



Social gardens, canteen schools, soup kitchens, farmer's areas in the open air markets are four *good practices of urban local policies*, which fulfil, every day, the right to food in Turin for the citizens, respecting their different personal or social condition (e.g. children, consumers, farmers, *low-income* citizens, homeless).

- Turin *school canteens* allow the children to access to healthy, nutritious, fair, organic, sustainable food that is acceptable both religiously and culturally.

- Soup kitchens* system in Turin recognises the right to food for homeless.

- Farmer's areas* – established by municipal rules in each open air or outdoor markets - fulfil the right of farmers to directly access to the market. These rules also recognise the consumer's right to access to local food

- Social gardens* fulfil the right to food for low-income citizens.

If a single policy is influenced by the right to food approach, as a consequence the result is that the local food policies completely change accordingly.

The *right to food approach* in any food policy and public local service allows the citizen to become an effective co-author of the local policies and not simply a participant or beneficiary.

The very critical point of this approach is that it is not obligatory by law. Any Italian City may use different practises or policies or even decide not to do it.



Photos by Città di Torino



School canteen service fulfill the right to adequate, nutritious, healthy, fair, organic, short-chains and religious food of the students (aged 3 – 14 years) of the every public school of Torino

- The school canteen service is used by teachers as an opportunity to educate children on nutrition. In schools, in fact, lunchtime does not have only a pure nutritional aim for the needs of the students, but it has also a key role in the educational project for children and young people.
- Tender specifications can effectively support children's right to access to healthy and nutritious food which is socially sustainable from the point of view of the environment and economy and acceptable both religiously and culturally (to say dietary diversification). This allows children in Torino to enjoy organic and fair trade food (such as bananas, chocolate and biscuits) and more recently even that coming from short distribution chain. It is important to remember that dietary diversification has been approached in order to meet religious, cultural and health demands for years.
- It is important to remark that the bidders are completely charged with the costs of this service. In fact if they want to be awarded with a tender contract, they have to find effective ways to provide the administration with the required food.
- A recent project called "The menu I made" goes beyond and focuses on children needs. This allows the students from some primary school classes of Torino to make up a shared menu proposed directly by themselves.
- A menu which combines health and ecology aspects together and that all the schools in Torino can really enjoy.



Photos by Città di Torino – Ufficio valutazione menu e diete

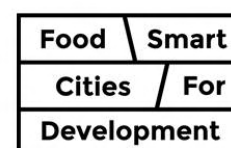


Photos by Città di Torino - ITER
(Loredana Bronda e Giulia Allasia)



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Soup kitchens public service fulfills the right to adequate, nutritious and healthy food for the most vulnerable people.

Soup kitchens are created and work thanks to the spirit of solidarity of thousands of volunteers and non-profit associations. In Torino, they are supported by specific local public policies, but the activities from private capital is both recognized and endowed with institutional value. This can be proposed in two ways:

1) with an actual support and not simply financial: the city does not provide canteens or residential homes for the elderly with contributions, but with meals;

2) with an organizational support: soup kitchens are managed in a way to effectively develop the service in order to have everyday at least an open canteen available on the territory.

Soup kitchens can get food for the poor starting from different sources: food banks, supermarkets offering products near their expiry date or the Municipality which provide the accredited canteens with a specific meal.

There are about 15 soup kitchens in Turin, 5 of which have signed an agreement with Città di Torino.

The others are managed by non-profit associations. All of them work together with the Municipal Social Service Department.

This *service of food assistance* has been provided for long and it is evolving in forms expecting the direct participation of the beneficiary who is not only the recipient or end user of specific services but an active subject: for example, the project *Fa bene* aims at getting unsold food and donations from spontaneous buyers in the neighbour markets and distribute them to families with financial problems. On the basis of a "mutualit pact" these families offer their free time back to the community, other than their work or skills. This goes beyond passive welfare and supports both social and professional inclusion. The same thing happens with solidarity stores or social markets by non profit associations such as "*Terza settimana*".

Torino soup kitchens case-study could show how the public and private sector may interact in order to fulfill the right to adequate food in support of the most vulnerable people, with a interdependences of Duties approach .

