

TAP the Food

Sustainable Food Guideline

Erasmus+ Youth Participation Activity

2024-1-DE04-KA154-YOU-000203103



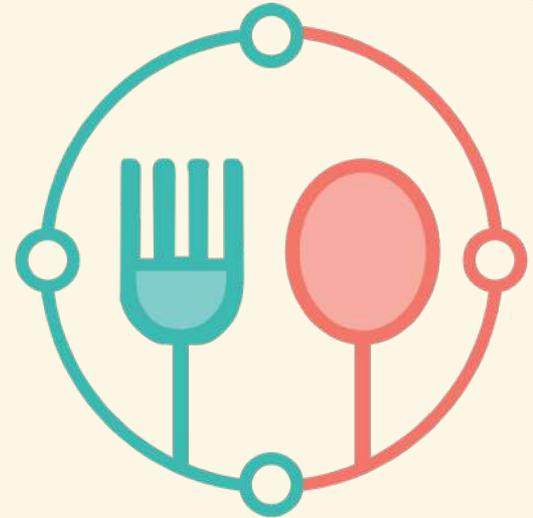
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About the project

#TAPtheFood – *Taste with Purpose: Youth for Sustainable Food* is a European youth participation project that empowers young people to understand and influence sustainable food systems. Bringing together participants from Türkiye, Romania, Latvia, Slovakia, and Ukraine, the project focuses on climate-friendly food choices, reducing food waste, and supporting local and sustainable producers.

Through non-formal education, field visits, meetings with decision-makers, and hands-on workshops in Stuttgart, participants gain practical knowledge and advocacy skills.



#TAPTHEFOOD



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01

Introduction



Introduction

The #TAPtheFood Sustainable Food Guideline is a practical, educational, and advocacy-oriented resource developed within the Erasmus+ Youth Participation project #TAPtheFood: Youth for Sustainable Food. Its purpose is to support individuals, youth organizations, educators, local authorities, and policymakers in adopting and promoting climate-friendly, socially just, and sustainable food practices.

This guideline brings together the learning outcomes, campaigns, field visits, workshops, and advocacy actions carried out throughout the project, including the international youth mobility hosted in Stuttgart. It captures youth-driven perspectives and aligns with both European and local climate and sustainability strategies, offering a coherent framework for action and reflection.





O2

Project Context and Scope



Project Overview

Taste with Purpose: Youth for Sustainable Food (#TAPtheFood) is an Erasmus+ Youth Participation project implemented between 31 December 2024 and 31 January 2026, coordinated by Jugendvision e.V. (Germany) in cooperation with partner organizations from Türkiye, Romania, Latvia, Slovakia, and Ukraine. The project was designed to actively engage young people in exploring the environmental, social, and economic impacts of food systems and to empower them to become agents of change in promoting sustainable and climate-friendly nutrition.

The project addresses the growing challenges related to climate change, food waste, unsustainable consumption patterns, and unequal access to sustainable food. By focusing on food as an everyday yet highly impactful area of action, #TAPtheFood creates accessible entry points for young people to understand complex sustainability issues and to connect global challenges with local realities.

The project combines local, national, and international youth participation activities, ensuring continuity, inclusiveness, and long-term impact beyond a single mobility experience. Throughout the project duration, participants took part in a wide range of activities, including:

Non-formal education workshops, Field visits to sustainable food initiatives, Urban gardens and bio-farms, Youth-led campaigns, Advocacy actions targeting local institutions and policymakers

A key milestone of the project was the international youth participation mobility in Stuttgart, which provided an intercultural learning environment for young people to exchange experiences, develop advocacy skills, and co-create campaign messages on sustainable food and climate action. At the same time, local and national activities implemented by partner organizations ensured that learning outcomes were transferred to communities and embedded in everyday practice.

By integrating learning, participation, and advocacy, Taste with Purpose: Youth for Sustainable Food strengthens youth competencies, encourages democratic engagement, and contributes to building more fair, resilient, and climate-friendly food systems at both local and European levels.

