



Nordic  
Culture Point

# Report

# Discovering Nordic Food Culture and improving sustainable consumption between young people



# Introduction



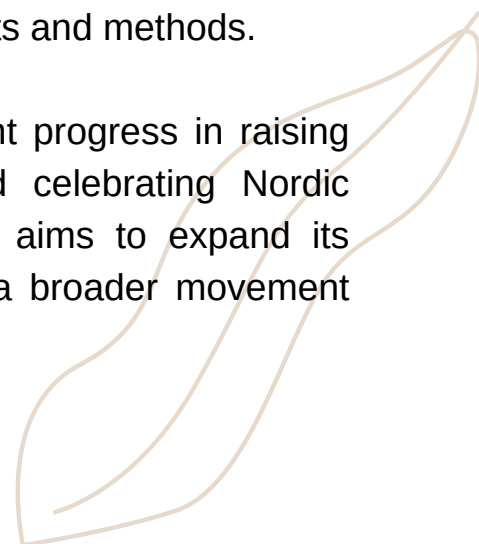
In the heart of the Nordic region, a distinctive initiative is flourishing, driven by a commitment to sustainable living and a profound appreciation for the region's culinary traditions. The project, spearheaded by Green Habito, has the dual objective of celebrating and promoting Nordic food culture while addressing critical issues such as food waste and sustainability.

The project draws upon the resources and insights from both [food.greenhabito.eu](http://food.greenhabito.eu) and Nordic Food Culture in order to construct a comprehensive approach to food sustainability. The website offers a comprehensive range of resources, including recipes, guidance on reducing food waste, and information on sustainable food practices. The project's principal objectives are as follows: The promotion of sustainable practices. The project places an emphasis on the reduction of food waste and the promotion of sustainable food production and consumption practices. By combining traditional Nordic recipes with modern sustainable cooking techniques, the project aims to inspire individuals and communities to adopt greener habits.

The educational outreach component disseminates knowledge about sustainable food practices through workshops, online resources, and community events. It demonstrates how traditional Nordic practices can be adapted to address contemporary sustainability challenges.

The programme comprises a series of workshops and cooking classes. These practical sessions teach participants the skills required to prepare traditional Nordic dishes using sustainable ingredients and methods.

Since its inception, the project has made significant progress in raising awareness about sustainable food practices and celebrating Nordic culinary traditions. Moving forward, Green Habito aims to expand its reach, engaging more communities and fostering a broader movement towards sustainable living.



# Partners

Green Habito RY (Finland) is an organisation that focuses on sustainable living and environmental initiatives, providing expertise on eco-friendly practices, sustainability education, and community-based environmental projects.

Western Uusimaa Education and Training Consortium (Finland) is a vocational education and training provider offering vocational training, skills development, and educational resources, potentially with a focus on practical skills and employability.

FGU Vest Ribe (Denmark): FGU stands for Forberedende Grunduddannelse, meaning Preparatory Basic Education. This institution provides vocational training and educational opportunities for young people who may need extra support, offering vocational training, skills development, and educational programs relevant to the project's goals, particularly for young people.

Burgarden Gymnasium (Sweden) is equivalent to an upper secondary school, contributing to educational aspects, involving students in project activities, and providing a youth perspective.

Pepp, grasrótarstarfi fólks í fátækt (Iceland) is involved in social services, guidance, or educational support, providing guidance, mentorship, or social support services, especially for vulnerable groups.

Sillamäe Society for Child Welfare (Estonia) is dedicated to the well-being of children. The Society provides support for children and families, addresses child welfare issues, and implements programs focused on children's development.

# Project Timeline

10-12th May 2024  
Göteborg, Sweden

I International  
training in Sweden

“Sustainable food systems in the Nordic and Baltic countries supporting sustainable and healthy lifestyles for young people”

6-9th June 2024  
Tallinn, Estonia

II International  
training in Estonia

“Nordic sustainability agenda: a powerful driver of food systems and habits change”

International  
Conference

“Transforming Food Systems through Nordic Sustainable Solutions”

24TH SEPTEMBER  
RIBE, DENMARK 2024

Nordic-Baltic Young  
Chef Award 2024

25TH SEPTEMBER 2024  
RIBE, DENMARK



# Local Workshop's

April – September 2024

From April to September 2024, each project partner organized local workshops aimed at youth and nonformal educators, focusing on Nordic food culture.

