



YRE Winning Photo 19+
Maria Regina College

Dun Manwel Attard Young Adult Education Resource Centre



Newsletter 4 – June 2016

Dear friends and colleagues,

Since our last newsletter issued in March 2016, the EkoSkola Team's calendar has been full with school visits and public events related to the project. Every minute of all this was enjoyed as it highlighted the outreach aspect of the project. The teacher training session held on the 18th May was also high on the agenda as this provided useful information to schools planning to join the project in the next scholastic year. Information about this is available on page 3. In this issue there is also news about the successful collaboration with Catch the Drop, HSBC Water Programme as well as with Young Reporters for the Environment (YRE). For more updates on this EU project, like and follow our project [Facebook page](#). Everybody is invited to interact and share related information. Feedback and recommendations are very welcome!

Until the next newsletter, the EkoSkola team wishes you all a pleasant and relaxing summer. While on holiday, don't forget to make wise choices when it comes to food! Respect for the people and the planet and Eat Responsibly!



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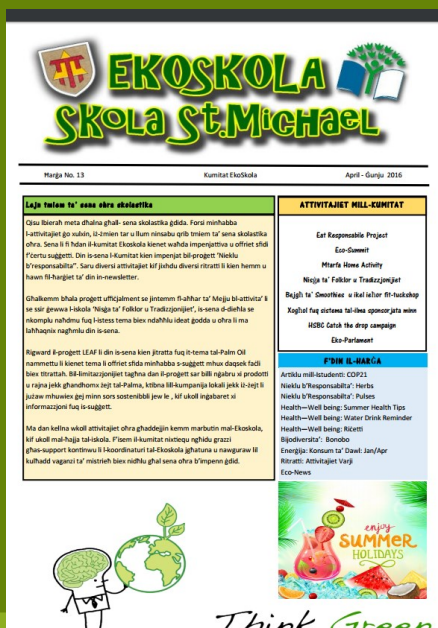
CATCH THE DROP

HSBC Water Programme

Congratulations to four of the pilot schools who, thanks to Catch the Drop, HSBC Water Programme, were awarded financial support to further assist with the actions of the project We Eat Responsibly. The schools will benefit from water tanks for collecting rain water and/or improving irrigation systems for growing their own crops. Well done to St Benedict College Birżebbugia Primary, St Nicholas College Dingli Primary, St Theresa College Birkirkara Middle School, Ta' Paris and St Michael School, Santa Venera!



ST MICHAEL SCHOOL STA VENERA



YRE awards

The YRE Awards Ceremony was held on the 3rd June 2016. Young Reporters from Maria Regina College, Dun Manwel Attard Young Adult Education Resource Centre and St Monica School Gżira were awarded €100 respectively for their entries on eating responsibly.

Those schools wishing to participate and report on responsible eating are to contact the EkoSkola/YRE team for more information.



Eating responsibly not only for health reasons but also for our planet!



Fifty educators from 35 schools from all over Malta and Gozo attended the information meeting on the We Eat Responsibly Project organised by EkoSkola/Nature Trust Malta on Wednesday 18th May at St Theresa College, Birkirkara Middle School, Ta' Paris.

The event provided attendees with exhibits of materials and resources, students' work and examples of projects from the fourteen pilot schools which participated during the current scholastic year. An introductory talk on Global Education was delivered by Ms Rita DeBattista from St Margaret College Secondary School Verdala, thereby guiding the teachers on the global dimension of the project. The various sub-themes which are being investigated in this project include food wastage, overconsumption, processed food and the palm oil issue, diversity in food, reduction in meat consumption and local food and seasonality.



These sub-themes were also presented in a fun and interactive manner for educators and students through the launch of a six metre by three metre canvas floor game which will be made available to schools participating in the project. This game provides all players with the opportunity to learn and discuss about the various issues related to eating responsibly whilst playing. It can be adapted to all ages from infants to senior citizens!

The seminar participants were later served a vegetarian lunch using local products by Grassy Hopper.

More details about the project are available on the project's [webpage](#). The **application form** to participate in the We Eat Responsibly Project during next scholastic year **2016-2017** can be downloaded from [here](#).



FEEDBACK FROM SCHOOLS...

We Eat Responsibly is a 3-year EU Funded Project together with eight other New Member States: Bulgaria, Croatia, Czech Republic, Latvia, Poland, Romania, Slovakia and Slovenia.

The overall objective of this project is to set up an action-oriented global education program that will provide young people an opportunity to discover globally responsible ways of eating and learning about how their actions have a global impact. As part of this project, a grant scheme was offered, providing each participant school with €500 funds for school-community initiatives that focus on Responsible Food Consumption.

As a Resource Centre for teenagers and young adults, we wanted to convey the message that healthy eating was not just a big policy wording but a vivid lifestyle which is practical, doable, reachable, sustainable and also affordable. The project - Juice Me Up - was put into practice during the whole scholastic year by means of practical activities prepared by Cafe 1622 and different ILS sessions in our Resource Centre.

A shallow market research was carried out by teachers and discussed with students during EkoSkola meetings. Together, we determined the necessity to actualise in practice the national healthy eating policy in schools. As a Centre, we identified that snacks remain popular and sought by many. In this regard, we have tried to channel the idea, that yes, seasonal fruits and vegetables can be turned into snacks without any necessary preserving agents. Therefore, rather than the usual ready-made milkshake we have opted to buy a Nutribullet so that we could prepare tasty fresh fruit smoothies which were loved by both students and staff. We discovered how through the utility of a dehydrator which is very easy to use, we could easily prepare dehydrated fruit and present various local, seasonal fruits and veggies as snacks! Using local produce is a very good way to reduce food miles, thus decreasing emissions which result in climate change, as well as helping the local farmer. This idea was greatly appreciated during the Celebration Day, held at Marsaxlokk, where we had the opportunity to disseminate and celebrate all the different aspects, values, and products which were spurred by this project.

Thanks to this project, the Centre's green EkoSkola Committee, composed of both students and teaching staff, reviewed the Centre's lunch menu, identified not so healthy meals and proposed healthier meals such as pasta salad. Besides, possibilities on how to re-use any supplied food leftovers such as bread buns and fresh fruit were also identified.

All in all, this project gave us the opportunity to boost our daily practices by means of specialised machinery and showcase the positive efforts and determination of our students! Great work was performed by all!

Mr Danjel Brincat

Ms Sabrina Cacciatolo

Teachers at Maria Regina College, Dun Manwel Attard Young Adult Education Resource Centre



We Eat Responsibly Upcoming events:-

21st—23rd October 2016: International conference on responsible food consumption in Prague, Czech Republic.

1st week of October 2016 (tbc): 2-day Teacher training in Malta

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by San Ġorg
Preca College,
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Għaliex il-kolazzjon huwa importanti?

"Il-kolazzjon irid jagħmel dak li ikel iehor ma jistax jagħmel ~ xogħol doppju. Irid jgħin lill-persuna tirkupra wara lejli u tipprovi l-enerġija għall-għurnata li ġejja." - Awtur Anonimu



Dejjem ibda l-għurnata b'kolazzjon bnin!

Kont taf?

1.3 biljun tunnelata ikel jintrema' kull sena. Dan l-ammont huwa kwazi 1/3 tal-ikel kollu li niproducu.

Kul b'responsabbiltà - ipprepara biss ammont ta' ikel li għandkom bżonn.

