



•• Schoolgarden ••

# Project Schoolgarden

01.11.2024 – 31.10.2026



# The main goal of the project:

The main goal of the project is to provide access to practical solutions for the use of plant-based diets in gastronomy.

The main objective will be achieved through specific objectives:

- acquiring knowledge through a prepared diagnosis and corresponding training related to the use of products and plants from school gardens in planetary cuisine,
- getting to know the requirements and solutions of planetary cuisine,
- getting to know the methods and forms of setting up and running school gardens.



## Project Schoolgarden - activities

The activities planned under the project are:

- Report containing research, diagnosis and comparative analysis in the catering industry, taking into account practices related to the use of planetary diets resulting from climate change,
- Pilot training program in the field of planetary diets using products from school gardens,
- Guide that includes the results of the implementation of the training program, testing and recommendations in the field of planetary cuisine recipes and dishes.

# Project Schoolgarden - results



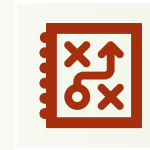
The expected results of the project will be:



learning about the main types of diets and their impact on solving health problems,



preparation of nutritional menus resulting from the planetary diet,



establishing and running school gardens at project partners,



using ecological products from school gardens in planet-friendly cuisine.






**Actions 1.** Creation of a report that is a collection of three analyses (PL, LT, LV) containing research, diagnosis and comparative analysis in the catering industry in the field of healthy eating principles (including planetary diets) in catering.

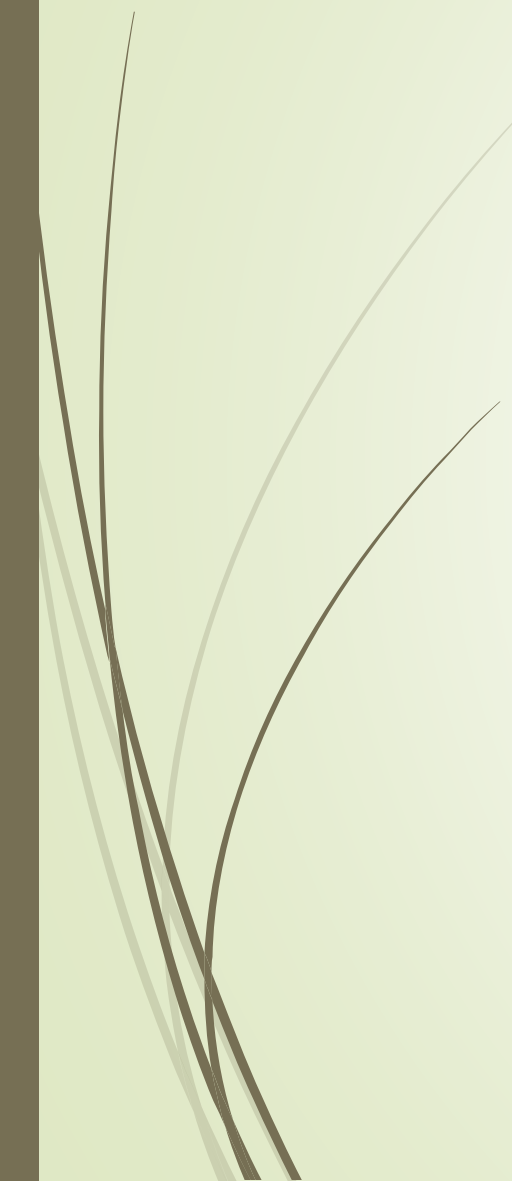
The aim of building this partnership is to present the requirements and solutions related to healthy eating in catering resulting from climate change.


In the partnership, we would like to prepare a report containing the following elements:

- the main principles of healthy eating based on planetary diets;
- the latest discoveries and trends in nutrition for health;
- diet menu: for medical purposes due to fashion;
- cooking methods that preserve nutrients;
- the use of organic products from school herbaria and fruit and vegetable gardens;
- methods of producing organic food including plants and herbs;
- modern food and its disadvantages and impact on humans;
- food and civilization diseases.



**Action 1.** Creation of a report that is a collection of three analyses (PL, LT, LV) containing research, diagnosis and comparative analysis in the catering industry in the field of healthy eating principles (including planetary diets) in catering.


- However, before preparing the report, research will be conducted on available solutions within the scope of the project topic to more fully illustrate the situation before the planned study.
  - The report will be prepared on at least 30 A4 pages and will be prepared in English and in the language of the partner's country.
  - The prepared report with the diagnosis will be consulted with cooperating schools and companies from the gastronomy industry.
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**Action 1.** Creation of a report that is a collection of three analyses (PL, LT, LV) containing research, diagnosis and comparative analysis in the catering industry in the field of healthy eating principles (including planetary diets) in catering.

- The main result of the action will be a document called: Comparative analysis in the catering industry with the scope of the use of planet-friendly diets in catering.
- The study will be divided into three parts: analyses of each country in the catering industry related to the use of dishes and products of the planetary diet in catering:
- Meat and civilization diseases.
- Plants for health
- The use of plants growing around us in the diet
- Spices from the home garden
- Nutritional value of vegetables
- Beverages with the addition of fresh plants (herbs)
- Examples of pro-ecological behavior related to the use of planet-friendly diets in catering in the catering industry, i.e. in a restaurant, bakery, café, food production plant.






**Action 1.** Creation of a report that is a collection of three analyses (PL, LT, LV) containing research, diagnosis and comparative analysis in the catering industry in the field of healthy eating principles (including planetary diets) in catering.