These workshops highlighted the Nordic culinary tradition, which emphasizes seasonal and locally sourced ingredients, as well as simple and healthy food preparation methods.

One of the key lessons imparted during these workshops was the value of sustainability and environmental consciousness. Participants were encouraged to use locally sourced ingredients, which help reduce the carbon footprint associated with food production and distribution.

Through hands-on activities and discussions, young people learned to appreciate the natural rhythms of the environment and the importance of respecting the earth's resources. They were also taught how to make mindful consumption choices that align with sustainable practices.

Each workshop attracted more than 20 participants per country, fostering a deeper understanding of Nordic food culture and its connection to sustainability. The sessions were well-received, with participants expressing enthusiasm for incorporating these principles into their daily lives.

The workshops successfully promoted environmental awareness and inspired a commitment to more sustainable food practices among the youth and educators involved.



## I INTERNATIONAL TRAINING

# "SUSTAINABLE FOOD SYSTEMS IN THE NORDIC AND BALTIC COUNTRIES"

9-12TH MAY 2024,  
GÖTEBORG, SWEDEN

[greenhabito.eu/nordicfoodculture](https://greenhabito.eu/nordicfoodculture)



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### AGENDA

10th May 2024, Burgarden Gymnasium

10.00 – 10.45 Getting to know each other and teambuilding

10.45 – 11.00 Project presentation “Discovering Nordic Food Culture and improving sustainable consumption between young people” by Green Habito

11.00 – 11.30 Sustainable Food system and its affordability by Vassili Golikov, SSCW

11.30 – 12.00 Nordic and Swedish Food Culture (basic overview) by Susanne Kallanvare, Burgarden Gymnasium

12.00 – 13.15 Food workshop (Practicing of cooking Swedish food at the School kitchen)

13.15 – 14.00 Lunch

14.00 – 14.45 Keynote speeches:

“Food habits, health and environment” – Swedish Food Agency representative online

“Danish best practices in sustainable gardening and eating habits – Alejandra Adventure, Compass Danmark

“Finnish experience to make young people eating habits more sustainable and spreading sustainable thinking in communities” – Laura Maria Rajala, Green Habito

“Empowering sustainability as lifestyle at community level: food waste and food waste prevention in an example of consuming habits” – Vassili Golikov, SSCW

14.45 – 16.30 Working group (Mapping Food Security Challenges towards More Sustainable Food Production) – German Morris, Peace Child Estonia

19.00 Dinner at the hotel

11th of May 2024, Appel Hohtel

10.00 – 11.00 Fostering healthy eating habits in students through school catering: Estonian Experience – German Morris, Peace Child Estonia (student of Tallinn School)

11.00 – 12.00 Introduction of the Nordic Youth chef competition between Finland, Sweden, Denmark, Iceland and Estonia.

11.00 – 12.00 Youth engagement in Innovative agriculture sector (The New Nordic Cuisine) – Laura Maria Rajala, Green Habito RY

12.00 – 13.00 Working groups (discussion on the new nordic cuisine and comparative analyses)

13.00 – 14.00 Lunch

14.00 – 14.45 Working group: Creating a new Nordic-Baltic food recipe book

14.45 – 15.00 Conclusion of the training.

15.00 – 18.00 Working meeting of the partners of the Nordic-Baltic collaboration programm.

19.00 Dinner in the hotel

12th May 2024, Appel Hotel

9.00 – 11.00 Conclusions and Departure

# I International training

10-12th May 2024 Göteborg, Sweden

The I International Training on “Sustainable food systems in the Nordic and Baltic countries supporting sustainable and healthy lifestyles for young people, held on May 13, 2024, focused on promoting sustainable and healthy lifestyles for young people through innovative food system solutions and collaborative learning.

