



WWF

EDUCATION
MATERIAL

EN

2020

INTRODUCTION FOR TEACHERS

Dear educators,

WWF takes food systems and food consumption seriously. Why? Food product system drives 70% of biodiversity loss and also accounts for 24% of all emissions. Yet, 1/3 of the food produced goes to waste. The ecological footprint of our food is really big! And we throw it in the dust bin.

At the same time, as you might have noticed, poor dietary habits of children are on the rise.

Early childhood is crucial in shaping eating habits & tastes. This is the key moment to intervene and shape a taste for **sustainable & healthy food**.

To achieve & sustain behavioral change this Environmental Education project focuses on one specific change: **replace unhealthy snack with food that is good for the health & for the planet**.

It is addressed to school pupils aged 5-12. It proposes, through playful & adventurous games with classmates the shift to a sustainable snack.

More specifically, the “Picnic Basket” is a tool to change pupils’ snack habits building on the rich experience of WWF’s work on sustainable diets. The project falls within the framework of WWF’s goal of halving the impact of the food system on the planet.

The project brings together 3 European countries: Greece, Romania and Turkey in a unique collaboration that gives schools an opportunity to create a dynamic network around this attractive topic: food. The planet is literally on our plate. Children will be happy to discover it and taste the change!

But in which specific way are we hoping to bring behavior change at schools and families?

Behavior change in pupils comes with peer pressure and peer learning. Snacks brought to school are the ideal entry point to create peer learning for sustainable nutrition. We aim to create a norm of eating in a sustainable way through experiential learning, playing and cooking sustainably. Picnic Basket aspires to make eating sustainable food “cool” by initially playing and learning, creating a new school culture and eventually adopting new habits, for the benefit of the planet and children’s health.

PICNIC
BASKET





We take evaluation seriously. We will measure the project's results, using observation testimonies & questionnaires for you, teachers, and parents.

The Picnic Basket (PB) is on loan. The school borrows the Basket for 1-2 weeks and then returns it to WWF. The PB contains props & games related to 3 sustainable diet days:

- (a) Eat homemade food day (Monday): cook a recipe in the class.
- (b) Eat a fruit-seasonal & local-day (Wednesday): the banana story, the blindfold fruit tasting game and the Tutti Frutti games.
- (c) No food waste day (Friday): the No food waste game.

The PB also contains a weekly school schedule marking these days. "Food Detectives" check that their peers follow it throughout the year. Pupils take their schedule home, so that their families help them remember to prepare sustainable snacks. In class, an annual wall calendar with various activities linked to food and to the sustainable diet days, ensures pupils' motivation throughout the year.

After the return of the PB to WWF, the class remains committed to keeping the 3 days of the week (Monday-homemade food, Wednesday-fruit, Friday-no food waste) and bring and consume their snack accordingly. This is the minimum. We really believe that you can build a visionary, rich experience on sustainable diet doing much more!

Involving the parents is crucial for the success of the project. The teacher's role is crucial in inspiring and motivating them. The weekly schedule should end up in the kitchen of each pupil! In the annual calendar you will find a variety of ideas to involve parents. Teachers will invent new ways and means to do so. Teachers

working with the PB connect through a national/ international **online platform**. We encourage you to use the national and international platform of the project to connect to other teachers, at national and international level, exchange experiences, motivate each other, ask for advice, showcase your achievements, and maybe establish contact between pupils from different schools and countries. After all, food is the unique subject matter which unites everybody, especially children!

WWF, the three local offices, will support you providing training and remaining in contact with you for this and other challenges or interesting programs.

You are kindly asked to use the questionnaires to help us evaluate the project and measure behavior change.

You are also encouraged to spread the word in the whole school community. Use this opportunity to pass the message in relation to sustainable food. You will be surprised to see parents responding immediately. They would love to cook with their children, prepare a sustainable, healthy and tasty recipe, and join the whole school community in **a school party or food festival or even a community picnic**. We strongly recommend you do this towards the end of the school year, or at any other convenient date. You will see parents and pupils inspired and committed to change the taste of their lives.

We wish you a pleasant journey,

WWF Greece, Romania, Turkey
Environmental Education Team

