



>>> NEWSLETTER <<<

FOOD4THOUGHT NEWS

The beauty of urban agriculture

RECENT ACTIVITIES ACROSS EUROPE

The Food4Thought project, a collaborative initiative promoting urban gardening among youth across six European countries, has seen a flurry of engaging activities recently.

Here's a glimpse into the efforts of our partners:



Grow Your Knowledge with Food4Thought!

Six organizations from across Europe have come together to create **food4thought-eplus.eu** — a hub for sustainable food education and community empowerment:

🔑 Check out our dedicated learning portal:
food4thought-portal.eu

It's designed especially for young people who want to get started with urban gardening and sustainable living.



Let's build greener cities together — one garden at a time!



>>> GEO CLUB'S OPEN DAY INSPIRES YOUTH

On March 21, 2025, Asociatia GEO CLUB hosted an Open Day aimed at motivating and connecting young individuals interested in urban agriculture. The event provided a platform for participants to learn about sustainable gardening practices and explore opportunities within the Food4Thought project. The initiative successfully fostered a sense of community and enthusiasm among attendees.



>>> MUNDUS BULGARIA LAUNCHES CAMPAIGN

Mundus Bulgaria has kicked off an exciting Food4Thought campaign set to unfold over the coming months. The campaign features a workshop with students from the Forestry National School in the city of Velingrad. The students worked in groups and were set the task to create their own concept for an urban garden applying their knowledge in forestry ecosystems. Another upcoming event is the planting workshop in Sofia where young people will plant seeds and repot herbs to kick start their own balcony gardens.

AJEA IN FOOD4THOUGHT INITIATIVES <<<

AJEA has been actively involved in the Food4Thought project, contributing to its success through various engagements. Recently, AJEA representatives participated in the Trainer for Trainers event held in Zagreb, bringing together passionate individuals dedicated to promoting urban gardening. This involvement underscores AJEA's commitment to agricultural education and youth empowerment.

These collaborative efforts highlight the vibrant and dynamic nature of the Food4Thought project, as partners across Europe work together to cultivate a greener future through urban gardening.

FIND OUT MORE:

 FOOD4THOUGHT-EPLUS.EU

 [FOOD 4 THOUGHT](https://www.facebook.com/FOOD4THOUGHT)

 [FOOD4THOUGHT_EU](https://www.instagram.com/FOOD4THOUGHT_EU)



New Video Tutorial Alert from Food4Thought!

Hungry for knowledge?

Dive into our latest video tutorial where we blend food, sustainability, and community action into bite-sized lessons that *actually* stick.



 [Watch it now on our YouTube channel: youtube.com/@Food4ThoughtProject/videos](https://www.youtube.com/@Food4ThoughtProject/videos)

"This video really changed how I think about food waste."
– Student, age 16

Did You Know?
that 1/3 of all food produced globally is wasted?



Let's cook up change together!  

WHAT'S NEXT IN FOOD4THOUGHT?

>>> FOURTH TPM IN BRAGA

We are preparing for the Transnational Project Meeting 4, which will focus on the finalization of materials, comprehensive project evaluation, preparations of a high-profile EU Conference. This pivotal meeting will ensure all project outputs are completed to a high standard and will provide a platform for sharing results and best practices with a broader audience.

BLENDED MOBILITY IN BRAGA <<<

The blended mobility will feature a dynamic program of face-to-face activities focused on sustainable food practices, nutrition, and food security. Participants will engage in interactive workshops, group discussions, and practical sessions. The program includes field visits to community gardens, cultural exchanges, and team-building exercises, offering hands-on learning and real-world insights into the food sector.