Additionally, to the learning process and sharing of best practices, participants had the opportunity to gain practical experience by cooking Swedish and their own traditional dishes, which proved to be a valuable skill for young people, especially in school settings. This hands-on approach not only enhanced their culinary skills but also deepened their appreciation for cultural diversity and sustainable food practices.

Furthermore, we opened a Nordic-Baltic competition among young people, encouraging them to showcase their creativity, knowledge, and commitment to sustainability. This competition fostered a spirit of healthy rivalry and collaboration, allowing participants to exchange ideas, learn from one another, and celebrate their achievements in promoting sustainable living and cultural heritage.

These activities significantly enriched the project, providing participants with practical skills, cultural insights, and a platform to demonstrate their passion for sustainability.





## II INTERNATIONAL TRAINING

### "SUSTAINABLE FOOD SYSTEMS IN THE NORDIC AND BALTIC COUNTRIES"

6-9TH JUNE 2024,  
TALLINN, ESTONIA

[greenhabito.eu/nordicfoodculture](https://greenhabito.eu/nordicfoodculture)



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#### AGENDA

6th June 2024, Tallinn, Hestia Hotel

- Arrival of all participants and experts
- Youth discussion on youth engagement and school food quality.

18.30 – 20.00 Dinner

7th June 2024, Tallinn, Hestia Hotel

10.00 – 11.00 Introduction

11.00 – 12.30 I part of the training “Nordic-Baltic way to achieve a healthy and sustainable food culture in and around schools”

12.30 – 13.30 Group discussions “Youth vision on Sustainable Food Production and Consumption”

13.30 – 14.45 Lunch

15.00 – 16.00 Skills workshop:

- Nordic way of sustainability: Icelandic and Danish experience
- Food habits change in example of Estonian programme “Sustainability as a lifestyle”
- Food security and health: Swedish and Finnish experience in school and community”

16.00 – 17.00 Sharing Nordic and Baltic countries best practices

17.00 – 17.30 Summary of the 1 working day

19.00 – 20.00 Dinner

8th June 2024, Tallinn, Hestia Hotel

10.00 – 11.00 Building bridges in green thinking and embracing diversity

11.30 – 13.00 Workshop on food preservation

13.00 – 14.00 Visiting Health Food production companies and communities

14.00 – 17.00 Gaining practical experience: Workshop on Nordic Food Culture and integration of healthy food habits into our life by development (cooking Nordic Green Food. Gathering educational materials and recipes for programme guide – Organised by SSCW and Food Studio OÜ

18.00 – 19.00 Dinner

9th June 2024, Tallinn, Hestia Hotel

10.00 – 11.00 Conclusion of the II training and preparations for conference and competition.

# II International training

6-9th June 2024 Tallinn, Estonia

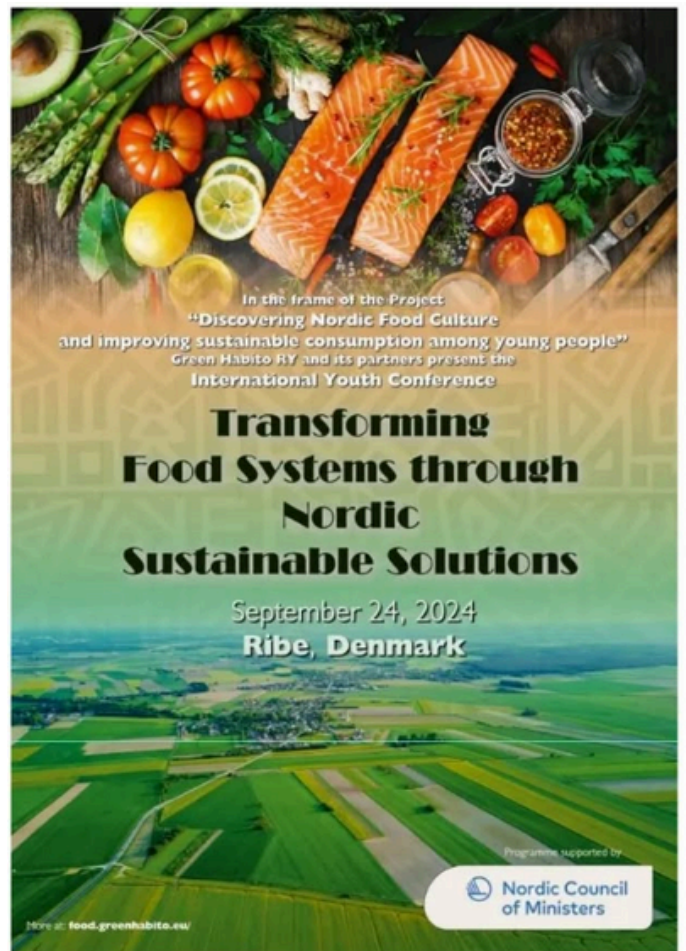
The II International Training on “Nordic sustainability agenda: a powerful driver of food systems and habits change” explored the Nordic sustainability agenda as a powerful driver for transforming food systems and changing consumption habits, inspiring participants to take action toward a more sustainable future.

