



Deliverable 7.8 - Final Publication

EU Food Cities: policy and practices

Pathways for Food 2030 led <u>Urban Food Policies</u>





Deliverable 7.8

COLOPHON

This publication represents a synthesis of insights and experiences shared by the Food Trails partners and local external stakeholders over the past four years. We extend our gratitude to all those who contributed to the project activities, including city officers, researchers, and local stakeholders.

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All the scientific partners and experts who contributed in various capacities to the development of the different project deliverables mentioned in this document also contributed to the final publication's content: Eurocities, EAT Foundation, Slow Food, Cariplo Factory, Wageningen Research, Cardiff University, Roskilde University, Politecnico Foundation.

This publication would not have been possible without the invaluable contributions of our partner cities launching Food Trails Living Labs and implementing pilot actions – Municipality of Bergamo, Municipality of Birmingham, Bordeaux Metropole, Municipality of Copenhagen, Municipality of Funchal, Grenoble Alpes Metropole, Municipality of Groningen, Municipality of Milan, Municipality of Thessaloniki, Municipality of Tirana, and Municipality of Warsaw.

The current document summarise some of the main outcomes from the Food Trails project, drawing contents directly from already existing reports developed by many project partners, together with dedicated information developed for this report.

We would like to thank the reviewers for critical comments and constructive suggestions. The document has been reviewed by **Eurocities** and **EAT Foundation**.

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The MUFPP cities are strongly committed to improving the European urban food landscape

Dear reader,

the wider community of signatory cities of the Milan Urban Food Policy Pact (MUFPP) is strongly engaged in making urban food systems more sustainable, inclusive and resilient: our commitment is in continuous implementation and it's necessary to achieve such important goals with the involvement of so many likeminded cities. We know societal changes are possible if we promote and share a collective action.

Food Trails is a European funded project that over four years gave to 11 MUFPP cities the opportunity of a lifetime, leading the process of developing urban food policies and testing innovative solutions. Our joint challenge was taken also by prominent European researchers, food experts and local stakeholders: this common work allow us and our broader MUFPP community to increase the quality of our food policymaking processes up to the next level.

The present document guides you through the pathway taken from the Food Trails consortium, providing key outcomes and results. The European food system context is increasing its complexity over the years, and we are sure that the work undertaken by these pioneers cities, researchers and innovators will inspire further progress within the consortium and beyond.

Enjoy your reading,

Alma Scaw Ho
Anna Scavuzzo

Vicemayor of Milan in charge of Food Policy



1. OVERVIEW

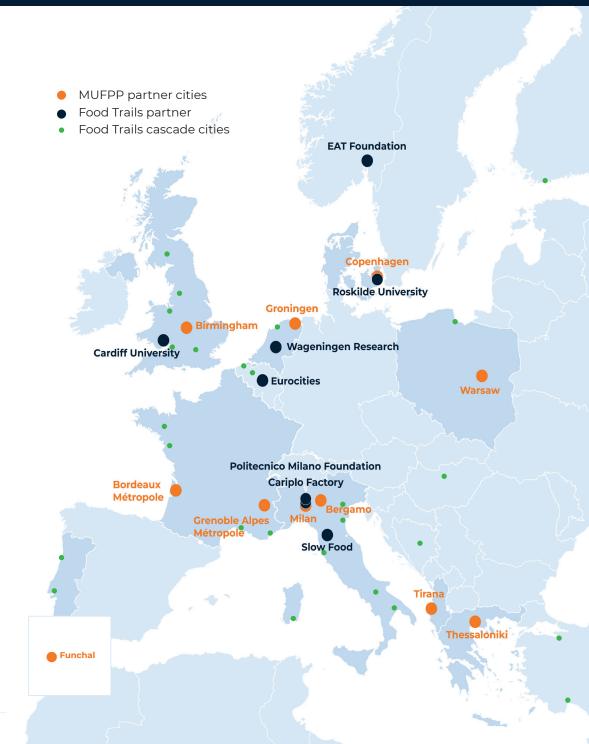
Food Trails is a four-year EU-funded Horizon 2020 project aiming to translate in Europe the Milan Urban Food Policy Pact's collective commitment to integrated urban food policies into measurable and long-term progress towards sustainable food systems.



Horizon 2020 project

Food Trails is a four-year EU-funded Horizon 2020 project that translated the Milan Urban Food Policy Pact (MUFPP) collective commitment into integrated urban food policies Food Trails is an Innovation Action under Horizon 2020 with the aims of: a) developing and implementing urban food strategies and living labs for implementing food policy pilot actions; along with b) research-driven processes of co-design, peer learning, inclusion of SMEs and monitoring & evaluation, among the 11 European cities. Results were exploited in the European and global urban policy arena among 26 cascade cities and the wider MUFPP community, and the Eurocities Working Group on Food.

In the 11 cities, Living Labs with a sytemic approach were activated and the complexity of municipalities and stakeholders successfully implemented 31 pilot actions to positively influence the local contexts. Parallel to the process of testing pilot actions, the cities developed 11 Urban Food Policies, specifically as approved acts or as pathways towards the approval, to guide political commitment and shape more sustainable food systems. In 2020, only Copenhagen, Groningen and Milan had an approved food policy, and during the project, 8 more cities and metropolitan authorities developed acts, guidelines and goals for their new food

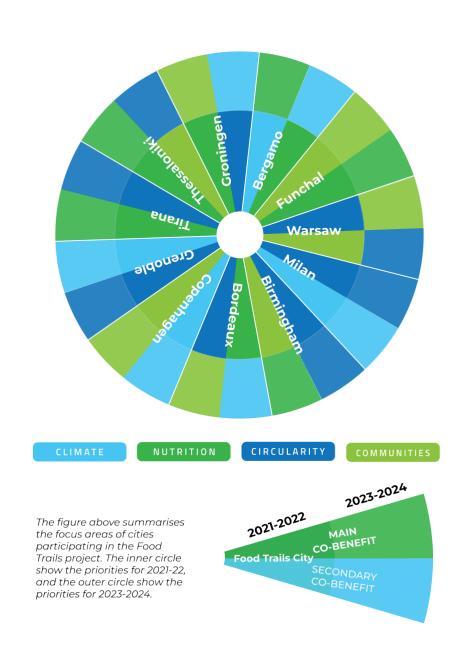


policies. In some cases, Food Councils were launched to support the process and strengthen the involvement of food actors.

The Food Trails Living Labs and pilot actions had a prominent role in the project development, serving as dynamic testing grounds where innovative ideas and solutions are nurtured, developed, and brought to fruition in collaboration with local food system actors. For this reason, the development and implementation of these activities were supported by a huge effort from researchers, project partners and dedicated Crosscutting Managers (CCMs).

Researchers and Crosscutting Managers

The role of Crosscutting Managers (CCMs) had been established to foster policy coherence among cities' work and the four objectives of the Food 2030 agenda, ensuring that progress in one area would go in parallel with advancing in the others. The overarching goal of the Food Trails project was indeed to address in a comprehensive way the four Food 2030 Priorities: 'Nutrition for Sustainable and Healthy Diets,' 'Innovation and Empowering Communities,' 'Circularity,' and 'Climate and Procurement'. This is why, together, they account for a multidimensional strategy for the sustainable development of food systems.



Food Trails tools and methodology

In addition, the whole Living Labs process, led by cities, was greatly supported by city networks (Eurocities and Milan Urban Food Policy Pact), international partners (Cariplo Factory, Cariplo Foundation, EAT Foundation and Slow Food) and researchers (Cardiff University, Politecnico Foundation and University, Roskilde University and Wageningen University and Research). The role of researchers as observers and critical friends of the living labs was crucial.

They applied, or in some cases developed from scratches, methodologies and tools for each phase of the Living Labs life and for the implementation and monitoring of pilot actions. Some examples are: Stakeholder mapping for the identification of members for the Living Labs, Food Policy Action Canvas (FPAC) for the co-creation of pilots, Theory of Change to monitor the medium and long-term goals, Milan Urban Food Policy Pact (MUFPP) and RUAF Monitoring Framework developed previously and tailored for identifying indicators, data collection protocols, impact analysis of pilots, Quick Scan Lens for Replication (QSLR) tool for city food system assessment, CLIC Framework for systemic approach, Call for Solutions for collaborating with the private sector, Multilevel Governance approach.

As for knowledge sharing, replication visits between Food Trails cities took place, knowledge-sharing workshops were organized among the consortium partners and food experts. The exchange of knowledge was not limited to the partner cities, it was indeed extended to 26 European cascade cities that responded to an open call, identifying specific learning needs to which the Food Trails cities would provide support. In addition to that, thanks to the MUFPP global outreach an even higher number of cities across the world came in contact with tools developed by the project.







Each of the tools and methodologies were used by the 11 partner cities and are available in dedicated reports developed by the project and available on the website:

www.foodtrails.milanurbanfoodpolicypact.org/resources-page

Milan Urban Food Policy Pact

The Milan Urban Food Policy Pact is the main legacy of the Universal Exhibition "Expo Milan 2015 - Feeding the Planet". It is a global commitment of mayors from around the world that considers food as an entry point for the sustainable development of growing cities and it represents the main framework for cities and international stakeholders active in the definition of innovative urban food policies.

The Milan Pact is the result of a participatory process among 46 cities that worked together in 2014, under the guidance of a technical team of international experts, on the definition of 37 recommended actions structured into 6 integrated categories: Governance, Sustainable Diets and Nutrition, Social and Economic Equity, Food Production, Food Supply and Distribution and Food Waste. Today, the Pact gathers more than 290 cities, representing a total of 490 million inhabitants over the 6 MUFPP regions.

The European interest in the MUFPP also became clear due to the advisory role the European Commission and the European Committee of the Regions had, in 2015, in the process of defining the content and international dissemination. In 2016 Eurocities, the organisation of major European cities, launched the dedicated Working Group

Food that became the regionalization process of the MUFPP, chaired by Milan and vicechaired by Warsaw. The Working Group focuses on sharing knowledge, promoting joint projects and advocating towards the European bodies. The relevance of the MUFPP in Europe, through the active role of different cities, also increased interactions within European spaces of debate and the most innovative EU food projects. Food Trails was the first EU funded project translating into action the MUFPP commitment in Europe. The City of Milan, to promote the commitment of the MUFPP is also partner of other EU projects like School Food 4 Change, Cultivate and CLEVERFOOD. The City of Milan together with Lisbon Metropolitan Authority cocoordinates the Urban Agenda for Europe - Thematic Food Partnership, advocating for better regulation, knowledge and funding in Europe.



