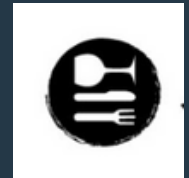


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## PRACTICE ABSTRACT NO.8

#Education  
#Chefs  
#ReduceMeat



Chef's Courses at Jespers Torvekøkken are designed to cultivate sustainable cooking practices among kitchen staff. The "Nutrition for the Brain" course, a pivotal component of this initiative, aims to enhance sustainability awareness, sensory skills, nutritional competence, and ingredient mastery among participants.

This comprehensive course spans three days, integrating both online and in-person sessions tailored to the needs of kitchen professionals. Key focuses of the course include sustainability education covering topics such as CO<sub>2</sub> emissions, food waste reduction, and organic farming principles. Through a combination of theory and practical exercises, participants develop sensory perception, nutritional knowledge, and expertise in vegetable-based cooking. The curriculum emphasizes the creation of balanced meals while accommodating various dietary needs, allergies, intolerances, and special requirements.

Measurement methods include participant feedback, evaluation of practical kitchen exercises, and end-of-course assessments to gauge the effectiveness of the training. The results indicate improved sustainability knowledge, sensory skills, nutritional competence, ingredient mastery, and heightened sustainability awareness among participants. Positive feedback from participants underscores the course's success in meeting its objectives.

Lessons learned from the implementation of Nutrition for the Brain emphasize the importance of simplicity, relevance, active learning, suitable design, participant engagement, integration with daily routines, and clear learning objectives. These insights serve as guiding principles for replicating similar initiatives across diverse territories, ensuring the scalability and effectiveness of sustainability-focused culinary education. Key aspects highlighted include the importance of simplicity in educational content, a kitchen-centric approach that adds tangible value to daily operations, and the integration of hands-on experiences to enhance practical understanding.



The ideal solution design involves selecting venues conducive to both teaching and practical kitchen experiences, balancing participant numbers for optimal engagement, and fostering a social environment that encourages collaboration and knowledge sharing.

Stakeholder engagement is crucial, prioritizing the integration of courses with daily production while clearly defining learning objectives to direct efforts and assess outcomes effectively. By adhering to these principles, Chef's Courses: Nutrition for the Brain serves as a model for sustainable culinary education, equipping kitchen professionals with the knowledge and skills to promote eco-friendly cooking practices in their establishments.

## About

Coordinated by the University of Deusto and comprising 27 partners from 10 different European countries, the EU-funded FOODRUS project aims to limit food losses and waste, and to promote resource efficiency across all stages of the agri-food value chain. FOODRUS is working to tackle the food waste and losses by creating resilient food systems across nine European regions. To achieve this, the project will test 23 circular solutions through diverse forms of collaborative innovation.

## Consortium



[www.foodrus.eu](http://www.foodrus.eu)



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