Project Duration and Framework

Project Start Date: 31/12/2024

Project End Date: 31/01/2026

**Programme: Erasmus+ Youth
Participation Activities (KA154-YOU)**

National Agency: JUGEND für Europa (Germany)

Core Values

Sustainability & Climate Action

Youth Participation and Co-Creation

Inclusion and Equal Access

Local Action with European Impact



O3

Why Sustainable Food Matters



Food systems are responsible for a significant share of global greenhouse gas emissions, biodiversity loss, and water consumption. Sustainable food practices play a crucial role in addressing these challenges by helping to:

Reduce carbon footprints

Protect ecosystems and biodiversity

Support fair labor and local economies

Improve health and well-being



Young people play a key role in accelerating this transition. Through informed choices, community engagement, and policy advocacy, youth can influence food systems, inspire collective action, and contribute to building more sustainable and climate-friendly societies.



O4

Principles of Sustainable Food



Climate-Friendly Eating

Climate-friendly eating focuses on reducing the environmental impact of our daily food choices. Key practices include:

Prioritizing plant-based meals

Reducing the consumption of red and processed meat

Choosing foods with lower environmental footprints

These choices help decrease greenhouse gas emissions and support a more resilient food system.

Local and Seasonal Consumption

Local and seasonal eating strengthens communities and reduces environmental impact. It encourages individuals to:

Support local farmers and producers

Choose seasonal fruits and vegetables

Reduce emissions linked to long-distance transport

This approach promotes fresher, more nutritious food while lowering the carbon footprint of consumption.



Sustainable Agriculture

Sustainable agriculture ensures that food production protects natural resources and respects ecological limits. Core principles include:

Promoting organic and agroecological practices

Protecting soil, water, and biodiversity

Encouraging transparent and ethical food production

These methods contribute to healthier ecosystems and fairer food systems. These choices help decrease greenhouse gas emissions and support a more resilient food system.

Food Waste Prevention

Preventing food waste is one of the most effective ways to reduce environmental impact. Practical steps include:

Planning meals and shopping responsibly, Using leftovers creatively, Understanding food labeling (e.g., best before vs. use by), Reducing waste saves resources, lowers emissions, and supports more sustainable consumption habits.





O5

Learning from #TAPtheFood Activities





International Youth Participation Mobility (Stuttgart, August 2025)

As a key milestone of the project, an international youth participation mobility was organized in **Stuttgart, Germany**, bringing together young people from partner countries.

Based on the official timetable, activities included:

- Daily energizers and reflection sessions
 - Workshops on sustainable food principles
 - Kulturinsel Urban garden visit
 - SoLaWi Stuttgart Farm visit and sustainable agriculture workshops
 - Commons Kitchen sustainable cooking and food waste prevention activities : <https://www.youtube.com/watch?v=-URLPyTQzSs>
 - Art workshops linking food, climate, and creativity
 - Stuttgart Municipality visit and dialogue with decision-makers and Stuttgart Youth Council
 - Training sessions on food policy, advocacy, and campaign planning
 - Sustainable food advocacy campaign implementations
- 
- 
- 



Daily energizers and reflection sessions





Workshops on sustainable food principles





Kulturinsel Urban garden visit





SoLaWi Stuttgart Farm visit and sustainable agriculture workshops





Commons
Kitchen
sustainable
cooking and food
waste prevention
activities





Art workshops linking food, climate, and creativity



dich jetzt!
www.stuttgart.de/ausbildung
@deine.stadt

Stuttgart Municipality
visit and dialogue
with decision-makers
and Stuttgart Youth
Council





Training sessions on food policy, advocacy, and campaign planning





Sustainable food advocacy campaign implementations



This mobility provided experiential learning, intercultural exchange, and direct engagement with local actors and institutions.

General video of the project



Field Visits and Role Models

Participants visited:

Urban gardens and bio-farms

Sustainable agriculture initiatives

Local institutions and municipalities

These visits demonstrated **real-life solutions** and policy-level approaches to sustainable food systems.

Local Activities

This section documents all local level Youth Participation activities implemented within the project *Taste with Purpose*:

Youth for Sustainable Food (#TAPtheFood). Each activity directly contributes to the project's objectives of raising awareness, building competencies, and promoting youth-led advocacy on sustainable and climate-friendly food systems.