Food Trails tools

Tools have been developed and tested within the Food Trails project to support cities in developing food system interventions and measuring their impact. The tools provide guidance for planning, developing and implementing transformative processes in MUFPP cities. A number of the tools are introduced in a detailed Food Trails handbook to deep explore and apply them in interested city.



1. STAKEHOLDER MAPPING

To gain an understanding of current food system activities and stakeholders in your city, and develop effective stakeholder engagement strategies.

2. FOOD POLICY ACTION CANVAS

For translating food-related policy areas and vision into detailed and concrete actions and for recognising which stakeholders you need to work with to effectively address Food 2030 categories.

3. MULTILEVEL GOVERNANCE MAPPING GRID

Map vertical and horizontal working relationships across different MUFPP categories, and the relevant policies and governance levels that impact food policy actions.

4. THEORY OF CHANGE

To illustrate how activities at different stages will bring about the intended changes that lead to your planned outcome.

5. DATA COLLECTION

Guidelines to understand the current situation and the result of food policy actions, this helps to decide what to invest further resources.

6. ROADMAP FOR SCALING IMPACT INVESTMENT

To support the expansion and acceleration of investments to drive change in food systems, ultimately creating opportunities for long-term partnerships.

7. PEER LEARNING

To share experiences and learn from each other.

8. REFLEXIVE MONITORING

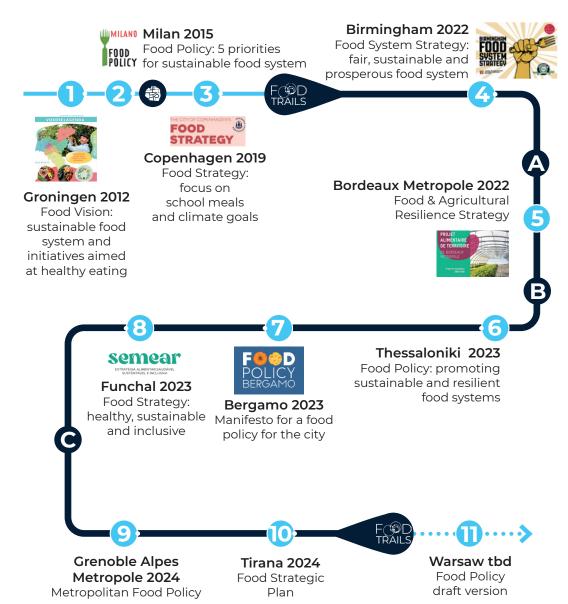
To encourage learning and adaptation to complex problems throughout a project.

Food Policies adoption

One of the most significant legacies of Food Trails beyond the conclusion of the project, is within the local governments policymaking processes the adoptions of urban food policies. Prior to Food Trails, only 3 pioneering cities had already approved their food policies: **Groningen** (in 2012, and updated in 2024), **Milan** (2015), **Copenhagen** (2019).

Thanks to the project commitment, all the other cities embarked on the same patway: Thessaloniki, Bordeaux Metropole, and Grenoble-Alpes Metropole set up food councils to ensure stakeholders engagement, co-design and implementation of food strategies. Birmingham launched a Food Strategy, as the result of the bottom-up movement called "Birmingham Food Revolution".

In Food Trails, some cities also started from scratch: **Bergamo**, **Funchal** and **Tirana** approve a food strategy as part of their Food Trails actions. **Bergamo** crafted a strategic food manifesto, informed by a food system assessment and the results of a pilot on sustainable school meals. **Funchal** prioritized education, especially for the younger generation. **Tirana**, exploited the project to develop a strategy for a more environmentally friendly and equitable food system. Finally, **Warsaw** worked on upcoming food strategy that will be launched after the conclusion of the project.













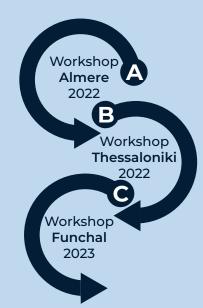






Tailored Food Policy workshops

The MUFPP Secretariat, whitin the Food Trails project, organized in-person workshops as opportunities to advance towards the approval of municipal food policies. Three workshops from 2022 to 2023 have supported the cities' effort. The workshops allows the project partners and the Crosscutting Managers in supporting the cities with a tailored assistance, related to their level of food policy comprehension. The cities were divided into three clusters: early-stage, under development, advanced.



Recognition of the importance of activating a food policy as a transformative step for the food system.

Understand the starting steps within their urban food systems.

Identification of the relationships with other levels of governance.

Details about the food policy journey of each Food Trails cities is available in a dedicated deliverable on the website.

 $\underline{https:/\!/foodtrails.milanurbanfoodpolicypact.org/\!/resources-page/}$



1. Overview



Advocating for a common urban agenda on food in Europe

3. Monitoring Impact

Many Food Trails efforts have also been concentrated towards an umbrella objective of the project: the advocacy through regional, national, and European events where political and technical representatives of the cities voiced their needs and claimed their crucial role in improving local food systems. As several other Horizon 2020 projects had been funded in parallel with Food Trails under the same funding programme, the audience of stakeholders (universities, NGOs. foundations, organisations, associations, companies, etc.) with whom to discuss the development of sustainable local food system solutions was very broad. For this reason, the projects funded specifically on these topics were federated under the Food 2030 Projects Family. The exchange that took place between these projects made it possible to develop collaborative activities, events, webinars, and a Policy Brief dedicated to Living Labs. Various policy briefs were elaborated to reinforce significant messages, to engage with different levels of governance and to help other cities understand the potential of a food policy.

During the life of the project, the dialogue with EU policies goals, specifically the Farm to Fork strategy of the Green Deal, was maintained to ensure coherence, but also a certain level of criticism emerged in the need for more ambitious goals for the development of sustainable food systems.

Events and dissemination

The Food Trails project has organized over 110 events, between local gatherings, international/national events and active participation in international conference. The whole series of public events aimed at raising awareness, fostering collaboration, and promoting sustainable food practices across the European arena of debate. These events included workshops, conferences, policy dialogues, as well as moments organised at urban level and that brought together policymakers, food producers, academics, and citizens to discuss and co-create solutions for urban food challenges.

Notably, the project took the excellent opportunity to be presented and to bring its themes to international events such as Terra Madre in Turin (editions 2022 and 2024), the MUFPP Global Forum 2021 in Barcelona and 2022 in Rio de Janeiro, the Eurocities Working Group meetings in Almere 2022, Ghent 2023, Bordeaux 2023, Warsaw 2024. By hosting and taking part in all these events, Food Trails pursued its dissemination goal, facilitating knowledge exchange among experts but also empowering cities in giving value to their own perspective.

Details about the vivid process activated can be found in Food Trails Podcast Series, Webinars and Videos.

https://open.spotify.com/show/5AmCKMIjWIHKEpcWZO7TZe

Involvement of international experts

The project launched a pan-European Investor Lab, a space for discussion and listening for investors, and produced a Roadmap for scaling Impact Investment in urban food systems. Two tools were developed to support the insights from the Investor Lab by municipalities and investors: an Investor Service Model was developed as a tool for assessing the willingness of cities to collaborate and invest, along with an Impact Measurement framework to evaluate the contribution of investors to food policies.

A Think Tank group was established and served as a reference point for the consortium, enabling dialogue with external institutions. The Think Tank distinguished itself from an advisory board by comprising representatives from a variety of organizations and institutions, ensuring a broad spectrum of perspectives.

Overall, the project started from a fact i.e. the interest of academics, cities, practitioners, and the European Commission in understanding the potential of the topic, and on this it tried to build a credible and evidence-based pathway, involving stakeholders with a pan-European relevance and paying attention to representing the various areas of society. Through the key activities, described partly in this summary document, partly in numerous thematic reports produced since 2020, the project's journey concludes with the choral presentation of the results at the conference 'EU Food Cities: policy and practices: pathways for Food 2030 led Urban Food Policies' in Brussels in October 2024.



















2. CITIES' ACTIONS

The 11 Food Trails cities launched and implemented Living Labs: open innovation ecosystems that engage food system actors to co-create and co-implement local food policies and pilot actions, in line with the EU Food 2030 Strategy and the six categories of the MUFPP.



Governance



Food Production



Sustainable Diets & Nutrition



Economic Equity



Food Supply & Distribution



Food Waste

31 PILOT ACTIONS IMPLEMENTED

3. Monitoring Impact

Bergamo

- PILOT 1: Food Policy Developing a comprehensive food policy at municipal level
- PILOT 2: Healthy School Meals Transitioning to plant-based proteins and organic food in primary schools
- PILOT 3: Food Education Promoting sustainable and healthy food choices among teachers, children and parents.

Birmingham

- PILOT 1: Urban Regeneration for Food Production Feasibility of sustainable food growing through urban regeneration
- PILOT 2: Community Composting Community-led food waste separation and composting initiatives
- PILOT 3: Protein Transition Increasing legume consumption among youth through holiday activities and engaging booklets

Bordeaux Metropole

- PILOT 1: Metropolitan Food Council Transition from advisory to executive body
- PILOT 2: Food Public Procurement Voluntary working group for municipalities to jointly purchase sustainable, local and organic food

Copenhagen

- PILOT 1: Food Public Procurement Roadmap for procurement policy development
- PILOT 2: The Price of a Meal Budget model to secure money for a sustainable meal
- PILOT 3: Food Education Kit for pupils aged from 10 to 12 on sustainable farming
- PILOT 4: Kitchen App App to support the communication between kitchen staff and procurement officers.

