



**SUST-AID - Environmentally Sustainable Food Aid
programs in Europe: Vocational educational training for
strengthening capacities and program delivery**



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Introduction

Still recovering from the effects of the COVID-19 pandemic, 2022 and 2023 have brought a series of events that have left the world tense and experiencing various humanitarian crises. The "post-COVID" world is exhausted and if we add climate change, the impact of armed conflicts, and poverty, we have a world with increasingly exacerbated inequalities and devastating consequences, especially for the most vulnerable populations.

Despite all the challenges, the joint search for solutions through co-operation has played an essential role. The EU, together with other institutions such as the UN, are working to ensure global food security and build resilient food systems.

Today, more than ever, sustainability plays an essential role in food support, which is

aligned with the goals of the SUST-AID project.

“More than a quarter of a billion people are now facing acute levels of hunger, and some are on the brink of starvation. That’s unconscionable [...]. In fact, we are moving in the wrong direction. Conflicts and mass displacement continue to drive global hunger. Rising poverty, deepening inequalities, rampant underdevelopment, the climate crisis, and natural disasters also contribute to food insecurity. [...] With collective action and a commitment to change, we can ensure that every person, everywhere, has access to the most basic of human needs: food and nutrition.”

António Guterres, UN Secretary-General,
Global Report on Food Crises 2023



Welcome to the SUST-AID Project: Main Results

SUST-AID Methodological Guide

Great news! After the co-creation activities, held in 2022, in all the countries of the SUST-AID consortium, the **SUST-AID Methodological Guide (Project Result 1)** was created and is now available. This guide aims to present the results achieved on the co-creation activities, that included delivering qualitative and quantitative activities to tailor the **SUST-AID Training Package (Project Result 2)** to the needs and requirements of staff and volunteers of food aid programmes. The first part of the guide presents the key findings of the qualitative and quantitative activities. The second part presents a description of the modules and learning materials developed as part of the SUST-AID Training Package.

Main outcomes

- ✓ Participants have adequate knowledge of sustainability and consider sustainability important as part of food aid programmes. However, sustainability actions are not frequently applied, and therefore, more effort is needed to promote and embed sustainability practices in food aid.
- ✓ Participants were interested in receiving education and training in a range of 8 sustainability topics, particularly in relation to food waste reduction, food packaging, food storage and short food supply chains.
- ✓ Overall, the participants prefer a short course, based on practice-based and interactive learning (i.e., videos and infographics).

SUST-AID Training Package

In total, 7 modules were proposed to be developed as of the SUST-AID training course:

✓ **Module 1: Sustainable food aid provision**

Learners will become familiar with sustainability, food waste and food safety and security definitions, the structure of a food aid programme and the connection between food safety and food sustainability.

✓ **Module 2: Sustainable food systems and the role of food supply chains**

Learners will become familiar with the definition of sustainable food supply chains, the different building blocks of a food supply chain, as well as the definition and advantages of local and seasonal food.

✓ **Module 3: Food safety and quality assurance of food items**

Learners will become familiar with the regulations of food distribution/supply and how to assess food quality visually. They will also learn how to prepare and store food safely.

✓ **Module 4: Food storage and food waste management strategies**

Learners will become familiar with the HACCP (Hazard Analysis of Critical Control Points) principles, how to store food efficiently and how to transport food safely using appropriate storage conditions. They will further become familiar with the scale and consequences of food waste globally and learn how to reduce food waste.

✓ **Module 5: Sustainable dietary planning**

Learners will become familiar with the principles of healthy dietary guidelines and how diet can affect health, including the role of processed foods. They will also become familiar with the principles of sustainable diets and how to consider the nutrient requirements of special groups (children, pregnant/lactating women, older people) in food aid provision.

✓ **Module 6: Nutrition, communication and social inclusion**

Learners will become familiar with the different socio-economic, religion and cultural aspects that may affect nutrition and consider those in food aid. They will also become familiar with the importance of using an inclusive language and learn how to formulate messages without stigmatising those in need of food aid.

✓ **Module 7: Planning and management of food aid and food assistance**

Each partner will develop a short video with a food aid case study or initiative that takes place in their county, presenting operational activities and challenges towards sustainability.

Second Transnational Meeting in Austria

On the 21st of March 2023, the second transnational meeting of the European project SUST-AID took place in Vienna, Austria. This meeting brought together the members of the consortium, with the purpose of presenting and discussing the results achieved.

One of the focus points was the elaboration of the **SUST-AID Methodological Guide** for professionals and volunteers of food aid programmes. This guide is the basis for the SUST-AID training package, so that professionals and volunteers can acquire skills on sustainability in food aid programmes. Another central point was the definition of the themes and topics of each module, as well as the distribution of tasks.



Third Transnational Meeting in Cyprus

On the 10th October 2023, the 3rd transnational meeting of the SUST-AID project took place in Nicosia, Cyprus. The aim of the meeting was to analyse the results already achieved and plan the next steps. Here are some of the highlights:

- 1) Finalisation of the **SUST-AID Methodological Guide** for professionals and volunteers in food aid programmes.
- 2) Development of **SUST-AID Training Package** for professionals and volunteers to building capacity in sustainability in food support programmes.

3) Preparation of upcoming **national and international events** of the project.



Next steps

C1 Short-term join staff event

Included in the Learning, Teaching and Training Activities, the **C1 short-term staff event** will provide the opportunity to **peer-review the SUST-AID Training Package**. The aim is to implement the developed training package among partners, review and assess the relevance, the contents, the methodology, the materials used and the assessment process. This event will take place in Portugal, from 9 to 11 April 2024.

C2 blended mobility event

The **C2 blended mobility event** aims to **evaluate the efficiency and added value of the SUST-AID Training Package** as well as to provide the consortium with input for necessary modifications and adjustments before the project completion. The SUST-AID training package will be implemented with professionals and volunteers of food aid programmes.

Very soon there will be more news! Stay tuned!

Website and social media

You can follow all the news and next steps of the SUST-AID project through the official website and social media channels.



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