



Exchanges for All
20 – 24.9.2021
”Sustainable Food”



Exchanges for All is 20-24.9 implementing 4 online camps with financial support from EU-Erasmus+ & Nordplus Junior:



Camp-1 (Camp Sophieschool):
 Klaipeda Sendvario Progymnasium (LT)
 Liepajas Liedaga Vidusskola (LV)
 Sophieschool (GBS, DK)
 Wejherowo School no. 1 (PL)

Camp-3 (EFA-2020):
 Gargzdai Minijo Progymnasium (LT)
 Liepaja School no. 6 (LV)
 Nysted School (GBS, DK)
 Wejherowo School no. 8 (PL)

Camp-2 (EFA-2020):
 Gargzdai Minijo Progymnasium (LT)
 Liepajas Liedaga Vidusskola (LV)
 Mill-Hill School (GBS, DK)
 Wejherowo School no. 8 (PL)

Camp-4 (NJ-Building Bridges):
 Ketvergiu Basic School (LT)
 Nica School (LV)
 Stubbekoebing School (GBS, DK)
 Ängetskolan (Övik, SE)
 Kasavuori School (FI)

General program for the camps:

|  General program online Exchanges for All camp 20-24.9.2021 <small>Preliminary Program version 14.06.2021</small>  | | | | | | |
|--|---|---|---|---|------------------------------------|----------|
| DK: | Mon. 20.9 | Tue. 21.9 | Wed. 22.9 | Thur. 23.9 | Fri. 24.9 | FI-LV-LT |
| 8:00 | Local: Warming-up & Morning Circle | Local: Warming-up & Morning Circle | Local: Warming-up & Morning Circle | Local: Warming-up & Morning Circle | Local: Warming-up & Morning Circle | 09:00 |
| 9:00 | Circle-presentation-online making cross-border-groups | Art-workshops | Art-workshops | Art-workshops | Presentations | 10:00 |
| 10:00 | Presentation of workshops | 1 workshop-leader present at each school | 1 workshop-leader present at each school | 1 workshop-leader present at each school | Sustainable Food | |
| | Intro "Stop Climate Changes" online | | | | Art-workshop presentations | 11:00 |
| 11:00 | BREAK | BREAK | BREAK | BREAK | BREAK | 12:00 |
| 12:00 | Energizers with Pako | Energizers with Pako | Energizers with Pako | Energizers with Pako | Energizers with Pako | 13:00 |
| 12:30 | Art-workshops | Intercultural Midday Presentation from each School, city, country | Cross-Border-Groups working on "Sustainable Food" | Cross-Border-Groups working on "Sustainable Food" | Closing Circle | 13:30 |
| 13:30 | 1 workshop-leader present at each school | Art-workshops | Art-workshops | Art-workshops | | 14:30 |
| 14:00 | | 1 workshop-leader present at each school | 1 workshop-leader present at each school | 1 workshop-leader present at each school | | 15:00 |





The large climate database

(<https://denstoreklimadatabase.dk/en>) contains data for the climate footprint of 500 different foods divided into the individual production phases.

What we eat and drink has great significance for the climate, and less food waste as well as a more plant-rich diet are some of the most important elements in the transformation of the world's food system.

Consumers as well as professional players in the grocery and food service sector are increasingly demanding information about the climate footprint of the goods they buy and trade in.

With the large climate database, Denmark's green think tank CONCITO gives companies, authorities and citizens free access to life cycle analyzes of the climate impact from 500 of the most common foods on the Danish market.

Here is an example:

| Name | DSK Category | Unit | Agri-culture | iLUC | Food proces-sing | Pack-aging | Transport | Retail | Total kg CO2-eq/kg |
|---|-----------------------------|------|--------------|------|------------------|------------|-----------|--------|--------------------|
| Kebab | Meat/poultry | kg | 31,38 | 6,09 | -1,36 | 0,26 | 0,10 | 0,03 | 36,49 |
| Potato gratin / cream potatoes | Fruit/vegetable products | kg | 0,30 | 0,06 | 0,36 | 0,26 | 0,13 | 0,00 | 1,10 |
| Pizza with tomato and cheese, ready meals | Bread/bakery products | kg | 0,98 | 0,20 | 1,48 | 0,21 | 0,10 | 0,00 | 2,96 |
| Pizza with salami, tomato and cheese, ready meals | Bread/bakery products | kg | 1,03 | 0,25 | 1,56 | 0,21 | 0,10 | 0,00 | 3,15 |
| Peas, green, raw | Vegetables | kg | 0,36 | 0,12 | 0,00 | 0,06 | 0,11 | 0,01 | 0,67 |
| Green lentils, dried | Cereal/grain/pulse products | kg | 0,85 | 0,33 | 0,00 | 0,20 | 0,39 | 0,01 | 1,78 |
| Peas, chick/garbanzo, dry, raw | Cereal/grain/pulse products | kg | 0,93 | 0,52 | 0,00 | 0,20 | 0,58 | 0,01 | 2,23 |

The full database with 500 different food is here: <https://denstoreklimadatabase.dk/en>

Tasks to be worked with in cross-border-groups

(1 or 2 from each country in the camp)

- 1) Measure and compare the amount of CO₂-emission from 3 different main-courses (you may choose your own, but there are examples below)
 - a. One with beef-meat
 - b. One vegetarian meal
 - c. Another sustainable meal as for example chicken or fish.
- 2) Measure and compare the amount of CO₂-emission from a traditional fruit-salad with imported, exotic fruits and one made with local fruit.
- 3) Please prepare for cooking at home for your family your proposed vegetarian or other sustainable meal (group b or c) and make a video (max. 3 minutes) of the process.

