



A Manifesto for Edible Education

Convinced that the way we eat can change the world, we believe that food education must return to schools.

Food lies at the crossroads of today's major challenges. Its quality is declining. One in five people in France struggles to eat healthily. The need for action is urgent.

We dream of a world where everyone has the right to eat well, and where all children have access to food education that is healthy, sustainable, and delicious. We dream of schools where children grow their own gardens, observe the cycles of seasons and life, learn to cook, nourish themselves, and delight their loved ones with what they've prepared. We dream of healthy, tasty school canteens that support local networks and virtuous farmers, educate against food waste, elevate the value of collective catering professions, and turn every meal into a celebration. We dream of trained teachers, facilitators, staff, and local officials who can place food at the heart of learning.

In the land of culinary excellence, we are not starting from scratch. The Ministry of Education acknowledges it has a "strategic role" to play. It recommends integrating taste education, cooking, and gardening practices into school curricula.

Because when children garden or cook, they play, do math, read, observe chemical reactions, study history and geography, engage their senses—touch, smell, sound—develop critical thinking, and build both physical skills and psychosocial abilities. All their senses are awakened; all subjects come together.

And by linking food to the history of life, we help children understand where they come from, what they eat, the richness of biodiversity, and the strength and fragility of nature. By creating agroecological gardens with them, we help green and cool down our living environments, while encouraging young people to take part in the fight against climate change. By teaching them to cook, we foster a sense of community, as well as creativity and individuality. By encouraging families to share seeds, cooking and gardening techniques, we help strengthen social ties, solidarity, trust, food sovereignty, and the fight against food insecurity. By learning to eat better—both at school and at home—we bring joy back to meals, improve public health, and help mend the social divide.

It's up to us to lead this delicious revolution, so that every citizen, today and tomorrow, can help build a better world.

