



# CLERMONT-FERRAND



## ACCESS TO A BALANCED DIET FOR EVERYONE WHATEVER THEIR STATUS

Offering healthy, balanced meals to people on low incomes, students and children while at the same time developing use of local producers and raising awareness of food waste and how to combat it, remain a priority for the City of Clermont-Ferrand. Moreover, this approach has been adopted as a key policy strategy in the City and the *Centre Communal d'Action Sociale* (CCAS) (Municipal Social Action Centre)'s educational project.

### KEY FIGURES FOR THE TERRITORY

- Prefecture of the Puy-de-Dôme (Auvergne-Rhône-Alpes)
- Member Municipality of Clermont Auvergne Metropolis (21 municipalities)
- Population: 144,817 inhabitants
- Density: 3,248 inhabitants/km<sup>2</sup>
- Population 0-19 years-old: 29,418
- Population 20 years-old and above: 109,170 of which over 60 years-old: 39,120
- Population below the poverty threshold: 22%

Since 2016, the City of Clermont Ferrand has implemented solidarity prices, in order to enable access to school meals for vulnerable populations. The first 3 brackets from 0 to 484 euros are less than or equal to 1 euro, so as to accommodate low-income families. As a result, there has been a substantial increase in the use of school canteens (18.54% between September 2014 and July 2019).

To provide further assistance to families in difficulty, the City created a social fund for school meals managed by the CCAS which enables low income families to receive aid to cover all or part of the costs relating to school meals.



## Balanced meals for all children

These meals are prepared by the municipality on a warm delivery basis, which is very rare for a city the size of Clermont-Ferrand. This system enables preparation of meals during the morning in the three culinary preparation units, followed by immediate delivery, with the meals being kept hot or cold (depending on the dish), to the City's 31 canteens. In this way the food's nutritional and flavour characteristics are preserved.

The daily menus are drawn up by a dietician on the basis of dietary recommendations, regular analysis of consumption in school canteens and the guidelines specified by the City regarding the development of a responsible, sustainable food supply.

These menus, which integrate balanced dietary and nutrient intakes, with a diversity of products, and which prioritize fresh, seasonal products, consist of 48% foods from sustainable sources.

These include products from organic farms, local supply channels and local producers, sustainable fishing and certified products. The menus comply with the EGALIM law of November 2018 (French law for equitable relations with producers and sustainable, healthy food).



In 2019, the City increased vegetarian meals from two per month to one every week. This change, specified in the EGALIM law, is accompanied by a vast training project for production staff and for raising the awareness of the entire range of the personnel involved in the canteen system. Beyond the compulsory nature of this provision, this represents a commitment by the City to undertake work and a collective reflection on sustainable food supply issues relating to health and the environment in the context of the development of vegetarian meals.

Public contracts are a strategic tool for the development of a good quality food supply. They should also enable sustainable agriculture to be supported, especially local livestock farmers and producers. In the context of its public food contracts, the City wishes to support farmers in the process of converting to organic farming, thereby contributing to a virtuous local ecosystem.

## Establishment of collective action for a balanced diet

The balanced diet initiative implemented by the CCAS derives, in the first place, from the observation that some people with health problems are not committed to an active approach to treating their conditions.

Diet is a factor which should be taken into account when trying to improve one's health, but social exclusion, low income, a lack of practical knowledge in terms of food preparation, and the difficulty of obtaining fresh, healthy produce in food parcels, are constraints which can have a cumulative effect, preventing the establishment of good eating habits, especially in disadvantaged populations. The "balanced diet" initiative was created in response to these issues.

The balanced diet initiative has been implemented through free collective workshops open to anyone aged 18 to 65 receiving social assistance from the CCAS. They take place every two weeks and involve groups of 10 volunteers organized upstream by a social worker. Each 4-hour workshop focuses on a specific objective (discussion, tasting, preparing a recipe), and is supplemented by a talk by a dietician on a particular subject (diabetes, cardiovascular disease, recipes for left-over food, good shopping habits, etc.).



At the start of the workshop, each participant is given a basic kitchen kit that includes, among other items, a chopping board, bowl, whisk, dish, ramekins, and a knife. However, the workshops are organized to require as little equipment as possible. The place where the workshops are held is only equipped with a microwave, a kettle and a mini oven, the goal being that participants can learn how to cook with very little equipment.

The workshops are moments for discussion, offering a fun way of learning and developing confidence. Participants have an opportunity to interact and even create links, while learning to cook in a balanced fashion with relatively few resources, using inexpensive ingredients and basic kitchen equipment. As a result, these people will be able to adopt healthy, varied eating habits, on a low budget, thereby improving their well-being and their health.