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See more: www.comune.torino.it/assistenzaesanita, www.fabene.org/progetto, www.terzasettimana.org

Photos by Città di Torino – Servizio Prevenzione alle fragilità sociali e sostegno agli adulti in difficoltà



oltre al contributo delle eredi Macigno, anche con sovvenzioni del Comune di Torino e di altri enti di pubblica beneficenza.

Nel 1964 il parroco don Deluade si prese particolarmente a cuore l'Opera. Ottenne dalle "Figlie della Carità di san Vincenzo de' Paoli" l'assegnazione di una suora, la "nostra" Suor Paola, per impulso della quale il Distributorio venne radicalmente rinnovato. Suor Paola seppe subito attirare la collaborazione di molte persone, anche giovani, tanto da consentire di servire gli assistiti a tavola.

La "Mensa di Suor Paola", come la chiamano tutti da più di trent'an-



ni, rimane un fiore all'occhiello della Parrocchia di San'Alfonso.

A tutt'oggi la generosità di molti benefattori, l'opera dei volontari e degli obiettori di co-

scienza, la presenza dei sacerdoti della Parrocchia, consentono di servire quotidianamente un pasto completo (primo, secondo, frutta o dolce) a 120 commensali bisognosi, senza distinzione di età, di nazionalità, di religione e di opinione politica.

Un'autentica testimonianza di carità evangelica vincenziana.



La "Mensa di Suor Paola" in azione!



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Everyday, nearly **300** farms access to **42** markets in Turin. Their access is regulated by the "Regulation of Commerce on Public Areas" of the Municipality of Turin that specifically rules the farmers' access to the corner markets. Therefore, the producers' right to directly access the market and the consumers' right to buy regional 'zero miles' food are guaranteed.

In particular, the regulation is about establishing defined products in specific markets so that each kind of product has a precise location. From this point of view, farmer retail trade is allowed both by assigning them a definite parking lot and with a check mark method in free parking lots.

All this supports the purchase of products coming directly from farms and protects consumers with particular attention to the origin of the products, other than their hygiene and quality, by respecting the existing rules.

The opportunity to buy food directly from farmers guarantees freshness and quality and is an actual investment on our regional territory and region which is known anywhere for its food excellence. Nevertheless, selling "zero miles" products is not only allowed within farmer markets (14 each month in town) and this shows how important food and commerce policies are for the Municipality of Turin.

Porta Palazzo with about 800 stalls is the largest open air market in Europe and that makes it a remarkable reality in Turin selling scenario.

It may be really considered "a market inside the market" where approximately 102 local farmers sell their products everyday under an ancient Liberty style Canopy.

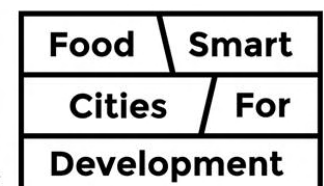
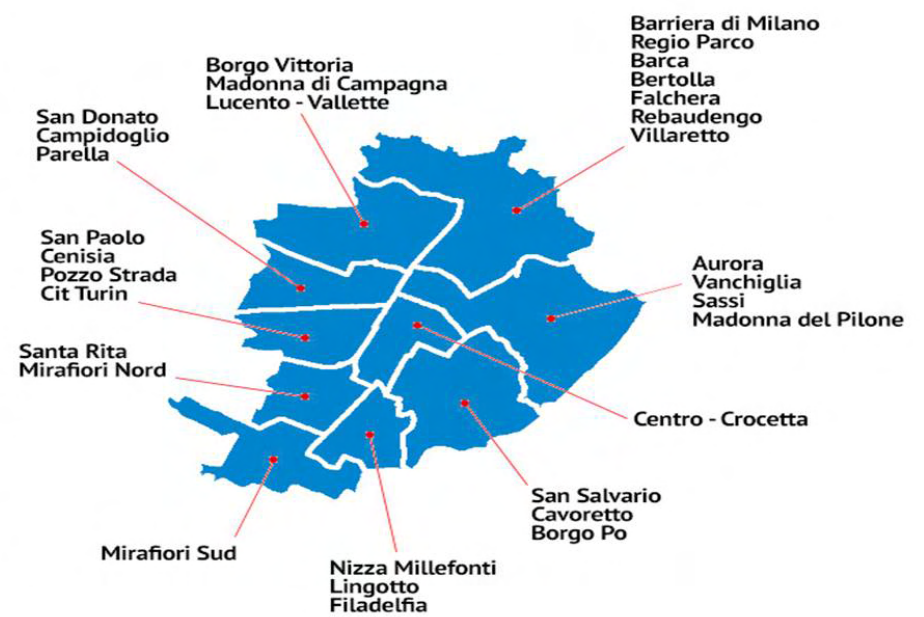
Therefore it is really important that everyday **farmers may have direct access to the market and consumers have direct access to local food.**