Activity 1: Kick-off Meeting (Virtual)

Date: 7 March 2025

Participating Organisations: All project partners

Format: Online

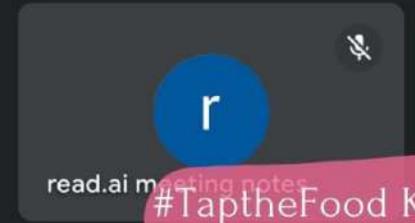
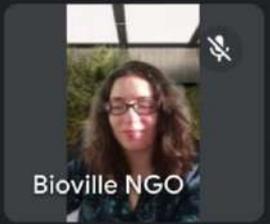
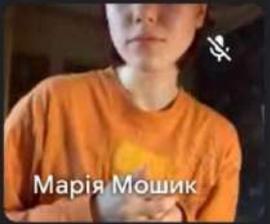
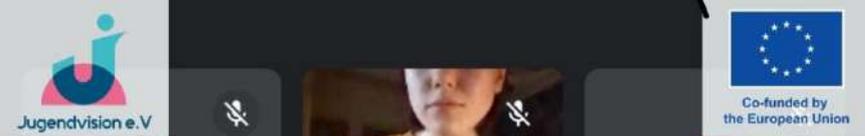
Description:

The Kick-off Meeting marked the official start of the project and brought together all partner organizations in a virtual setting. During the meeting, partners discussed project objectives, roles and responsibilities, timelines, coordination mechanisms, and communication protocols.

The project's online platforms and working methods were introduced, ensuring a shared understanding and a unified approach to implementation.

Relevance to Project Objectives:

This activity ensured effective project preparation and coordination. It laid the foundation for strong partnership cooperation and aligned all partners with the project's vision, objectives, and expected outcomes.



#TaptheFood Kick-off Meeting

7 March 2025
Stuttgart, Germany



[Linktr.ee/jugendvision.ev](https://linktr.ee/jugendvision.ev)



Activity 2: Stadtacker Urban Garden Visit



Date: 24 May 2025

Location: Stuttgart, Germany

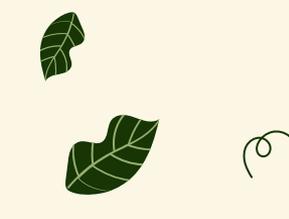
Participants: Jugendvision e.V. and interested local parties

Description:

Participants visited **Inselgrün**, an urban garden in Stuttgart, to explore sustainable urban agriculture practices. The activity focused on understanding food production in urban contexts, biodiversity, and challenges related to climate change and local policies.

Relevance to Project Objectives:

The visit deepened participants' understanding of urban agriculture and its role in sustainable food systems, strengthening knowledge on climate-friendly eating and local food resilience.





24 May 2025
Stuttgart, Germany



[Linktr.ee/jugendvision.ev](https://linktr.ee/jugendvision.ev)

Activity 3: Local Sustainable Market Visit



Date: 19 July 2025

Location: Stuttgart, Germany

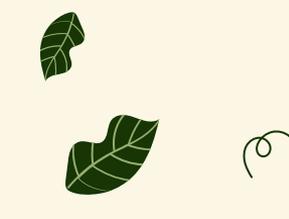
Participants: Jugendvision e.V. and interested local parties

Description:

Participants visited a local sustainable food market in Stuttgart to explore climate-friendly food choices, short food supply chains, and ethical consumption practices. The visit provided direct interaction with local producers and vendors, allowing participants to learn about sustainable food production and distribution.

Relevance to Project Objectives:

This hands-on experience increased awareness of sustainable food practices and supported the project's goal of promoting climate-friendly nutrition through informed consumer choices.



Food Market Visits Interview



Co-funded by
the European Union

#TAPthefood



Jugendvision e.V.

Activity 4: Advocacy Letters Preparation Meeting



Date: 07 November 2025

Location: Local (Stuttgart)

Participants: Jugendvision e.V. and interested local parties

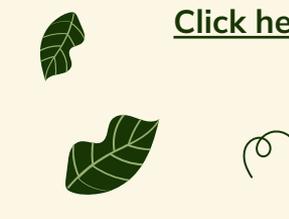
Description:

Local participants prepared advocacy letter and policy proposal addressing sustainable food systems and climate friendly eating. These documents were shared with relevant public institutions in Stuttgart to encourage dialogue and institutional support for sustainable food policies.

Relevance to Project Objectives:

This activity strengthened youth advocacy skills and promoted direct engagement with decision-makers, aligning with the project's objective of influencing local food policies and increasing youth participation in democratic processes.

[Click here to view the final version of our Advocacy Letter.](#)





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06

Youth-Led Campaigns, Blogs, and Advocacy





Youth participants worked in international teams to design and implement advocacy campaigns and communication outputs addressing sustainable food and climate action.