This transformative event focused on the powerful role of Nordic sustainability in shaping our food systems and habits. Participants explored how sustainable practices impact food production, consumption, and global crises.

Young people, experts, and educators expanded their knowledge during this event. Together, they delved into the Nordic approach to sustainability, discussing habits that needed to change for a healthier, more sustainable future.

Participants connected with sustainable multipliers committed to positive change. Insights into Nordic food culture and its impact on health and well-being were shared. Topics like health, sustainability, and food system transformation were discussed.





## Agenda

Venue: FGU Vest Ribe, Lustrupvej 3, 6760 Ribe

10.00 – 10.30 Welcoming word by hosts

presentation of project outcomes and overview

10.00 –10.15 Key note speech by “Schools as

catalysts for transitioning to sustainable school food systems”, Mikkel Willerslev, Head master of Ribe School (Denmark)

10.30 – 11.00 Key note speech “Youth and Food Systems Transformation: Assessing the youth role in food systems transformation” by German Morris, Peace Child Estonia, Youth representative

11.00 – 11.30 Key note speech “Experiences with transition towards production and consumption of plant-based food” by Professor Michael Soegaard Joergensen, Aalborg University

11.30 – 12.30 Panel discussion I “Youth Engagement and Transforming food systems to more sustainable ones: nutritious eating habits and role of education”

– Finland: Maria Chupasova

– Iceland: Stefán Orn Ingvarsson

– Denmark: Ivan Vasilevskikh

– Sweden: Jenny Magnusson

– Estonia: Christelle Mariely Rammul

12.30 – 13.30 Workshop and Working groups:

– Sharing innovation, experiences and best practices in transforming food systems – German Morris and Susanne Kallanvaara

– Development of youth statement + follow up project – Maraja Rajala and Vassili Golikov

– Workshop on green grown and composting – Karl Héðinn Kristjánsson and Ivan Vasilevskikh

13.30 – 14.15 Lunch

14.15 – 15.15 Panel discussion II “Towards sustainable food systems – the Nordic approach: update of politics and climate change adaptation, reduction of food loss and waste”

– Finland: Artemii Ershov

– Iceland: Karl Héðinn Kristjánsson

– Denmark: Alejandra Hansen

– Sweden: Annika Eklund

– Estonia: German Morris

15.15 – 15.45 Working group II (finalisation of the statement + follow up project)

15.45 -16.00 Presentation of the conference statement and follow up project sharing certificates.



# International conference

25th September 2024 Ribe, Denmark.

The international conference “Transforming Food Systems through Nordic Sustainable Solutions” took place in Ribe, Denmark, from September 23-25, 2024. The event aimed to raise awareness and foster collaboration among stakeholders in the Nordic region to address critical challenges in food system sustainability. The conference brought together experts, youth representatives, educators, and policymakers from across the Nordic and Baltic regions to explore innovative solutions and share best practices.

The primary objective of the conference was to promote sustainable food systems by addressing key issues such as reducing food waste, shifting towards plant-based diets, and building social equity. The event also sought to empower young people as key drivers of change and to establish a platform for ongoing collaboration and knowledge exchange. The conference consisted of a three-day program featuring keynote speeches, panel discussions, workshops, and the development of actionable outcomes, including a Youth Statement and follow-up project proposals.

