

## SARAH WIENER FOUNDATION AT A GLANCE: WE MAKE NUTRITION AN EXPERIENCE!

With our principle "*For healthy children and something good to eat*", the non-profit Sarah Wiener Foundation has been providing practical nutrition education since 2007. Our mission: we inspire children to eat a varied and balanced diet, and teach them to value food. To do this, we take girls and boys to the farm, the supermarket and the kitchen. With a shopping list, cooking spoon and pitchfork in hand; children can discover where their food comes from, how variety tastes and how much work and fun a home-cooked meal can be. Personal and practical experience is at the heart of our foundation's work – for us it is the gateway to knowledge and the basis for conscious action.

To reach as many children as possible, we bring practical nutrition education primarily to educational institutions and work with a multiplier approach. The core of our work is training specialists and teachers from nurseries (day-care centres), primary schools and extracurricular places of learning. We enable educators to get children excited about the topic of nutrition in a practical and age-appropriate way. Our educational programmes are also open to parents, farmers and anyone with an interest in the development of children's nutrition and eating habits. In addition to training courses, we develop practical educational materials that can be accessed online. The training, materials and excursions we offer are free of charge. We have a presence throughout Germany.

The Sarah Wiener Foundation pursues a sustainable and holistic approach. We not only want to promote children's practical nutritional knowledge, eating-culture and health, but also strengthen their actions towards the environment, climate and biodiversity. To this end, we work hand in hand with educational specialists and teachers, educational institutions, municipalities, families, organic farms, like-minded initiatives as well as decision-makers in society and politics. We support them with our expertise in an advisory capacity. Our operational foundation, based in Berlin, has 35 employees.

### Our projects

#### **I can cook! A joint initiative of the Sarah Wiener Foundation and the German health insurance BARMER**

I can cook! is the largest nationwide initiative for practical nutrition education for children of nursery (day-care) and primary school age. In two consecutive training courses, we provide educational specialists and teachers with the theoretical knowledge and practical skills to cook together with children in their facilities: and to inspire children to eat a varied diet. The joint initiative with the health insurance company BARMER has enduring goals and has already reached more than one million children nationwide in the past five years. In 2021, we are developing an offer designed for families. More: [www.ichkannkochen.de](http://www.ichkannkochen.de)

„Für gesunde Kinder und was Vernünftiges zu essen.“

### **A taste of the countryside: farm trips for children**

Since 2009, the Sarah Wiener Foundation has been inviting children between the ages of three and ten to go on trips to organic farms. There they spend a day with farmers, discovering where our food comes from and how organic farming work. They actively help on the farms, come to understand that tomatoes do not grow in the fridge, and learn to appreciate fresh and regional food. Cooking together, the children discover how good sustainable agriculture tastes. Our "From field to mouth!" offer is funded by the Federal Programme for Organic Farming and Other Forms of Sustainable Agriculture (BÖLN), by the Beisheim Foundation, the Deutsche Postcode Lotterie, the Software AG Foundation, GLS Zukunftsstiftung Landwirtschaft and the Landwirtschaftliche Rentenbank. More: [www.sarah-wiener-stiftung.de/projekte/bauernhoffahrten](http://www.sarah-wiener-stiftung.de/projekte/bauernhoffahrten)

### **The world and the environment: global learning and sustainable action**

From shopping to the finished meal – the questions of how we eat and where our food comes from can take children on an exciting journey of discovery on the topics of sustainability and globalisation. Our online educational offers "Acting sustainably in the supermarket and kitchen" and "Global learning" provide educational professionals with interactive self-learning modules, educational suggestions and recipes for this purpose. This way, educators can playfully impart knowledge to children about conscious shopping, global connections and ideas for resource-conserving action. More: [www.sarah-wiener-stiftung.de/projekte/nachhaltig-handeln](http://www.sarah-wiener-stiftung.de/projekte/nachhaltig-handeln) and [www.sarah-wiener-stiftung.de/projekte/globales-lernen](http://www.sarah-wiener-stiftung.de/projekte/globales-lernen)

### **A commitment to Berlin**

As a Berlin-based foundation, we have a particular commitment to the capital city. Working together with our local partners, the GESOBAU Foundation and the Berliner Leben Foundation, we engage with children in nurseries (day-care). We given them the opportunity to experience – in a very practical way – where food comes from and how it is turned into a fresh and delicious meal. We do this via cooking classes and visits to organic farms in the countryside around Berlin. In addition, in a pilot project themed around exercise, we ran a cooking course at the famous Berlin boxing club Isigym Boxsport Berlin e.V. We helped the children who train there to combine a balanced diet and sporting activity. More: [www.sarah-wiener-stiftung.de/projekte/berliner-engagement](http://www.sarah-wiener-stiftung.de/projekte/berliner-engagement)

More about the Sarah Wiener Foundation (in German):

[www.sarah-wiener-stiftung.de](http://www.sarah-wiener-stiftung.de)

[www.facebook.com/SarahWienerStiftung](https://www.facebook.com/SarahWienerStiftung)

[www.youtube.com/SarahWienerStiftung](https://www.youtube.com/SarahWienerStiftung)