Funchal

- PILOT 1: Community Engagement Events and educational activities around sustainable and healthy diets
- PILOT 2: Circularity Empowering residents of social housing on composting and broader circular food waste practices

Grenoble-Alpes Métropole

- PILOT 1: Food Literacy. A month of events across the city on the topic of food transition towards healthier diets
- PILOT 2: Promotion of Sustainable Diets in School Canteens. A support program for municipalities at metropolitan level
- PILOT 3: Inter-territorial Food Council. Establishing a council at a level that is between the metropolitan area and the department

Groningen

- PILOT 1: Promotion of Healthy Diets Cookbook and courses for schools and community centres
- PILOT 2: Urban Agriculture Supporting community-led initiatives
- PILOT 3: Food Gardens for Food Aid
- PILOT 4: Interdepartmental Working Group Improved governance on food systems and protein transition

Milan

- PILOT 1: Nudging School Canteens Renovation of school canteens spaces to nudge food waste prevention and healthy habits
- PILOT 2: Food Surplus Redistribution Ensuring comparable measurements and scalability of actions already in place
- PILOT 3: School Compost Feasibility analysis of compost in kitchen centres and canteens
- PILOT 4: Food Education Booklets for children on healthy diets

Thessaloniki

- PILOT1: Food Council Establishing an urban council at the municipality level focused on food waste prevention and circularity
- PILOT 2: Urban Agriculture Supporting the Urban vineyard and creating new vegetable gardens for students

Tirana

- PILOT 1: Short supply chain Creating a local market to connect farmers with citizens
- PILOT 2: Preventing food waste Actions for surplus food recovery and redistribution and awareness campaign

Warsaw

- PILOT 1: Food waste prevention in small restaurants
- PILOT 2: Food waste reduction Optimizing food management for organisations supported by the local food banks

BERGAMO

122.000 Inhabitants



Join MUFPP 2019
Adopt Food Policy Strategy 2023
Member of Eurocities WG Food

Priorities

NUTRITION

CLIMATE

As part of Food Trails, Bergamo aimed at reshaping society's relationship with food through early education. The city Food Policy Council acted as a Living Lab that developed a comprehensive activity plan with school canteens, focused on facilitating the transition to healthy and sustainable diets, "La Buona Mensa" (The Good Canteen Initiative).





Pilot 1 - Food Policy Developing a comprehensive food policy at municipal level

Bergamo's food policy journey started with a mapping of the city's food system. Then, after a series of public consultations, in July 2023 the city approved its Food Policy: a milestone useful to strengthen and unite past achievements and future objectives.

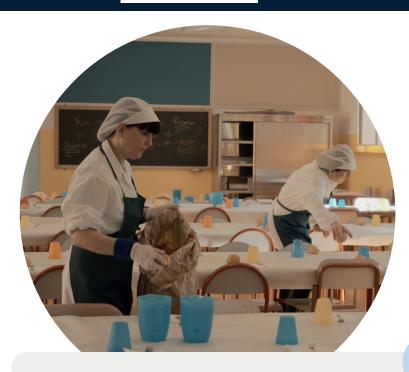
The city carried out also an extensive food system mapping process and published a detailed assessment: from production to consumption, as well as food surplus and waste; it also documents the socio-economic and environmental context of challenges and opportunities for transforming the city's food system.

Pilot 2 - Healthy School Meals Transitioning to plant-based proteins and organic food in primary schools

Increasing the consumption of healthy and sustainable food at school has also been a main goal, carried out through 3 different tracks:

- 1) introducing new plant-rich recipes to replace meat;
- 2) promoting the conversion of canteen suppliers from conventional to organic; and
- 3) reducing food waste in school.

The actions involved multiple stakeholders in improving the menus and the canteens, with a strong emphasis on the importance of ensuring all meals are tasty, healthy, and appealing to students.



Pilot 3 - Food Education Promoting sustainable and healthy food choices among teachers, children and parents

Promoting the "Whole School Food Approach", the municipality involved students, teachers and parents in food education activities to improve dietary choices. The educational activities included a variety of interrelated events: cooking classes, open farm days, community dinners, tasting events, and conferences aimed at raising awareness about the food footprint and promoting local food production. The outcome of these activities was an increase in the consumption of healthy and sustainable food, also engaging families.

LIVING LAB NUMBERS

5,500 Drive a ru a ch

Primary school children involved for 2 years

95%

Increase in organic food consumption

50%

Increase in local food consumption

VIDEO



1,875Children participating in food education

activities

BIRMINGHAM

1.149.000 Inhabitants



Join MUFPP 2015
Adopt Food Policy Strategy 2022
Member of Eurocities WG Food

Priorities

CIRCULARITY

NUTRITION

In Food Trails, Birmingham aimed to increase opportunities for citizens to access healthier, sustainable and affordable food by creating new business models. The Birmingham Living Lab is structured around three main actions focusing on reducing food waste, creating sustainable food businesses and developing nutritional knowledge and skills.

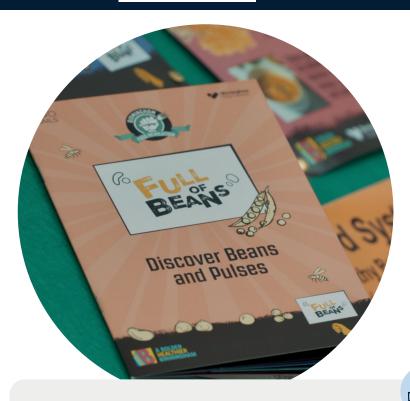


Pilot 1 - Urban Agriculture Feasibility of sustainable food growing through urban regeneration

This pilot aimed to create more efficient supply chains in Birmingham by reducing the distance between producers and consumers, establishing the city as a hub for local and ethically produced food. A Proof-Concept study was conducted to assess the viability of setting up a rooftop garden on a multi-story car park in the city center. The study tested the business model and production methods of the new growing hub and guided decision-making processes.

Pilot 2 - Community Composting Community-led food waste separation and composting initiatives

A food waste pilot initiative aimed at encouraging households of the Ladywood area of Birmingham to separate food waste from general waste and convert it into compost. The compost produced was used either for home gardening or collected for local use. This pilot was implemented across various household types, including high-rise flats, houses with gardens, and houses with yards, to evaluate its effectiveness in different settings.



Pilot 3 - Protein TransitionIncreasing legume consumption among youth through holiday activities and engaging booklets

This "Protein Transition" pilot aimed to increase legume consumption among youth through engaging holiday activities and educational booklets. Part of Birmingham's "Full of Beans – Imagine the Pulseabilities" campaign, the pilot promoted beans and pulses in schools, with families, and in food businesses, encouraging healthier eating habits among the city's youth.

LIVING LAB NUMBERS

160

Households involved in the Food waste pilot 7,000

Children attending 70 Holiday Activities and Food Programme clubs during the summer

VIDEO





BORDEAUX METROPOLE



Join MUFPP 2015
Adopt Food Policy Strategy 2022
Member of Eurocities WG Food

830,000 Inhabitants - 28 municipalities

Priorities

CLIMATE

COMMUNITIES

How can a dense metropolitan area with just 1 week of food autonomy per year provide healthy food for all, ensure fair income for farmers, and protect fertile land? Recognising its vulnerability, Metropole Bordeaux embraced a cooperative approach for change, starting from giving local actors a voice, establishing France's first Food Policy Council in 2017.



Pilot 1 - Metropolitan Food Council Transition from advisory to executive body

The Metropole strengthened the territorial food network and governance, thus ensuring greater stakeholder involvement and coordination, starting with the involvement of the Food Council in the co-creation of the Food Strategy. Neighboring territories joined the momentum and overcame traditional rivalries to share a coherent vision, leading to a more ambitious food policy and a doubled budget. In 2022, the Food Policy was launched, and the Food Council became the official governance body for its implementation.



Voluntary working group for municipalities to jointly purchase sustainable, local and organic food

Bordeaux Métropole focused on sustainable food procurement to support local supply chains by connecting producers with public canteens. The Metropole facilite meetings between suppliers and purchasers to structure local supply chains; offered training sessions to empower suppliers to respond efficiently to public procurement tenders; and held workshops aimed at promoting sustainable meals among collective catering staff, thus also helping to ensure access to healthy and sustainable food for all.





LIVING LAB NUMBERS

300

Active stakeholders in the strengthened Food Policy Council and involved in the Food Policy design

20

Municipalities participated in purchasing sustainable, local and organic food

VIDEO



4mIn/year

Budget to implement the new Food Policy, unlocking the means to collective ambitions

COPENHAGEN

600,000 Inhabitants



Join MUFPP 2015
Adopt Food Policy Strategy 2019
Member of Eurocities WG Food

Priorities

CLIMATE

COMMUNITIES

In Copenhagen, the municipal kitchens prepare more than 115.000 meals daily. In 2019, the city introduced an ambitious food strategy with the target of purchasing 90% organic food and reducing the carbon footprint of meals associated with food service by 25% before 2025. The municipality uses public food procurement as a tool to promote systemic change in the food system.

As of 2023, the city has already reduced the climate impact of their food procurement by 25%, reaching their target more than a year ahead of schedule.



Pilot 1 - Public Food Procurement Roadmap for procurement policy development

The city produced a roadmap documenting the evolution of its procurement policy and its alignment with climate policy, food strategy and national dietary guidelines, aimed at disseminating knowledge nationally and internationally. The roadmap has been developed to facilitate the knowledge sharing about the why and how the development of the procurement policy in a city is an important process to be part of for the food procurement people. This knowledge tool was designed also as a means of communication with other cities of interest at the national and European levels.

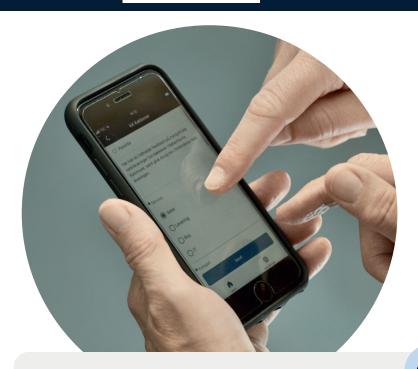


Developing a financial model to ensure that sustainable meals can be provided within the budget of the municipality

Copenhagen developed a budget model to promote healthy and environmentally friendly food in schools. In May 2023, a workshop with five city departments tackled the challenge of balancing budget estimation with kitchen autonomy and dietary guidelines. The collaboration with the finance department advanced the model, aiming for a replicable solution city-wide.







Pilot 3 - Food Education Kit for pupils aged from 10 to 12 on sustainable farming

Introducing innovative procurement criteria, the city opened its food tenders to small and medium-sized enterprises and farmers, linking food supply to education. As part of Food Trails, the city partnered with a potato farmer who provided potatoes for school meals and created an educational YouTube video on sustainable farming. The children had the opportunity to visit the potato farm and to learn hands-on about potatos growing through dedicated "potato kits", ideated by the municipality and distributed by the farmer.

LIVING LAB NUMBERS

900+

potato growing kits distributed to children aged 10-12

3. Monitoring Impact

Kitchen App to support communication between kitchen staff and procurement officers

High-level conference at EU Level to share knowledge on Public Food Procurement

VIDEO



Pilot 4 - Kitchen App

App to support communication between kitchen staff and procurement officers

To improve and facilitate communication between kitchen staff and the central procurement office, a Kitchen App was developed, enabling better monitoring, controlling and follow-up with the wholesaler. By using this user-friendly technology, Copenhagen seeks to boost the agricultural productivity of small-scale producers and improve their ability to actively contribute to the supply chain for kitchens and schools. The App helps bridge the gap between the procurement office and kitchens.