Campaign Development Process

Participants identified challenges within food systems, defined target audiences, and developed clear advocacy messages using creative and digital tools.

Campaign – Team Slovakia: Grow It Yourself (#GIY)

Focus

This campaign, created by the Slovak team, focuses on encouraging young people to adopt sustainable food habits by growing their own food at home and making environmentally conscious choices in the kitchen. The campaign aims to:

- 
- Raise awareness about food waste
 - Promote the environmental and personal benefits of sustainable food practices
 - Inspire youth to try “Grow It Yourself” (GIY) methods
 - Build an online community around sustainable living
 - Reach young people through accessible, visually engaging social media content



Target audience: Young people aged 15–30, local communities, and anyone interested in sustainable food practices.





Why?



We are the Slovak team from Erasmus+ project called TAP the Food which focuses on sustainable food. In this project we aim to teach you about growing your own food at home and also about the ways you can be more sustainable in the kitchen. We also want to motivate you and inform you about the benefits of growing the food yourself. So if you want to know more and become a part of this community, give us a follow and tell your friends about us.

Join us for the journey!

#TapTheFood Team Slovakia Campaigns




Food waste



Benefits

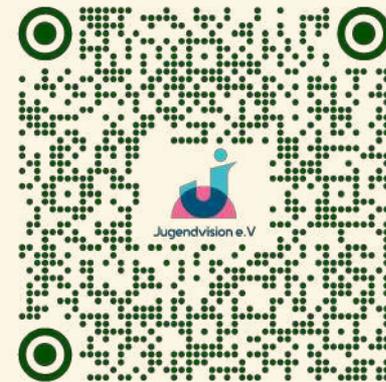
Less chemicals, Less CO2 emissions,
Less plastics, Less money spend,
Sustainable future, Accessibility,
more colourful home



#GIY Grow it Yourself



#TapTheFood Team Slovakia Campaigns

Campaign – Team Latvia: Natural Choices, Local Impact



Focus

The Latvian team designed a multi-theme campaign promoting practical, everyday sustainable food habits. Their campaign highlights three key areas:

- **Choosing natural and seasonal foods** Emphasizing freshness, quality, and trust in food sources while encouraging people to prioritize seasonal and sustainably produced products.
- **Growing fresh food at home** Motivating young people to grow vegetables and herbs on balconies, windowsills, or small home gardens to reduce chemical use and increase access to nutritious food.
- **Turning waste into resources** Promoting composting as a simple and effective way to reduce household waste and nourish plants naturally.



The campaign targets young people, families, and local communities, aiming to inspire small but meaningful lifestyle changes that collectively support a more sustainable food system.



Natural
IS ALWAYS
BETTER

QUALITY FIRST FOOD YOU CAN TRUST

- FRESH & SEASONAL – TASTE THE DIFFERENCE
- SUSTAINABLE CHOICES – BETTER FOR THE PLANET

#TapTheFood



Grow Fresh
EAT FRESH

Straight from the balcony to Your Table

- Better taste
- No Chemicals
- Just Pure Nutrition

Team Latvia



Compost

- TURN WASTE INTO PLANT FOOD
- FEED YOUR GARDEN
- NOT THE LANDFILL

Campaigns



Every
SHELL MATTERS
ZERO WASTE

- NATURAL FERTILIZER – BOOST YOUR PLANTS NATURALLY
- CALCIUM BOOST – PACKED WITH NUTRIENTS
- ECO-FRIENDLY HABITS – SMALL ACTIONS, BIG IMPACT

#TapTheFood



Support
LOCALS

STRENGTHEN YOUR COMMUNITY

BUYING FROM LOCAL FARMERS AND SMALL SHOPS MEANS CHOOSING FRESHNESS, TRUST, AND SUSTAINABILITY.

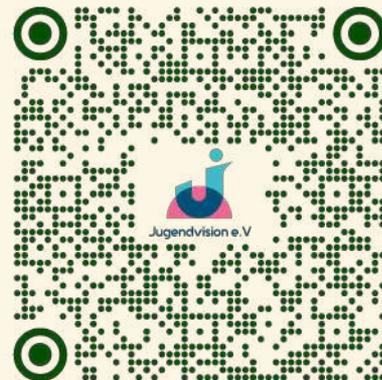
Team Latvia



Bite
WITH
PURPOSE

- \$ GET 50% OFF AFTER 6 PM!
- GOOD FOR YOUR WALLET
- GOOD FOR THE COMMUNITY

Campaigns



Jugendvision e.V.

