

## Note

With this note we would like to draw the reader's attention to the fact that the following file was translated with the help of an artificial intelligence and due to this has some omissions or errors. Firstly, the translation of "Ernährungsrat e.V." should be read as "Nutrition Council for Cologne and the surrounding area", we would rather suggest "Food Policy Council". In addition, we would like to invite the reader to look up the sources in the original document in German.

Furthermore, the formatting has errors in some places.

We would like to apologise for these errors.

The translated document is for your internal reading and not for further distribution of the same.

Ernährungsrat für Köln und Umgebung e.V.

Cologne, November 2023

# Impetus for the municipal food transition

*A Food Strategy for Cologne and the surrounding area - fields of action, stocktaking and targets*

**Cologne, May 2019**

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## **Foreword by Dr Harald Rau**

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Our diet has a significant impact on our health, on our climate and on the global and local economy. Early nutrition sets an important course for the health development of our children. In view of the great importance of our nutrition, I am delighted about the strong impetus from our urban society that has given rise to the nutrition strategy.

I hope that as many suggestions as possible will be put into practice and I am convinced that good nutrition is an essential feature of the good life. In my vision of Cologne as the city of the good life, good nutrition plays a very important role and should be accessible to everyone in our society.

In a process lasting several months, the Food Council brought together people from very different backgrounds to discuss what kind of food and agriculture we want in our city.

In the "Milan Pact for an Urban Food Policy", we as a city have committed ourselves to tackling this issue. With the strategy, we have now developed goals and corresponding measures for the first time.

Municipal food policy is a task for the entire city administration, urban society and for our fellow players at state and federal level. We all benefit from good nutrition, which is why I look forward to seeing as many stakeholders as possible working with vigour and enthusiasm to implement this nutrition strategy.



*Harald Rau*

Prof Dr Harald Rau,

Head of Department for Social Affairs, Health, Environmental and Consumer Protection of  
the City of Cologne

## Summary

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The nutrition strategy for Cologne and the surrounding area provides answers to how we eat in Cologne - and how we want to eat in the future.

We are looking for these answers along the **entire production chain: from the field to the plate**. In the question of how we can secure agricultural land for the diversity of farms. In the question of variety and species diversity. In the processing in dairies and bakeries, in the distribution of food via retailers, weekly markets or new distribution models, in consumption - privately or in canteens and schools.

At the same time, the strategy addresses cross-cutting issues such as the Edible City of Cologne, the avoidance of packaging, environmentally friendly, climate-neutral food transport and the handling of food surpluses along the production chain.

The strategy sets out objectives, for the implementation of which the administration and politicians, consumers, civil society and business in Cologne and the surrounding area are **jointly** responsible **in a spirit of partnership**. The strategy thus makes it clear that in future, municipal food policy will be more dependent than ever on cooperation and constructive collaboration between the stakeholders.

Some of the measures also depend on national or international framework conditions. Not everything can be implemented on the ground right now. Nevertheless, the strategy aims to provide a **framework and orientation** for joint work in the coming years and decades.

With this strategy, we are presenting a **blueprint** - it is not a politically binding decision. However, we hope that the strategy will serve as a guideline for political decisions on local food policy in the coming years.

Many of the goals are already being realised today, partly in **experiments and trials**, but increasingly also on a larger scale. A food transition will not happen overnight and not every experiment is suitable for mass consumption in its current form. Nevertheless, we have included experiments such as unpackaged shops, community-supported agriculture and the climate-neutral chocolate journey to show what is conceivable in the future.

Cheers - from the field to the plate!

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# 1. introduction

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## 1.1 Cologne and the surrounding area

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Today, food is grown and transported around the globe before it ends up on our plates. Products are often grown, processed and consumed in different countries or even continents.

This nutrition strategy is intended to apply to "Cologne and the surrounding area" - and follows the established motto: "Think globally - act locally".

Consumption refers to the food that is consumed in Cologne, for example in private households, restaurants or public canteens and facilities such as hospitals and schools. The choices made by consumers in Cologne have an impact on the people who produce and process food locally and around the world. Do we decide in favour of fair trade, where the benefits are well and fairly distributed? Or for products whose production jeopardises rainforests and other ecosystems and whose transport to Cologne emits a lot of greenhouse gases?

When it comes to cultivation and processing, the focus is on the region, on the surrounding area of Cologne, as there is significantly more agricultural land there than in the city of Cologne itself. But here, too, we are broadening our view: If farmers source fertiliser or animal feed globally, the global impact of this should also be taken into account.

## 1.2 The players

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The food strategy should be implemented **jointly and in partnership** by various stakeholders. Most of the goals can only be achieved through cooperation, for example between farmers, retailers and catering businesses, who must bring together the supply and demand for regional food in such a way that it is profitable for all sides.

The strategy is not legally binding, it is not a law or a regulation, but a framework for orientation in which the individual players should find themselves.

In essence, it is about the interaction of the following groups:

- **Economy:** Farmers, food producers, catering businesses in the region, but also wholesalers and retailers, logistics companies, providers of packaging solutions, etc.
- **Civil society:** environmental, nature conservation and consumer organisations, initiatives on urban gardening, sustainable food culture or combating food waste.
- **Research:** Experts and scientists and their institutions.
- **Educational institutions:** Daycare centres, schools and kindergartens, vocational schools and universities.
- **Administration and politics:** The municipal level, but also the district government and other public institutions.
- **Consumers and consumers:** Citizens of Cologne.

The strategy is intended to act as an orientation framework within which concrete, tangible projects are to be initiated in close cooperation with the city administration.

## **1.3 Guidelines & values**

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The aim of this food strategy is to establish a sustainably fair, resilient, effective and ecological food system in Cologne and the surrounding area - from today's perspective: To create the food turnaround.

All citizens of Cologne should be able to eat a healthy and regional diet and at the same time preserve rural agriculture in the surrounding area.

We are guided by the following principles<sup>1</sup> :

### **Good for the people of Cologne**

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All Cologne residents should have the knowledge and opportunities to grow or buy healthy, affordable food themselves, prepare it and enjoy it. They live and appreciate their diverse food cultures and traditions and prefer to choose regional, healthy, seasonal, fresh, resource-efficiently produced and processed foods.

### **Good for Cologne and the region**

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Together, we support farmers, food producers, retailers and the catering industry in taking responsibility for good food and our environment, thereby securing jobs, prosperity and economic diversity in the region. Politics and administration take into account the requirements of good and sustainable nutrition in all policy areas. They promote regional and sustainable agriculture, which preserves or enhances cultural landscapes, safeguards biodiversity and improves the quality of life in our region for everyone.

### **Good for the world**

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The food consumed in Cologne is produced, processed, traded and disposed of in a way that protects the world's natural resources. Production and trade are organised in such a way that they offer fair working conditions and remuneration to all those involved.

## **1.4 The strategy in context**

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Municipal food systems are dependent on developments in other municipal fields of action and on the framework conditions at state, federal or EU level.

Cologne is to become a model region for a local food policy focussed on sustainability and regionality, from whose experience other cities in the state and federal government can benefit. This has already worked institutionally, as shown by the establishment and intensive dialogue with food councils in other cities.

The principles of the Milan Urban Food Policy Pact (MUFPP, see appendix), which Cologne has signed, are particularly relevant to the strategy. The strategy translates the goals for Cologne and outlines measures for implementation.

In relation to other action plans, this strategy:

## *A Food Strategy for Cologne and the surrounding area*

- provide input for *Cologne Perspectives 2030*, the comprehensive strategy for the development of the city of Cologne<sup>2</sup> .
- place the *Action Plan Edible City of Cologne* in the wider context of food issues beyond inner-city, community cultivation<sup>3</sup> .
- provide impetus for strategies at a higher level by highlighting municipal and regional scope for action.
- implement the *NRW sustainability strategy*, in particular with regard to the food-specific topic area, point III 3, the supply of healthy food from sustainable production. Among other things, the high level of competition for land, which must be resolved, and access to sustainably produced food for all are mentioned. In the following point III 4, "Conservation of biodiversity and sustainable forest management", the importance of a functioning ecosystem is presented and the poor situation in NRW is emphasised, where improvements are to be achieved in future through sustainable management measures in line with the food strategy.
- Implement the National Sustainability Strategy, in particular those indicators that are directly related to the Food Strategy (4. land use, 5. biodiversity, 9. education, 12. land management and 14. health and nutrition).
- Implement the *Sustainable Development Goals* of the United Nations, which have been signed by countries worldwide and set targets for sustainable development (see table).

