



## NIEKLU B'RESPONSABBILTÀ

### Newsletter 3 - March 2016



*Welcome to our third issue!*

*Our pilot schools have been working on the audit and subsequently formulating their action plans. With great pleasure, we are already seeing some actions taking place from each of the fourteen participating schools. Make sure to have a look at the photo gallery within this issue for a snapshot of what has been going on. Our project's Facebook page Nieklu b'Responsabbiltà contains a more comprehensive update of the initiatives being taken up. Needless to say, we are proud of all the students and teachers taking part. They are doing a great job!*

*We firmly believe in collaboration through programmes that foster Education for Sustainable Development. In this issue we give you news about our contribution to the FEE Programme Young Reporters for the Environment (YRE). Be on the lookout also for subsequent issues as we are continuously working with other collaborators and ways how to strengthen our Project.*

*Special thanks to teachers from the Home Economics Seminar Centre, Dr Suzanne Piscopo and Ms Carmen Tedesco for their contribution.*

*Feel free to contact us if you have any suggestions. Enjoy reading or browsing!*

*Cynthia*

*f/The EkoSkola Team*

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# GOZO COLLEGE

Rabat Primary School



After discovering that some students never eat any soup at home or that the soup eaten is bought practically ready made, the EkoSkola Committee students from Gozo College Rabat Primary started taking action. This was decided following the data collected through a questionnaire they did with students and parents. They simply went back to basics, by actually going to a small scale farm, very kindly hosted by Philip Mercieca, known as Sabbu, to pick up the vegetables themselves, including pumpkins, broccoli and cauliflowers. The students hardly needed any explanation to note the difference between buying fresh and local as compared to imported products found in supermarkets. After paying a visit to the pigs and the sheep on the farm, the students thanked Sabbu and then went to the supermarket to buy what else was required to make soup at school. The intention is to get as many students within the school to be involved in actually making the soup, writing down different versions of the recipes, checking the origin of products and finally all students to be served vegetables and soup made from fresh local products.



## EAThink 2015

What's the best time to learn how to eat ... "consciously"? No doubt, during childhood! Precisely for this reason EAThink2015 has developed two applications that allow children to learn more about good nutrition and sustainable food, while playing and having fun.

EAThink 2015 is a DEAR project, locally managed by the eNGO Kopin.



## YRE awards

WER will be awarding 2 vouchers of €100 to the best YRE projects focused on sustainable food consumption. Photos, videos or articles need to focus on one or more of the themes: eating a diversity of local, seasonal and organic fruits and vegetables, the palm oil issue, reducing meat consumption, etc. YRE criteria can be accessed from [here](#).

# PHOTO GALLERY



St Theresa College, Birkirkara, Ta' Paris Secondary School – preparing soil for planting greens



St Benedict College, Birzebbugia Primary School – cooking soup



St Nicholas College, Dingli Primary School – shopping for vegetables to make soup



St Monica School, Gżira – healthy lunches in the junior section



St Benedict College, Kirkop Secondary School – smoothie session



St Benedict College, Mqabba Primary – meeting and discussing with the farmer



St Benedict College, Helen Keller Resource Centre – sensorial experience of local fruit and vegetables



St Benedict College, Żurriq Primary School – the EkoSkola Committee being presented with the themes of the project



St Joseph Senior School, Sliema – responsible lunch competition for the whole school



St Francis School, Sliema – EkoSkola Committee discussing the way forward



St Michael School, Santa Venera – audit at the supermarket



San Ġorġ Preca College, Valletta Primary School – PD session with teachers – discussing ways how to implement Project themes within the curriculum



Gozo College, Rabat Primary – visiting the field to get pumpkin and make soup



Dun Manwel Attard Young Adult Education Resource Centre – smoothie session



Upcoming event: **29th April - Celebrating the EU Day of Solidarity between Generations:** four pilot schools will be visiting Mtarfa Home for the Elderly, with the theme of the day being responsible food consumption.

# Examples of good practice....

St Michael School, Santa Venera are working on their visibility by issuing their own newsletter. You can click [here](#) to download....

**NIEKLU B'RESPONSABILTA'**

Ghalfejn ghandek tagħzel prodott agrikolu, lokali, staġonali, frisk u organiku?



Rum il-gumata, meta naslu biex nagħtu l-frott u l-haxix, kuħadd kullminkej iġibdeh li għandek tagħzel il-prodott agrikolu "ħaxxi" u "tal-istaġun". Kelmiet bħal "frisk" u "organiku" ista' jfisser tlietliet differenzi għal nies differenti. Eħbek ta' min iħarsu fit lejn id-definizzjonijiet ta' certa terminoloġija:

- **Il-lokali.** Lokali jfisser li l-prodott kabbat fl-istess minn fejn qiegħed tixxi. Meta tqis id-dagħ żgħir ta' pajjizna, dan jfisser dak kolu li jkber fl-Malta u Għawdex. Dan jibqa' frisk iktar fit-tul peress li ma qasamx id-dinja biex wasal għandek. Jfisser ukoll li ma jkollux kimika żejta biex jippreservaw u lanqas kien miżmum go xi frigg għal-tul. Barra minn hekk, jinstawer inqas riziorsi u jkun hemm inqas tagħje sabiex wasal għandek il-prodott.
- **Tal-istaġun.** Ilum ista' takkwista kull tip ta' haxix u frott f'kull żmien tas-sena, għax ikun wasalna minn postijiet fil-bogħod li jkunu qiegħdin fl-istaġun. Jekk il-haxix mhux tal-istaġun li qiegħdin fl-istess jgħidli li mhux lokali, b'lok kolu li semmjeha. Jfisser ukoll li l-toġhma ma tkunx tagħje daga tal-prodott lokali mgħajr frisk.
- **Il-frisk.** Għandna tendenza li naħsbu li l-frisk dejjem aħjar. Jekk il-prodott huwa lokali u tal-istaġun, il-frisk jafna drabi huwa aħjar, iżda kullant tal-bott jew tal-frizja jkun aħjar, soċjalment jekk se tkun li haxix u l-frott għal-lejri. Ftakar li l-haxix u l-frott tal-bott jew tal-frizja jgħidli pproċessat meta jkun fl-aħjar siegħu, u dan huwa ta' kwalità aħjar minn prodott impurtat, li ilu jujajga granet shah jew miżmum fil-frigg għal aħur.
- **L-organiku.** Skont id-definizzjoni, l-organiku għandu jikkabar mingħajr l-użu ta' pesticidi u fertilizzant. "Naturali", "mingħajr addittiv" u "taħ preservant" mhux iħess bħal "organiku". Staqsa u tkkex sew qabel tixxi.

Ftakar ukoll li hafna mill-irziet industrijali jmodifikaw il-prodott agrikolu tagħhom b'ħall mod sabiex jidher sabiħ, idum frisk u ma jamaraw waqf il-irraport. Oqgħod fit tatter meta tara frota jew haxix b'forma perfetta, għax filwaqt li jkun jidher sabiħ, hemm possibiltà kbira li l-toġhma mhix se tħpressjonak.

Hemm bżonn li teduka ruħek fuq il-prodott agrikolu, kun af x'inhu l-prodott lokali, meta hu zmienu, u kif iddetermina jekk il-prodott hu organiku jew le. Hekk tkun ista' verament tgħawd l-aħjar toġhma u benefiċju għas-saħħa mill-kina tegħek.

L-informazzjoni meħtuda miq-ot [www.ilearn.edu.mt](http://www.ilearn.edu.mt)

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St Nicholas College, Dingli Primary School integrated the themes *Healthy Eating* and *Eating Seasonally and Locally* with Maths. The activity at the Supermarket was organised for all Year 4 pupils, with the help of the Maths Support Teacher.



## Responsible Food Consumption Call for new schools 2016—2017



Are you a school participating in the EkoSkola programme? Is responsible food consumption part of your priorities? Why not join the dynamic team of **We Eat Responsibly?** Benefits include:-

- €500 (max) financial support
- Pack with instructions and curriculum help
- Website with resources
- Optional integration with EkoSkola, YRE and LEAF programmes
- Regular visits and support from the EkoSkola teachers
- Same 7 step procedure and application for Green Flag Award
- Same process as per EkoSkola programme

Contact Cynthia on [cynthia.caruana.2@ilearn.edu.mt](mailto:cynthia.caruana.2@ilearn.edu.mt) for more details. An information meeting will be held soon.