FUNCHAL

Join MUFPP 2017
Adopt Food Policy Strategy 2023

112,000 Inhabitants

Priorities

COMMUNITIES

NUTRITION

The city has a strong environmental focus and through participation in Food Trails worked to link these efforts with food sustainability. In 2023, thanks to the Food Trails project, Funchal launched its first Food Strategy, called 'Semear', co-designed after a great deal of bottom-up engagement work with local stakeholders and citizens.



Funchal empowered citizens on sustainable diets through events like 'Funchal Food Week,' offering cooking demos, teacher training, and food literacy leaflets. Focusing on protein transition, the city also celebrated 'World Pulses Day', successfully engaging different students and institutions. Another impactful results, was the opening of the 'FunLab Science Centre', an educational space which promotes food literacy through hands-on experiments and activities, supported by the University and Madeira.



The food literacy activities were also promoted in the social housing districts of the city, on different topics such as prevention of food waste and cooking with surplus. Moreover, leaflets were distributed among residents to foster a culture of circularity and composting units were introduced and training was given to all the residents.



1,245

social housing

community

apartments in the

composting pilot



VIDEO



GRENOBLE-ALPES METROPOLE

450,000 Inhabitants, 49 Municipalities

Priorities

CIRCULARITY

CLIMATE

How can a metropolitan area with limited agricultural land and low food self-sufficiency boost local, quality food production? Widening the area of scope. Since 2015, GAM has been working with the neighbouring territories on building a cooperation network on agriculture and leveraging the national PAT label to add the food dimension to this agricultural basis.



A month of events across the city on the topic of food transition towards healthier diets

To promote local production the Metrople had to work on local consumption and therefore on behavioral change. As part of Food Trails, since 2020, the Metropole organised a yearly event aimed at engaging beyond the usual suspects, the 'Month of Food Transition', encompassing numerous food-related activities. This initiative encouraged citizens to embrace more sustainable and healthy diets, mobilising local actors to promote eco-friendly ways of producing, consuming, and obtaining food.

Join MUFPP 2015 Adopt Food Policy Strategy 2024 Member of Eurocities WG Food

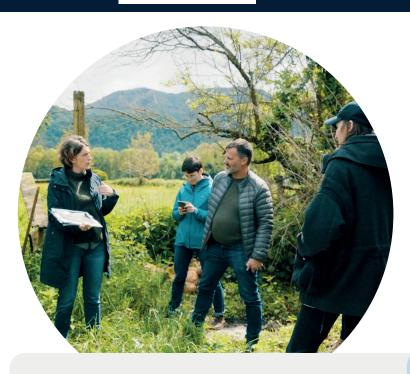


Pilot 2 - Sustainable Diets in School Canteens

A support program for municipalities at the metropolitan level

The Metropole launched a volunteer initiative to support municipalities in enhancing food procurement practices, aiming for healthier, sustainable diets in schools. This action focused on improving the quality, type, and sourcing of food, and waste reduction through tailored training, ensuring professionals integrate food transition challenges into daily practices.





Pilot 3 - Inter-territorial Food Council Establishing a council at a level that is between the metropolitan area and the department

In 2022, also thanks to Food Trails, GAM launched a foresight study to envision a desirable inter-territorial agricultural and food system by 2050. The outcomes were integrated into the Inter-Territorial Food Project. By late 2023, GAM established an Interterritorial Food Council, providing governance for implementing the shared vision. In 2024, the GAM Metropolitan Council also adopted these guidelines, launching its inaugural agriculture and food policy, which is now being implemented. www.pait-transition-alimentaire.org

LIVING LAB NUMBERS

50

events organised each year as part of the Month of Food transition since 2020 120

active stakeholders in the latest session of the Inter-Territorial Food Council

VIDEO



7

municipalities engaged for the 2022-2023 school year, serving almost 54% of daily public primary school meals on the area of Grenoble-Alpes Metropole



GRONINGEN

232,000 Inhabitants



Join MUFPP 2023
Adopt Food Policy Strategy 2012
Update Food Policy Strategy 2024

Priorities

COMMUNITIES

CLIMATE

Groningen was the first municipality in the Netherlands to adopt a food policy in 2012. As part of its Food Trails journey, the overall goal of the city has been supporting residents to make healthier choices and encouraging sustainable production and processing of food. To reach this goal, the city focused mainly on supporting and connecting existing local grassroots food initiatives.

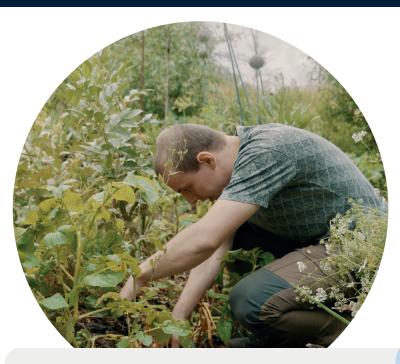


To enhance food knowledge and skills, particularly around sustainable, healthy plant-based eating, the city published and distributed the accessible cookbook "Samzen Koken in Groningen" (Cooking Together in Groningen). It features affordable, tasty recipes and was paired by 'Train the Trainer' sessions and cooking classes in community centers and schools in vulnerable neighborhoods. Moreover, to inspire and motivate residents the city launched the Sustainable Groningen platform.



Promoting more edible greenery in public spaces was another of Groningen's objectives, which supported gardening activities located in the Westpark: in the lively community centre, 'Tuinindestad', in the food forest 'PlukN', in the regenerative self harvesting garden 'Blije Bodem' and in the school garden of Nature and Sustainability Education Groningen. The food-related projects have been mixed seamlessly transforming it into a space that fosters community engagement through food. A cyclable labyrinth was designed to be both educational and interactive, with QR codes that provide information about the trees, shrubs, and fruits.





3. Monitoring Impact

Pilot 3 - Food Gardens for Food Aid

To make healthy food choices easier, more social and inclusive, the city supported an initiative of the social enterprise 'Toentje', the 'Soup on the Sidewalk' project. In this case, food has been a tool for community workers to engage otherwise out-of-touch neighbourhood residents. Social workers operated in the neighborhood, offering soup as a way to connect with residents who might otherwise remain socially isolated. The initiative helped reduce barriers that prevented residents from engaging with social workers, promoted community activities during these events, and provided an opportunity to guide individuals towards the neighborhood's social hub.

LIVING LAB NUMBERS

2,000

cookbooks distributed

1,200

kids educated in school gardens each year

VIDEO



680 bowls

320 bowls of soup distributed at the door, and 360 bowls of soup distributed at an event

6,000

residents participated in a pioneering survey on food behaviour and attitudes.

Pilot 4 - Interdepartmental **Working Group**

Improved governance on food systems and protein transition

The city improved interdepartmental collaboration, integrating municipal policies with the Groningen Food Policy to adopt a systemic approach. Internal coordination and cooperation on food matters were intensified through the regular exchange of knowledge and activities. These efforts led to an update of the food policy in June 2024.

www.duurzaamgroningen.nl



MILAN

1,396,000 Inhabitants



Join MUFPP 2015
Adopt Food Policy Strategy 2015
Chair of Eurocities WG Food

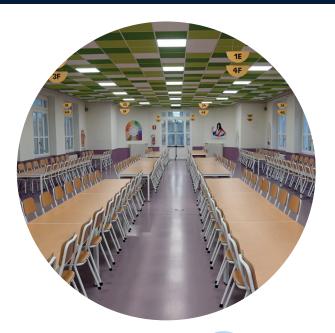
Priorities

CIRCULARITY

CLIMATE

Milan's experience in food policy is advanced, having worked in this area since EXPO 2015, which left two legacies: Milan Food Policy, to improve the food related public services, and the MUFPP, a global commitment by mayors to sustainable food systems.

One priority of Milan Food Policy is the sustainability of the school meals programme, which has been strengthened and improved through Food Trails, in collaboration with Milano Ristorazione, the municipal agency that manages the food provision.



Pilot 1 - Nudging School Canteens

Renovation of school canteens spaces to nudge food waste prevention and to promote healthy food choices

Beautiful, colorful, and revitalized spaces to make mealtime a positive experience for children, promoting theirwell-being and encouraging a healthier relationship with food while reducing waste. Milan achieved a significant reduction in food waste across five schools through an innovative approach of behavioral nudging a push to influences individual choices. Monitoring, data analysis and customer satisfaction showed the experiment's success and provided the possibility to secure internal budget for future replication.

Pilot 2 - Food Surplus Redistribution Ensuring comparable measurements and scalability of actions already in place

To improve surplus redistribution logistics, the city enhanced data collection analysis of existing actions, ensuring better planning to scale up interventions. This initiative was significantly expanded to increase territorial coverage and reach previously underserved areas. The Municipal Agency for school canteens developed an innovative food waste monitoring system to assess meal satisfaction and feed this information into the processes to improve the service.



3. Monitoring Impact

Pilot 3 - School Compost Feasibility analysis of compost in kitchen centres and canteens

Milan gained a deeper insight into the potential for repurposing hard-to-abate food waste into bioeconomy solutions (such as compost, biodigesters, and feed) through a feasibility analysis conducted in kitchen centers and canteens. The assessment of the quantities of organic waste, along with the widespread geographic distribution of the locations where it is generated. This proposal includes the installation of composters, supported with an educational module designed to maximize the initiative's effectiveness.

LIVING LAB NUMBERS

renovated school canteens, food waste reduction impacting +2,000 children

6%

in the 5 renovated canteens, with 95% satisfaction of children



VIDEO

231,000

booklets were distributed for 4 years

62ton

20 ton of bread and 42 ton of fruit were collected from school canteens by the food bank in 2023

Pilot 4 - Food Education Booklets for children on healthy and sustainable food habits

To raise awareness among families on food waste prevention, local food production and healthy diets, Milan distributed engaging booklets to all kindergartens and primary schools. The four years campaigns, covered various themes and allows to focused on encouraging the consumption of local agricultural products and supporting the short supply chain.

The campaign engaged, together with children, also families and teachers, thereby expanding its reach and impact.