### **1.5 Development of the strategy**

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Developing a nutrition strategy for their respective city is an integral part of the work of food councils worldwide. In Cologne, at the fourth meeting of the Food Council on 7 March 2017, the head of the social affairs department suggested that such a nutrition strategy be drawn up.

**At the vision workshop** organised in September 2017 with over 100 participants, eleven perspectives for the vision of a sustainable food system for the citizens of Cologne were developed. The ideal state of a local-regional food system outlined there in many cases was to serve as the starting point for further strategy development.

To this end, the Food Policy Council established a **working group** from the administration and civil society to translate the perspectives of the vision workshop into specific topics and chapters and bring them to life. The mandate for the working group, the work steps and the rough structure of the document were confirmed by the Food Policy Council on 14 June 2018.

From 22 December to 15 March 2019, the Food Policy Council conducted an **online citizen participation process**. At the same time, a rough version of the strategy was presented and discussed in the Food Council's committees. On 16 February 2019, a strategy workshop was held with 80 participants in a total of twelve workshops on the various chapters and the above-mentioned stakeholders were actively involved in an online participation process.

The feedback collected from the workshops was recorded, published and incorporated into the strategy together with the online feedback. All suggestions for changes were recorded by the editorial team and how they were dealt with was documented. The comments developed in the workshops and agreed by consensus by several participants were prioritised over



## ***A Food Strategy for Cologne and the surrounding area***

individual submissions via the online participation process.

The current version of the strategy was published in May 2019 and submitted to the City of Cologne. Under the leadership of the Environment Agency, it is to be submitted to the political committees in summer 2019. In parallel, the Food Council will develop lighthouse projects to implement the strategy.

## 2. from the field to the plate

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### 2.1 Securing agricultural land

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**At the beginning of all nutrition is the soil: Who owns it and who is allowed to use it? There is fierce competition for existing land, especially in Cologne's urban area and the surrounding countryside: Residential, transport, commercial, cultural and leisure uses compete with agriculture.**

#### Inventory

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Agricultural land exists both in Cologne and in the surrounding area. Of the almost 200,000 hectares of arable land and 120,000 hectares of grassland in the administrative district of Cologne, only 5,600 hectares of arable land and 1,000 hectares of grassland are located in the district of Cologne itself<sup>4</sup>. This corresponds to 17 per cent of Cologne's urban area, 16 per cent of the urban area is forest, while 61 per cent is settlement areas. Pastureland dominates in the (hilly) east of the administrative district and arable land in the west.

The agriculturally utilisable urban land in Cologne is leased to 91 farms, most of which operate across borough, city and district boundaries. Cologne's property administration has leased around 2,230 plots of land with a total area of around 2,691 hectares for agricultural use. Of this, around 311 hectares are located outside the city limits. The proportion of organically farmed land has so far been extremely low, with the majority of the land being farmed conventionally.

The property management concludes a 12-year lease agreement with each of the companies for all of the land provided, with a right of cancellation on the part of the city. The current leases for the city-owned land run until 2028, and the majority of the leases have been in place for decades across generations.

Agricultural land in Cologne's urban area and the surrounding municipalities shrank by 15 to 20 per cent between 1994 and 2013<sup>5</sup> and will continue to shrink in the coming years due to new settlement projects (plans for Rondorf Nord, Kreuzfeld). Areas in the administrative district of Cologne are also shrinking due to increasing commercial and residential development.

## **Guidelines and goals**

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### **1. preserve agricultural land in the urban area**

In addition to its supply function, agriculture in Cologne's urban area is particularly important and worth preserving as an educational and cultural asset, for groundwater protection, for the preservation of biodiversity, for the supply of fresh air and for long-term carbon sequestration in the soil:

**The agricultural land in Cologne's urban area is maintained in accordance with the utilisation statutes and managed on a (small) farm basis. Organic farming methods are systematically promoted and models of participatory agriculture are included.**

### **2. utilise land in the surrounding area for regional production**

The areas in the city of Cologne and the administrative district of Cologne are of great importance for the supply of fresh produce (fruit, vegetables, meat, etc.) and serve as the basis for local, artisanal processing in juice presses, mills, etc. (see also Chapter 2.5):

**The agricultural land in the administrative district of Cologne is prioritised for regional fresh produce supply (vegetables, fruit, etc.) and as a basis for local, artisanal processing.**

### **3. strengthen rural and co-operative land ownership**

In addition to the type of utilisation, the question of ownership is a key instrument for putting a stop to land speculation:

**Rural and co-operative land ownership is being strengthened in order to maintain the financial basis for agricultural businesses even in the face of rising land prices and rents in the surrounding area. This is achieved through pre-emptive rights for local farmers when selling land.**

### **4. determine the proportion of organic farming**

After the lease agreements expire in 2028, ecological management and biodiversity must be promoted more strongly.

**The city defines a proportion of the area that is to be farmed organically after 2028 and promotes biodiversity on small areas.**

***Best practice: Regionalwert AG Rheinland***

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*Regionalwert AG has been involved in the Food Council for Cologne and the surrounding area from the very beginning. With citizen shares, the public limited company promotes business start-ups and regional processing structures in the organic sector in the Rhineland. With a regional partner network, the organic catering trade fair and its participation in the Demeter farm StadtLandGemüse, Regionalwert AG is active in Cologne in order to strengthen small-scale organic farming.*

*Regionalwert AG regularly issues citizen shares so that further projects can be realised. Regionalwert AG uses the Regionalwert Report to demonstrate the sustainable agricultural performance of its partner companies.*

[www.regionalwert-rheinland.de](http://www.regionalwert-rheinland.de)

## **2.2 Maintaining the diversity of farms**

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**Agricultural businesses come in many different forms - from part-time farming to (small) (organic) farms and internationally active agricultural groups. We want agriculture to be diverse, characterised by farming and rooted in the region, which secures good jobs in the region.**

### **Inventory**

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The agricultural importance of Cologne's surrounding area is also clear from the number of farms. In 2016, there were only 84 full-time and part-time farms in the city of Cologne combined, which corresponds to a decrease of 27 per cent compared to 2010. In the administrative district of Cologne, the number of farms fell by 13 per cent between 2010 and 2017 to 4,680 full-time and part-time farms.<sup>6</sup>

The agricultural areas per farm here are relatively small compared to the rest of Germany, particularly in the Eifel and Bergisches Land regions. Larger farms are mainly found in the Rhenish Börde, which is dominated by arable land (on average > 80 hectares).

In the administrative district, 60 per cent of arable land is used for cereals and a further 15 per cent for sugar beet, while only 2 per cent is used for the relatively small-scale cultivation of fruit and vegetables, which is important for local supply. In Cologne itself, 12 per cent of farms grow fruit and vegetables (approx. 17 per cent in 2016), which is significantly higher than the proportion in the region (3 per cent), with most fruit and vegetable crops being grown in special crops such as strawberries and asparagus. In 2016, 356 of the 4,680 farms in the administrative district were organic farms<sup>7</sup>.

Animal husbandry is widespread. In 2015, there were a total of 2,316 cattle farmers (dairy and beef cattle), 186 pig farmers, 402 sheep farmers, 171 goat farmers, 547 chicken farmers, 156 poultry farmers and 1,096 farmers of other animals.

The proximity to regional sales markets and the opportunities for direct marketing (farm shops, markets, etc.) help to maintain a diverse farming sector in the region. Nevertheless, farms in the region are affected by concentration processes and succession problems.

## **Guidelines and goals**

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### **1. secure existing farms**

In addition to competition for land, the existence of farms is also jeopardised by price pressure and changing sales markets.

**Existing farms in Cologne and the surrounding area are supported in order to maintain and secure them. Farms at risk of going out of business are identified and given targeted support (sales partnerships, inclusion in regional labels, etc.).**

### **2. preserving the circular economy and diversity on farms**

In the past, farms usually worked in a circular economy and grew and sold a variety of products. We want to safeguard and revitalise this type of farming:

**Farmers in the region should be enabled to run their businesses successfully and in a variety of ways (varieties, distribution channels, etc.). To this end, they are encouraged to open up to city dwellers and introduce elements of participatory agriculture, for example.**

### **3. actively support and facilitate farm succession**

Even if farms have traditionally been handed over and run by families, this pattern is changing and the succession of farming is no longer the norm.

**Business start-ups and succession on farms in the city of Cologne and the administrative district of Cologne are to be actively supported and facilitated. Succession and business start-ups that comprehensively implement the guiding principles of the Food Council (biodiversity, regionality, etc.) are specifically promoted.**

**Best practice: Klefhof**

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*Klefhof is an organic farm near Bergisch Gladbach that markets its products exclusively on the farm at fixed collection times. The meat comes from the farm's own cattle, pigs, sheep and goats, which spend most of their lives on the herb-rich Bergisch meadows. These areas are farmed by the Klefhof in a nature-friendly manner.*

*The animals are slaughtered by a local butcher. In addition to species-appropriate animal husbandry, the farm is also keen to give people back a connection to their food. This takes the form of taster days on the farm and nature education programmes for school classes. The aim is to sensitise children and adults to animal and environmentally friendly livestock farming and thus to rethink their own consumer behaviour.*

*In Cologne and Troisdorf, Klefhof is creating self-harvest gardens under the name "Gartenglück": For a fixed seasonal fee, city dwellers can cultivate, care for and harvest their own organic vegetables for a summer on a pre-planted garden plot and thus provide for themselves to a certain extent. In addition, various young vegetable plants are grown on the farm for sale: tomatoes (including old varieties), cucumbers, pumpkins, courgettes, chilli, physalis, peppers and aubergines. The seeds come from certified organic farms.*

[www.klefhof.de](http://www.klefhof.de)

[www.gartenglueck.info](http://www.gartenglueck.info)

## **2.3 Preserving regional variety and species diversity**

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**Varietal and species diversity in agriculture exists both on and off the field - and is ultimately even reflected in the food itself. Cultivation and distribution in industrial agriculture are often limited to a few varieties and species, which makes them susceptible to problems such as climate change. We want to preserve the diversity of species and varieties, as they provide a wide range of ecosystem services and are beneficial to health.**

### **Inventory**

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Biodiversity and species diversity in agriculture are hugely important - not least from an ecological and health perspective. Old, regionally adapted varieties are often more resistant to climate change and other influences, rich in vitamins and nutrients and often more suitable for allergy sufferers. Old varieties also serve as a cultural heritage and gene pool for modern breeding.

Basically, the Rhineland has a very diverse landscape, from the densely wooded Bergisches Land and the Eifel to the arable landscape in the Cologne Bay. However, the natural diversity is no longer reflected in the diversity of varieties and species in the fields. As in other regions, the intensification of agriculture, the loss of open space and pressure from the retail trade on farmers has led to a significant decline in biodiversity and insects on and near the fields. The diversity of varieties in cultivation has declined by 90 per cent<sup>8</sup>, with high-performance varieties dominating most fields. These are yield-optimised, can be harvested mechanically and are resistant to diseases, but cannot be propagated on the farm as hybrid seed.

In practice, old fruit and vegetable varieties often have lower yields than varieties from modern hybrid seed. As a result, many farms, especially smaller ones, cannot afford to grow these varieties, which are worth protecting, for financial reasons. Many varieties are also no longer allowed to be grown commercially because they require testing and authorisation by the Federal Plant Variety Office<sup>9</sup>.

Despite increased labour costs in the cultivation of old varieties, many (organic) vegetable farms are fundamentally motivated to maintain varieties, even those with lower yields, if there is a market demand or other forms of support for them.

In the case of new plantings in the city as part of urban gardening, edible squares, etc., species and variety diversity should of course also be exemplified and old/rare cultivated plants should be prioritised.



## **Guidelines and goals**

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### **1. promote species and variety diversity in cultivation**

Diversity begins in the field, with the selection of species and varieties on offer:

**The diversity of species and varieties in agricultural cultivation and livestock farming is promoted. The focus will be on old varieties and seed-resistant, organic seed.**

### **2. preserve and expand diverse cultural spaces**

In rural and urban areas, biodiversity can also be found beyond the field - in green spaces, field hedges, flower strips and gardens:

**Diverse planting of fields, roadsides and green spaces, parks and allotments, as well as private gardens, will promote a variety of species and varieties alongside cultivation. Solutions for green roofs and façades, against overheating in the city and for gaining space are also to be developed and supported.**

### **3. sensitise for variety and species diversity from the field to the plate**

Varietal and species diversity in the field only works if it is recognised and valued by buyers, caterers and their customers:

**An appreciation for variety and species diversity is created across the entire value chain. This is achieved through educational programmes, but also by raising awareness among retailers and restaurateurs and explicitly promoting the cultivation of old varieties in agriculture.**

### ***Best practice: VEN and the Cologne Seed Festival***

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*The "Verein zur Erhaltung der Nutzpflanzenvielfalt e.V." (Association for the Preservation of Crop Diversity) identifies old, still discoverable seed-resistant plant varieties and endeavours to obtain seed from them. Some of the association's members propagate these themselves, but they are only made available for private, non-commercial cultivation. The association is represented by regional groups in around 20 cities across Germany, including Cologne since 2017. In addition to the preservation of diverse, non-genetically manipulated seeds and educational work, another area of activity is cooperation with other organisations, universities and national and international organisations.*

*A seed list is published annually and the seeds are passed on in exchange, for a donation or a contribution towards costs.*

*In Cologne, for example, the Cologne Seed Festival is organised together with the Cologne Community Gardens Network and the Cologne Adult Education Centre. Gardeners meet here to exchange seeds, and workshops and lectures are also organised.*

*VEN: [https://www.nutzpflanzenvielfalt.de/verein/aufgaben\\_und\\_ziele](https://www.nutzpflanzenvielfalt.de/verein/aufgaben_und_ziele)*

*Seed festival: <https://www.stadt-koeln.de/leben-in-koeln/freizeit-natur-sport/veranstaltungskalender/saatgutfestival-2019>*

*Contact: [ven-ortsgruppe-koeln@gmx.de](mailto:ven-ortsgruppe-koeln@gmx.de).*

## **2.4 Establish regional feed and fertiliser cycles**

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**When is a product actually a regional product? It is not only the place of production or (final) processing that is decisive, but also the origin of the raw materials, especially animal feed and fertilisers. Long transport routes, usually from outside Europe, result in high greenhouse gas emissions. To change this, it is important to promote the cultivation of animal feed within Europe and increasingly regionally (in the administrative district).**

### **Inventory**

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Even if there are farms in the organic sector that work strictly regionally, the vast majority of farms are integrated into global cycles. For example, many conventional farms in NRW obtain their fertilisers from the Netherlands. In 2017, 1.5 million tonnes of manure and slurry were imported, mainly to the administrative districts of Düsseldorf and Cologne<sup>10</sup>.

Animal feed for meat production is mainly imported from outside Europe. Every year, 33 million tonnes of soya beans and meal are shipped from South America to the EU. This corresponds to an average of 64 kg for every EU citizen. Without these imports, the EU would currently be unable to produce animal foodstuffs as it does not grow enough protein-rich fodder crops itself. In order to reduce exports from non-European countries, meat consumption would have to be reduced and fertilisers and animal feed would have to be produced more regionally.