- Il-kolazzjon jagħtina l-enerġija li għandna bżonn biex nibdew il-għurnata.
- Il-kolazzjon jgħinna nkunu inqas għajjenin matul il-għurnata.
- Il-kolazzjon jgħinna ninkludu varjetà ta' ikel fid-dieta tagħna biex inkunu b'saħħitna.
- Il-kolazzjon inaqqas ir-riskju ta' obezità għax jgħinek tevita milli tiekol ikel żejjed waqt il-ħin tar-rikreazzjoni, kif ukoll jgħinek tevita milli tiehu *snacks* li fihom ħafna xaħam u zokkor.
- Il-kolazzjon jgħin lit-tfal igibu ruħhom aħjar l-iskola.
- Il-kolazzjon jgħin lit-tfal biex jikkoncentraw aktar, itejbu l-memorja u jtejbju l-kapaċità li jsolvu problema.
- Il-kolazzjon irawwem fit-tfal attitudni pożittiva biex ikollhom ħajja ta' saħħa bnina aktar tard f'ħajjithom.



Il-kolazzjon jista' jkun ħin tajjeb biex tieklu flimkien bħala familja u tibdew il-għurnata flimkien.



Dan il-proġett huwa iffinanzjat mill-Unjoni Ewropeja.

Our Eco-Code

- Variety in the food we eat.
- Attention to every drop of water.
- Less Meat in our diet.
- Less Palm oil Products.
- Eat Fruit and Vegetables in Season.
- Throw away organic food in compost bin.
- Try to buy fair trade food.
- Always keep a Healthy Lifestyle.



X'nistgħu nieklu għall-kolazzjon?

Ċereali li fih ammont minimu ta' zokkor imħallat mal-ħalib kiesaħ. Jekk tixtieq zied miegħu frott niexef jew passolina.

Ċereali shun, bħal 'oatmeal' jew 'cream of wheat'. Tista' żżid ftit ġewż u frott niexef fil-wieċ.

Ħobż (*wholegrain*) mixwi jew ħobż iqarmeċ (*crispbread*) bl-irkotta u t-tadam.

Jogurt bil-frott u l-ġewż.

Frott magħsur flimkien bħall-banana u l-frawli.

Bajd (*boiled, scrambled or poached*)

Importanti

Ixtri Frott lokali tal-Istaġun.

Tużax ikel proċessat.

Ixtri ikel frisk

Ixtri frott dirett mingħand il-bidwi

Taħlax ikel - Prepara biss kemm għandek bżonn.

Tip: Jekk filgħodu tkun dejjem mgħaġġel, ipprova lesti l-affarijiet li għandek bżonn minn għurnata qabel. Oħroġ iċ-ċereali, skutelli, platti u utensili filgħaxija. Dan jiffrankalek ftit ħin minn filgħodu!



Kun ċert li l-familja tiegħek tiehu kolazzjon bnin kuljum.

Għat-tfal tagħkom:

Ipprova għazel ċereali li ma jkunx fihom ammonti kbar ta' zokkor. Tista' tħallat ċereali normali ma' varjetà ta' ċereali li jkollhom il-'fibre' (*wholegrain*).

Oqgħod attent meta tixtri certu tipi ta' 'cereal bars' għax ħafna minnhom ikun fihom ħafna zokkor u xaħmijiet żejda.

Frott shiħ jew imqatta' tajjeb ħafna. Tista' wkoll tagħsar il-frott frisk. Evita milli tixtri pakketti tal-meraġ tal-frott lesti għax ikun fihom ħafna zokkor.



Il-kolazzjon importanti?



Ieqaf u aħseb ftit!

X'kilt dalgħodu għall-kolazzjon? Kilt xi ħaġa bnina u tajba għal saħħtek? Kont mgħaġġel?

Hawnhekk għandek issib ftit idejat ta' x'tista' tiekol għall-kolazzjon, kif ukoll xi suggerimenti ta' kif tista' tegħleb il-problema tal-ħin filgħodu!

Kont taf?

- 800 miljun persuna fid-dinja m'għandhomx x'jieklu.
- 1.9 biljun persuna għandom piz żejjed.
- 600 miljun persuna huma obezi.

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