



TOURS



TOURS, A TERRITORY THAT EMBRACES A SUSTAINABLE, RESPONSIBLE AND MUTUALLY SUPPORTIVE FOOD SUPPLY

Since the Renaissance, the city of Tours, capital of the Touraine region, has been considered to be a land of humanism offering a good quality of life. Known as "the garden of France", in recent years, it has been focusing its efforts on defending and promoting culinary crops in all their forms.



Tours Town Hall and its *Centre Communal d'Action Sociale* (CCAS, Municipal Social Action Centre), manage the city's social policy through a wide range of actions aimed at reducing inequality, especially food insecurity.

This takes the form of financial support for associations involved in the fight against food insecurity (€220,000 of subsidies per year).



In addition to this, since 2016, the city organizes a "sharing meal" which enables 200 guests from local associations to participate in a meal served in the Town Hall; this meal, prepared by a local chef, is also served

in schools, hospitals and restaurants of the city as part of the *Grand Repas* ("Great Feast").

The city has been experimenting with breakfasts at schools since the start of the 2019 school year.

KEY FIGURES FOR THE TERRITORY

- 137,000 inhabitants
- Urban area with 494,000 inhabitants
- 22 municipalities, corresponding to 300,000 inhabitants for a pool of 537,000 jobs (the largest employment pool in the Centre-Val de Loire Region)
- 60% of the population is distributed between Tours and Joué-lès-Tours
- City of Tours territorial area: 34.67km²
- 19.6% of the population below the poverty threshold in 2018

Furthermore, part of the grant paid to the CCAS enables the latter to help families to obtain better food through workshops and optional social assistance, accompanied by two significant measures: food aid through support cheques (nearly €200,000 annually) and aid with school meals for the most disadvantaged families that gives children access to lunch at a reduced cost (€0.64). In 2018, this assistance benefited 1,774 children (cost: nearly €500,000).

The CCAS undertakes and supports various projects such as a community solidarity-based restaurant, the creation of a solidarity grocery store in 2017, hosting of site for an association's workshops for catering job integration, co-hosting of the *Valeurs*

Culinaires ("Culinary Values") food supply coordination project, and an invitation for Solidarity Christmas projects, enabling inhabitants to benefit from a Christmas meal offered by associations and funded by the CCAS.

The coordination of local food distribution known as G3A

In the City of Tours and Metropolis territory, social action professionals and their partners found that substantial food aid was available, but that people were sometimes unaware of it, and that it could take different forms: emergency food packages, cheques, community grocery stores, community restaurants, etc. The main issue was to enable people who needed support to have a locally-based solution

In May 2010, the *Délégation Départementale de la Croix-Rouge Française* (Departmental Delegation of the French Red Cross) continued the work initiated by the *Fédération Régionale des Acteurs en Promotion de la Santé* (Regional Federation of Organizations for the Promotion of Health) in the framework of the *Plan Alimentation Insertion* (Food Supply Integration Plan) by creating, alongside the CCASs of Joué-lès-Tours and Tours, and associations undertaking food distribution activities: the **Groupement d'Amélioration d'Aide Alimentaire (Food Aid Improvement Group)**.

Its objectives are:

- Better relations between people working in the various structures (employees and volunteers)

- Discussion of practices
- The development of collective actions and projects to respond to local needs
- Better coverage of the territory and coordination of actions.

The expected benefits are:

- Better visibility of the existing situation for professionals
- Coordination between the structures, in particular on-call services during the summer to respond to emergency situations.
- The training of volunteers to improve the reception of the public
- Coverage of the territory to meet requirements

The **creation of a guide** for professionals covering the metropolis in 2013 and then an edition for the entire *département* (county) that lists all food aid, with distribution and access procedures.

The guide is aimed at social workers and people challenged by food insecurity.

Valeurs Culinaires project in Tours CCAS's EHPADs (residences for dependent elderly people)

In January 2017, the CCAS's EHPADs agreed a culinary technical assistance public contract with the *Valeurs Culinaires* catering company for meals for 355 residents (in several establishments).

Following the closure of its central kitchen at the end of 2016, it became necessary to maintain separate hot meal preparation services at four retirement homes in order to maintain the standard of culinary preparations and appropriate responsiveness for very vulnerable elderly people with specific nutrition requirements. The *Valeurs Culinaires* catering company (based in Joué-lès-Tours) was selected for the quality of its tender, which also proposed to remain within an appropriate budget.

The objectives of this project are: to work on short food supply chains in the Centre-Val de Loire region in order to benefit local producers and to offer the cooks good quality products; develop a maximum of "made on the premises" products in order to stimulate appetites and contribute to the satisfaction of nutrition requirements.

Valeurs Culinaires makes a "head of sector" available, responsible for ensuring these objectives are pursued and compliance with specifications in association with the EHPAD's dietician and deputy director, specifically working on:

- sourcing from local suppliers
- the preparation of balanced, varied menus with seasonal products
- recipe specifications and meal production schedules
- appropriate training for the specific needs of elderly people
- regular "Talk to the chef" meetings at each retirement home with the residents and teams to evaluate the service provided and determine possible improvements

An audit was carried out in 2019 on one of the retirement homes as part of an invitation for tenders launched by the Centre-Val de Loire GCS (Healthcare Cooperation Group) to carry out audits relating to the reduction of food waste in the context of the EGALIM law (French law for equitable relations with producers and sustainable, healthy food).

The expected benefit is the reduction in the food waste sometimes present in collective structures.

The target population was the EHPAD's 355 residents. Le public visé correspond aux 355 résidents de l'EHPAD.