

## Title

Escuela de alimentacion Eroski – Eroski Food School

## Short description

Escuela de Alimentación Eroski is an initiative developed by the Foundation associated to the cooperative retailer Eroski. It has been implemented since 2012 for schoolchildren in Spain with the aim of incentivizing healthy and sustainable eating habits at early ages. 80 000 scholars have already taken part in the initiative.

The course was designed in semi-independent lectures and workshops in order to ease the adaptation of the program for the specific contexts and learning paths of individual schools. The syllabus contains information on issues such as general nutrition, cooking, and environmentally and socially sustainable food options, and was developed by a multidisciplinary scientific committee.

## Topic

Consuming – Food

## Characteristics (type, level)

Private initiative at national level.

## Country/Countries of implementation

Spain

## Aims and Objectives

While the general objective may be considered to promote healthy eating habits and lifestyles among infant population in order to reduce the incidence of overweight and obesity in children, there are 7 objectives described in the program overview:

- To create awareness in primary schoolchildren of the importance of adequate food consumption and healthy lifestyles.
- To apply the lectures with practical workshops inside a shop with real food items and in facilities where food is produced.
- To create knowledge and experiences related to the local agrofood sector.
- To keep alive knowledge acquired and to apply them at family level.
- To extend the program to other initiatives and social activities related to healthy food and lifestyles.
- To find synergies and to open the program to new partners, both private and institutional.
- To reduce the Spanish rate of child overweight and obesity.

## Target Group

Schoolchildren 4<sup>th</sup> and 5<sup>th</sup> grades (ages 9-10 approximately).

## Status

Ongoing.

### Start and Completion dates

2012- Ongoing.

### Lifestyle and Behavior Change

Educating children offering them a better perspective on the environmental and health implications of food choices.

### Effects on:

<b>Health and Wellbeing</b>	It promotes healthy habits among children, which should impact both their health and wellbeing in the long term
<b>Vulnerable populations</b>	Low-income groups are more prone to worse consuming habits, including children
<b>Environment</b>	Environmentally sustainable food is one of the subjects treated within the course

### Initiated and/or implemented by

Fundación Eroski is the main promotor of this action. It started in order to confront the growth of child obesity in Spain.

### Stakeholders and sectors involved

Since the third edition WWF and UNICEF collaborated in the didactic areas related to environmentally sustainable foods and worldwide nutrition respectively. The Spanish Heart Foundation (FEC), a charity founded in order to promote cardiovascular

research in Spain, also joined the project in the latest edition. Regional Governments of different Autonomous Communities in Spain (Navarre, Galicia, Basque Country, Aragón and Cantabria), and various food producers also collaborated in different degrees.

### Financial support

Fundación Eroski is part of the social initiative promoted by the cooperative retailer Eroski.

### Evidence-base

Studies under initiatives directed to schoolchildren with the aim of promoting healthy eating habits have been made in similar contexts such as healthy cooking classes for schoolchildren and parents in Latin America.

### Main activities

Lectures include an introductory session, nutritional groups and pyramid, healthy food and habits, food labelling, the Mediterranean diet, local products, worldwide nutrition, environmentally sustainable nutrition and cardiovascular health. Workshops address food shopping and local products.

### Evaluation

Surveys were performed over teaching personnel. Each program was adapted for the necessities of each school. It was designed modularly to allow for partial implementation by those schools that preferred this option. The syllabus was elaborated by a committee of experts in nutrition and pedagogy. One of the characteristics of the design was the transdisciplinary approach designed to develop different areas, from mathematics to arts. Workshops were added in order to offer a more practical approach and use the resources acquired from the more theoretical sessions.

### Main results

Overall satisfaction was found in teachers.

### Key success factors and barriers

The development of a comprehensive syllabus and pedagogical techniques, as well as the modular build of the syllabus, which allows for the level of flexibility required in adapting the contents to each education centre.

### INHERIT Perspective

As in most of industrialised countries, Spain has seen a rise on overweight and obesity, with a negative correlation between income and population suffering from this risk factor. Education programs are vital for early-life behavioural changes that could improve alimentation throughout life. Moreover, the initiative adds an environmental perspective to the educational program, teaching the importance of

sustainability in food consumption. As such, it achieves the INHERIT triple-win by helping improve the environment, health and reduce inequality.

### [More information](#)

[www.escueladealimentacion.es](http://www.escueladealimentacion.es)

<http://observatorio.escueladealimentacion.es/>

<http://www.eroski.es/fundacion-eroski/>

### [Contact](#)