The “Transforming Food Systems through Nordic Sustainable Solutions” conference demonstrated the power of collaboration and innovation in addressing global food system challenges. By working together, the Nordic region is paving the way for a more sustainable and equitable future. The outcomes of the conference, including the Youth Statement and follow-up projects, will serve as a foundation for ongoing efforts to transform food systems and empower young people as agents of change.





The overall format of the event



9.2 out of 10

Pre-event information and communications



8.8 out of 10

The overall organization during the event



9.1 out of 10

The general conference experience



9.35 out of 10







## Agenda

Venue: FGU Vest Ribe, Lustrupvej 3, 6760 Ribe

10.00 – 14.00 Preparation in teams

\*proposing the recipe books/ traditional + Innovative recipes ideas.

Venue: Storkestøen Hotel, Haulundvej 164, 6760 Ribe

14.00 – 18.00 Nordic – Baltic Young Chef cooking competition in Ribe School

Venue: FGU Vest Ribe, Lustrupvej 3, 6760 Ribe

19.00 – 21.00 Award and Dinner

# Nordic-Baltic Young Chef Award 2024

26th September 2024 Ribe, Denmark.

The Nordic-Baltic Young Chef Award aimed to empower youth and local communities by raising awareness of the importance of protecting and promoting distinct regional (Nordic) food, culture, and natural assets as part of sustainable and balanced youth development strategies. This initiative was essential to safeguarding our planet, health, wellness, and local economies.

Innovation on tradition and the use of local ingredients were at the heart of the competition, which brought together national teams of young people from Iceland, Sweden, Finland, Denmark, and Estonia. The event provided a platform for young chefs to showcase their creativity, celebrate Nordic culinary heritage, and highlight the value of sustainable food practices. Through this competition, participants not only honed their culinary skills but also contributed to the promotion of local economies and environmental sustainability.

The Nordic-Baltic Young Chef Award successfully inspired young people to embrace their cultural heritage while innovating for a sustainable future, fostering a sense of pride and responsibility toward their communities and the planet.



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## Prize Winners:

I Prize: Iceland

II Prize: Sweden and Denmark

III Prize: Finland



The overall format of the event



9.3 out of 10

Pre-event information and communications



8.9 out of 10

The overall organization during the event



9.1 out of 10

The general conference experience



9.2 out of 10



# YOUTH STATEMENT

On behalf of conference participants from: Finland, Denmark, Sweden, Iceland and Estonia

We, the youth of the Nordic-Baltic region, are dedicated to nurturing a sustainable food culture that celebrates our rich heritage and paves the way for a healthier future for all. We would like to suggest that our collaboration focus on the following key areas:

With regard to education, we would like to suggest the following: We would like to propose the implementation of educational programmes in schools, with the aim of teaching students about sustainable food practices, the history of Nordic food culture and the importance of reducing food waste. We hope that by integrating these topics into our curriculum, we can help cultivate a generation that values sustainability and understands the impact of their food choices.

We, the youth of the Nordic-Baltic region, (call for immediate action.) are not just passive recipients of policies, but active advocates for change. We are committed to promoting sustainable food policies and practices at the local and regional levels. By raising our voices and working with policymakers, we hope (look forward) to contribute significantly to the creation of a supportive environment for sustainable food systems. (We suggest that governmental bodies begin implementing incentive structures in agriculture to promote sustainable food production and consumption and to disincentivize ecologically harmful food production and consumption).

We would like to suggest that local food and marketplaces could be beneficial. We would like to encourage the use of local food and support local marketplaces with the aim of reducing the carbon footprint associated with food transportation.

We believe that by giving priority to locally sourced products, we can play a part in strengthening our communities and promoting environmental sustainability.

It would be remiss of us not to consider the historical perspective. We will endeavour to gain insight into the historical aspects of Nordic-Baltic Food Culture, with a view to understanding its evolution and how traditional practices might inform modern sustainable habits. By learning from the past, we can develop innovative solutions that respect our cultural heritage.

We believe that fostering critical thinking among young people about their food choices (consumption habits) and the broader impact of these choices on the environment is an important step towards becoming more responsible (and informed) consumers (citizens).

