

Program **AIM** - Promote initiatives that encourage healthy and sustainable eating in the IPL

A Partnership Program

The Healthy and Sustainable Food Program (PASS-IPL) is the result of a partnership between the Instituto Politécnico de Lisboa (IPL), the Social Services of the IPL (SAS-IPL), the Lisbon School of Health Technology (ESTeSL) and the Lisbon Students Federation of the IPL (FAIPL).



Strategical **AXIS**

- Food and nutrition literacy
- Food availability/environment
- Food waste



1st year

Recognitions / Tools / Results

Development of the communication image of the PASS-IPL

Apply to the Healthy Food Stamp in Higher Institutions - National Health Directorate



Other recognitions



2nd year

Development of the tools to measure food availability and accessibility
food waste
consumers' food habits / opinion

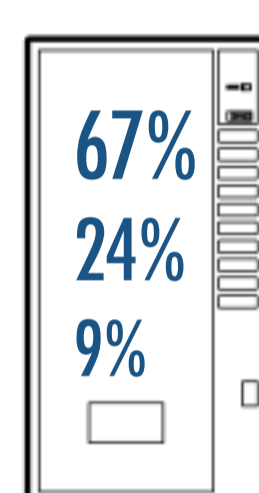
Production of educational materials (food literacy)

fact sheets on food waste, hydration, salt and sugar intake
videos on food labelling, take away food and healthy recipe

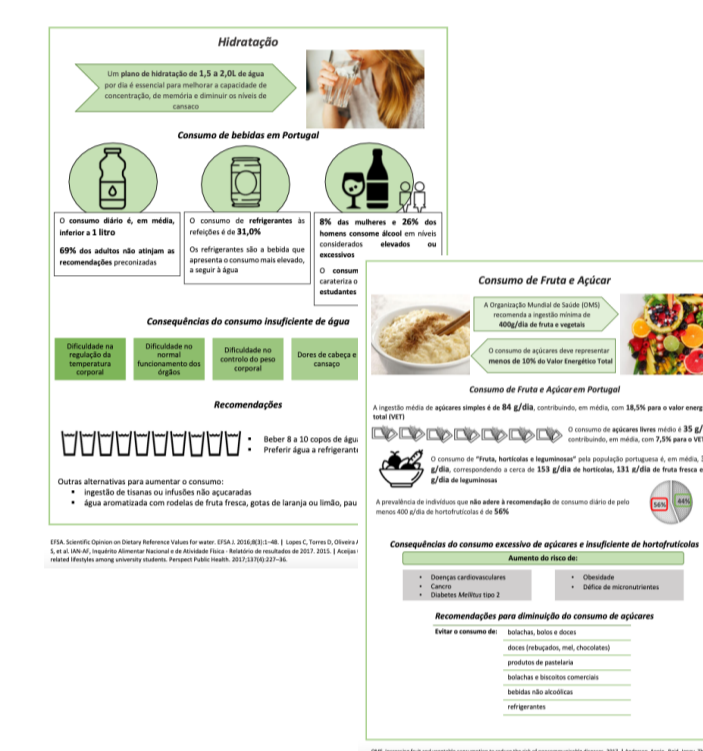
Evaluation of food items available on vending machines

Academic community questionnaire dimensions

- food habits and adherence to the Mediterranean diet
- food and culinary Skills
- food security
- opinion about the food supply at the IPL's higher institutions
- opinion and perception about food waste



67% food items to **forbid**
24% food items to **limit**
9% food items to **promote**



3rd year

Implementation of questionnaire to the Academic Community

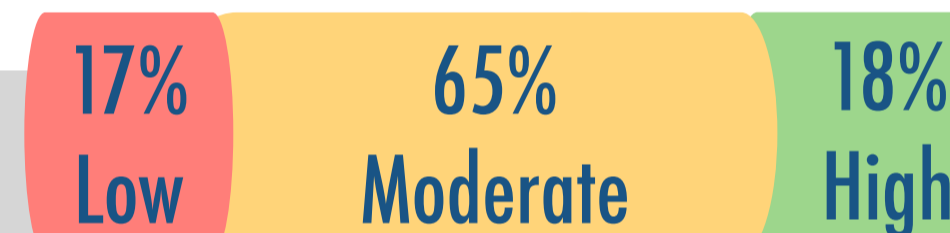
Evaluation

food items available on vending machines
canteen menus
salt content of meals

Evaluation of Food Waste

Development of Food literacy tools

Adherence to the Mediterranean Diet



Culinary Skills
- 50% low to moderate

Boil food

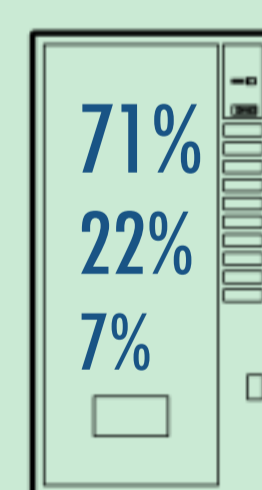
Read the best before date on labels

Buy cheaper cuts of meat

Food Skills
- 85% - high

Improvement actions

Food availability/environment



71% food items to **forbid**
22% food items to **limit**
7% food items to **promote**

Canteen Menus

47% classification
Not acceptable
Low compliance with the Mediterranean Diet

Salt

Per serving



Food waste



"This food is not tasty"
"I'm not hungry"

seasonal products
new revised menu cycles
adequacy of meal portions - reduce meat / increase vegetables
inclusion of whole grain cereals
plant-based menus integrating MD dishes and principles

Strategies to reduce food waste

use of surplus vegetables and bakery products in other meals
adequate food portions
adequate of meal planning
organic waste management (Green Food Project)

Food literacy

Massive Open Online Course (MOOC) development



Basic concepts of food and nutrition
Planning meals in advance
Reading and interpreting food labels
Storing and preserving food
Preparing and cooking meals

Workshop



Future steps

Cocreate a participatory strategy for vending machines
Digital communication strategy to increase food and nutritional literacy and canteen adherence

Food waste reduction action directed at consumers
Working closely with catering companies to comply with the contract specifications and create challenges for food innovation

Addressing Sustainable Development Goals