Campaign – Team Romania: Food for People, Not for Waste



Focus

Team Romania created a campaign to raise awareness about food waste and promote responsible food management at individual, community, and national levels. Their message connects everyday habits with Romania's new food waste legislation.

Key Messages

- **Plate It Forward:** Encouraging mindful eating and reducing waste through smarter daily choices.
 - **Stop Food Waste in Restaurants:** Practical tips for food businesses, including menu planning, creative reuse of ingredients, donations, and FIFO stock management.
 - **Law 49/2024:** Introducing Romania's national food waste reduction law, highlighting actions such as giving edible products a second chance, donating to people in need, and repurposing non-edible food through composting.
- 

The campaign aims to empower youth and communities to take action and support a fairer, more sustainable food system.





REDUCE FOOD WASTE

ROMANIA NATIONAL
FOOD WASTE POLICY



Join us in giving food a second chance!

WASTE LESS FEED MORE!

LAW ON FOOD WASTE REDUCTION



REDUCE FOOD WASTE

Did you know?
Romania Law 49/2024 aims to change
how surplus food is managed



Give products
a second chance

Donate to
those in need

Repurpose
what can't be
used



#TapTheFood

Team Romania

Campaigns



Let's make "ZERO WASTE" part of every kitchen's recipe for success.
SHARE THIS MESSAGE!

PLATE IT FORWARD



"Eating is a necessity,
but eating
intelligently is an art."
- La Rochefoucauld

STOP FOOD WASTE- EVERY ACTION COUNTS!



In restaurants, tons
of perfectly good food
end up in the trash
every year. Let's
change that!

- ✓ Plan your menu wisely – prepare portions based on actual demand and avoid overproduction.
- ✓ Use ingredients creatively – transform surplus produce into specials, soups, or smoothies.
- ✓ Donate safely – partner with food banks or charities to share leftover food that's still safe to eat.
- ✓ Follow the "FIFO" rule (First In, First Out) – use older stock before new deliveries.

Food for people, Not for waste



LAW 49/2024

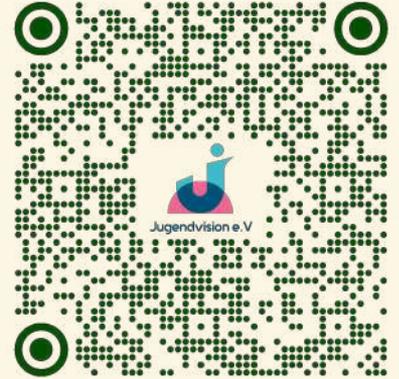
Stop good food from going to landfill and put it
on the plates of those who need it most!



#TapTheFood

Team Romania

Campaigns



Jugendvision e.V.

Campaign – Team Ukraine: From Mines to Vines

Team Ukraine created a powerful awareness campaign highlighting how war-affected agricultural land is being restored, demined, and brought back to life. Their message connects food security, resilience, and sustainable agriculture in the context of Ukraine's ongoing challenges.

Key Messages

- **A Land Without Fear** Showcases the courage of Ukrainian farmers who continue harvesting despite danger, emphasizing the importance of food production for national well-being.
- **From Mines to Fields** Highlights the transformation of mined land into productive agricultural areas, including vineyards, symbolizing recovery and renewal.
- **Bread From a Minefield** Draws attention to the risks farmers face and the essential role of agriculture in feeding communities and supporting the Ukrainian army.
- **Every Bottle Is a Symbol of Victory** Illustrates how demined vineyards represent resilience, hope, and the high human cost behind each harvest.

The campaign aims to raise awareness about demining efforts, support for farmers, and the importance of restoring safe, fertile land for Ukraine's food future.