Adopt Food Policy Strategy 2024

Join MUFPP 2015

THESSALONIKI

315,000 Inhabitants



NUTRITION

CIRCULARITY



Thessaloniki expanded its "local food" focus beyond gastronomy to include economic, social, and environmental policies. It pursued two paths: boosting knowledge of sustainable food practices and urban agriculture while developing urban spaces for food production. Additionally, it created an integrated urban food policy to ensure stakeholder engagement and support lasting systemic change.



Pilot 1 - Food CouncilEstablishing an urban council at the municipality level

To ensure responsive, inclusive and participatory decision-making, the city developed a Food Council with the objective of influencing politicians to act on the food system by ensuring the involvement of stakeholders in the co-design of a comprehensive city food policy centred on four pillars. The food Council was launched on October 15, 2022. One key strength lies in the inclusion of vulnerable groups in policy work. The policy was adopted in 2023 (signed by the City Council and the Mayor in 2024) and focused on 4 priorities: Food Production and Distribution, Food Education, Food Waste and Gastronomy.

Pilot 2 - Food Surplus Redistribution Ensuring comparable measurements and scalability of actions already in place

Focusing on Doxa Park's urban vineyard, vegetable garden, and orchard, the city provided infrastructure, hosted events, and welcomed international students. In 2023, Thessaloniki became a board member of the Urban Vineyards Association. The municipality also established 4 new vegetable gardens (3 in schools and 1 in a community structure) and promoted cultivation and composting through green roof updates on public buildings.

x.com/Thes_FoodTrails





VIDEO



LIVING LAB NUMBERS

people were involved in urban agriculture activities

in food policy council 30

40

Field visits and informative tours in the urban vineyard

Stakeholders involved

1,975

Participatory workshops in- Children and students participated in workshops during the annual Recycling Festival of Thessaloniki

TIRANA

421,000 Inhabitants



Join MUFPP 2015 Adopt Food Policy Strategy 2024

Priorities

NUTRITION

CIRCULARITY

Since the 90s, Tirana has been undergoing a profound transformation, viewing change as an opportunity to embrace sustainability. As part of Food Trails, the city has focused on accelerating the shift toward healthier, more resilient, and sustainable food systems. Additionally, Tirana is developing its first municipal-level food strategy - the first in Albania-, a key legacy of the Food Trails project.



Pilot 1 - Short supply chain Creating a local market to connect farmers with citizens

The municipality recently opened the Agro Park in the peri-urban area of Farka, providing a platform for local private businesses and wholesale companies to sell organic products, while shortening the distances between producers and consumers. Additionallly, the Agro Park promotes sustainable diets through educational events and distributing informative materials on healthy eating, in collaboration with a nutritionist. The local food sourcing strategy of Tirana, enhanced nutrition and sustainability efforts both in kindergarten canteens and in the city's social centers, serving individuals in need, in collaboration with the local Food Bank.



Pilot 2 - Preventing food waste Actions for surplus food recovery and redistribution. plus awareness campaign

A preliminary survey developed with the Agricultural University of Tirana revealed a low awareness of the impact of food waste. Several barriers hinder surplus food donation, including legal constraints and logistical challenges. In response, the city launched 'zero waste campaigns', 'Healthy Food Days' and an 'E booklet' to be distributed at school events. Efforts also include reducing food waste by setting up a system to distribute surplus food to those in need.



12

food system

stakeholders

strengthened collaboration with

the municipality by signing a Memorandum

of Understanding,

of local food policies

supporting the adoption



VIDEO



WARSAW

1,800,000 Inhabitants



Join MUFPP 2015 Vice-chair of Eurocities WG Food

Priorities

COMMUNITIES

campaigns

CIRCULARITY

As part of its Food Trails initiative, Warsaw launched the Warsaw Food Lab to foster sustainable food transformation using the REACT Method, which combines evidence-based insights and systems thinking. The Lab promotes cross-sector collaboration, with a focus on reducing food waste by targeting restaurants and associations that receive food from the local food bank. **Approval of Food Policy:** due to Polish legislative framework no thematic policy can be adopted at local level, food system will be embedded in the broader strategy of the city.



Warsaw created a compendium guiding restaurateurs in food donations, accompanied by the "no waste.food co-op" communication campaign encouraging food donations to public benefit organizations. Additionally, the guide "We cooperate, we don't waste!" illustrates how straightforward this process can be. The platform facilitates connections among restaurants willing to donate surplus food with local NGOs interested in receiving food.

Knowledge compendium for restaurant

owners illustrating the legal framework on food donation and communication

Pilot 1 - Food waste prevention

The second pilot project addressed the needs of associations providing food to vulnerable citizens, in collaboration with the local food bank. Key issues included the type and quantity of food donated, and its management by these associations, which often face a high turnover of volunteers. The solution created for these associations involved mapping food flows and providing smart, intuitive food storage systems for facilities with a clear set of instructions. This included a smart labelling system for different rooms, shelves, and

refrigerators, fostering good practices and new habits.

1. Overview





3. Monitoring Impact

LIVING LAB NUMBERS

deploying all or part of the smart storage system and in receiving the set

77

Restaurants received campaign materials to support them in food surplus distribution

VIDEO



Scientific article pubblished



The pilot actions implemented in Food Trails comprise a set of 31 targeted small-scale interventions including policy innovation, which encompass a wide range of topics and stakeholders across the entire scope of the urban food system. These pilots are implemented as "Living Labs", which emphasise innovative learning and participative learning.

These spaces for experimental research are using multidisciplinary methods and approaches and bringing people together in social contexts around a range of themes. Given that the project covers 11 cities in 9 countries, it is crucial to take into account the social and cultural attitudes towards food as they might have a significant impact on the success of food system transformation.

The ultimate contribution of the impact evaluation is to assess what transformative change in the urban food systems has been brought about by activities under the living labs as implemented in the 11 cities.

Linking interventions to systemic transformation

These interventions have a short duration and narrow focus due to constraints of time, funding and other resources. System transformation is a long-term, broad-based and erratic process. It requires sustainability co-benefits (social/ health, economic, environmental); establishing linkages between urban and rural areas, as well as between land and water, to enhance rural-urban food systems; ensuring the inclusion of all food system stakeholders and actors; and establishing or reinforcing connectivities between food and other complex systems and policy areas (CLIC Framework, Sonnino et al.).

Co-designing the impact evaluation

In a participatory process, scenarios have been designed around the impact of the pilot actions on the urban food system in the long run. Central to this process is the Theory of Change (TOC). TOC is the description of a sequence of events that is expected to lead to a desired outcome. A TOC can therefore be interpreted as forward thinking or forward storytelling. It is a method to understand the underlying assumptions about how change will happen in your Living Lab.

Steps taken included:

- 1. Elaborating one or more TOCs for the Living Labs, in an iterative process over time.
- 2. Linking the TOCs to specific indicators for activities, outcomes and impact.
- 3. Preparing a data collection plan.
- 4. The data analysis across all pilots was constrained by the variety of formats and qualitative nature of the date.

Learnings on the approach

The majority of partner cities was unfamiliar with the scientific approach for impact evaluation adopted in Food Trails. The approach has helped partner cities to incorporate perspectives on systemic change into the policy design and action planning. The support from researchers in the form of guidance tools, pre-assessment exercises, peer learning and frequent intervision have facilitated the learning and adoption among partner cities but barriers remained.

Main outcomes and learnings

impact evaluation in Food Trails aims to reflect on the activities, outcomes and impacts of the pilot actions in relation to the aspirational and future-oriented impact pathways in the TOC. Figure 3.1 presents the pathways in a simplified format.

3. Monitoring Impact

The key outcome areas from the Food Trails pilot actions can be clustered under the category of the MUFPP, with major successes and learnings across several cities and interventions.

Food policy and food policy councils (MUFPP outcome: governance). All 11 cities and metropolitan authorities in Food Trails have made substantive progress in reshaping the governance of the food system through adopting food policies and strategies, strengthening formal and informal food policy councils to involve a range of local actors in decision-making and improving interdepartmental policy coordination.

School meals, education and nudging (MUFPP outcome: sustainable diets & nutrition). Pilots have exploited the school as an appropriate environment for teaching children about food and healthy and sustainable eating behaviours, including uptake of guidelines for planetary health diets,

Citizen engagement and food literacy (MUFPP outcome: social & economic equity). The pilots that addressed food literacy strengthened both food decision-making to meet personal nutritional needs (e.g. bean meals) but also the relationship of individual actions to a sustainable food system through festivals and learning activities.

Urban agriculture and rural-urban connections (MUFPP outcome: food production). Relations of urban food consumption and community development with indigenous crops, biodiversity, urban gardening and short supply chain initiatives were fostered under the pilots.

Sustainable public procurement (MUFPP outcome: food supply & distribution). Tools were co-designed (incl. apps for interaction with kitchen staff, cost saving calculations) to leverage the power of public procurement for schools and other public canteens as an entry point for changing local food systems.

Circularity of food systems and prevention of food waste (MUFPP outcome: food waste). While access for all to healthy and nutritious food is at risk, large volumes of food are wasted. Several living labs have experimented with forms of surplus food recovery and redistribution strategies as well as initiatives aimed at reducing food waste in areas such as markets, shops, public canteens, and households.

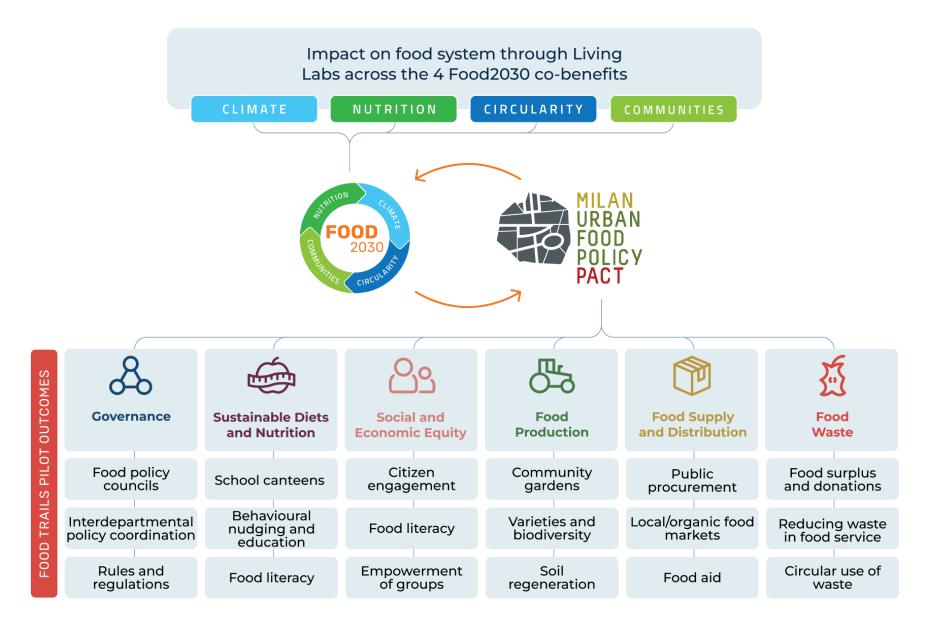


Figure 3.1. Interventions outcomes and impacts of the Food Trails pilot actions (interventions) mapped to the Milan Urban Food Policy Pact categories the Food 2030 objectives.

