



## A Manifesto for Edible Education

Because the way we eat can change the world, we need edible education in schools. Food is at the heart of every one of our contemporary problems. The quality of our food is in decline. Out of any five French people, at least one will say they have trouble eating a healthy diet. It is urgent that we act.

We dream of a world that offers everyone the right to eat well and the right to an education that teaches us what good food is.

We dream of schools where children grow vegetable gardens, observing the cycle of the seasons and of life; where they learn how to cook and how to eat together, sharing with their classmates, teachers, and families; where their cafeterias are connected to a network of local farmers who are taking care of the land, teaching conservation, transforming cooks and caterers into caretakers, and making every meal a celebration. We dream of teachers who are trained to integrate food into every essential academic subject.

In this land of culinary excellence we don't have to start from scratch. The national education system has already recognized that it has a strategic role to play and advocates the integration of food education into school curriculums. The National Food Council recommends "strengthening food education by culinary practice, training in taste, and/or pedagogical gardens."

The nonprofit organization L'école comestible hopes to contribute to these objectives — in students' classrooms, in their extracurricular activities, and throughout their daily lives.

By making the connection between food and all of life, children learn a deeper understanding, not only of what they eat and where it comes from, but also the richness of biodiversity and the strength and fragility of nature.

By creating school gardens, rooftop gardens, roadside and curbside gardens — even mobile kitchen gardens! — we are contributing to the greening of all our environments. By developing solidarity with families and sharing recipes and kitchen garden know-how, we are helping strengthen social ties and encouraging adults to be involved in their children's lives. By learning to eat better, we put enchantment back into the meal experience, both at school and at home, and we help mend the social divide.

And when children are gardening and cooking, they also play, they calculate, they read, they study chemical reactions, observe geography, understand history, touch, smell, listen, and forge their critical minds — all their senses are awakened and all their school subjects are tied together.

Like many other movements and initiatives, L'école comestible is playing a part in this period of irreversible social transition. Along with our godparents Alice Waters, Olivier Roellinger, Michel Guérard, and Françoise Nyssen, we invite everyone, starting with the youngest among us, to join the Delicious Revolution.