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COMPASSION TOWARDS NATURE: THE HEART OF FOODCARE



Annex I



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What is FoodCare?



A project connecting nutrition, awareness, and sustainability.

FOODCARE is an Erasmus project for youngsters aged 15+. It encourages them to adopt healthy lifestyles and new culinary trends as a concrete response to climate challenges. Through social media, FOODCARE reaches young people and inspires them to become “Change Agents” for active citizenship. Relevant content online leads them to the FOODCARE website, where they can explore didactic materials, gain knowledge, and learn practical skills.



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Why Compassion Matters?

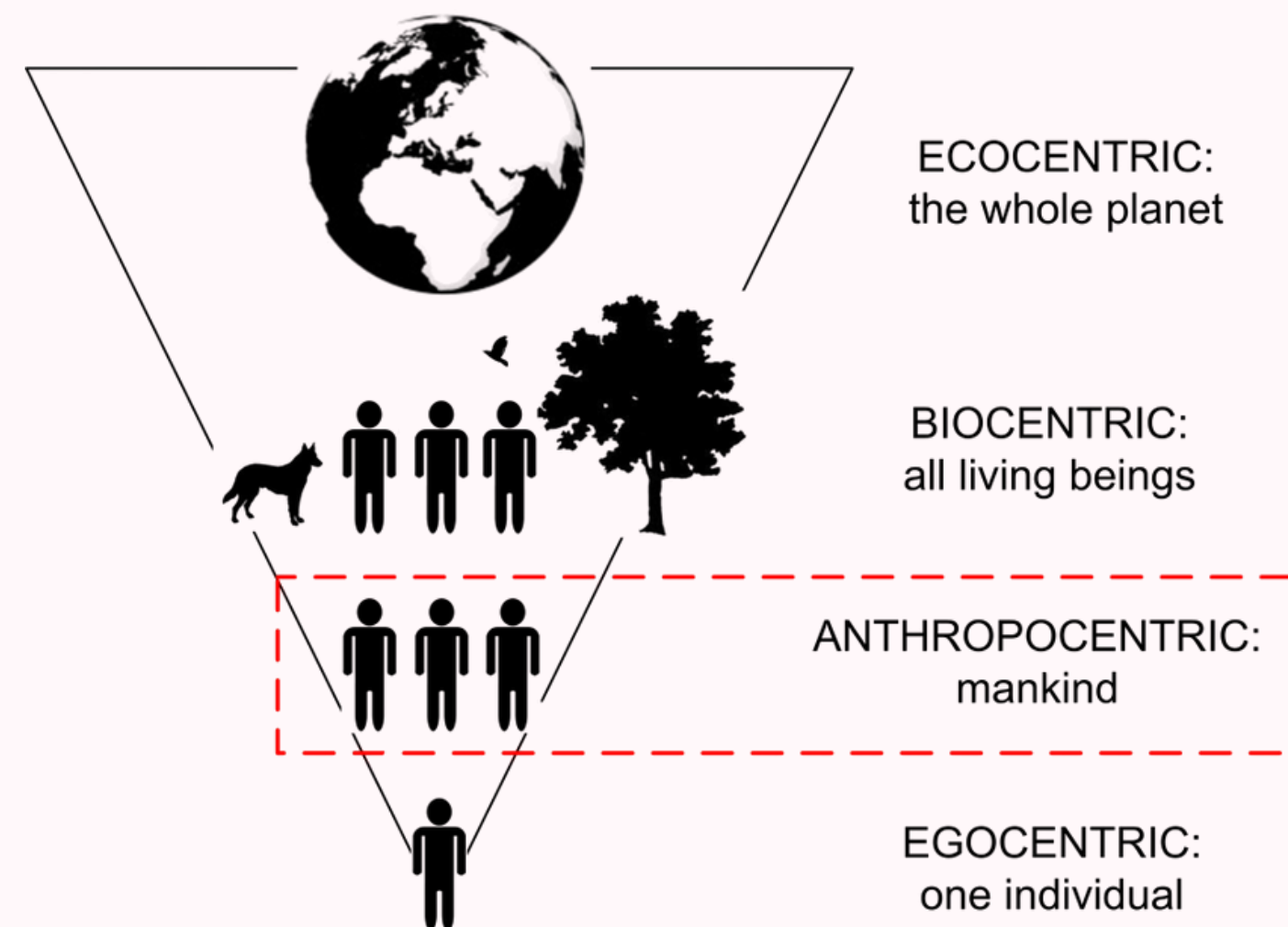
EGO



ECO



Compassion is not just human-to-human.



