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Comparative analysis in the catering industry with the scope
of the use of planet-friendly diets in catering.

PROJECT „Schoolgarden”

Report annexes:

1. Work documentation.
2. Photo documentation.
3. Training program in Białystok



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Report Structure and Section Descriptions

1. Introduction

Content:

- Background of the *Schoolgarden* project and its objectives.
 - Rationale for focusing on planetary diets.
 - Aims and scope of the report: cross-country comparison (Lithuania, Latvia, Poland).
 - Key questions addressed.
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2. Methodology

Content:

- Sources used: national project reports, interviews, expert input.
 - Comparative framework: themes and focus areas.
 - Research methods: desk research, case analysis, school/restaurant data.
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3. Planetary Food – Introduction and Definitions

Content:

- What is planetary food? (EAT-Lancet reference)
 - Health and sustainability goals.
 - Country-specific definitions and adaptations: traditional plant ingredients in each country.
 - Cultural and nutritional significance.
 - Chart: Common vs. country-specific plant-based foods.
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4. Planetary Food in Vocational School Curricula

Content:

- Overview of how vocational schools integrate plant-based cooking.
 - Examples of school gardens, herbariums, and Erasmus+ experiences.
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- Nutritional education and cooking methods.
- Student involvement and local initiatives.
- Photos or a map showing schools participating in the initiative.

5. Use of Planetary Diets in the Catering Industry

Content:

- Analysis of restaurant and hotel practices in Lithuania, Latvia, and Poland.
- Use of vegetables, legumes, and plant-based protein.
- Examples of good and poor practices.
- Customer expectations and business trends.
- Pie chart comparing meat vs. plant-based meal frequency.
- Table: Examples of restaurants/catering firms by country.

6. Current Trends and Public Perception

Content:

- Consumer attitudes toward plant-based diets (survey results, trends for 2025).
- Modern food and its disadvantages: ultra-processed, high-meat diets.
- Rise of flexitarianism and youth-driven change.
- Regional differences in acceptance and awareness.

7. Challenges and Opportunities

Content:

- Gaps in training, supply chains, and awareness.
- Environmental and economic barriers.
- Opportunities in tourism, health promotion, and regional branding.
- Role of youth and digital tools in driving change.

8. Training Program Proposal for Gastronomy Teachers

Content:

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- Summary of training needs across the 3 countries.
- Suggested modules (.
- Implementation ideas: blended learning, partnerships, school gardens.
- Visual: Table or diagram of training modules.

9. Conclusion

Content:

- Summary of key findings across countries.
- Value of vocational education in shaping sustainable food practices.
- Final recommendations for schools, policymakers, and the food sector.

10. References