1. Overview



Local stakeholders' participation

Local stakeholders have played a central role in every phase of the city living labs, from the initial co-design phase, through the implementation of the pilot actions, and up to the monitoring of results. Additionally, their potential role in participating in and managing the living labs beyond the project's conclusion remains significant.

Local stakeholders in the living labs were involved to provide feedbacks on the potential impact of pilot actions. Food Trails played a catalytic role for actors engagement in the local food system opening new opportunities for stakeholders' activities through different ways:

- Providing resources such as funding, networks and buildings.
- Providing knowledge and support on practical issues as well as on food policy.
- Providing skills through trainings.
- Support in defining common guidelines and precise objectives.
- Fostering awareness and promotion of organizations and corresponding activities.
- · Connecting relevant stakeholders.
- · Connecting to other relevant projects and/or policies
- · Analysing what is needed by stakeholders.
- Contribution in disseminating the messages linked to the city initiatives.
- Supporting in defining the vision for scaling up initiatives and positive models developed during Food Trails experience.

The Food Trails project has impacted urban food policies by involving a diverse range of stakeholders across the 11 partner cities. Through cities living labs, the project engaged 179 stakeholders from various sectors, creating a collaborative environment that has affected numerous actors beyond the initial participants. The project's actions, co-created with local stakeholders, then were able to reach an even larger number of individuals and organizations.

The methodology adopted by project researchers to monitor its food policy pilots was a systematic and collaborative process. This ensured that the indicators used to measure the impact of urban food policies were tailored to the specific context and needs of the cities involved. Four key steps were followed in this methodology, ensuring both relevance and operational efficiency:

Step 1: Identification of relevant frameworks for monitoring Food Policies

Step 2: City workshops and surveys

4. Replication and knowledge transfer

Step 3: Theory of change alignment

Step 4: Final indicator selection and interviews

Through this collaborative process led by project researchers, cities identified a total of **214 indicators to monitor progress**. Of these, 20 were sourced from the MUFPP Monitoring Framework, 12 from the CRFS framework, and the remainder were tailored to the specific needs of the cities. The complexity of these indicators created a structure for analyzing the process and outcomes.



Food Trails Investors Living Lab

Innovation was kept at the forefront of the project agenda when it came to the interaction with external stakeholders interested in impact investment. Impact investment and its' potential to contribute to major societal transition processes is of growing interest and importance is emerging in many contexts. Through social and green bonds, investments and buying off assets, a growing number of investors try to ensure, promote, and implement sustainable business practices for a better future. In the Food Trails project, the aspiration was to give private investors exposure to the urban food policy development process, and facilitate the exposure through dedicated methodologies for guided interactions.

The Food Trails project invited experts, investors and financial actors to participate in the Investors Living Lab. together with the project's partner municipalities. Through several meetings and exchanges, the Investors Lab addressed 8 themes to explore insights and experiences on specific topics linked to impact investing in urban food systems, and to help shape the production of a "Roadmap" for impact investment in urban food systems.

Between February 2022 and January 2023, the Food Trails Impact Investors Living Lab addressed the following themes:

Details about the Food Trails Investors Living Lab

https://foodtrails.milanurbanfoodpolicypact.org/resources/foodtrails-impact-investors-living-lab/

- 1. Impact defining impact and how to achieve it;
- 2. Ambition purpose and goals rooted in a transition to sustainable food systems:
- 3. Data data and information necessities, informing decision-makina:
- **4.** Policy policies and regulations enabling change;
- 5. Products financial services, consumer products, shaping value chains (investment and process readiness);
- **6. Scaling** innovation beyond local actors;
- 7. Capacity financial literacy together with wider community;
- 8. Community functionally improve food systems at citizen level.

Thanks to the insightful meetings coordinated by Wageningen Economic Research, the Food Trails Investors Living Lab gave input for the development of a Roadmap for Scaling Impact Investment in Urban Food Systems. The document aims to address practical areas for enabling and facilitating expanded flows of investment for healthy and sustainable food systems, in Food Trails cities and elsewhere.

The Roadmap aims to bring an investment perspective to urban food policy, acting as a resource for municipalities and other urban food systems actors to integrate impact investment in food systems and policymaking, and enable investable opportunities as well as sustained partnerships.

Call for solutions for startups and SMEs

With the aim of expanding local Living Labs to innovative private entities, a Call for Solutions for startups/SMEs at European level was launched by Cariplo Factory in close collaboration with partner cities.

3. Monitoring Impact

The method consisted in the design of an Open Innovation Flow characterized on the assessment of cities needs and launching of a dedicated "Call for solutions" to find the best cases of food system transformation led by SMEs/startups, that Living Labs participants during the project and even beyond it.

The methodology adopted for developing the Match-Making Process between the innovative companies and the cities was designed by Cariplo Factory taking into account the differences among the 11 cities, the pathway of each Living Lab, the implementation status of each pilot in connection to the city's food policy development and the transformational and empowering process that each city is doing in the Food Trails Project.

The aim of the activities was to create a testbed to support Living Labs in their pathways towards innovation and business sustainability of their food policy actions. Based on the results of this analysis, Cariplo Factory shared a method to better the connections between needs and solutions among the actors within each Living Lab.

The call attracted 200 companies from around Europe and beyond (but only EU startups and SMEs were eligible) and 23 were selected for the Matchmaking Day with the Food Trails cities. Being the high participation to this call an interesting outcome in itself, the feedback from cities was the real acid test for the success of such a disruptive process for local public administrations. In most of the cases, cities agreed on the need for more interaction with the private sector, highlighting the huge potential of startups and SMEs. On the contrary, the pan-European reach of the call brought a challenge in terms of procurement for the services from foreign companies.



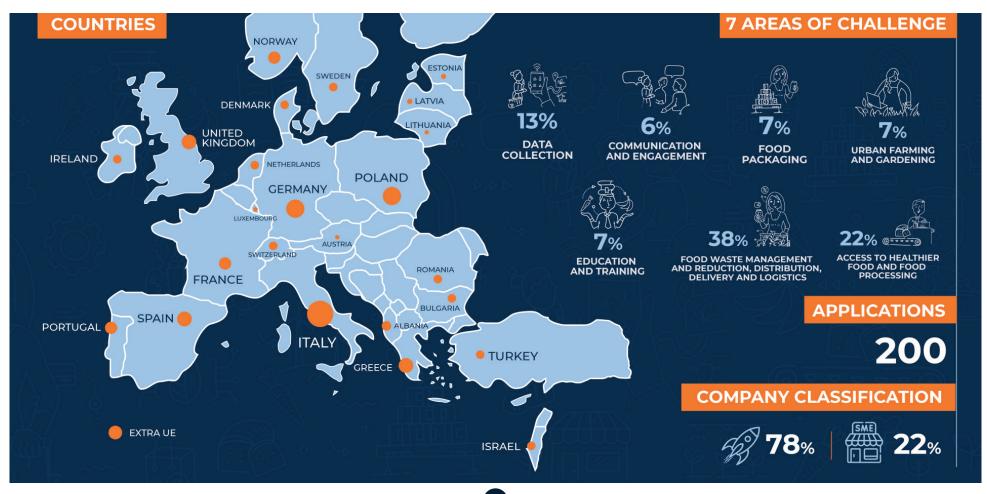












Replication Workshop Bordeaux, 27/09/2023

Public Procurement Conference

4. REPLICATION & KNOWLEDGE **TRANSFER**

Transferring knowledge through peer learning paths and exchanges is based on the idea that cities are facing similar challenges and can learn the best from each other by sharing concrete experiences and insights with the goal of better improving our urban food systems.



With the launch of the **Milan Urban Food Policy Pact**, since 2015 cities from all over the world are finding in the MUFPP an arena to share experiences and collaborate towards the development of their own food policies.

One of the challenges of the MUFPP is to organize effective exchanges, this objective has been processed by Food Trails through the implementation of dedicated activities aimed at fostering knowledge-sharing and the replication on food policy actions and systemic approaches amongst the partner cities and beyond the consortium. These activities include the following peer-learning activities:

- Knowledge-sharing workshops: designed to create a collaborative space for cities and other relevant stakeholders (such as researchers) to exchange insights, challenges, and lessons learnt.
- Replication activities: to promote knowledge exchange between cities, facilitating the learning and replication of innovative solutions.
- Cascade learning: facilitates the transfer of the wealth
 of knowledge developed throughout the project to
 external stakeholders. Food Trails used three main
 tools to achieve this: Webinars, the Cascade Learning
 Programme, and a Replication Workshop.

During the implementation of these activities, the Quick Scan Lens for Replication (QSLR) was used to study and promote knowledge-sharing and scaling, and also for collecting research data.

The Quick Scan Lens for Replication QSLR

QSLR was used to study and promote knowledge-sharing, scaling, and the collection of research data. The QSLR involves six dimensions: policy organisation, vision and agenda, stakeholder roles, resources, activities, and interactive learning. These dimensions guide discussions and analyses to identify barriers and drivers for scaling local initiatives and policies, ultimately aiming to contribute to a sustainable and food-secure system. The QSLR is a flexible tool that supports continuous adaptation and learning, promoting systemic change through stakeholder engagement and knowledge application.

Actors engaged in replication activities

Food Trails' replication activities involved various actors:

- **Mentor/Expert City:** Cities with specific expertise sharing insights with mentees.
- **Mentee:** Cities learning from peers and applying new knowledge in their context.
- Facilitator (Eurocities): Manages processes, supports interaction, and guides participants to achieve learning goals.
- **Follower Researcher:** Facilitates knowledge exchange and participates in replication visits and interviews.
- Supporting Researcher: Observes and assists follower researchers during visits.
- **Expert (External):** Provides specialized expertise when needed for specific activities, such as workshops.

