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OCTOBER 2024 NEWSLETTER #2

eduNUT

Futures Literacy on Food Nutrition and Sustainable Food Systems for School Education
2022-2-EE01-KA220-SCH-000101543

EduNUT International Training Workshop in Poland: Advancing Food Literacy Education

From **September 30 to October 1, 2024**, an international Face-to-Face training workshop and partner meeting took place in Bialystok, Poland, bringing together 29 educators from Estonia, Poland, Greece, Italy, and Iceland.

This training was a key milestone in the EduNUT project, aimed at strengthening food literacy education by equipping teachers with practical skills and innovative methodologies.



EduNUT project partners visiting the main campus in Bialystok, photo: J.Kowalski

Training for a Sustainable Future

The workshop provided an interactive platform where teachers from participating schools received hands-on training in the materials covered in the EduNUT online webinars and the MOOC. The training sessions allowed participants to evaluate the effectiveness of the developed resources and discuss strategies for integrating them into their classrooms. Through collaborative activities, educators exchanged experiences and insights, reinforcing the importance of sustainable food systems education.

Participants engaged with key modules covering:

- ✓ **Food Systems** – Understanding sustainable diets and food habits
- ✓ **Low Emission Strategies** – Exploring renewable energy solutions
- ✓ **Soil Management** – Learning about natural resource protection
- ✓ **Validation and Assessment** – Evaluating the effectiveness of educational tools



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Feedback from the participants was highly positive, with teachers giving high scores for the interactive approach and the relevance of the content. The evaluation results indicated increased confidence among educators in applying the EduNUT methodologies, demonstrating the workshop's success in fostering professional development.



Teachers participating in the training workshop, photo: K. Halicka

Introducing the EduNUT Curriculum

A key outcome of the EduNUT project has been the development of the EduNUT Curriculum, a structured

educational framework designed to support teachers in integrating food sustainability topics into their lessons.

The curriculum provides a variety of tools, including **lesson plans, real-world case studies, and interactive activities**, to help students build essential knowledge and skills in responsible food consumption.

By promoting hands-on learning experiences, the curriculum encourages students to reflect on their own food habits and adopt sustainable practices.

Through the use of innovative methodologies such as gamification and collaborative projects, the EduNUT Curriculum aims to empower young learners to become proactive changemakers in building Future Sustainable Food Systems.

As the EduNUT project moves forward, we are excited to share more results with you!

Stay tuned and follow us on our website and social media:

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