European agricultural policy has changed in this respect and subsidises the cultivation of rapeseed, field beans, peas and lupins on "ecological priority areas". These plants are not only rich in protein, they also bind nitrogen in the soil. Between 2014 and 2016, the cultivation of these crops increased from 0.3 million tonnes to 0.5 million tonnes. Since 2004, the cultivation of rapeseed meal as a protein-rich animal feed has doubled.

As organic farms do not import animal feed or conventional fertilisers, they require an average of 40 percent less energy per hectare and produce correspondingly lower greenhouse gas emissions per area. Therefore, not only should the cultivation of protein crops be increased, but farms should also be converted to organic farming<sup>11</sup>.

## Guidelines and goals

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### 1. closing and restoring regional material cycles

The regional cultivation and trade of animal feed and fertilisers has ecological and social opportunities for the development of a sustainable food system:

*Producers (in Cologne and the surrounding area) specifically and preferably use regionally produced feed and fertilisers in order to close local material cycles and value chains. The introduction of external inputs is reduced through agricultural strategies (crop rotation, green manuring, etc.).*

### 2. strengthening regional, cycle-orientated and sustainable agriculture

Around 60 to 70 regional initiatives are active in NRW. These are generally associations of (small) producers, processors and catering businesses in a region that jointly market their regional foods.

*The regional networking of businesses should be promoted, even beyond the various sectors that are relevant to this regional cycle. This can be achieved through (online) networking platforms and information and guidance material as well as financial subsidies for local products.*

#### **Best practice: Haus Bollheim**

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*Haus Bollheim has been practising biodynamic agriculture since 1981. For Haus Bollheim, biodynamic agriculture is "intensive work with the forces of nature, with the aim of producing food that not only fills you up, but also nourishes body and soul and is created in a way that does justice to all those involved: Nature, animals and humans".*

*The farm offers a biological diversity of cows and chickens, and various types of grain, potatoes and vegetables are grown on arable, forest and grassland. Bread is produced in the farm's own bakery using artisan methods, partly with old grain varieties. The cheese dairy produces various types of cheese from its own milk. The products are sold in the farm shop and at the Cologne organic market.*

<https://www.bollheim.de/>

Contact: [mail@bollheim.de](mailto:mail@bollheim.de)

## **2.5 Strengthen the regional food trade**

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**Food can not only be grown regionally, but also refined and processed regionally. This applies to the first processing stages (dairy, mill, slaughterhouses, etc.) as well as processing in bakeries, butchers, etc.**

### **Inventory**

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In the food processing industry, the number of farms has decreased significantly in recent years and decades. For many producers, this has led to a strong dependence on large processing companies and, in many cases, to the closure or merger of small businesses.

The local processing of meat is also becoming increasingly difficult in the administrative district of Cologne due to the loss of slaughterhouses and butchers. The centralisation of these businesses has created so-called "bottlenecks" in the supply of butchers. The loss of milk-processing businesses is particularly drastic. In 2018, there were only 11 dairies out of 1,200 milk-producing businesses in the administrative district of Cologne. Juice presses, oil presses and others are largely privately owned in the administrative district, while contract bottling (e.g. for juices, spritzers, etc.) is predominantly affiliated with breweries. The number of artisan bakeries has also continued to decline.

In order to keep the added value of regional products in the region, it is necessary to establish new processing companies. Regional processing chains shorten transport routes and strengthen the added value of the producing companies. In addition, suppliers become less dependent on bulk buyers and can achieve prices at which they can operate sustainably.

There are some pleasing counter-developments in all areas. Young processing companies, whether bakeries, butchers or craft brewers, are finding their niche among customers who (once again) appreciate traditional food craftsmanship and identify with the region.

### **Guidelines and goals**

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#### **1. maintain and rebuild primary processing plants across the board**

In order for regional agriculture to lead to a regional diet with processed foods as well, regional primary processing must be ensured locally:

**In Cologne and the surrounding area, facilities for the primary processing of food (mills, dairies, oil and juice presses) should be maintained or newly established. This is the only way they can be reached and accessed by regional farmers and agricultural initiatives and can make regional products available for catering and retail.**

#### **2. strengthen craftsmanship, local finishing**

Food was traditionally processed close to home - in butcher's shops, bakeries etc. We want to preserve and revitalise this tradition:

**Regional and artisanal finishing businesses, ideally close to home, are strengthened and preserved. The focus here should be on the processing of**

**high-quality, local production ("bakery vs. bakery chain") and on the regional origin of the raw materials.**

### **3. strengthen decentralised, cooperative processing**

There are also innovations in the artisanal processing of food - such as mobile butchers who work directly on the respective farms or in glass bakeries and butcheries. These innovations can help to prepare the food trade for new market conditions:

**Experiments and innovations in the food trade that enable the regional, high-quality processing of food under changed market conditions are helped to enter the market by the corresponding framework conditions.**

#### ***Best practice: Bergheim's master bakery***

*Competition from low-cost providers and the decline in trainees is a major problem for traditional bakeries, forcing many bakeries to close.*

*A contrary example is the master bakery Bergheim's. While his father has been running his bakery in Lindenthal since 1985, his son Tim Bergheim opened his own bakery in Sülz. He uses regional ingredients for his baked goods, such as flour from Cologne and organic eggs and milk from the Bergisch region. He is not a certified organic baker, but buys regional products and as much as possible in organic quality. He learnt the traditional processing of pasta from his father.*

*To bring customers closer to the production process, he had an open bakery at the counter, but this was given up due to increasing volumes. Customer demand is high, which is why he now employs additional staff and was able to open a sales stand in Cologne's market hall in the Belgian Quarter in autumn 2018.*

<https://www.ksta.de/koeln/aussterbendes-handwerk-wie-sich-ein-koelner-baecker-gegen-den-abwaertstrend-stemmt-31397440>

## **2.6 Preserving diversity in regional catering**

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**Restaurants, cafés and pubs are central places for eating out, socialising and culture. A diverse catering scene is an expression of a lively city, is an important employer and can be a sales market for regional food production.**

### **Inventory**

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The city of Cologne continues to be an attractive and diverse location for the catering industry, which is reflected in the number of businesses and their employees.

According to VAT data, there were 3,297 businesses in 2016, of which 364 were hotels (including inns and guesthouses) and 2,933 were catering businesses such as restaurants (with and without service), event catering, ice cream parlours, cafés, bars and clubs.

Most of these businesses only use regional products to some extent. There are a number of selected cafés and restaurants that mainly or primarily use regional products or organic food. Regional, seasonal and organic food is already being used to a greater extent in upmarket restaurants. In contrast, there is a large proportion of businesses in Cologne where regionality does not play a role in procurement for economic reasons.

The beer market in particular has a strong regional character, even though most Kölsch brands are now owned by brewery groups.

For the most part, customers in the catering trade cannot see where the food, animal feed, etc. comes from, which delivery routes it has travelled and which additives have been used. In contrast to the organic market, there is no standardised certification of regional products. There is a lack of a transparent information policy and the legal requirements to enable consumers to make a conscious, informed decision in favour of regionality in out-of-home catering.