This experience teaches how to combine producer needs and consumer rights together by using simple local regulation

This best practice is be selected for the european project *Food Smart Cities For Development*

See more: www.torinomercati.it

Photos by Città di Torino - Assessorato al lavoro commercio e attività produttive



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Urban gardens are an important and direct access to land and food essential for sustenance . Social gardens fulfil the right to food of low-income citizens

There are different kinds of urban gardens in the City of Turin such as educational, communal and social gardens.

The so-called *social gardens*, which are designed to ensure the right to food to the most vulnerable citizens.

Urban gardens are an important and direct access to land and food essential for sustenance.

Social gardens are also an effective income support; in fact in the city regulation and invitations to participate to garden concession any possible beneficiary is selected and awarded according to his financial and familiar situation (in particular preferential criteria such as the number of children and an income of less than EUR 15,000 a year).

In these gardens beneficiaries may access to food in a direct and dignified way, through their own work.

Here vegetables can only be consumed and not sold. In so doing, the awarding local authority or grantor prevents relevant public green spaces from being vandalized or becoming deprived areas and also saves the costs of territory maintenance and safeguard.

Social gardens show that when public policies are not based on welfare dependency, the users are directly involved to change their situation of discomfort. When all this happens, the person allowed to properly access to food is not simply a passive object, but an active subject of a project, he is not a spectator, but an actual character personally involved in changing his situation of food exclusion into one of convivial inclusion.

A remarkable advantage of these measures is that informal situations are turned into legal and controlled ones (some social gardens were previously abusive gardens).

Of course writing rules is not enough here. It is important to be well trained and aware of how to manage other issues related with the gardens such as wastes and so on.

In the City of Turin social gardens are in 4 «Circoscrizioni» (districts):

Circoscrizione 6 - Barriera di Milano - Regio Parco - Barca - Bertolla - Falchera - Rebaudengo – Villaretto –the one with the largest number of gardens: 172 consisting of 140 social gardens and 32 neighbour ones;

Circoscrizione 10 – Mirafiori Sud –102 gardens consisting of 82 social gardens awarded on the basis of people income and age and 20 areas parted into 14 neighbour gardens and 6 gardens given to associations. The latter are given to single citizens, groups and associations on the basis of educational, therapeutical, pedagogical and cultural projects. Gardens are given to associations to promote entertaining and socialization activities, conviviality, environmental education for schools and support activities for psychical and physical rehab.

Groups consist of several members (in 2015 a garden was given to a group of 24 people!) and gardens are provided to a group leader.

In the **Circoscrizione 7 - Aurora - Vanchiglia - Sassi - Madonna del Pilone** –54 gardens in Meisino - Borgata Rosa Park.

In the **Circoscrizione 5 - Borgo Vittoria - Madonna di Campagna - Lucento – Vallette** – 50 gardens whereof 38 are social gardens are given to over 53 years old citizens, 2 to young people (18 to 30 years old) and 10 to other citizens (31-53 years old).

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See more: www.comune.torino.it/verdepubblico, <http://www.comune.torino.it/circ10>, <http://www.comune.torino.it/circ5>, <http://www.comune.torino.it/circ7>, <http://www.comune.torino.it/circ6> Photos by Circoscrizione 10



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