



FOOD FOR THOUGHT

UNITING GENERATIONS AROUND SUSTAINABLE FOOD
& CULINARY KNOW-HOW

Project presentation



ANIS étoilé

CONTEXT - THE WHY

Our modern food system has reached a **critical breaking point**, characterized by a profound **disconnect between what we eat and where it originates**. The dominance of large-scale **agro-industry** and an abundance of **ultra-processed foods** have created a market that **ignores natural seasons**, forcing produce to travel thousands of miles and placing an immense **burden on both public health and the environment**. This industrial shift has fundamentally **altered our societal identity, turning the cultural act of cooking into a transaction of convenience**.

At the heart of this crisis is the **erosion of culinary autonomy, particularly among younger generations**. Aggressive social media marketing and the rise of "dark kitchens" have normalized a lifestyle where **domestic cooking is no longer a necessity**, evidenced by modern urban housing that lacks even a functional kitchen. This trend toward delivery-dependent, addictive ready-meals is driven by fast-paced economic realities, further **distancing consumers from the essential knowledge of how to nourish themselves sustainably**.

To ensure the survival of our ecosystems, we must move toward a **model of radical reappropriation**. This means **bringing people closer to their food**—both literally and figuratively—by **empowering them to reclaim a diet drawn from their immediate surroundings**. By placing the individual back at the center of a healthy relationship with food and supporting local producers as vital stewards of the land, we can **transition from a passive, industrial consumption model to an active, ethical, and environmentally responsible way of life**.



OUR MISSION - THE WHAT

The **Food for Thought** project involves **local authorities, professionals from the education sector, citizens ranging from schoolchildren to seniors**, and is run in partnership with Clermont-Ferrand's Department for children and young people and the Department for sustainable food and urban ecology. In addition, at the heart of the project is an **association specialized in sustainable food education** named **ANIS Etoilé**.

The project aims to promote a way of eating more in tune with the **environmental and health issues of our time**, as well as the need to **revive the intimate connection between humans and the food they eat**. This involves **rediscovering natural flavours and traditional produce**, and **learning about a region's culinary identity**. It also involves relearning how to **work with food** and how to **cook simply**, ensuring that this widespread, **generational knowledge is not lost** due to profound changes in our culinary habits and weakening ties between generations.

This project seeks to **reshape how everyone—from children and seniors to local staff and cooks—relates to food**. By highlighting the **environmental impact of our choices** and the benefits of local, plant-forward diets, we aim to **empower the community to choose food that supports both personal health and the local economy**. Ultimately, we are **equipping the next generation with the ethical eating habits necessary to navigate a changing climate**.



SUSTAINABILITY

Promoting local short distribution channels and reducing the environmental impact of our plates.



EDUCATION

Empowering children and educational staff to make healthier, ethical consumption choices.



TRANSMISSION

Reviving the link between generations to ensure traditional culinary know-how is not lost.

PROJECT BENEFICIARIES FROM INMC MEMBER CITIES - THE WHO



1 or 2 teachers / other educational staff (working in schools, associations, youth activity centers, etc.)*



1 or 2 professional chefs/cooks (working in associations, public or private catering companies, etc.)*



10 schoolchildren (approximately 10 years old)



10 senior citizens



Local producers



**will receive direct training from ANIS Etoilé*

PHASE 1: SPECIALIZED TRAINING (3 DAYS)

An intensive course in Clermont Ferrand facilitated by ANIS Etoilé, catering to:

Teachers and other educational staff

CLIMATE & NUTRITION / COOKING WORKSHOPS

Focus on practical games and educational and awareness-raising tools destined to children, including cooking workshops for children and in an intergenerational setting (with senior citizens).

Professional chefs/cooks

BEST PRACTICES & EXPERIENCE SHARING

Learn from other professionals cooks/chefs with practical experience in running cooking workshops for children using innovative workshop techniques and engaging children with natural flavors.

Also, an opportunity for trainees to:

- Meet local figures which embody sustainable food initiatives and policies locally (i.e. City staff, researchers)
- Tour the various locations the project is built on - a central kitchen, a school, an intergenerational village
- Visit a local farm and meet the people at the forefront of sustainable food production locally

TRAINING PROGRAM OBJECTIVES

- ✔ Bring together professionals from various countries working in the education sector and committed to conveying a powerful message to younger generations about modern eating and consumption habits, taking into account current environmental and ethical challenges, sustainable development objectives and the imperative to adapt to climate change.
- ✔ Provide professionals in the education sector with a greater knowledge of sustainable food-related challenges and practical tools to implement awareness-raising activities and cooking workshops with children and seniors.
- ✔ Support scheduling the organisation of cooking workshops and field trips involving schoolchildren and seniors, and identify local producers (2026-2027 action plan).
- ✔ Prepare for remote group work with other participating cities towards the design of an action plan for the upcoming schoolyear (2026-2027) and materials needed for the co-creation of the almanac.

