



# Ensuring good eating habits of people of different ages



1. Trends
2. Nutrition in the life course
3. What can cities and communities do?





# Urbanization is a trend





## Recent nutrition trends

- healthy trends in northern Europe
- low-carbohydrate and other special diets
- growing vegetables inside cities





# Trends in eating habits

- eating insects
- emphasis on food wastage
- cheaper food after 'due date'





# Food is fashionable!

- eating together to ensure children's success in life!
- Together – eating one theme in Finland100





# Ordinary life as a way to promote health

- fruits, vegetables, berries
- whole-grain bread or porridge
- vegetable oils
- fish twice a week
- low-fat milk and water
- **less salt!**





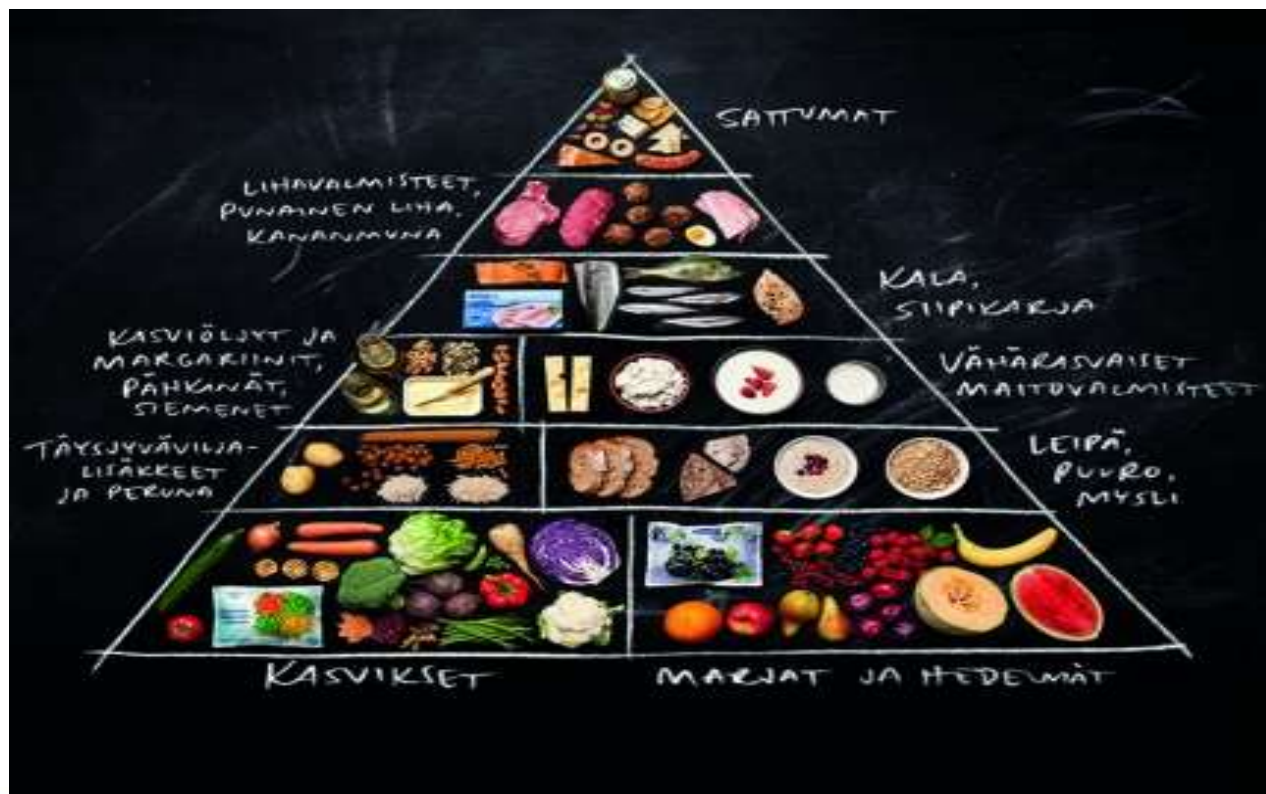


# Nutrition in the life course

- building a family
- to own home – students
- working day meals
- travelling in job / work in shifts
- ageing, widowing
- care homes









# What can cities and communities do?

- trainings about nutrition – not just to experts
- obesity programmes





## City obesity prevention check-list

- Does the city plan mention obesity prevention?
- Does the city plan describe obesity situation?
- Early childhood education, schools, workplaces – plans?
- Is there nutrition expertise for children and young people?
- Whole family is considered in children's health checks?
- Nutritional criteria are used when choosing food suppliers
- Physical activity is promoted in city planning
- Cooperation ongoes with industry to promote healthy food?