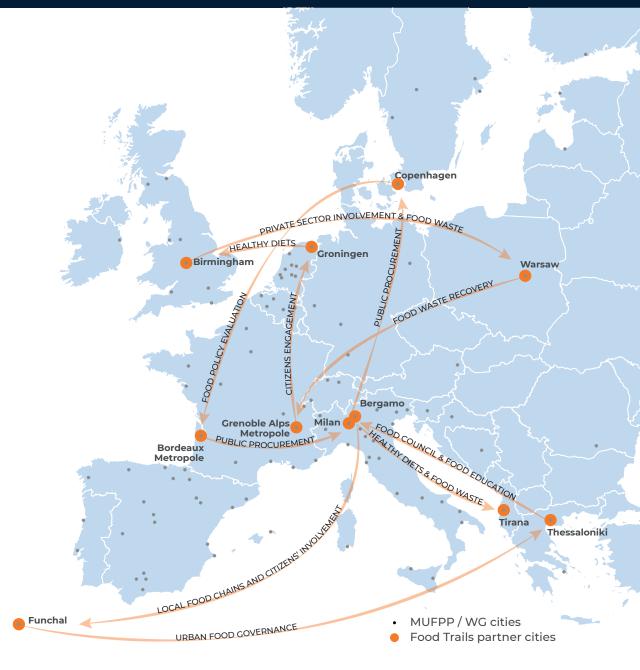
Peer-learning programme

Within the 11 cities of the Food Trails consortium. these activities were implemented using two peer-learning methodologies:

- Work shadowing: a mentee city visits a mentor city to observe how innovations are implemented. This helps the mentee city learn how to scale or adapt these innovations in its own context or in other cities.
- **Expert mission:** expert cities collaborate with a mentee city to transfer knowledge and skills. providing direct support for replicating and scaling innovations through joint problemsolving and in-depth counselling.

While work shadowing focuses on replication and the transferability of what is observed in the mentor city, with clear objectives and methodologies for transferability, the expert mission is focused on providing tailored advice to the mentee and can be preferred for cities at a very early stage of their journey. During the expert mission, expert cities draw on their experiences to offer advice, which the mentee city can replicate where applicable.

The map and table represent all the work shadowing activities developed in the Food Trails consortium.



City	Topic	Outcome
Bergamo visited Funchal	Local food chains and citizens' involvement	More inclusive approach to food education and awareness-raising by linking it with other social initiatives which leading to improved cross-departmental collaboration within the municipality. Meetings with community groups and citizens to involve them in these activities.
Birmingham visited Warsaw	Private sector's involvement and food waste	More inclusive approach to innovation, involvement of universities based on the model implemented in Warsaw.
Bordeaux Metropole visited Milan	Food procurement	Replication of the Milan's hot food canteen system and launch of a feasibility study for this purpose.
Copenhagen visited Bordeaux Metropole	Citizens' and private sector involvement and creation and evaluation of food policy	Better understanding of the importance of stakeholder engagement in the formulation of food policies and a stronger foundation for exploring ways to involve small and medium-sized enterprises. The visit also inspired the development of a concept for buying and using whole chickens, leading to further exploration of complementary initiatives.
Funchal visited Thessaloniki	Urban food governance	Better clarity on how to structure the Food Council, interest in replicating activities to engage with vulnerable people and promote gastronomic tourism, and ideas to engage local actors to collaborate with the municipality on the circular economy.
Grenoble Alpes Metropole visited Groningen	Citizens' engagement and urban food production for healthy diets	Inspiration on new ways of engaging stakeholders.
Groningen visited Birmingham	Healthy diets and citizens' engagement	Inspiration on how to engage small-scale activities and strategically use existing community networks.
Milan visited Copenhagen	Public procurement	Establishing contact between the technical staff responsible for processing public procurement tenders in Milan and Copenhagen. Replication of market dialogues to create opportunities to tailor tenders to farmers' actual needs.
Thessaloniki visited Bergamo	Food Council and food education	Insights to establish the Food Council and start the process to become UNESCO Creative City of Gastronomy.
Tirana hosted Bergamo and Milan	Promotion of healthy diets and food waste prevention	Insights to carry out the activities and understanding of the importance of data collection and stakeholder engagement.
Warsaw visited Grenoble Alpes Metropole	Food waste recovery	Appreciation of the metropolitan and holistic approach adopted by Grenoble Alpes Metropole in shaping its food policy and development of a desire to collaborate with surrounding cities and the Association of Metropolitan Cities to establish a food policy group"

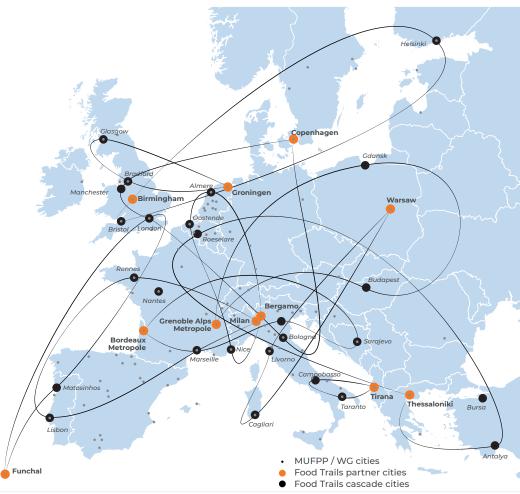
Cascade learning programme

The knowledge exchange between cities was not limited to Food Trails cities. With the support of Eurocities, a call was launched for European cascade cities with the aim of identifying specific learning needs that could be matched with the 11 Food Trails cities. 26 European cities/metropolitan authority were selected as cascade cities and matched with Food Trails cities to form learning clusters. After the selection, the Cascade Learning Programme initiated in the project's final year and it aimed to disseminate best practices and experiences developed within the consortium to external cities. This initiative utilised diverse methods, including in-person exchanges, webinars, and workshops, to maximise the reach and impact of the shared knowledge. Key activities included:

- **11 cascade visits** hosted by the project cities, engaging officers from 26 cities in hands-on exchanges;
- a series of 8 webinars discussing urban food policy topics with experts and city officers from the Food Trails project;
- a replication workshop, organised during the Eurocities Food Working Group and Milan Urban Food Policy Pact

Following the knowledge exchange process between both Food Trails cities and the cascade cities, Food Trails produced a concise but useful tool to share the knowledge gained. This document is a practical handbook for cities. The **Food Trails Handbook for Cities** is designed as a resource of information and inspiration for anyone working on urban food systems who wishes to learn from the Food Trails experience and apply a similar approach.

At its core, the handbook features practical and inspiring examples of how Food Trails cities tackled challenges within the **Milan Urban Food Policy Pact (MUFPP)** action categories: Governance, Sustainable Diets & Nutrition, Social & Economic Equity, Food Production, Food Supply & Distribution, and Food Waste. Cities are encouraged to consider how their food system strategies can simultaneously tackle various urban challenges.



Food Trails City	Cascade Cities	Focus of the Visit
Bergamo	AlmereOstendNice Cote d'Azur	Urban agriculture and short supply chains, Connections with local stakeholders and producers Food education and healthy food environments, Food waste reduction
Birmingham	Helsinki Bristol	Local governance for food strategy implementation, Food insecurity, Creation of local food ecosystem for innovation and new business models, Urban planning for food production
Bordeaux Metropole	Nantes MetropolePaduaSarajevo	Stakeholders' engagement and food council, Rural-urban connections, agricultural land and support to local farmers, Public procurement and short supply chains for collective catering
Copenhagen	Bury (Manchester)BolognaHounslow (Greater London Area)	Public procurement for decarbonisation of collective catering, Short supply chains, Access to healthy food for all (canteens, markets etc), Foster local political engagement to develop an integrated action on food
Funchal	MatosinhosLambeth (Greater London Area)	Food literacy and food education/ awareness raising on healthy and sustainable diets, Gastronomy as a leverage for integrate action on food, Stakeholders' engagement, Local and urban food production, Access to good and local food for all
Grenoble Alpes Metropole	GdanskBudapest	Local food production and short supply chains, Local food governance and food council Food procurement in public catering, Food waste reduction
Groningen	Glasgow Bradford	Urban food production, Stakeholders' engagement, Implementation of strategy, Connecting scattered actors, decision-makers and policy to foster systemic change
Milan	Rennes MetropoleAix-Marseille MetropoleLisbon Metropolitan Area	Local food production and agriculture, Procurement and school canteens circularity, Developing an integrated local action on food, Food aid and recovery
Thessaloniki	Antalya Roeselare	Food council and stakeholders' engagement, Gastronomy city as leverage for integrated food policy, Food waste prevention and valorisation
Tirana	CampobassoTaranto	Urban food production and connections with local producers and farmers, Building a network of stakeholders at the local and regional level, Developing an integrated approach to food
Warsaw	Cagliari Metropolitan Area Livorno	Food waste management solutions and optimisation of food surplus distribution for food aid, Young people engagement and food education, Food innovation



















































5. POLICY MESSAGES

The European Union becomes stronger with the active contribution of all institutional levels. Since 2015 the EU cities of MUFPP and Eurocities have been promoting coordinated advocacy actions that impact different legislative frameworks and enable the whole community of European cities active on urban food policy to develop effective contributions.



Within the project objective of establishing an evidencebased example of food policy translated into practice, advocacy played an important role in keeping the bigger European picture in mind. The constant interaction with a wide range of stakeholders ensured the external perspective needed to remain in contact with the most recent issues at international level, and in addition to that, several outputs were developed aimed at advocating towards different target groups.

Food Trails Think Tank

To achieve the project goals, a Think Tank was formed as a key reference point for engaging with external institutions in the food system. Unlike a traditional advisory board, the Think Tank included representatives from diverse organizations, fostering collaboration as equals with project partners. This structure encouraged active dialogue, bringing in external perspectives and enriching the exchange of ideas. As a result, project outcomes became more innovative, and the inclusion of stakeholder insights enhanced the project's overall impact and replicability.

Policy Briefs

Policy briefs were used as a strategic tool for encouraging dialogue between policy makers, different stakeholders, and other relevant parties. They were published and disseminated in relation to significant events or moments and aimed at providing the cities approach to informed decisions for the sustainability and resilience of urban food systems.

The topics covered in the policy briefs are:

- The role of cities in shaping their Food Environments
- Budgeting urban food policies
- Impact Investment in Urban Food Systems
- Multilevel governance: How to build effective governance in food system management and food policy implementation
- EU Child guarantee and school meals programme
- Stakeholders Engagement through Food Policy Council: Driving Solutions for Local authorities to address Local Food Challenges. The Bordeaux Metropole Experience
- Long-term Living Lab Support towards Food System Transformation

Think Tank members with the Project partners developed, as a conclusion of their work, a set of key barriers, emerging trends and recommendations for Urban Food Policies.

