L’AIDE ALIMENTAIRE COMME LEVIER D’INNOVATION ET D’ACTIVATION SOCIALE
L’auto-production comme moyen d’augmenter la socialisation et la résilience des citoyens
The Pré Santy is a vegetable garden aiming first at improving social inclusion in a difficult social logging area in the South of Lyon. The gardening activities is at first more a pretext than an aim but it constitutes an interesting case promoting sustainable food among underprivileged population: the garden requires a reasonable piece of land but it is large enough to enable 20 families to experience eating vegetables they produce from time to time and to organize more than 20 neighbourhood events around self-grown food per years... like the neighbourhood soup.
The Municipality of Athens is supporting a large action towards reclaiming available urban space for growing food. It is implementing real urban farms on the larger pieces of land and urban gardening on smaller plots. Eleonas is a neighbourhood of Athens with mixed industrial and commercial areas. A large brownfield is planned to be turned into an urban farm (municipal property of approximately 20,000 m²). The project is about to start and foresees benefits both in terms of creation of jobs for unemployed people and of urban production of food for poor households. At the same time, small scale urban farming is being advanced through the identification of plots of land that can be used for cultivation aiming at educational and symbolic functions (e.g. local edible wild vegetation, vegetable, herb and tree gardens).
L’aide alimentaire « non-stigmatisante »
La tente des glaneurs, à Lille, a supprimé son sac estampillé avec le logo de l’association afin de limiter l’effet stigmatisant de la récupération des invendus de marchés...
The original grocery “La passerelle” is a social business that fosters a mix of the population working on two types of clients: ‘beneficiaries’ accessing mainly food charity stock and ‘solidarity clients’ attracted by organic food sold at fair but full market price to them. Both evolve in the same space the one providing better margin to the shop that are reinvested in giving to the other a discount on organic and fresh food.
À la fois bénéficiaire de l’aide alimentaire et co-producteur du service
Dans les Soup Kitchens de Cape Town, les plats sont vendus à un prix symbolique/bas et le plat est gratuit pour ceux qui participent au service (aide à la cuisine, distribution, nettoyage...).

L’inclusion des bénéficiaires au service :
- Allège la tâche des volontaires et répond au manque de bénévoles
- permet une inclusion qui redonne de la valeur personnelle / « je ne vais pas à la soupe populaire, je donne la soupe populaire »
Activation sociale et nouvelles sources d’approvisionnement
La ville de Lyon, dans le cadre de sa politique d’alimentation durable, envisage de connecter les jardins communautaires (25 gérés par la ville) avec des banques/associations d’aide alimentaire locales.
Le CCAS propose aux bénéficiaires du RSA d'aller ramasser gratuitement les pommes de terre après les récoltes.
EPLESLANG, OSLO

Picking excess or unpicked apples in private gardens and making local apple juice.
LE DON ALIMENTAIRE ET LES PRATIQUES SAUVAGES
LE DON ALIMENTAIRE SAUVAGE, LES GARS’PILLEURS, FRANCE
En Allemagne, un projet hybride entre la lutte contre le gaspillage alimentaire et le don alimentaire met à disposition, de n’importe qui, des invendus alimentaires récupérés dans les commerces alentours à travers des frigos installés dans la rue/des halles, etc.
Apprendre à oser cuisiner comme moyen de réengager les familles avec l’alimentation
Htheag runs a small food shop, a cooking school, a large community food growing site and more recently an orchard. Local people including those suffering from a range of physical and emotional issues including obesity, diabetes, heart disorder have the opportunity to reskill with classes to support young parents who are sometimes so disempowered by modern cultural norms that they place more trust in factory produced baby-meals than their own cooking.
Cuisiner pour reprendre en main sa propre santé
KOP aims to make the provision of healthy eating and cooking courses at community training kitchens part of mainstream healthcare – where General Practitioners refer patients with chronic illnesses such as diabetes and obesity to a local healthy-eating cooking course. The cooking course is devised by nutritional, culinary and psychological experts – with the view to achieving long-lasting behavioural change.