We want to suggest that we look into ways of reducing waste and composting/recycling it. We would like to suggest that we promote practices such as composting, with a view to reducing food waste and enhancing soil health (fertility).

We believe that by adopting these practices, we can contribute to the development of a more sustainable and circular food system.

We would be grateful for the involvement of experts from the school community, who could provide valuable insights and practical knowledge on sustainable food practices. By leveraging their expertise, we can ensure that our initiatives are based on the best available practices and scientific knowledge. (A comprehensive understanding of ecology is crucial to drive behaviour change and adaptation.)

By focusing on these areas, we hope to empower (empower) people to become advocates for a sustainable food culture and responsible consumption and to contribute (to participate in the creation of a) to a healthier and more sustainable future for all. Together, we can make a difference and play a role in leading the way towards a more sustainable world.

Done in Ribe on September 24rd 2024  
E-version of Document

# 10 practical steps for a more conscious and GREEN kitchen

On behalf of conference participants from: Finland, Denmark, Sweden, Iceland and Estonia

Culinary young professionals could become a new pivotal in championing sustainability in their kitchens and communities, connecting to a global movement towards a better future. Young people with experts proposing 10 practical steps what young chefs, educators and community member can take to promote sustainability, green choices, protect livelihoods, and foster a sustainable food system:

**1. Source Locally and Seasonally:** Explore the journey from farm to fork, and prioritize ingredients from local small-scale farmers and suppliers to support regional economies. Engage with local producers to understand the harvesting schedules and plan menus around seasonal produce. This not only ensures the freshest ingredients but also promotes biodiversity and sustainable agriculture.

**2. Minimize Food Waste:** Implement strategies to reduce food waste in kitchens, such as nose-to-tail cooking and repurposing leftovers. Educate kitchen staff on proper storage techniques to extend the shelf life of ingredients. Utilize food waste tracking tools to identify and address key areas where waste can be minimized.

**3. Educate and Inspire:** Use your platform to educate staff and customers about the importance of sustainable practices. Share stories about the farmers and producers you work with and the benefits of sustainable sourcing. Create awareness through menu descriptions and signage that highlight your commitment to sustainability.

**4. Engage in Continuous Learning:** Enroll in programs like Sustainability Education for Culinary Professionals to stay informed about the latest sustainability practices. Attend workshops, conferences, and seminars focused on sustainable gastronomy. Network with other chefs and sustainability experts to exchange ideas and best practices.



**5. Optimize Energy and Water Use:** Invest in energy-efficient kitchen equipment and implement practices to reduce water usage. Regularly maintain and update appliances to ensure they operate efficiently. Educate staff on simple habits, such as turning off equipment when not in use and using water-saving techniques during food preparation and cleaning.

**6. Reduce Single-Use Plastics:** Transition to reusable, recyclable, or compostable packaging and serving materials. Encourage customers to bring their own containers for takeout and provide incentives for doing so. Work with suppliers to reduce plastic packaging for delivered goods.

**7. Promote Biodiversity:** Incorporate diverse and heirloom varieties of fruits, vegetables, and grains into your dishes. Incorporating beans and legumes into your menu not only promotes biodiversity but also provides a nutritious and sustainable protein source. Experiment with lesser-known ingredients that can add unique flavors and nutritional benefits to your menu.

**8. Engage in Community Outreach:** Partner with local food banks and shelters to donate surplus food. Organize cooking classes and workshops that teach sustainable cooking techniques to the community. Participate in local farmers' markets and food festivals to promote sustainable gastronomy.

**9. Lead by Example:** Demonstrate leadership in your kitchens by ensuring fair wages, equal opportunities, and continuous training for your team. Champion women's empowerment in agriculture and culinary arts, advocating for better representation and support in these fields.

**10. Advocate for Change:** Participate in community and industry initiatives that promote sustainable food systems. Collaborate with local schools and organizations to teach children about healthy and sustainable eating. Be a citizen chef by advocate for policy changes supporting sustainable agriculture and food systems.

By embracing these actions, chefs can make a significant impact on global sustainability efforts.