# Food education activities for preschool children

Organized by Functional Foods Forum (University of Turku)  
in cooperation with City of Turku.

- activities for all five senses:
  - \* Vision \* Smell \* Touch \* Hearing \* Taste
- exploring the origin of food:  
forests, farmhouses, food markets etc.
- cooking classes with children
- collaboration with families and communities!





# Challenges in daily eating of children & Sapere

- low consumption of vegetables, fruits and berries
- high intake of sugar
- unfamiliar origin of food
- limited food talk and food vocabulary -> increasing obesity.

## **SAPERRE method:**

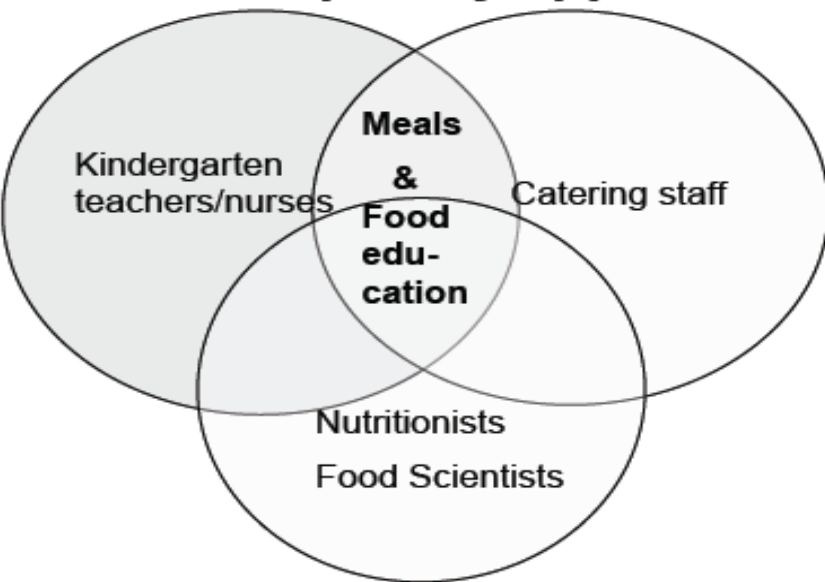
- practical method that enables children to discover their five senses
- food sensations and child's unique perception and learning experiences
- sapere (lat.) – to know, to feel, to taste, to become brave
- developed in France in 1974 by chemist Jacques Puisais





# How?

## Multidisciplinary approach



## Child oriented food menu – think about:

- how the child learns and what food is important?
- what food practice can support development of gross, fine, oral, motor and senso-motoric skills?

## Food offers opportunities to learn, practice and participate:

- > from being fed to an active partner
- > eating is a social event.
- > choose good food and enjoy it for your own health.





# Tips for cities and communities

- taking children along to plan school menu
- set tables out for people to have dinner with friends







# What can cities and communities do?

- NGOs organise cooking classes
- cooperation with industry
- invest in local products
- local vegetable boxes for people
- Nordic walking sticks to libraries





# What can cities and communities do?

- inviting a restaurant owner to cook in elderly care
- allow local food events without bureaucracy
- organise picnic concerts in open air





<http://www.restaurantday.org/fi/>





## What does WHO say?

- sugar recommendations:
- reduce daily intake of free sugars to less than 10% of total energy intake
- double burden of nutrition: malnutrition and overweight
- immigrant or 'us' exposed to risks?







# What did Balthasar Russow eat?

- wheat, barley, rye, pork, lamm, vegetables
- beer
- very salty food





# Why have we

- stopped eating together?
- stopped enjoying food?
- started making eating a trouble?





# Happy meals in the summer!

- normal days are the key!
- colours
- new tastes
- physical activity







**Thank you!**

[johanna.reiman@marebalticum.org](mailto:johanna.reiman@marebalticum.org)

+358 50 577 4803