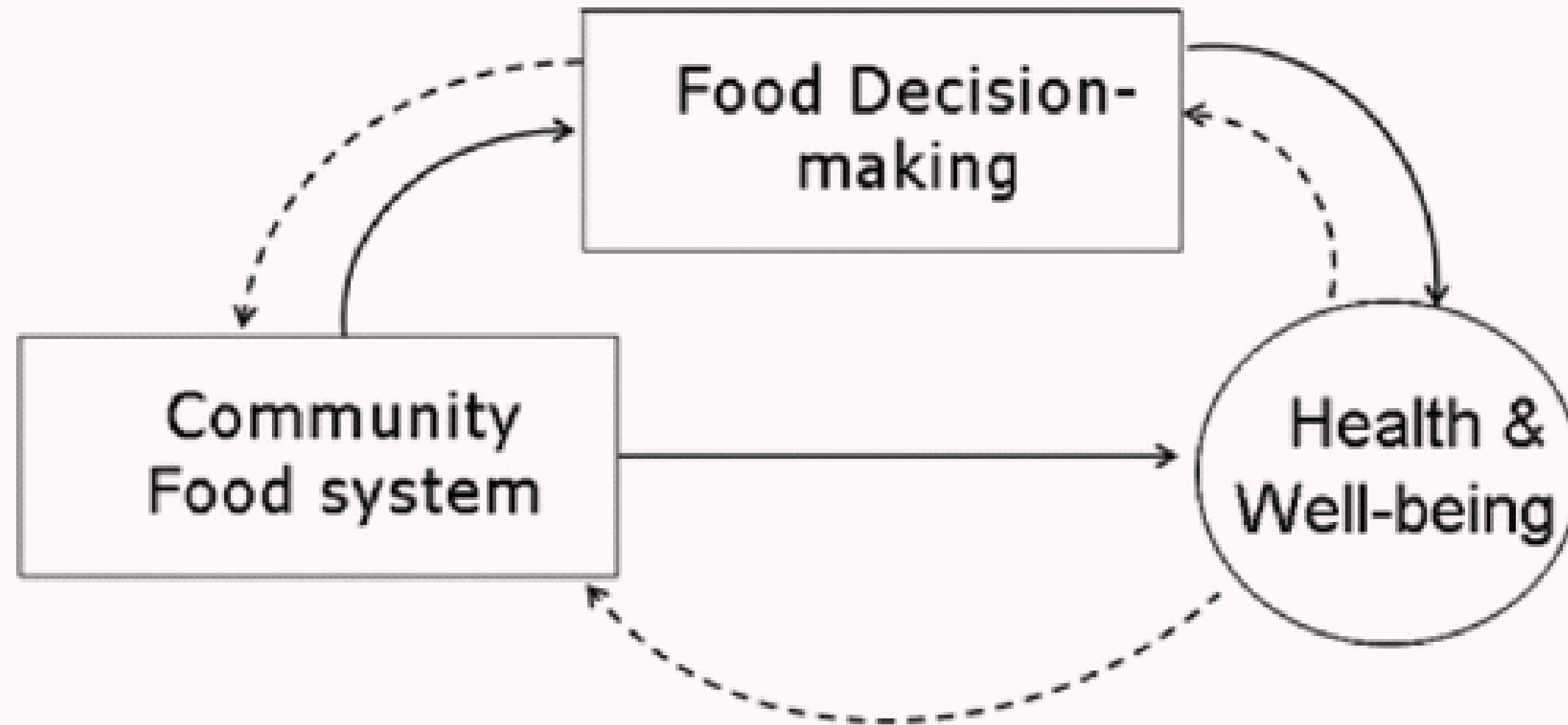
Extending compassion to nature ensures
balance and sustainability



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Our Food Choices Have Power



Every meal is a decision. Choices influence environment, health, and society.