### **Guidelines and goals**

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#### **1. support owner-managed, artisanal gastronomy**

Traditional, owner-managed, artisan catering is a central component of the city's culture and local economy:

**Owner-managed, artisanal catering is promoted. In addition to the preservation of established businesses, this also involves the establishment of new businesses with innovative operator concepts (e.g. co-operatives).**

#### **2. strengthen regionality and seasonality in the gastronomic offer**

Caterers in particular can take regionality and seasonality into account in a special way by flexibly organising their offerings:

**Regional and seasonal offerings have a place in the catering trade, both in artisan gastronomy and in communal catering (canteens, canteens, large restaurants).**

#### **3. enable vegetarian and vegan out-of-home catering**

## *A Food Strategy for Cologne and the surrounding area*

The City of Cologne already recommends that catering establishments offer vegetarian and vegan dishes<sup>12</sup> - as this is increasingly in demand from consumers. We want to make it possible for vegetarians and vegans to eat out at all times:

***Restaurants and catering establishments offer equivalent (i.e. regional and healthy, comparably priced) vegetarian and vegan dishes and actively label them. A voluntary commitment by the Food Council and catering associations provides information on this.***

### **4. transparent food origin**

The City of Cologne asks the catering establishments for information on the origin and processing of their raw materials:

***The cultivation, delivery and processing information is transparent for customers to view. Regional and seasonal dishes are actively labelled as "Best regional option" or similar.***

#### **Best practice: Brauerei Heller GmbH**

*Brauerei Heller GmbH, which is located in Cologne's Kwartier Latäng neighbourhood, has been producing certified organic beer for many years. Right next door is the brewery house, which not only offers a variety of beers, but also typical Cologne food, with products from the region. These include fair-trade coffee from a Cologne roastery, wine from the Palatinate, organic eggs from the Cologne region, meat products from a Cologne natural butcher's shop and bread from a bakery that has been in the city centre for generations. Not only is the beer produced in-house, but many other ingredients are also sourced from Cologne and the surrounding area, preferably organic.*

<https://www.hellers.koeln/>



## **2.7 Strengthen local markets & trade**

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**Weekly, supermarkets and organic markets are the places where consumers usually buy food for private household consumption. Where and in what form these markets are available locally and what range they stock is a key factor in private purchasing decisions. The food retail trade is therefore an important component of Cologne's food system and of Cologne's neighbourhoods.**

### **Inventory**

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The food retail sector is undergoing radical change, including in Cologne. There are contradictory trends: despite increasing sales space, there is a decreasing supply in individual districts, with suppliers increasingly concentrating on large markets that are easily accessible by car or those in city centre locations. For example, there is no longer a local supplier in the centre of the Weiß district. There has also been a shift in ownership structures - from owner-managed shops to chain shops and a few retail chains. With an estimated annual turnover of €2.1 billion, the food retail sector plays a major role in the entire value chain.<sup>13</sup>

With the retail and centre concept<sup>14</sup>, the city of Cologne is pursuing the goals of "securing and strengthening the major main and secondary centres in their supply function" and "securing the local supply of goods and services for daily needs". It is already the city's aim not to allow developments in the food retail sector to be determined by supply and demand alone, but to manage them on the basis of existing retail businesses and potential demand. Nevertheless, regulatory requirements sometimes place a burden on small businesses in particular and thus threaten diversity in the retail sector.

Even though markets are increasingly offering regional farmers and regional brands a channel, regional or seasonal products are not widely available in discounters. Even the boom in organic (retail) brands and special organic supermarkets only leads to a strengthening of organic farming in the region in individual cases. This is because the supply chains are now highly standardised and internationalised, even in the organic trade, which is geared towards the masses. This works against the desire for more transparency in the food trade, which many consumers want. In response to this, discounters and supermarkets are increasingly focussing on German organic association products.

In addition to the supermarkets, there are 66 weekly markets at 39 locations in Cologne<sup>15</sup>, although the fresh produce on offer is dominated by conventional retailers. Of particular note here are the "organic markets", which offer exclusively certified organic food, preferably from the region, five days a week at three locations.<sup>16</sup>

In addition to European goods and exotic products from overseas, the Cologne wholesale market also offers a platform for regional suppliers, but it is limited in time at its current location and will probably have to find a new location by 2022.

### **Guidelines and goals**

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#### **1. preserve retail structures in the neighbourhoods**

We want to stop or reverse the retreat of retail from the city districts and the trend towards

car-accessible retail in large areas outside the city.

*Every neighbourhood has adequate local shopping facilities within walking or cycling distance for all residents.*

### 2. make regional, seasonal and ecological diversity available

While regional and organic products are consistently available in the city centre, supply is sometimes poorer in outlying areas. Seasonality has a difficult time in retail, as the choice between seasonal and regional products and comparable products from abroad competes on price and imported goods often have an advantage.

*Regional, seasonal and organic products are available across the board and are prominently advertised in stores. Processing also plays a role here. Targeted information is provided on products manufactured in primary processing plants and a platform is created.*

### 3. revitalise weekly markets with new diversity

Weekly markets play an important role in social interaction and the supply of fresh produce. Especially when farmers are present themselves, they can promote dialogue between the surrounding area and the city.

*Weekly markets are places of lively exchange, trade and catering, adapted to new consumer habits, where farmers are present with regional, seasonal and organic products.*

### 4. preservation of the wholesale market / development of food hubs

The wholesale market is worth preserving and can be expanded, as it enables the marketing of regional fresh produce. In the future, there could be a greater focus on organic trade, which would also be underpinned by a new logistics concept including e-mobility.

*The wholesale market should be preserved and modernised, for example through a stronger focus on regional or sustainable products or climate-neutral logistics. It should be supplemented by new, decentralised locations ("food hubs") that bundle logistics, processing and education in the food sector.*

#### **Best practice: REWE Richrath**

*REWE Richrath, a local chain of stores under the umbrella of the REWE Group, has been cooperating with family farms in the region for decades and supports local supply chains. Short distances mean that both the freshness of the products and lower greenhouse gas emissions can be guaranteed.*

*Pork and beef, eggs, beer, honey, tinned meat, dairy products as well as fruit and vegetables are sold under the in-house declaration "Wir aus der Region" (We from the region), of which as much as possible is organic, otherwise the focus is on species-appropriate animal husbandry and organic farming.*

## **A Food Strategy for Cologne and the surrounding area**

*The regional nature of these products not only supports local producers, but also avoids long transport routes and international supply chains, which has a positive impact on the eco-balance of the products.*

*REWE Richrath organises the tracking of supply chains in such a way that it can be easily understood by everyone and customers can obtain information about all operations directly.*

<http://www.rewe-richrath.de>

## **2.8 Strengthening regional brands**

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**Regional brands and regional marketing alliances make regional products visible and recognisable. In this way, they help to place them in the retail trade and via other sales channels and secure a marketing basis for regionally orientated farmers.**

### **Inventory**

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Regional brands are supported by regional producer organisations or associations and help farmers and other producers to market their products through various channels in the region. Only a few regional brands cover the entire supply chain; in most cases, feed or fertilisers or ingredients for end products can be purchased from outside the region. The quality of the production conditions (fair wages, biodiversity, etc.) are also not automatically taken into account.

In addition to the larger labels "bergisch pur" and the "Regionalmarke Eifel", there are also smaller, sometimes product-related labels such as the "Verein Bornheimer Spargelanbauer e.V." in the area around Cologne. The existing regional brands cover a wide range of products, including spreads, baked goods, juices, fish, meat, eggs and spirits. They are available in food retailers as well as in farm shops, restaurants, etc., both in the respective regions and in Cologne.

Regional trademarks, such as the "protected geographical designation of origin" (PGI) or the "protected geographical indication" (PGI), must be distinguished from regional trademarks. These are hardly represented in Cologne and the surrounding area, and supra-regional marketing as a speciality is often more important here than promoting regional cycles<sup>17</sup>.

In addition to the brands carried by producers themselves, there are also numerous regional awards of varying quality and presence carried by trading companies, and in some cases products are simply labelled with the words "regional", "from the region" or "from the Rhineland". In the case of processed foods in particular, it is not transparent which steps in the value chain are covered.