*From mines to grapes:
how Ukraine is bringing life back
to mined fields*

Ukraine Mykolajiv region

**When mines disappear
the future appears**

EVERY BOTTLE IS A SYMBOL OF VICTORY
The price of one
harvest is the life of
Ukrainian farmers

#MinesToVines #DeminingUkraine #Viticulture #Peace

#TapTheFood **Team Ukraine** **Campaigns**

A LAND WITHOUT FEAR

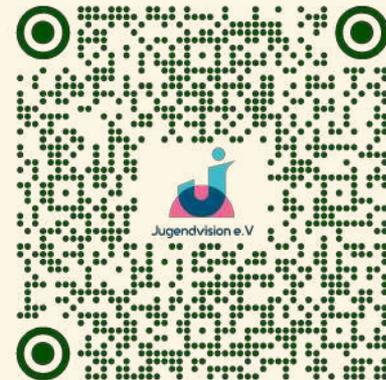
**FROM MINES
TO FIELDS**

**BREAD FROM A
MINEFIELD**
THE UKRAINIAN ARMY
MUST BE WELL FED

The indomitable Ukrainian people harvest despite
constant shelling to feed a healthy nation

#MinesToVines #DeminingUkraine #Viticulture #Peace

#TapTheFood **Team Ukraine** **Campaigns**



Campaign – Team Türkiye: Healthy & Sustainable School Food

Focus

Team Türkiye created a campaign promoting healthy, sustainable, and accessible school meals. The campaign encourages students to choose nutritious options and highlights the role of school canteens in supporting well-being and sustainability.

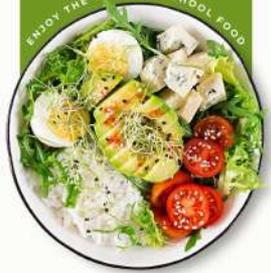
Key Messages

- **Choose Sustainable School Meals** Encouraging students to pick healthy, eco-friendly food at school or from home.
- **Healthy School Menu** Showcasing colorful, balanced meals that support energy, focus, and learning.
- **Benefits of School Food** School meals help build healthy habits, support parents, improve school environments, and strengthen local producers.
- **From Nature to Your School** Highlighting nutrient-rich foods and promoting the School Food Logo for quality and sustainability.
- **100% Vegan Option** Advocating for inclusive, plant-based choices aligned with quality, equality, and sustainability.



SCHOOL DAYS ARE BACK!

GRAB YOUR SUSTAINABLE FOOD, OR GET FROM SCHOOL CANTEEN!



ENJOY THE TASTE OF SCHOOL FOOD

Healthy School Menu

The Benefits of School Food

- Promotes Healthy Eating Habits
- Supports Local & Healthy Producers
- Gives Parents Peace of Mind
- Creates a Healthier School Environment

#TapTheFood Team Türkiye Campaigns

From Nature to Your School

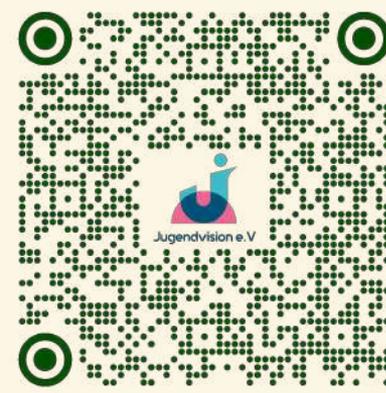
Eating healthy at school starts with the right choices. These nutrient-rich foods provide energy, focus, and overall well-being for students. By choosing products marked with the School Food Logo, you ensure every bite supports learning, growth, and a healthy future.



Quality Equality Sustainability



#TapTheFood Team Türkiye Campaigns



Campaign – Team Germany: Organic Farming by 2030



Focus

Team Germany created a campaign promoting the transition to **organic farming**, emphasizing its role in protecting nature, improving food quality, and contributing to climate action. Their central message supports the goal of increasing organic agricultural land by 2030.

Key Messages

- **30 by 2030** Advocating for expanding organic farming to create a greener, healthier future.
 - **Benefits of Organic Farming** Organic agriculture is eco-friendly, chemical-free, healthier, and supports fresh, high-quality food production.
 - **Better for You, Better for the Planet** Organic farming protects biodiversity, reduces pollution, and nurtures soil and water resources.
 - **Community & Sustainability** Highlighting the role of farmers and communities in building a sustainable food system, one harvest at a time.
- 
- 
- 

Organic Farming by 2030

Healthy soil, clean water, and a greener future!
Organic farming protects biodiversity, reduces pollution, and nurtures the earth!
One harvest at a time.

