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FEAST





Feast Project Erasmus +



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Introducing FEAST

We are excited to launch FEAST, an Erasmus+ project promoting sustainable food choices, environmental awareness and climate action through adult education. Together, we explore how food decisions can support a greener future.



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Why Food Matters for Climate ?

Did you know our daily food choices affect carbon emissions? FEAST helps learners understand the environmental impact of food and encourages sustainable alternatives for everyday life.



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Slow Food Movement

The Slow Food movement encourages mindful eating, local traditions and sustainable production. Through FEAST, participants rediscover food that respects nature, culture and community.



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Local Eating – Farm to Fork

Buying local food reduces transport emissions and supports local farmers. FEAST promotes the farm-to-fork approach, connecting communities with sustainable food systems.



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Seasonal Eating

Eating seasonal products is one of the simplest ways to reduce environmental impact. FEAST encourages learners to explore seasonal ingredients and eco-friendly recipes.



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European Green Deal & Food Choices

FEAST aligns with the European Green Deal by empowering adults to make climate-friendly food decisions and contribute to climate neutrality goals.



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Educators for Sustainability

Adult educators play a key role in environmental education. FEAST provides tools and digital resources to help educators teach sustainable food practices effectively.



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Best Practices Collection

One of FEAST's results will be a collection of Best Practices from partner countries, showcasing innovative approaches to sustainable food production and consumption.



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Sustainable Culinary Catalogue

The FEAST Sustainable Culinary Catalogue highlights plant-based meals, local sourcing and eco-friendly recipes designed to inspire greener lifestyles.



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Instructional Recipe Videos

FEAST will produce 18 step-by-step instructional videos to make sustainable cooking accessible, practical and engaging for learners across Europe.



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Digital Tools & Learning

By combining sustainability with digital learning tools, FEAST helps adult learners access innovative educational resources and practical knowledge anytime.



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Transnational Collaboration

Partners from Poland, Turkey, Litvania collaborate within FEAST to exchange knowledge, share cultural food traditions and promote sustainability together.



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Pilot Learning Activities & Testing Phase

A pilot training in Turkey will test and refine FEAST resources, ensuring they respond to real learner needs and support inclusive education.



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Local Trainings

Local training sessions will engage adult learners and educators in sustainable cooking, environmental awareness and practical climate action.



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Small Steps, Big Impact

Every sustainable food choice counts. Through FEAST, participants learn how small everyday actions can contribute to a healthier planet and stronger communities.



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