- The document will be developed in English and the national languages of the countries of the partnership members.
- The summary of the document will be available in various versions: report - document, video, poster, brochure, website for which Profesinio mokymo centras Zirmunai will be responsible.
- In addition, the result of the activity will be the development of a certificate for the company described in the report as ecologically conscious using the "Planetary Diet Plate" in catering services.
- Such a certificate would be awarded to companies cooperating with partners (e.g. in the form of student internships) supporting and motivating further pro-ecological behavior in the company (e.g. preparing dishes based on the planetary diet in catering).





**Action 1.** Creation of a report that is a collection of three analyses (PL, LT, LV) containing research, diagnosis and comparative analysis in the catering industry in the field of healthy eating principles (including planetary diets) in catering.



Responsible: Profesinio mokymo centras Zirmunai with the participation of all partners.



Duration: 6 months (research, establishing the structure of the report, preparing and collecting data, substantive description, translation into English by partners, preparation of the document's editorial).

## **Action 2.** Pilot training program in the field of planetary diets using products from school gardens



Implementation of training and implementation of its effects into school practice in the field of the use of planetary diet dishes and products made from organic products in school greenhouses and fruit and vegetable gardens.



preparation of a pilot training program,



implementation the pilot course (30 hours - 5 days, 6 hours each),



implementation and implementation of the course effects into the school program and practice in companies.

## **Action 2.** Pilot training program in the field of planetary diets using products from school gardens

implementation the pilot course (30 hours - 5 days, 6 hours each),

Expected number of participants: 13 participants (13 teachers/entrepreneurs)

- Profesinio mokymo centras Zirmunai – 5 teachers,

- Rezeknes Tehnikums - 5 teachers,

- RCK Foundation - 3 experts/entrepreneurs.




## **Action 2.** Pilot training program in the field of planetary diets using products from school gardens

It is important to remember that this activity will be implemented in 3 stages, in order to maximize the effectiveness of implementation:

- preparatory phase (developing a training program, training syllabus, determining training methods and forms, and technical and organizational issues)
- implementation phase (instructions, principles, regulations, organic products, examples of establishing and operating small gardens and using their organic products in the planetary diet),
- testing and implementation phase (testing and implementing the effects into school practice and economic life, conclusions)





## Action 2. Pilot training program in the field of planetary diets using products from school gardens



The pilot training will be prepared with the participation of companies from the catering industry cooperating with schools.



Responsible for preparation and implementation: RCK Foundation with the participation of all partners.




Duration: 9 months (preparation of syllabuses and training program, implementation of training, testing and implementation in schools).

**Action 3.** Guide that includes the results of the implementation of the training program, testing and recommendations in the field of planetary cuisine recipes and dishes.

The guide to recommendations and good practices will include:

- conclusions and recommendations from previously prepared activities:

1. A report being a comparative analysis in the catering industry regarding the use of dishes and products of the planetary diet from school herb gardens and fruit and vegetable gardens
2. A training program and implementation of the training in the scope of:  
The use of dishes and products of the planetary diet from school herb gardens and fruit and vegetable gardens.
  - ▀ training program,
  - ▀ training materials,
  - ▀ instructions for setting up school or home gardens and herb gardens,
  - ▀ sample practical exercises, demonstration and instructional videos, multimedia presentations, sample lesson plans, recipes, photos.
3. A guide to recommendations and good practices regarding the use of dishes and products of the planetary diet from school herb gardens and fruit and vegetable gardens.
  - ▀ The testing of programs and training materials will take place in the Partner countries (Poland, Lithuania, Latvia).



**Action 3.** Guide that includes the results of the implementation of the training program, testing and recommendations in the field of planetary cuisine recipes and dishes.



The guide will contain training materials in the form of:



sample practical exercises, demonstration and instructional videos, multimedia presentations, sample lesson plans, recipes, lesson plans, photos.



The person responsible for the implementation of the task will be: Rezeknes Tehnikums, with the participation of other partners.



Duration 7 months



# Management:

- 1. Recruitment and formation of project teams in each organization participating in the project.
- A coordinator and a settlement specialist will be employed on the Applicant's and Partners' side as part of the activity.
- 2. Preparation of a tripartite, English-language partnership agreement taking into account the project's objectives and tasks, the rights and obligations of the partners and the project budget, which we will sign with the partners at the first International meeting.
- 3. Promotional and information activities about the project, its objectives and results:
- preparation of a logo and poster as well as information for the website and local information portals. The activity will be carried out in each institution participating in the project.
- 4. Project evaluation - preparation of tools, strategy and its implementation in accordance with the assumptions.
- 5. Monitoring financial issues, making payments to project partners in accordance with the project budget.
- 6. Preparation and conducting organizational and preparatory meetings with project participants.
- 7. Dissemination activities regarding the project results.
- 8. Implementation of the project results.





# Management:

- Management report

International project meetings - organized as follows (we plan to hold six meetings in total, approximately once a quarter):

- the applicant participates in a total of six meetings (two at the Latvian partner, two at the Lithuanian partner, and two where it is the host) in 2025-2026.
- the Latvian partner participates in a total of six meetings (two at the Polish partner, two at the Lithuanian partner, and two where it is the host) in 2025-2026.
- the Lithuanian partner participates in a total of six meetings (two at the Polish partner, two at the Lithuanian partner, and two where it is the host in 2025-2026.

## International Partner Meetings