## **Guidelines and goals**

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### **1. establish regional brands throughout the Cologne region**

Today, the Cologne region is only partially covered by strong regional brands and is present in the retail trade:

**All regions of the administrative district of Cologne are represented by their own strong regional brands supported by producers in the city and beyond.**

### **2. modernise regional brands and expand reach**

In retail, regional brands have to hold their own against conventional products marketed with larger budgets:

**The existing regional brands are professionally positioned, adapted to changing market requirements and thus extend their reach.**

### **3. strengthen ecological-fair components in regional brands**

Even if regional brands do not replace organic certification, they often claim to promote rural, nature-orientated agriculture:

**Eco-fair criteria are systematically applied and strengthened in the regional brands. This creates synergies between regional brands and ecological certification.**

#### ***Best practice: Bergisch Pur***

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*Bergisch Pur is a regional brand that focuses on strengthening the Bergisches Land region. In order to become a member, it is essential that agriculture is close to nature and adapted to the location, that farming methods are based on resources and nature conservation and that animal husbandry is appropriate to the species. Transparency in the origin and distribution of products is a key factor in giving consumers the opportunity to obtain accurate information about their food.*

*The association, which has already grown to 55 farms since it was founded in 1998, includes all types of agricultural businesses as well as butchers, cheese dairies and bakeries that market their products directly. In most cases, these are small family businesses that are given a secure future through membership. Catering businesses that value regional and sustainable food in their restaurants purchase their products from Bergisch Pur producers. In some cases, there is also a farm shop.*

<http://www.bergischpur.de/startseite.html>

## **2.9 Implementing alternative distribution models and participatory agriculture**

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**Beyond retail and catering, alternative distribution models enable farmers and other producers to gain new, more direct access to consumers. Whether with the help of digital platforms, in analogue form in the form of vegetable boxes or in solidarity farming, alternative sales models can support rural agriculture.**

### **Inventory**

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Although the majority of the food trade in Cologne is handled by traditional structures such as food wholesalers and retailers, numerous alternative sales models have been established in the area of online retail and participatory farming. These models are based on the marketing form of the producer markets that were common in the past. Direct contact between producers and consumers is central to this, allowing food speculation, competing prices on the world market and high production pressure to be avoided.

Farm shops in the outskirts of Cologne and the surrounding area, as well as "vegetable boxes" and other delivery services that reach households directly, have already been on the market for some time. What these models have in common is that farmers offer and sell their products directly and on their own account, but consumers are not directly involved in the production and distribution process.

New developments in recent years include several community-supported farms (SoLaWis), self-harvest fields and internet-based direct sales models (e.g. Marktschwärmer). SoLaWis in particular offer more transparency and participation than traditional retail or farm shops. They cover city centre districts in particular. Self-harvesting fields are dependent on agricultural land and are therefore usually found in the surrounding urban areas, where farmers sometimes operate directly as entrepreneurs (Gartenglück) and sometimes platform providers take over the organisation and marketing (Meine Ernte, Ackerhelden).

There is no reliable data on sales and customer numbers; overall, these are smaller volumes compared to the food market as a whole. In 2017, food retail only accounted for around one per cent of online retail, but growth in this segment is around 20 per cent annually<sup>18</sup>.

## **Guidelines and goals**

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### **1. expand the reach of alternative sales models**

Alternative sales models often focus on the city centre and are therefore aimed at specific target groups.

**Access to alternative distribution models is easy throughout Cologne and the surrounding area. To this end, it is desirable if - where possible - areas or rented rooms are made available as distribution points in socially deprived districts or in expensive city centre locations by the city administration or are given preference when leasing.**

### **2. enable, promote and secure alternative sales models**

New, alternative sales models are often associated with start-up costs, investments and uncertainty - also because delivery services and customers first have to be acquired step by step. That is why we are calling for this:

**The establishment of new, alternative sales models should be promoted and supported by various stakeholders, e.g. through funding, networking, publicising or advice. Institutional customers from the catering, gastronomy or communal catering sectors should be encouraged to use alternative sales models and secure them through bundled demand.**

### **3. facilitate the distribution of organic products by promoting new distribution models**

The Food Council wants to promote counter-models to conventional agriculture and show how the products grown find their market.

**New distribution channels create incentives for regional producers to convert their production to organic farming (e.g. through special marketing of goods from conversion farms). They are made financially possible through loans or other financing provided by various actors in urban society (similar to Regionalwert AG, see Chapter 2.1).**

**Best practice: Market revellers**

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*The start-up, which was founded in France in 2011, offers an opportunity for direct marketing between producers and customers. They order the desired products from the region once a week in their own small online shop and collect them at a fixed time from a designated distribution point, the so-called Schwärmerei. Customers regularly have the opportunity to meet the producers in person during this fixed collection window of around two hours. The personal contact between consumers and producers enables a direct, transparent exchange.*

*The food is sourced exclusively from the region and the concept is now available at 1042 locations in France, Germany, the Netherlands, Denmark, Switzerland, Italy and Spain. In Germany, there are 40 active Schwärmereien (five of which are in Cologne) and 60 more are being set up. Anyone and everyone can participate, thereby supporting regional (and CO<sup>2</sup> - saving) agriculture and fair, transparent pricing, as the producers are in direct dialogue with the customer and not dependent on fluctuating and low market prices.*

[www.marktschwaermer.de](http://www.marktschwaermer.de)



## **2.10 Enabling healthy nutrition for all**

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**Whether people have access to healthy, fresh food and how they prepare it depends on their income, place of residence and level of education. Fresh food is important to avoid malnutrition. In order to facilitate access in the greater Cologne area, children and young people, parents' homes, public institutions and the existing networks of weekly markets and their suppliers must be targeted.**

### **Inventory**

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Access to and the choice of healthy food also depends on a number of factors in Cologne.

In children and adolescents, for example, malnutrition is strongly dependent on the respective socio-economic background. Children from households with a low social status are 3.5 times more likely to be overweight when they start school than those from households with a high social status. The district-specific rate of overweight children varies from 2.1 per cent to 23.8 per cent<sup>19</sup>.

This involves both the total amount of calories and a healthy, varied, fresh diet that provides the body with all the necessary vitamins and minerals. In addition to being overweight or underweight, the results of malnutrition are concentration disorders, immune deficiencies, developmental disorders, etc. Under certain circumstances, an inadequate supply of micronutrients can also lead to physiological abnormalities in adulthood.

Similar factors are likely to determine whether consumers have the will and resources to take socio-ecological criteria into account in their purchasing decisions. On the one hand, there must be an adequate supply of fresh regional and organic products in the neighbourhood, and on the other hand, there must be purchasing power and awareness for an environmentally friendly and healthy diet.

The locally realisable solutions to malnutrition are as varied as the causes. This involves ensuring a diverse, high-quality supply in local food retail outlets in urban neighbourhoods and broad-based environmental and food education. Interventions in nurseries and schools, such as breakfast and school fruit programmes as well as lunches in all-day schools, are also specifically effective.

## **Guidelines and goals**

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### **1. observe and avoid undernutrition, malnutrition and undernourishment**

Ensuring that people eat healthily should be integrated as an overarching goal in the programmes of the city and the Nutrition Council:

**The city should monitor tendencies towards undernourishment, malnutrition or malnutrition, identify groups at risk and intervene with targeted food and educational offers, for example in neighbourhood development programmes such as the "Socially Integrative City" funding programme. State measures (Hartz IV sanctions, etc.) are reviewed in order to prevent malnutrition.**

### **2. facilitate local access for all target groups**

Whether and how people eat healthily and regionally also depends on what is available locally:

**Fresh, healthy, regional food is accessible to all, regardless of income or education level or place of residence. In all places where food is sold, local (organic) products are available at reasonable prices as well as appropriate information material for all people.**

### **3. civil society offerings in the food market complement**

In addition to the privately operated food market, there are voluntary or socially organised services ("Tafeln") to make food accessible: <sup>20</sup>

**Wherever possible, the city supports civil society offers in the food market. It is desirable that people in difficult circumstances are also supplied as seamlessly as possible.**

### **4. involve local farmers and producers**

Whether interventions for healthy eating are successful also depends on how they are integrated into local education campaigns.

