grass plant families
- Vegetables from Japan
- Dried legume and harvest
- What is the real cost of our food?
- What is this GMO?
- Greek super food
- The Greek aromatic plants – Small fruits in our diet
- Science and politics with responsibility for food quality – Food labelling: Protecting consumers against misleading and deception?
- Tropical fruits – geographical origin and how to grow them – edible fruits
- "GUT Essen?"/"Good eating?"
- Real bread and community bakeries

Based on the data partners have collected, the ideas, opinions and concerns of participants were summarised and partners developed policy recommendations, which will finally inform BigPicnic policy briefs as well as the final report.

### Main ideas, opinions and concerns addressed:

- ✓ Health and nutritious food is important. Politicians and policy makers should be trustworthy and reliable authorities and should be responsible for ensuring that the rules are followed and that one can rely on the labelling on the products.
- ✓ There was a comment on the western health and safety rules concerning food that lead to food import regulations which are biased.
- ✓ Food is part of the cultural identity of individuals and should be used to stimulate cultural exchange rather than cultural segregation.
- ✓ Agriculture and Food industry need to become more environmentally friendly and conventional farming needs to become more trustworthy.

- ✓ Producers and local economy need to get a fair share and the sustainable food city movement should be supported. People living in cities should be empowered to contribute to local food production.
- ✓ Education on food related topics needs to start early, school curricula should include cooking as a subject, university curricula for medical doctors should include more knowledge about how food is affecting people's health.

Here is a summary of science café policy recommendation quotes and the recommendations listed above.

Quotes	Recommendations
Topic in almost every Science café discussion	HEALTHY AND NUTRITIOUS FOOD IS IMPORTANT
<p>Young African diaspora people, like many other (young) people, show big interest in healthy food, alternative diets like vegan or vegetarian diet. They obtain knowledge about food by self-study but don't find a lot of support from the medical world. They also feel that this topic is not enough emphasized in medical studies. Can 'diets, nutrition and the relation to health' become of more importance in the curricula of medical studies?</p> <p>A new strategy is needed to reach specific groups in society on nutrition issues. This strategy should already start in education, in kindergarten and in school, and should impart practical knowledge that will enable people to manage their nutrition more independently</p>	<p>EDUCATION</p> <p>Knowledge about healthy food</p> <ul style="list-style-type: none"> <li>- easier to access</li> <li>- included into medical studies</li> <li>- needs to be different for different people</li> <li>- should start early (kindergarten)</li> <li>- Learn how to cook should be implemented in curriculum</li> </ul>
African diaspora people want to communicate with the world that not only Asian and European food, but also African food has products that fit in an healthy, eventually vegan or vegetarian diet. How can this food be promoted and what can be done about the very strict safety regulations that sometimes hinder the import and marketing of African food?	<p>CULTURAL BIAS IN TERMS OF HEALTHY DIETS</p> <p>Healthy food cannot only be found in European/Mediterranean and Asian Food –</p> <p>Food import regulations are biased</p>

<p>More school meals based on Greek species/ superfoods (School meals started in Greece two years ago for a small percentage of schools)</p>	<p>Traditional Food is healthy</p>
<p>Family and friends often react negative towards people that adopt a vegan/vegetarian diet. In African diaspora families, this seems to be stronger than in native Belgian families. Education on health and/or environmental benefits should be brought to youth and adults of all types cultural and social backgrounds.</p>	<p>FOOD TRENDS ARE PERCEIVED DIFFERENTLY</p> <p>Cultural difference in reaction to food trends (Vegetarian /vegan)</p>
<p>Positive attention for the food cultures of diaspora people should be stimulated. It stimulates the contact between diaspora and 'native' people, it brings new opportunities to food producers in the South and it enriches our food culture.</p>	<p>DIFFERENT FOOD CULTURES SIMULATE CULTURAL EXCHANGES</p>
<p>Attention should not only go to the development of big food industry, but also to the safeguarding of forest food and traditional food, with respect for cultural identity.</p>	<p>Food is part of identity and needs to be available accessible (Home food)</p>
<p>Contact of researchers (e.g. from Botanic Gardens), African Diaspora investors and African food producers should be facilitated.</p>	<p>INTERDISCIPLINARY EXCHANGE is important</p>
<p>On the one hand, politicians should ensure that conventional agriculture also uses resources more sustainably and protects nature and animals and exploits them less.</p> <p>On the other hand, people should be given a more realistic picture of agriculture, in particular that people's consumption habits also contribute to the fact that agriculture is forced to produce ever cheaper</p>	<p>CHANGE AGRICULTURE to become more ENVIRONMENTALLY FRIENDLY</p> <p>Little trust in conventional farming and industrial food production</p> <p>Politicians need to set up rules and execute</p> <p>More transparency, labelling</p> <p>more quality/less quantity</p>
<p>This policy should promote agricultural services for environmental protection and biodiversity much more through subsidies than the production of large quantities. Politics should take countermeasures if farmers are forced by trade to produce ever cheaper.</p>	<p>FAIR SHARE WITH PRODUCER</p> <p>LOCAL Economy</p>

Fruit and vegetables should also be grown in parks and other public areas.”

-“Green areas must be used in a way that conserves resources. If land already has to be used for buildings, you should think carefully about what you are building.”

-“New ideas must be developed, perhaps projects such as garden cities, where different uses are combined. One could also combine parks, allotments and urban gardening. “

-“I appeal to politicians to commit themselves to preserving green spaces.”

## SUSTAINABLE FOOD CITIES

Cities need to become places where food is produced