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#cafeteria

# Mealtime as an educational tool

Structure : A real treat

Régalade
Le repas comme outil pédagogique

Vaux-Rouillac | New Aquitaine

Founded in 2005 by teachers, residents, parents, farmers, and others in the Pays Ouest Charente region, the Régalade association takes a comprehensive approach to food, local food systems, agriculture, health, and the environment.

The association has set three objectives:

- Develop educational projects focused on institutional food service and nutrition
- Supporting the local economy by promoting high-quality local products,
- Strengthen ties between the various partners

## OUR ACTIONS—OUR TOOLS

- A traveling exhibition, led by professionals, offered to schools and recreation centers. This exhibition introduces children ages 8 to 12 to the agricultural sector and environmental issues.
- Sensory workshops, landscape interpretation, farm visits, discussions, and tastings of local products

- - We support institutional food service in transitioning to practices that are more responsible toward the environment and health.
- We offer our expertise to reduce food waste in institutional catering.
  We can support you from the initial assessment through to the implementation of concrete actions
- Co-creation of an Easy-to-Read and Understand (ETRU) cookbook with people with disabilities. Régalade supports people with disabilities in adopting a diet that is healthy and environmentally friendly.

## Liens

https://www.associationregalade.com/