**Local farmers and producers are consistently involved in measures to combat malnutrition and malnutrition, both as suppliers and as places of demonstration and learning for agriculture and nutrition education.**

### **5. expand information events and public relations work**

Many good initiatives and approaches exist, but are not widely known. We therefore call for this:

**To raise awareness and appreciation of regional, sustainable, healthy food and all existing programmes, including appropriate information events and public relations work.**

***Best practice: NRW school fruit and vegetable programme***

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## **A Food Strategy for Cologne and the surrounding area**

*The state of NRW has been participating in the EU programme for primary and special schools since 2009. The number of participating schools has already risen from 355 to 1093 in the 2018/19 school year. Pupils receive fresh fruit and vegetables three times a week at school, which are prepared by the so-called fruit service (pupils) as an educational programme and then eaten together.*

*The participating suppliers must regularly deliver regional, seasonal and fairly traded fruit and vegetables to the schools. The programme is financed by the co-financing model from EU and state funds, with the educational measures being financed by the state and the EU covering 75 percent of the remaining costs. Overall, since the start of the project in 2009, there has been a consistently positive development and an increase in children's fruit and vegetable consumption. The involvement of parents' homes must be further developed with regard to the goal of sustainable nutrition education.*

<http://www.schulobst-milch.nrw.de/obst-und-gemuese/>

## **2.11 Achieving comprehensive nutrition education**

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**Consumption decisions in the area of nutrition depend to a large extent on how consumers are informed about food, its origin and its effects and what skills they have to assess the quality of food or deal with it. Comprehensive nutrition education aims to empower people to handle food consciously.**

### **Inventory**

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Nutrition education enables consumers to eat independently, healthily and responsibly. This includes knowledge about the basics of nutrition (such as the food pyramid), food science, sensory education and practical skills in food processing<sup>21</sup> .

Even if the foundations for dealing with food and comprehensive nutrition education are still laid in the family today, this takes place throughout life - in daycare centres, general education schools, specific training and further education courses, including vocational colleges, universities and adult education. There is hardly any standardised and binding learning content in the framework curricula, nor is this consistently represented in the training of nursery teachers, child carers and teacher training. The trend towards an increasing supply of early childhood care and all-day programmes reinforces this responsibility.

To develop practical skills in nutrition education, formats such as school gardens, joint class breakfasts, excursions to farms or catering programmes in which food is prepared together are particularly suitable. The Cologne school fruit programme and the Cologne school garden network are already well-established approaches in this area. Community gardens are also suitable as practice-orientated places of learning, as are farmers who offer school classes or other groups access to their farms.

Comprehensive and reliable information for Cologne residents can be found, for example, at the NRW consumer advice centre<sup>22</sup> or on other portals<sup>23</sup> . In addition to a few programmes offered by the Cologne Adult Education Centre, there are also a number of cooking and nutrition courses offered by private providers.

## **Guidelines and goals**

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### **1. nutrition education as a school learning objective**

Nutrition education starts with the youngest children - even children learn from their parents and in educational institutions how to handle food consciously and carefully:

**Comprehensive food education is a school learning objective. In particular, knowledge and the development of food handling skills are taught through practical experience. The training measures are primarily aimed at multipliers in the respective areas. Nutrition education should also be presented digitally (YouTube, Facebook, Instagram).**

### **2. lifelong learning in the food sector**

Learning about food and nutrition is a lifelong task - to catch up on what you have missed, to engage more intensively with new topics, to refresh your knowledge and skills:

**Lifelong, practice-oriented learning about food and nutrition is standard - through programmes in cookery schools, by farmers and in educational institutions. Measures are being created to provide independent information on regional, sustainable and healthy nutrition for all citizens.**

### **3. regional and organic nutrition in vocational training**

Cologne and the region are a training centre for professions in the food sector, from agriculture to gastronomy:

**Vocational knowledge and skills for a sustainable food system are taught systematically and practically in vocational training programmes. The framework curricula and learning content are developed in such a way that regional farmers are also involved.**

### **4. communal, family-style cooking and eating culture**

The family in particular was and still is a place where people eat together, although this trend is decreasing. We want to preserve and promote this:

**Cooking and eating together should be preserved and promoted as a central part of everyday culture. Children in particular should experience eating together as an integral part of their everyday lives.**

### **5. new places and formats for cooking and eating together**

Cooking and eating together is changing, also thanks to digital tools - whether it's a chopping party or a "quick meal with friends" (SEMF):

**New and surprising places and formats for cooking and eating together are to be promoted, including in socially deprived areas - as forums for meeting and learning together and discussing food issues.**

***Best practice: Appreciation of food. "Star cooking at Cologne"***

### ***schools"***

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*The Environmental and Consumer Protection Agency has been committed to the sustainable use of food from the region for many years and is constantly working to reduce food waste through discussions and events.*

*The "Star Cooking at Cologne Schools" project aims to give pupils active access to the preparation of healthy food in order to counteract the high consumption of fast food and ready meals. The teaching kitchens at Cologne schools were used for this purpose. In addition to the sustainable use of food, the cooking events were intended to encourage and arouse curiosity to explore uncharted territory with all the senses. The aim is to develop an empathy for healthy food with both head and heart and to create something as a team from which everyone can gain valuable experience.*

*The result is a film that conveys the enthusiasm that young people experience when cooking. The idea is for young people to meet up with their friends to cook together instead of going to fast food restaurants.*

<https://www.stadt-koeln.de/leben-in-koeln/umwelt-tiere/umweltbildung/wertschaetzung-von-lebensmitteln>

## **2.12 Promoting sustainable consumption decisions**

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**People decide in favour of or against regional, sustainable nutrition based on complex motivations. In addition to knowledge and personal and moral convictions or attitudes towards these issues, skills, financial and time resources and the availability of products and points of sale also play a role.**

### **Inventory**

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In "sustainable consumption", consumers take ecological and social criteria into account in their consumption decisions. This primarily involves the choice of ecologically or socially beneficial or certified products, and in some cases also a conscious decision not to consume. In the food sector, this relates to the choice of vegetarian, vegan, regionally produced, organic or Fairtrade-certified and packaging-free food.

Overall, around four fifths of people in Germany state that they pay attention to regionality (78 per cent), environmentally friendly production (82 per cent) and fair working conditions (84 per cent) when shopping<sup>24</sup>, although this fundamental willingness is only partially reflected in purchasing decisions. These decisions are group- or milieu-specific (see SINUS milieu model<sup>25</sup>). For example, households in milieus characterised by a higher socio-economic status, such as a higher income and better education, tend to consciously consume sustainably<sup>26</sup>. These milieus tend to be strongly represented in Cologne as a large city, although they are distributed differently within the city, which is reflected in the concentration of organic supermarkets in the city centre or in the districts close to the city centre.

In milieus with a low socio-economic status, sustainable consumption decisions have so far been little to nonexistent. The reasons for this are a number of barriers such as the high price, a lack of knowledge about labelling such as seals and labels, shopping habits with regard to brands and shopping venues and a lack of motivation to engage (more deeply) with the topic of the environment, agriculture and nutrition<sup>27</sup>.

There are also a number of campaigns and educational measures in Cologne that attempt to influence sustainable consumption, for example from label providers (Fairtrade and similar, #fareskoeln campaign), from individual brands and from civil society actors.

## **Guidelines and goals**

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### **1. strengthen socio-ecological demand**

Conscious consumption decisions in favour of socio-ecological food are an important part of the local food transition:

**The demand for socio-ecological products is being strengthened across the various milieus and age groups and the content is being deepened through information campaigns. Consumers reflect on their consumption as well as the seals and certifications of the industry.**

### **2. systematically facilitate access to socio-ecological nutrition**

Socio-ecological food choices are not accessible to everyone - if there is a lack of appropriate retail offers in the region or if the financial situation does not allow for purchasing decisions:

**Structural barriers to socio-ecological purchasing decisions are analysed and dismantled - e.g. by promoting low-threshold, low-cost supplies of fresh, organically grown food in neighbourhoods with social support needs or through community catering models, for example a kind of neighbourhood canteen or similar.**

#### ***Best practice: The Gorilla Nutrition Theatre***

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*The Gorilla Nutrition Theatre was founded in Cologne in 2015. To date, it comprises two educational theatre programmes for children in kindergarten and primary school and a kick-off event for parents and teachers in primary school. As nutritional behaviour is shaped at a very early age and children spend a lot of time in kindergartens and schools, important foundations can be laid here.*

*The Gorilla Nutrition Theatre is intended as a supplement to lessons and daycare and school catering. The medium of theatre arouses enthusiasm and interest in the topics and can be an important cognitive building block in nutrition education. In order to be able to respond to the children individually and involve them interactively, the performances take place in small groups.*

*During the performance in the kindergarten, a vegetable soup is also prepared, which is later consumed by the children. The ingredients for this come from organic or near-natural farming and, if possible, from regional cultivation. In primary school, the first question is why we eat at all and what our bodies really need. Then the question arises as to where the food comes from and what is done with it.*

<https://www.gorilla-ernaehrungstheater.de/>

## **2.13 Realign canteens and catering**

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**In canteens, catering, hospitals and similar facilities, food is sold on a large scale and purchased centrally. This is a key lever for ensuring reliable demand for regional food.**

### **Inventory**

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The large canteens in Cologne have significantly expanded their range of regional and organic foods in recent years. Although many ingredients at Cologne University Hospital come from other regions of Germany, fresh products such as fruit and vegetables are sourced from regional producers. The baked goods also come from a Cologne bakery, which regularly supplies the university hospital. The catering for patient meals at the university hospital processes around five tonnes of food every day, while the cafeteria serves 1500 portions of food every day, which equates to a further 1.5 tonnes of food<sup>28</sup>. By focussing on regional foods, the university hospital is already making a major contribution to regional nutrition.