3. Monitoring Impact

Key barriers on food policies establishment

- Absence of a Comprehensive Food Strategy: many cities lack a common and comprehensive food strategy, resulting in inefficient target achievement and overlooked conflicts.
- Siloed Operations: stakeholders and policymakers often work in isolation, leading to a lack of coordination and missed opportunities for synergy in food-related projects.
- Financial and Resource Constraints: limited funds prevent cities from fully implementing comprehensive programs to address food insecurity, diet-related diseases, and sustainability goals. Additionally, insufficient resources can stifle food policy initiatives before they can achieve significant results.
- Political and Legislative Challenges: political changes and unfavourable legislation can disrupt ongoing initiatives and limit the effectiveness of food waste prevention and other food policies.
- Diverse Priorities: aligning stakeholders with differing priorities can be challenging.

Emerging trends in urban food policies

- Integrated Approaches: efforts to consolidate foodrelated activities across various city agencies and sectors.
- Food-related Public Services: integration of food policy goals and approaches within the existing public services food related.
- Food System Infrastructures: include existing infrastructures in food policies landscape as hardware of the local food systems, able to gathers actors and services
- **Technology and E-Commerce:** advances in these areas are reshaping food access and distribution, though their full impact is still under study.
- **Food as Medicine:** linking food systems with healthcare to potentially finance healthy foods through insurance.
- Sustainable and Plant-Forward Eating: initiatives aimed at improving nutrition and reducing environmental impact.
- Food Labor Improvements: focus on better wages and working conditions for urban food sector employees.



Food Trails Recommendations

- 1. Adopt a collaborative, multi-Stakeholder approach to Food Policies: cities should develop food policies that involve a wide range of stakeholders, including policymakers, communities, and investors. This collaboration is essential to improve sustainability and public health in urban food environments.
- 2. Allocate dedicated budgets for Food Policy development: cities must ensure that food policies have specific financial resources. Proper budgeting, measuring impact, and maintaining accountability, as demonstrated by successful cases like Milan, are crucial for long-term success.
- 3. Encourage impact investments in Urban Food Systems: cities should promote impact investments to support transformative initiatives in the food system. This can be done by building strong networks and aligning policies to attract investors and engage local communities.
- 4. Establish effective multilevel governance structures: policymakers should focus on creating governance systems that manage urban food systems efficiently. These structures need to ensure coordination of food policies across all levels of government.

5. Develop School Meals Programs building upon the EU Child Guarantee: municipalities can strongly contribute to tackling social exclusion and child poverty guaranteeing at least one healthy and free meal each school day to every child in need.

4. Replication and knowledge transfer

- stakeholders' engagement 6. Promote through participatory processes and Food Councils: involving key stakeholders is essential to transforming the local agriculture and food system. Collaboration between different food system stakeholders is an effective approach to building a more resilient food system for the future, a future where local communities can work together for sustainability.
- 7. Provide long-term support for Food System Living **Labs:** to maintain innovation and transformation in food systems, EU-funded Living Labs need ongoing financial and structural support, even after specific projects end. This will ensure they continue to address both local and global food challenges effectively.

CONCLUSIONS



In the very first framework of the Food Trails project, cities were defined as key sites for experimenting, collaborating, and testing monitoring frameworks. After four years on continuous engagement, and despite a number of different challenges among which a global pandemic which pushed many to challenge their perception of food systems the project demonstrated that cities are indeed key actors for a food system transformation.

The project had many ambitious and interconnected goals: pushing for the development and adoption of urban food policies, testing participatory processes and implementing co-created solutions, monitoring these processes and assessing the potential impact. Finally, the project worked to disseminate the impact outside of the circle of partners, to other European cities, interested parties, and even outside the European boundaries.

As the project progressed, these goals translated into actions and workflows across the 11 cities, prompting a range of important outcomes. Indeed, Food Trails demonstrated how collaborative governance and the interaction with the innovation realm can lead to real-world improvements in urban food systems and a greater understanding about food system issues among cities.

One of the primary outcomes of the Food Trails project has been its role in inspiring local governments to integrate a systemic perspective on food into their policy frameworks, elevating the visibility of food as a specific element in urban planning contributing to many of the cities' strategic goals. Through the project, cities have developed comprehensive food policies or strategies that align with broader sustainability goals, such as those outlined in the European Green Deal and the Farm to Fork Strategy, as well as in the UN Sustainable Development Goals (SDGs).

A significant achievement of Food Trails is the collaboration between stakeholders across sectors, including farmers, food producers, policymakers, researchers, civil society organisations, citizens and among them vulnerable groups who suffer the impact of ill-designed food systems. This has fostered a multi-actor and, in many cases, multi-stakeholder approach where decisions making processes about urban food policies were co-created, ensuring that the needs of diverse actors are represented.

As Food Trails nears its conclusion, its outcomes point to a paradigm shift in how cities involved in the project envision their food systems. By providing such an example, the project paved the way for more resilient, sustainable, and equitable urban food systems. The cities involved in the project have become leaders in the understanding of urban food governance, and have become examples that can inspire other municipalities to replicate the similar pathways on food policy establishment, and inspire further research on the topic.

REFERENCES

Deliverable 1.2 - "Report Food System Actions"

This report describes the conceptual framework for the systemic innovation process adopted within Food Trails, the so-called CLIC framework.

Deliverable 2.2 - "List of consolidated 11 FOOD 2030 Living Labs"

This report illustrates the methodology used within Food Trails to develop experimental public solutions (pilots) to address sustainability-related food system challenges.

Deliverable 4.1 - "Report of Theory of Change applied to Food Trails cities"

This report illustrates the 'Theory of Change' tool for the 11 Food Trails cities. It was used to define expectations on the impacts of the pilot actions.

Deliverable 4.6 - "Impact measurement framework for investor tu evaluate their contribution to food policies"

Report on the impact measurement framework designed to assist investors in assessing their contributions to food policies. It draws inspiration from insights gathered during discussions within the Impact Investors Living Lab.

Deliverable 4.10 - "Startaps involved with the Food Trails Call for Ideas"

This deliverable details the design, implementation, and rollout of the "Food Trails Call for Solutions for Sustainable Food System" initiative. It focuses on connecting the 11 project cities with pioneering European start-ups and SMEs to strengthen their pilots and promote more sustainable food systems.

Deliverable 4.9 - "Roadmap for scaling impact investment in urban food systems"

This Roadmap is a result of key findings from the Investors Lab, and also builds on discussions with global stakeholders held at other events, including at the 2022 World Economic Forum and a 2023 Eurocities event in Brussels.

Deliverble 5.4 - Report on Connections with the National Level

This report summarises key findings and best practices from the Food Trails experience, with a focus on how the impact of city advocacy work has benefited from structural support, multi-level collaborations with regional and national authorities and participation in city networks.

Deliverble 5.5 - Food Trails Policy Briefs

"Long-term Living Lab support towards Food System Transformation" 2023

This policy brief contains the recommendations for Living Labs sustainability, a joint initiative from the EU FOOD 2030 Project Family, within the Horizon Result Booster.

"Budgeting Urban Food Policies" 2022

This policy brief was developed as part of the Food Trails Impact Investors Lab and focuses on the case history of Milan.

"The Role of Cities in Shaping Food Environments" 2022

This policy brief brings views and approaches of European cities engaged in the transition of sustainable local food systems.

"EU Child Guarantee and EU School Meals Programme" 2024

This policy brief highlights the diverse approaches of EU Member States to school meal programs, with a particular focus on the ECG National Action Plans.

"Multilevel Governance" 2024

This policy brief draws on the "multilevel governance mapping grid" developed by the City of Milan under the Horizon Europe CLEVERFOOD project. The tool was applied to Food Trails cities to analyze their governance structures.

"Stakeholders engagement through Food Policy Council" 2024

Drawing on the experience of Bordeaux Métropole's Food Trails Living Lab, this policy brief showcases the process of establishing and operating a food policy council.

Deliverable 6.2 - "The scalability of urban food systems innovations"

The document analyzes the replication and scaling of urban food system innovations across 11 European cities, focusing on barriers and drivers identified through the QuickScan Lens for Replication (QSLR) framework.

Deliverable 6.3 — "Knowledge Sharing Workshop Short Reports"

The report documents a series of knowledge-sharing workshops aimed at promoting collaboration and the replication of innovative food system approaches. The workshops held in the cities of Thessaloniki, Milan, and Funchal focused on stakeholder engagement and knowledge exchange.

Deliverable 6.5 - "Replication visits report"

As part of the Food Trails project, replication activities were designed to promote knowledge sharing processes, the document outlines the methodology, the phases of collaboration, and provides examples for replicability actions.

Deliverable 6.6 - "Cascade Learning Report"

The Food Trails Cascade Learning Programme, launched in the project's final year, aimed to share best practices with 26 external European cities. The report outlines the programme's key activities to empower city officers, including 11 cascade visits, 8 webinars on urban food policy, and a replication workshop.

Deliverable 6.7 - "Handbook: sharing innovations for urban food system transition"
The Food Trails Handbook for cities is designed to be a suppoortive source of information and inspiration for anyone working on urban food systems.

Deliverable 8.6 - "The EU Food 2030 Strategy and how it was adressed in Food Trails through the role of 4 Crosscutting Managers"

A set of findings and recommendations related to each of the 4 co-benefits of the Food 2030 Strategy, by the Food Trails' crosscutting managers, which helped the project cities manage a systemic perspective within their actions.

Deliverable 7.5 - "Think Tank Report"

This report outlines the work of the Food Trails Think Tank, including the contributions of 15 international experts. It provides recommendations for ensuring the sustainability of the Food Trails project, along with insights on improving urban food policies for cities, governments, and the EU bodies.

- Food Trails Webinars "Midday Munchies with Urban Food Policies"

 These webinar series provide a platform for exchange between Food

 Trails cities to inspire, learn and encourage cooperation.
- Food Trails Podcasts: "Food and the cities: from policy to plate"

 This 9-episode series explores the key role of cities in driving sustainable food system transformation across Europe.

Details about all the public project deliverable are available on the Food Trails website.

https://foodtrails.milanurbanfoodpolicypact.org/resources-page/







www.foodtrails.milanurbanfoodpolicypact.org

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