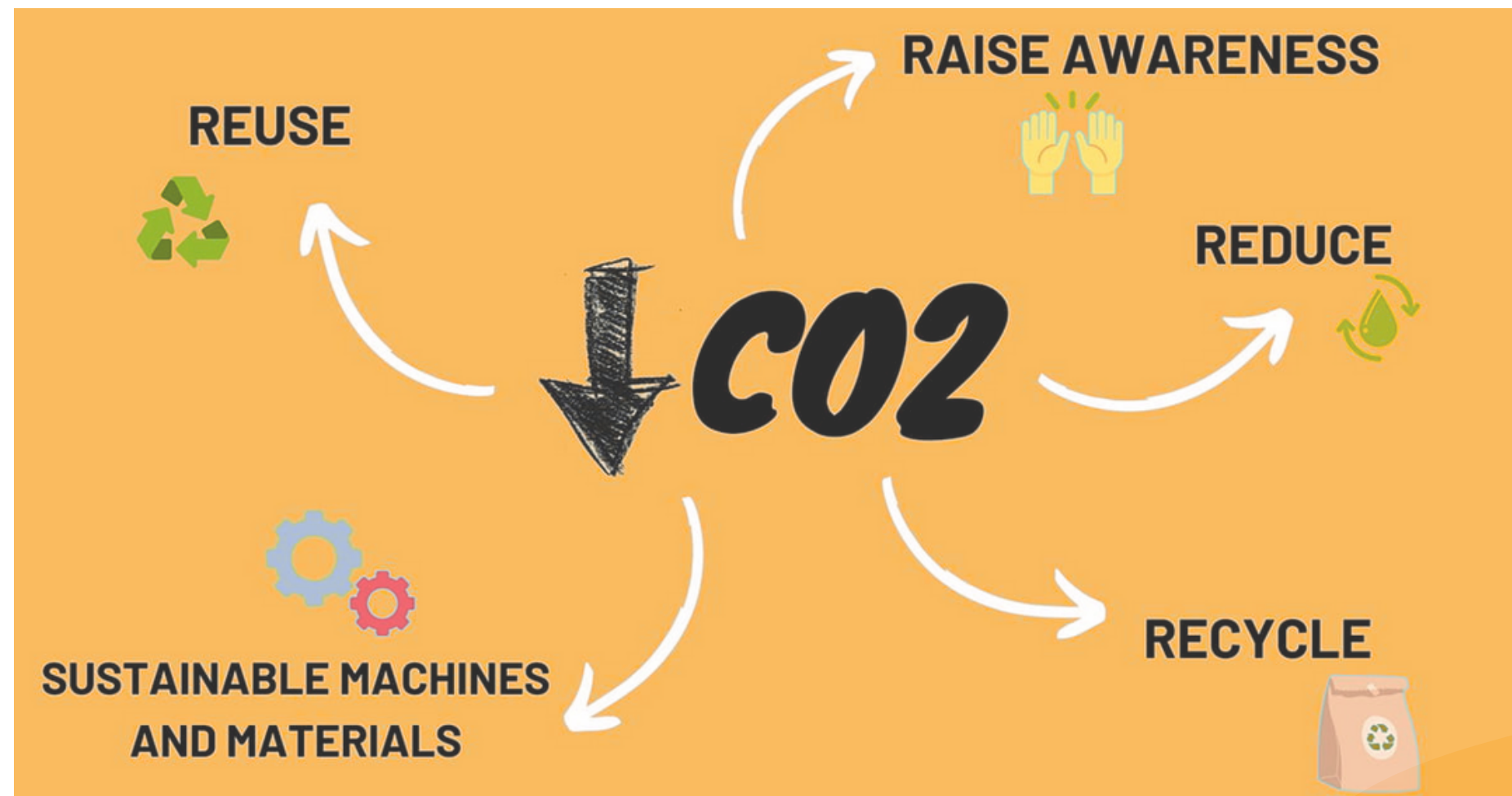
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Awareness Footprint



Concept: measuring the impact of nutritional decisions.
Awareness transforms consumption into care.



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FoodCare's Mission



**Promote mindful nutrition.
Empower participants to see
their food as an act of respect
for nature.**



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Call to Action

- choose food with care
- build a culture of compassion
- together, create a sustainable future.



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Conclusion



“Compassion for ourselves and for nature begins on our plates – every mindful choice of food nourishes both the Earth and humanity.” – Anonymous



“How we eat determines, to a considerable extent, how the world is used.” Michael Pollan:



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Thank you!



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