



MONTPELLIER MÉDITERRANÉE METROPOLIS



FRANCE
URBAINE
MÉTROPOLES, AGGLOS ET GRANDES VILLES

A SUSTAINABLE FOOD SUPPLY FOR ALL POLICY

KEY FIGURES FOR THE TERRITORY

- 31 municipalities: 450,000 inhabitants
- 1/3 agricultural land: 14,200 hectares
- 640 farms, 8.1% organic
- A territory in the heart of the world's largest wine-producing region
- An internationally-recognised agronomic research hub: 2,700 researchers and teachers
- Population below the poverty threshold: 18%

Framed by the Montagne Noire and Cévennes mountain ranges, at the foot of this vast amphitheatre overlooking the Mediterranean sea, Montpellier Méditerranée Métropole has established itself as an attractive European capital. However, more than 18% of the inhabitants are currently living below the poverty threshold, childhood obesity is increasing, especially in social priority districts and the issue of living together harmoniously is more of a challenge than ever. It is of crucial importance today that everyone has access to sufficient food and eats a balanced diet.

Since 2015, the Montpellier Méditerranée Métropole (3M) has undertaken a collaborative approach to the development of a proactive agro-ecological and food policy, based on five objectives:

- facilitating access for all to a local, healthy food supply
- supporting the agricultural and food sector economy and jobs

- preserving the landscape heritage and natural resources
- reducing greenhouse gas emissions and adapting to climate change
- encouraging social cohesion.

Access to food for all, a foundation for action in the most vulnerable districts

The City's policy is one of urban cohesion and solidarity, at a national and local level, with regard to disadvantaged districts and their inhabitants¹. The 3M City contract, signed on 10 July 2015, is organised around three principles embodying the City's new policy: a metropolis which integrates different populations, a socially aware metropolis, attractive districts. Allocations are earmarked to support a series of citizen-based actions to improve the food supply for people challenged by food insecurity, in particular in social priority districts.

FOOD AID FOR THE MOST DISADVANTAGED

The City supports 14 food aid associations with € 190,000 of annual grants, the provision of 9 municipal sites for food distribution by the *Restos du Cœur* (charity providing food for the homeless during the winter) as well as offering school

¹ as defined in the *Loi de programmation pour la ville et la cohésion urbaine* (Programming law for the city and urban cohesion) of 21 February 2014

canteen surplus food to the Saint Vincent de Paul charity associations and the *Restos du Cœur*.

The city regularly meets these associations and updates and distributes the "Montpellier Solidarity" booklet that provides information about food aid, access to care, support, etc.



AN EXAMPLE OF A COMMUNITY SOLIDARITY-BASED GROCERY STORE

The Mosson district (pop. 20,000), one of the City's social priority districts, has a high percentage of people challenged by insecurity. It is essential that institutional and community-based action is strengthened in order to reduce inequalities and support the most vulnerable members of the district's population. The SoDoTo association has run a community solidarity-based grocery store for 19 years, supported by 3M and the City of Montpellier. The main objective is to enable people in very vulnerable situations to have access to food supplied by the Food Bank and daily hygiene products at a low cost. Beneficiaries buy food parcels at 10% of market prices. 829 people received assistance in 2018.

AN INNOVATIVE EXAMPLE OF A LOCAL SOLIDARITY-BASED SUPPLY

Developed by the Montpellier INRA's Innovation UMR (Mixed Research Unit), with the 3M *Marché d'Intérêt National* (wholesale market of national interest) and *Restos du Cœur*, a project to use local suppliers for the *Restos du Cœur* had three objectives:

- offer a good quality, diverse food supply to disadvantaged populations.
- support local production.
- reduce the environmental impact related to the supply.

After a trial period in 2010, the initiative has been continued.

- 20,000 beneficiaries, 2,600,000 meals in 4 months
- 100 tons of local fruit and vegetables delivered
- The objective of using local suppliers was 85% satisfied
- 15 producers and 4 groups of producers in the region
- 46 km: average distance from the production areas

A PREVENTIVE HEALTH PROJECT

Carried out by the City in 27 schools in the City's social priority districts, this project is part of the city contract programme "Encouraging a preventive approach to health during extracurricular time at school". Objectives: promote habits conducive to good health at an early age and encourage children to be proactive about their health, raise awareness of teams and parents on 3 themes.

- the promotion of physical activity in partnership with the "Vivez Bougez" ("Keep living! Keep moving!") Challenge.
- food education and improvement of food practices in relation to afternoon snacks
- improvement of oral hygiene in partnership with the faculty of dentistry



School meals: a lever to reduce food insecurity

The management of canteens in nursery and primary schools is an important lever in the reduction of food insecurity, as it has been established that food insufficiency during school time can contribute to learning difficulties in children.

School canteens in the 3M territory prepare 26,000 meals per day. The *Ma cantine autrement* ("My alternative canteen") project develops the integration of local and organic products into the menus, raising children's awareness of sustainability in relation to the food supply, the training of personnel responsible for distributing meals, the fight against food waste, optimization of the management of the central kitchen's production, as well as the transition to 100% recyclable compostable cartons.



Integrating food supply issues into urban planning

Changing eating habits towards healthier foods, with a lower carbon footprint and accessible to all has become a major societal issue. The expression "food desert" refers to an area where people cannot buy healthy food at affordable prices. The Surfood-Foodscape project, in which 3M participates, works with the assumption that people's food habits are affected by their food environment ("foodscape"), i.e. all the nearby shops, markets, restaurants, gardens, and points of sale that constitute the food supply for a population in a given territory. By testing this assumption, the project hopes to inform elected representatives about the available levers for action with regard to the food supply.

