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0 Km Food in Mallorca

Didactic Material nr. 8



Introduction

Nowadays, a lot of the food and products we use come from far away. This causes more pollution and hurts small local farmers and producers. What other choices do we have?

What is 0 km Food?

Zero km food (0 km food) is a concept which first appeared in Italy a few years ago. It denotes the food produced, sold and eaten locally – the food which travelled zero kilometers. Mainly it refers to non-industrial fruits, vegetables, cheese, meat, honey etc, which does not go through global trade chains, therefore it does not have big price margins and quality loss during long storage in international supermarkets.

- It also has an important ecological aspect which can not be overseen – since there is no transport involved (we buy from the shop on the corner), the environment does not suffer from direct and indirect pollution.
- Eating 0km food is a powerful action: it requires less resources from farm to fork, meaning lower environmental impact!
- Not only is it healthier, it also tastes better than food that's traveled a long way to our plates.
- You can also learn more about what 0 km Food is by listening to podcasts like “El Podcast de KM ZERO” on Spotify or “KM ZERO Food Innovation Hub” on YouTube.

Why is it important?

0 km Food is crucial because it supports the environment, local economy, and personal health. In an island like Mallorca, which depends heavily on imports via boats and planes, reducing food miles is especially impactful. 0 km food helps cut carbon emissions, lowers packaging waste, reduces preservatives, and enhances food freshness and nutrition. It supports local farmers, promotes seasonal eating, and strengthens agricultural biodiversity, making the food system more resilient and sustainable. You can also find more examples on the [website of Kiff & Culture](#).

What are the benefits?

- 1. Environmental Impact:** Reducing the distance food travels lowers carbon emissions associated with transportation. This helps mitigate climate change and reduce air pollution.
- 2. Support for Local Economies:** Purchasing 0 Km food supports local farmers and producers, keeping money within the community and strengthening local economies.
- 3. Freshness and Quality:** Locally sourced food is often fresher and of higher quality since it doesn't require long storage or transportation times. This can also mean better nutritional value. You can watch a video about it [here](#).
- 4. Biodiversity:** Local food systems often promote a wider variety of crops and livestock, which helps maintain biodiversity. Farmers can focus on diverse, region-specific products rather than large-scale monocultures.
- 5. Transparency and Trust:** Consumers can have a better understanding of where their food comes from and how it was produced, leading to increased trust in food quality and safety.
- 6. Cultural Preservation:** Local food practices help preserve culinary traditions and regional specialties, contributing to cultural heritage.

What can I do?

See The Illes Balears **“Productores 0 km Food”** portal lists zero-km farms and producers across Mallorca—including vineyards like Son Puig, snail farms, olive producers, and Finca Es Convent. It’s a great curated entry point to local, sustainable producers and experiences.

In September 2020, a group of agroecological farmers from all over Mallorca decided to get together, in an assembly, in a traditional market. They sell fresh, natural and 0 km food that is absolutely delicious! You can go there on tuesday and saturday from 9 am to 1 pm more or less.

If you go to the supermarket... buy local products too!

Supermarkets are not a 0 km type of business but.. They might sell some local products! Eggs, oil, pasta or even desserts can be found there. Check it out! You can be the change a small producer needs!

One of the examples is **Agromart**- a local retailer deeply committed to Mallorcan 0 km Food produce. But you can find more businesses **here**.

What else can you do?

- **Visit the Illes Balears “Productores 0 km Food” Portal:** This directory lists zero-km producers across Mallorca—like Son Puig vineyards, Finca Es Convent olive oil, or local snail farms.
- **Shop directly from farmers at local markets.** In Palma you can find **these markets**.
- **Look for Local Products in Supermarkets:** Even large chains may carry local eggs, oil, pasta, or desserts. Look for labels or sections promoting Balearic products.

- **Support Businesses Like Agromart:** This local retailer is deeply committed to 0 km sourcing and promotes the recovery of traditional crops in Mallorca.
- **Dine at Km0 Restaurants:** Venues like Sa Tanqueta Restaurant and The Blue Bar Mallorca integrate local produce directly into their menus.
- **Follow Local Voices:** Influencers like @travel.to.zero and @foodie.mallorca promote zero-km food and sustainability.
- **Stay Informed:** Podcasts such as Palma Capital Gastronómica and magazines like Estilo Palma explore the value of seasonal and Km0 food practices in Mallorca.

What have I learnt?

- Valuing the 0 km Food is an useful way to protect the environment by recognizing the importance to shorten the food traveling distances to restore and regenerate a resilient ecosystem.
- To support local producers with the aim to reduce footprint and to support the fairness of local economies.
- To understand how most of our society is based on the importation of products from far away, creating a negative impact on nature and the local economy.
- To understand how important this matter is especially in an island like Mallorca.
- To find a concrete solution to start practicing 0 km food consumption in everyday life.

All is summerized in the European approach of Microcredentials.

Micro-credential 1

Embodying sustainability value:

- 1.1 Value sustainability by reflecting on personal values while critically evaluating how they align with sustainability values.
- 1.2 Supporting fairness to support equity and justice for current and future generations and learn from previous generations for sustainability.
- 1.3 Promoting nature to acknowledge that humans are part of nature; and to respect the needs and rights of other species and of nature itself in order to restore and regenerate healthy and resilient ecosystems.

Micro-credential 2

“Embracing complexity in sustainability”

- 2.1 (Systems thinking), to approach a sustainability problem from all sides; to consider times, space and context in order to understand how elements interact within and between systems.
- 2.2 (Critical thinking) To assess information and arguments, identify assumptions, challenge the status quo, and reflect on how personal, social and cultural backgrounds influence thinking and conclusions.
- 2.3 (Problem framing) To formulate current or potential challenges as a sustainability problem in terms of difficulty, people involved, time and geographical scope, in order to identify suitable approaches to anticipating and preventing problems, and to mitigating and adapting to already existing problems.

Micro-credential 4

“Acting for sustainability”

- 4.2 (Collective action) to act for change in collaboration with others.
- 4.3 (Individual initiative) to identify own potential for sustainability and to actively contribute to improving prospects for the community and the planet.