Some recipes:

A. Hamburger:

- 1 pound ground beef
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 hamburger buns, split and toasted
- Optional toppings: Lettuce leaves, sliced tomato, sliced onion, bacon and mayonnaise

Shape ground beef into four 3/4-in.-thick patties. Just before grilling, sprinkle with salt and pepper. Grill burgers, covered, over medium heat until a thermometer reads 160°, 5-7 minutes on each side. Top bun bottoms with burgers. If desired, serve with lettuce, tomato, onion, bacon and mayonnaise.

B. Vegetable Thai Curry

- 1 14-ounce can coconut milk (400 ml)
- 1 cup water (250 ml)
- 1 tbsp yellow curry paste, see notes
- 2 medium potatoes, peeled and chopped
- 1 medium carrot, peeled and carrot
- 1 cup broccoli (3.5 oz or 100 g), chopped
- 1/2 red onion, chopped
- 7 oz firm tofu (200 g), chopped
- 1 tbsp cane, coconut or brown sugar
- 1 tbsp tamari or soy sauce

Add the coconut milk, water and yellow curry paste to a wok stir fry pan or a large pot, stir and bring to a boil, then cook over medium-high heat for 2 to 3 minutes. Add the potatoes and carrot and cook for 10 minutes. Finally, add the rest of the ingredients, stir and cook for another 10 minutes or until the veggies are cooked. Serve immediately.

C. Vegetarian Chili

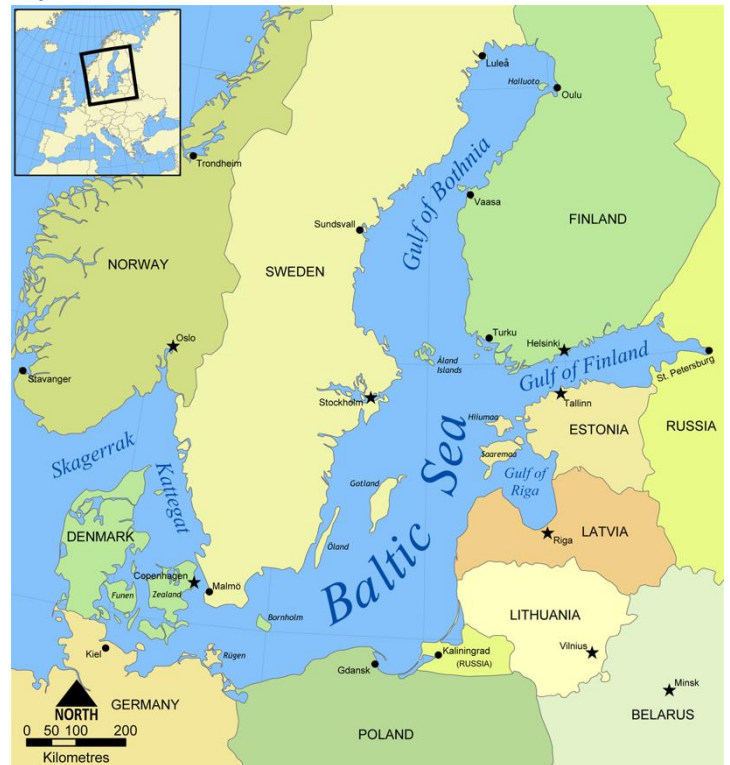
- 1 (28 ounce) can diced tomatoes with juice
- 1 small onion, diced
- 1 (15 ounce) can white beans, drained
- 1 (15 ounce) can chili beans, with liquid
- 1 (1.25 ounce) package reduced sodium taco seasoning mix
- 1 (1 ounce) package ranch dressing mix
- 1 (12 ounce) package vegetarian burger crumbles
- 1 (8 ounce) package shredded Cheddar cheese (Optional)

Mix the tomatoes, onion, white beans, chili beans, taco seasoning mix, and ranch dressing mix in a large pot over medium heat. Bring to a boil. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through. Top with cheese to serve



4) What does it mean to your city?

- How many inhabitants are living in the home-cities represented in your group?
- How much CO₂-emission will be in your city, if everybody are eating your suggested beef-meal 7 days a week?
- How much CO₂-emission will be in your city, if everybody are eating your suggested vegetarian meal every day?
- How much CO₂-emission will be in your city, if everybody are eating your suggested sustainable meal every day.
- Please make your own suggestion for meals during the week and calculate the CO₂ emissions.



5) How can we reduce Food-Waste?

- Please measure the food-waste in your family day by day
- If possible, please measure food-waste in school-cantine
- What can we do to avoid/reduce food-waste?

6) Other suggestions for what we can do to Stop Climate Changes:



