



# EdiCitNet Awards winner:

## Most Innovative Social Engagement Process

### RESTLOS GLÜCKLICH

#### About us

RESTLOS GLÜCKLICH is based in Berlin (Germany). We're a non-profit organisation dedicated to inspiring people of all ages to reduce food waste through creative educational programmes. Our preschool curriculum teaches children and their educators to value food, avoid food waste and develop a healthy and caring relationship to their everyday meals. We also run interactive cooking classes, community events and personalised workshops.

#### What makes us innovative?

We work with the youngest members of society, teaching them a different way of viewing food, its production and consumption. We take children on a journey to discover the value of food, the dimensions of food waste and how to reintroduce it into our food cycle to create a circular system. Our programme promotes standards set by the German Association for Nutrition, which are based on the most current scientific findings.

#### Find out more and get involved

[Email us](#) or [visit our website](#)



Our fun materials impart a serious message – one which will shape future everyday consumption behaviours and relationships with food in a positive way.

**Edith Timm**



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 776665.



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### How do we promote inclusivity?

Our relationship to food manifests itself in our early years, making children our most important stakeholders! Our 'little food savers' are learning that their behaviour can make a difference to reducing food waste. We include daycare centres from disadvantaged neighbourhoods in our project and work hand-in-hand with public health and climate action projects. Our resources are free for everyone to download on our website.

### What's the impact of our project?

Our concrete goal is to reduce food waste and save CO<sub>2</sub> emissions through direct actions in preschools. An important pillar of our outreach is our children's book *Benja & Wuse: Essensretter auf großer Mission* which focuses on sustainability. It was selected among the finalists of the German children's book prize.



Our tips for reducing food waste



Trust your senses: don't be put off by food expiration dates



Write a shopping list to avoid buying things you don't need or use



Be creative with your leftovers! Avoid food waste and be inspired to try new recipes

### How could other areas start this kind of project?

We cooperate with the Berlin government to make our free educational programme accessible to daycare centres all over the city and eventually hope for a Germany-wide introduction of our programme. Get in touch with us to find out how to get involved!



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