

'FOOD FOR THOUGHT' PROJECT LAUNCH & TRAINING PROGRAM

CLERMONT-FERRAND

BETWEEN 18-25 APRIL 2026

DAY 1

Meeting room near hotel

08:30-9:30

WELCOME COFFEE

ICEBREAKER STYLE PRESENTATION OF GROUP AND AGENDA

Cereal-growing area near
Clermont-Ferrand

10:00-11:30

GUIDED TOUR OF AN ORGANIC GRAIN FARM WITH A MILL

Location TBD

11:30-12:30

**DISCUSSIONS AMONG CHEFS REGARDING SOURCING CHOICES
AND COOKING PRACTICES (FOCUS ON GRAINS AND VEGETABLES)**

Volvic (TBC)

12:30-14:00

LUNCH AT RESTAURANT 'LES VINZELLES' (TBC)

Volcano Range or Volvic Springs

14:00-15:00

DIGESTIVE WALK

Maison des Paysans, Lempdes

15:30-19:00

**COOKING WORKSHOP SETUP / PRESENTATION OF EQUIPMENT /
RUNNING A WORKSHOP AND PREPARATION OF RECIPES**

**DISCUSSION ABOUT PARTICIPANTS' EXPERIENCES WITH COOKING
WORKSHOPS FOR CHILDREN**

Maison des Paysans, Lempdes

19:00-20:00

LIGHT DINNER (COOKING WORKSHOP PREPARATIONS)

MEET AND GREET ANIS ÉTOILÉ MEMBERS

Maison des Paysans, Lempdes

20:00-22:00

**EVENING DEBATE WITH A FILM ABOUT OUR CURRENT FOOD
SYSTEM AND ITS IMPACTS**

**PRESENTATION OF THE 'ALIMENTERRE' FESTIVAL AS AN
AWARENESS RAISING TOOL**

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DAY 2

Central Production Unit,
Clermont-Ferrand

08:30-9:30

GUIDED TOUR OF A CENTRAL PRODUCTION UNIT (MEALS DELIVERED TO SCHOOLS) AND MEETING WITH CHEFS

FOCUS ON PREPARATION OF ORGANIC MEALS

'Clos des Vignes'
Intergenerational Village (TBC)

10:00-12:00

ULTRA-PROCESSED FOODS:

MEET ANTHONY FARDET, HUMAN NUTRITION RESEARCHER AT INRAE (FRENCH NATIONAL INSTITUTE FOR AGRICULTURE, FOOD AND ENVIRONMENT) **AND HEAD OF PLANET'EAT PROJECT** (INITIATOR OF THE ULTRA-PROCESSED FOOD CONCEPT IN FRANCE)

PRESENTATION OF EDUCATIONAL TOOLS BY ANIS ÉTOILÉ

GUIDED TOUR OF THE INTERGENERATIONAL VILLAGE

'Chanteranne' Primary School

12:30-15:00

SCHOOL CANTEEN LUNCH

GUIDED TOUR OF THE SCHOOL

Royat or Ceyrat (TBD)

15:00-16:00

DIGESTIVE WALK

Maison des Paysans, Lempdes

16:30-19:00

**LET'S MAKE OUR PLATES GREENER:
WORKSHOP FACILITATION TOOLS DISCOVERY**

EXPERIENCE SHARING - INCLUDING A GAME ABOUT LEGUMES

CLAC Café, Cournon

19:00-20:30

GUIDED TOUR OF A SMALL ARTISANAL CANNERY (COMBINES LEGUMES, LOCAL CHEESES AND ANTI-WASTE VEGETABLES)

DINNER BASED ON PRODUCTS FROM THE CANNERY

Clermont-Ferrand

20:30

FREE TIME

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DAY 3

City of Clermont-Ferrand Facility

08:30-9:30

ZERO DEFORESTATION BREAKFAST

DISCUSSIONS ON PURCHASING PRACTICES TO TAKE INTO ACCOUNT THE IMPACT OF FOOD ON CLIMATE CHANGE

City of Clermont-Ferrand Facility

09:30-11:30

ROUND TABLE/DISCUSSIONS ON REGIONAL DYNAMICS TO MOVE TOWARDS MORE SUSTAINABLE FOOD SYSTEMS - FOCUS ON INITIATIVES RELATED TO SUSTAINABLE FOOD EDUCATION

St Pierre Square, Clermont-Fd

12:00-13:30

LUNCH AT 'POPINA'

LOCALLY SOURCED ORGANIC RESTAURANT

Clermont-Ferrand City Center

13:30-15:00

DIGESTIVE WALK & GUIDED TOUR OF HISTORIC CITY CENTER

Maison des Paysans, Lempdes

15:30-18:00

OPEN DISCUSSION SPACE TO:

- EXPERIENCE SUSTAINABLE FOOD ACTIVITIES
- SHARE OTHER TOOLS
- REFLECT ON CO-CREATING THE ALMANAC AND DEVELOPING A YEAR-LONG ACTIVITY PROGRAMME
- REVIEW OF THE DISCUSSIONS OVER THE 3 DAYS

Livradois-Forez or Sancy

18:00-22:00

FARM VISIT AND DINNER - POSSIBLY ONE INVOLVED IN THE CIVAM FARM HOSPITALITY NETWORK

'THE ESTRE FARMHOUSE' OR 'LES SENS DE LA VIE'