| PHASE 2: WORKSHOPS & FIELD TRIPS - IN EACH CITY

COOKING WORKSHOPS*

- For schoolchildren: hands-on sustainable diet sessions
- With an intergenerational flavor: knowledge transmission including senior citizens

i *Using a complete mobile cooking kit funded by the project! Go to next page for more information.*

LOCAL PRODUCER DISCOVERY*

- Field trips to local producers: direct connection to the terroir and strengthening local short distribution chains

**Such activities are intended to be carried out by the trainees as they return to their hometown and during the 2026-2027 schoolyear.*



THE MOBILE COOKING KIT

The Food for Thought project provides for each city to purchase a mobile cooking kit which facilitates the organization of on-site cooking workshops. Thanks to this kit, it is easy to set up workshops, even in places that are not strictly kitchens. The only requirements are a water supply, a sink, tables and access to electrical outlets. This list details the main items that a kit for 12 people may contain. Each city will have a budget of €1,000 to purchase all or some of these items. The cost of these items will vary depending on the country and the quality chosen. To reduce the cost, it is possible to consider purchasing second-hand or recycled equipment.

**INDUCTION HOBS: 2 X 2 BURNERS OR 1 X 2 BURNERS + 1 X 1 BURNER
1 MINI OVEN**

**1 SET OF POTS AND PANS SUITABLE FOR FAMILY COOKING (PREFERABLY
STAINLESS STEEL) WITH MATCHING LIDS**

1 LARGE COUSCOUS POT WITH LID

1 STAINLESS STEEL SAUTÉ PAN

2 FRYING PANS

1 MINI ELECTRIC CREPE MAKER

1 3-IN-1 BLENDER (WITH BOWL AND HAND BLENDER)

1 ELECTRIC MIXER

1 ELECTRIC GRATER AND 2-3 MANUAL GRATERS

1 GLASS GRATIN DISH

CAKE AND PASTRY MOULDS

+/- 15 LIGHTWEIGHT PLASTIC AND/OR STAINLESS STEEL SALAD BOWLS

+/- 10 SMALL LIGHTWEIGHT BOWLS

+/- 10 SMALL HARD PLASTIC DISHES (FOR PLACING PREPARATIONS)

3 SMALL BASINS (FOR RINSING VEGETABLES)

CHOPPING BOARDS (A DOZEN, INCLUDING SOME LARGE ONES > A4)

1 LARGE COLANDER AND A SMALL FINE STRAINER

A FEW MEASURING CUPS

2 SCALES

SET OF SMALL UTENSILS (AT LEAST A DOZEN):

**SHARP KNIVES (WITH ROUNDED TIPS FOR THE CHILDREN), SMALL AND
LARGE SPOONS, FORKS**

**+ 3 WOODEN SPATULAS, 3 LARGE WOODEN SPOONS, 2 LADLES, 2 MARYSES,
2 WHISKS, 4-6 ROLLING PINS**

**12 APRONS SUITABLE FOR THE PARTICIPANTS' SIZES, IF THEY CANNOT
BRING THEIR OWN + CAPS OR HAIRNETS**

A DOZEN TEA TOWELS

**SPONGES, DISHCLOTHS, CLEANING PRODUCTS AND WASHING-UP LIQUID,
BIN BAGS, ETC.**

1 FIRST AID KIT

OUTPUT: THE CROSS-CITY ALMANAC

A collaborative publication common to participating cities presenting:

- **Project activities and local sustainable food initiatives** - Shine a light on the workshops and field trips organised in your city, and the initiatives and policies supporting sustainable food practices locally
- **Traditional recipes and terroir highlights** - Preserve environmentally-friendly culinary heritage and promote the sustainable gastronomic identity of your city
- **Tourism appeal** - Perspectives from children, seniors and local professionals on how to promote your region's tourist appeal from the standpoint of sustainable gastronomy and local produce
- And **more**, it is up to **you!** 😊



CUNEO 2026

Presentation of project milestones, materials compiled for the almanac and participating cities' action plan for schoolyear 2026-2027 during the Cuneo INMC International Conference (October 2026).

| 2026 PROJECT ROADMAP & FUNDING



COMPREHENSIVE PROJECT FUNDING

Training program by ANIS Etoilé - including accomodation & meals

Mobile Cooking Kit

Cross-city almanac design, production & printing

JOIN THE TABLE!

Transforming our relationship with food, one city at a time.

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