

>>> NEWSLETTER <<<

FOOD4kids

Sustainability through food literacy in kindergartens



TA-KINDERGARTENS RECEIVE A VISIT FROM CREDO

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The TA-kindergartens were visited by the CREDO competence center in March 2026. The children prepared a variety of dishes outdoors together with Heidi Bjerkan and Kaja Skovborg-Hansen. Among other things, they made chicken liver pâté, mackerel in tomato sauce, and a spread made from bananas and cocoa powder (similar to Nugatti). An article about this has been published in Adresseavisen:

<https://www.adressa.no/nyheter/trondheim/i/aJJPy2/flytter-kjoekkenet-ut-i-barnehagene-i-trondheim>



THE CHILDREN ARE MAKING MACKEREL IN TOMATO SAUCE

SCIENTIFIC ARTICLES

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We have published a new scientific article on food waste in kindergartens. In the study, we combined data on actual food waste, calculations of greenhouse gas emissions, and in-depth interviews with the staff who prepare the food. The article has been published in Waste Management Bulletin and can be read here:

<https://www.sciencedirect.com/science/article/pii/S2949750726000672>

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The NTNU Industrial Ecology team is currently updating the FOOD4kids app, incorporating feedback from kindergartens gathered in the first half of 2026. The app will feature a cleaner, simpler main screen, a search bar for food items instead of a long list, and quantities that can be adjusted directly in the shopping cart. Nutritional information will be presented more clearly, and a new chart will show the breakdown of energy from carbohydrates, proteins, fats, and fiber. PDF and Excel reports will be easier to read, and the app will now also work on mobile phones and tablets.

INFO FROM NTNU

INFO FROM SWEDEN



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The project partner from Sweden, Farhana Borg from Mälardalen University, presented results regarding Swedish children's understanding of food and meals at the NERA 2026 conference in Aarhus, Denmark, in March:

Borg, F. (2026). Preschool children's knowledge and ideas about food and the sources of food in Sweden. NERA 2026, Aarhus, Danmark (fagfelleverdert). <http://urn.kb.se/resolve?urn=urn:nbn:se:mdh:diva-76346>

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We have signed a publishing agreement with Fagbokforlaget. The aim of the book is to convey from an interdisciplinary perspective how food and meals can promote sustainable practices in work with children and young people. Food and meals are linked to various subject areas and themes such as the environment, health, space and numbers, language, participation, culture, community, and inclusion. The book interweaves theory and practice and is aimed at anyone working with children in kindergartens, schools, and other settings where children grow and develop.

PUBLISHING AGREEMENT WITH FAGBOKFORLAGET

INFO FROM TA-KINDERGARTENS



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All the kindergartens are continuing to make their own spreads and bake their own bread.

A popular article with an interview to the coordinator Jesper Meisler has been published in Utdanningsnytt.no:

<https://www.utedanningsnytt.no/forskning-mat-i-barnehagen-mat-og-helse/barnehager-laerer-mer-om-mat-sma-grep-kan-gi-store-endringer/461754>

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In the second week of April, a new conference for the FOOD4kids project will take place at the University of Bari Aldo Moro in Italy. In addition to the project meeting itself—where research findings will be presented and discussed—an open seminar for students will be held. This seminar will explore and compare early childhood education and care systems for children aged 0–6 in Italy, Norway, and Sweden. The program will also feature guided cultural, historical, and nature tours in Alta Murgia National Park, tastings of traditional local products, and short cooking classes introducing participants to the region's cuisine and its exceptionally rich gastronomic heritage.



PALAZZO ATENEO AND AULA MAGNA ALDO COSSU, WHICH WILL HOST ONE OF OUR SEMINARS AT THE UNIVERSITY OF BARI.

INFO FROM DMMH

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At DMMH, we have analyzed data from questionnaires completed by kindergarten staff in Norway and interviews with children in Italy, Norway, and Sweden. Three articles have been submitted for peer review, and one is scheduled for presentation in November at the 2026 NABU network conference at the University of Stavanger with the theme: "The Oil Industry, Transition, and Sustainability Thinking in Education." There, we will present findings from the interviews with children on the environmental impact of human activities in the three European countries.

```

12 def calculate_basket_carbon(
13     items: list[dict],
14     domestic_transport_kg: float = 500,
15     transport_mode: str = "road",
16     food_waste_percent: float = 15,
17     num_children: int = 25,
18 ) -> dict:
19     """Calculate carbon footprint for entire basket.
20
21     Args:
22         items: List of [{"food_id": "amount_kg", "origin"}]
23         domestic_transport_kg: Distance for domestic transport
24         transport_mode: Transport mode key
25         food_waste_percent: Food waste percentage
26         num_children: Number of children for per-child calculation
27
28     Returns:
29         dict with total, per_child, by_food_group, and by_item breakdowns
30     """
31     total_co2 = 0.0
32     by_food_group: dict[str, dict] = {}
33     by_item = {}
34
35     for item in items:
36         food_id = item["food_id"]
37         amount_kg = item["amount_kg"]
38         origin = item["origin"]
39
40         # Get food info for grouping
41         food = data_loader.get_food_by_id(food_id)
42         if food is None:
43             continue
44
45         food_group = food.get("food_group", "unknown")
46         food_name = data_loader.get_food_name(food, "en")
47
48         # Calculate carbon for this item
49         carbon_footprint = food.get("carbon_footprint", 0.0)
50         total_co2 += carbon_footprint * amount_kg
51
52         # Group by food group
53         if food_group not in by_food_group:
54             by_food_group[food_group] = {"total": 0, "items": []}
55         by_food_group[food_group]["total"] += carbon_footprint * amount_kg
56         by_food_group[food_group]["items"].append(item)
57
58     # Calculate per-child carbon
59     per_child_co2 = total_co2 / num_children
60
61     return {
62         "total": total_co2,
63         "per_child": per_child_co2,
64         "by_food_group": by_food_group,
65         "by_item": by_item,
66     }

```

A GLIMPSE OF THE CODE AND LAYOUT FOR THE FOOD4KIDS APP