**Better for You
Better for the Planet**

#TapTheFood Team Germany Campaigns

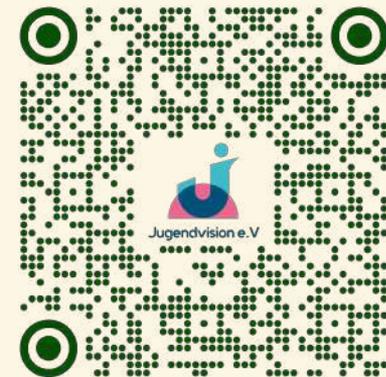
for a greener future 30 by 2030

- ✓ Eco-friendly
- ✓ Fresh
- ✓ Healthy
- ✓ Chemical-free!

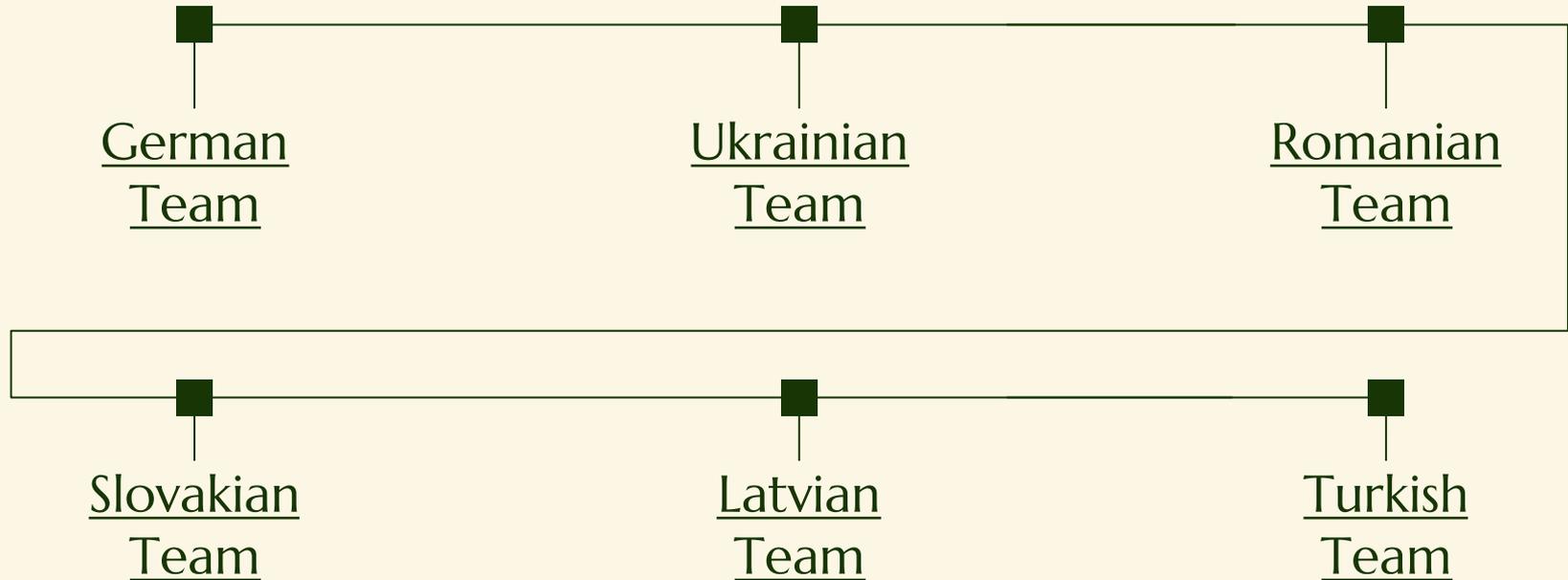
By shifting our land to organic farming, we protect nature, improve food quality, and fight climate change.

From farmers' hands to our planet's heart.
Go organic, go forward!

#TapTheFood Team Germany Campaigns



Blog Posts and Digital Outputs





07

Practical Guidelines for Everyday Action



7.1 For Individuals

- Choose plant-based meals several times a week
- Buy seasonal and local products
- Avoid single-use plastics in food consumption
- Reduce food waste at home

7.2 For Youth Organizations

- Organize sustainable cooking workshops
- Include food sustainability in youth projects
- Partner with local producers and farms
- Use this guideline as an educational tool

7.3 For Schools and Educators

- Integrate sustainable food topics into curricula
- Encourage student-led food initiatives
- Use non-formal education methods





08

Policy Recommendations





Based on youth input and project findings, several key recommendations emerged for strengthening sustainable food systems at the local and regional level:

- **Support local and sustainable food production** Strengthen short supply chains, invest in small-scale farmers, and promote environmentally friendly agricultural practices that benefit both communities and the climate.
 - **Make sustainable food affordable and accessible** Ensure that healthy, climate-friendly options are available to all residents by improving pricing policies, expanding public access points, and reducing economic barriers.
 - **Integrate youth participation in food policy development** Create structured opportunities for young people to contribute to municipal decision-making, ensuring that youth perspectives shape future food strategies and sustainability plans.
 - **Promote food waste reduction strategies at municipal level** Implement awareness campaigns, support redistribution initiatives, and encourage businesses and households to adopt practical waste-prevention measures.
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09

Long-Term Impact and Follow-Up

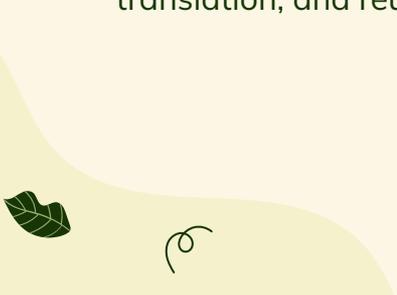




Participants commit to continuing their engagement beyond the project by:

- **Continuing local advocacy campaigns** Sustaining the momentum of their initiatives and promoting sustainable food practices within their communities.
- **Sharing knowledge in their communities** Spreading what they learned through workshops, peer-to-peer learning, and everyday conversations to inspire wider change.
- **Implementing sustainable food practices** Applying climate-friendly habits in their own lives and encouraging others to adopt similar approaches.
- **Using and disseminating this guideline** Actively sharing the Sustainable Food Guideline to support broader awareness and empower more young people to take action.

The **#TAPtheFood Sustainable Food Guideline** remains a living document — open to adaptation, translation, and reuse as youth continue shaping more sustainable food systems across Europe.





10

Conclusion



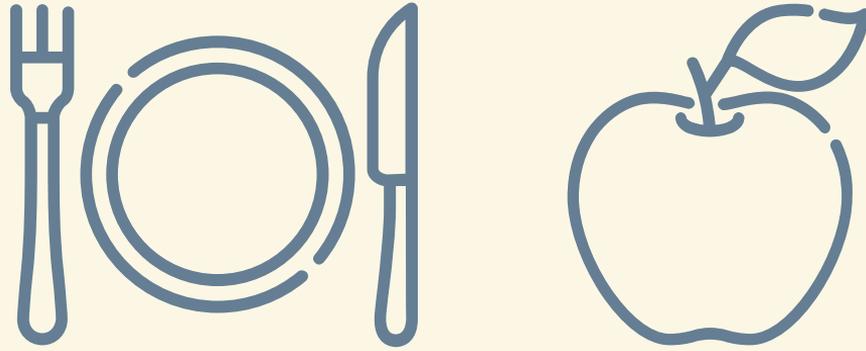


Sustainable food choices are not only personal decisions; they are collective climate actions with the power to shape environmental, social, and economic futures. Every meal reflects a set of values about how we treat natural resources, how we support communities, and how we take responsibility for generations to come.

Through the Taste with Purpose: Youth for Sustainable Food (#TAPtheFood) project, young people have demonstrated that sustainable food is not an abstract concept, but a practical and achievable part of everyday life. By combining education, non-formal learning, and hands-on experiences, participants developed the knowledge, skills, and confidence needed to make informed choices and to inspire others to do the same.

Equally important, the project highlighted the role of youth participation and advocacy in transforming food systems. When young people are given space to engage with decision-makers, local institutions, and communities, they contribute fresh perspectives and innovative solutions. Youth voices are essential in shaping policies that ensure sustainable food systems are accessible, inclusive, and socially just.





This guideline brings together learning outcomes, local and international activities, campaigns, and advocacy efforts as a shared resource for individuals, organizations, educators, and policymakers. It is intended not as a final product, but as a living document, one that can be adapted, expanded, and reused to support future initiatives in sustainable nutrition and climate action.

Ultimately, creating sustainable food systems requires collective effort. By activating awareness, participating in local action, and advocating for systemic change, young people can play a decisive role in building food systems that are fair, resilient, and climate-friendly.

Activate. Participate. Advocate. #TAPtheFood





11

Contacts





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[jugendvision.ev](https://www.linkedin.com/company/jugendvision.ev)



[jugendvision.ev](https://www.youtube.com/jugendvision.ev)



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