The situation is similar in the university canteen. Fruit and vegetables are purchased from regional producers and the quality requirements are regularly checked. Factory inspections are carried out for new suppliers to ensure compliance with standards. Efforts are made to avoid prefabricated products and to source the meat on offer from farms with species-appropriate animal husbandry. The fish is also certified by the MSC seal. As this is not the case for all types of fish, neither tuna nor redfish are now used. There is a pasta station where only organic pasta dishes are sold, as well as a daily selection of vegetarian and vegan dishes.

Coffee, cocoa and chocolate products have been sourced exclusively from fair trade since 2012. Certified organic fresh juice lemonades such as ChariTee and Lemonaid are also available<sup>29</sup>.

## **Guidelines and goals**

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### **1. make regional, ecological offers in canteens**

Many people prefer to eat regional or organic food in their private lives, but do not have the opportunity to do so in canteens, hospital catering, etc:

**Regional, organic options are available in canteens and other public catering establishments and consumers can choose from them, similar to the vegetarian dishes already available today.**

### **2. broadly integrate regional and organic foods**

There is a large potential market for local producers, particularly in the widespread procurement of regional and/or organically produced food:

**Canteens and other places integrate regional and organically produced food into their range as standard and establish supply and trading relationships with local farmers/producers.**

### **3. networking centre for accumulated surpluses**

Canteens in particular produce surplus food that can still be used elsewhere:

**Canteens and other locations are supported in passing on any surpluses within the scope of legal possibilities, for example through a networking centre.**

**Best practice: HDI canteen**

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*The canteen of the insurance company HDI has been offering organic products since 1994 and has been certified organic since 1998, using 85 per cent organic products.*

*Several times a year, special days are organised for employees to provide specific information about the suppliers, the products and the recipes used. The menu is based on seasonal products and overproduction of goods offered by suppliers. Food that is close to its best-before date or has been incorrectly labelled is also included in the menu. The canteen's sustainability concept also means that the products are used as a whole. For example, not only the meat of an animal is used, but also the offal and bones. Employees can indicate allergies etc. up to a certain time every day, as the dishes are freshly prepared and can therefore be easily varied. The canteen is supplied 3-5 times a week by 20-25 suppliers, which guarantees the freshness of the products.*

[https://www.100-kantinen.nrw.de/fileadmin/user\\_upload/Talanx\\_Service\\_AG.pdf](https://www.100-kantinen.nrw.de/fileadmin/user_upload/Talanx_Service_AG.pdf)

## **2.14 Reorganising catering in schools and daycare centres**

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**With the expansion of all-day programmes in schools and daycare centres, catering is increasingly being offered at lunchtime or during off-peak hours. Not only can a market for regionally and organically produced food be established here, but food education can also be experienced directly and comprehensively.**

### **Inventory**

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According to the nutritional standards of the DGE (German Nutrition Society), too little fruit and vegetables are offered in daycare centres throughout Germany. Furthermore, only 19 per cent of the daycare centres surveyed by the DGE in 2014<sup>30</sup> meet the requirements for a balanced and healthy diet for children. More than half of the daycare centres use the hot food catering system. This means that the food is prepared in external kitchens and then delivered to the respective daycare centres. Only a third of the daycare centres prepare the meals for the children themselves. Pre-prepared, frozen food is the least common.

The majority of the daycare centres surveyed (86.8 percent) in Germany buy the rest of their food from retailers, with a much smaller proportion buying from wholesalers. More than a third source their food for lunch from the region, but less than twenty per cent through direct marketing.

Almost a third of daycare centres do not use any organic food, half use a maximum of 30 per cent of the money available for organic food. Only 18 per cent of daycare centres use more than 30 per cent of the money for organic food. Regional food is used in full by a total of 30 per cent.

The NRW Consumer Advice Centre recommends that daycare centres and schools prepare lunches as regionally and seasonally as possible and prepare them themselves on site, i.e. rely less on the hot food catering system. Recommendations and instructions for a diet that meets the needs of pupils will be made available to schools<sup>31</sup>. This applies not only to lunchtime meals, but also to snacks. Overall, the situation in schools is still very similar to that in daycare centres.

## **Guidelines and goals**

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### **1. integrate regional, ecological offers**

Catering in daycare centres and schools offers the opportunity to introduce children and young people to regional and organic products:

**Regional, organic options are available in daycare centres and schools and accessible to children and young people, similar to the vegetarian meals already available today.**

### **2. combine school and daycare catering with practical education**

School and nursery catering offers the opportunity to combine this with practical food education:

**Children and young people are actively involved in the organisation, procurement and preparation of nursery and school meals in order to gain direct, practical experience and skills in nutritional issues. This should primarily take place in their own gardens and in school kitchens, which should be available in all Cologne schools in the future .**

### **3. improve food quality in children and adolescents - promote health**

Malnutrition is particularly problematic in childhood and adolescence, as children are directly dependent on their environment and can be affected by long-term learning and developmental obstacles:

**Staff at learning and leisure centres for children and young people observe dietary patterns. If there are indications of malnutrition or poor nutrition, targeted offers (breakfast for all, school fruit and vegetable programme) are made to remedy the situation.**

### **Best practice: GemüseAckerdemie**

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*The GemüseAckerdemie is a year-round theory- and practice-based educational programme with the aim of increasing the appreciation of food among children and young people. The concept combats the loss of knowledge and skills in the area of food production, alienation from nature, unhealthy eating habits and food waste.*

*The AckerSchule programme accompanies a class through a complete cultivation cycle for one year. The year is divided into a "pre-field time", "field time" and "post-field time". While the content and organisational foundations are laid in the "pre-field time", the "field time" is the main part in which the plants are planted, tended and finally harvested. During this time, the class spends a double lesson in the field every week.*

*In the "NachAckerzeit" ("after-field time"), the activities are followed by a "look beyond the edge of the field" and a discussion on topics such as healthy eating, food waste and eating habits. The Ackerdemie helps teachers and educators with preparatory courses, supplies seeds and planting material, helps with field procurement, has local contacts and provides all the necessary materials.*

*In addition to the AckerSchule, there is also the AckerKita and the AckerKlasse, which are based on a similar concept, but are adapted to a different target group or where cultivation takes place directly in the classroom.*

<https://www.gemueseackerdemie.de/>

## **3. cross-cutting issues**

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Not all topics can be clearly assigned to one stage of the value chain - **food surpluses occur** from agriculture to the end consumer, **transport** and **packaging** are an issue throughout the entire supply chain and the **Edible City is characterised by the fact that it combines production and consumption**. The four topics mentioned are therefore treated here as cross-cutting issues.

### **3.1 Avoiding and repurposing food surpluses**

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**In Germany, over 18 million tonnes of food are lost every year across the entire value chain, almost a third of current consumption. Over half of this could be avoided. With the 2030 Agenda, the United Nations has set itself the goal of halving global food waste per capita. The German Sustainability Strategy is also working on including a standardised indicator for food waste in Germany.**

#### **Inventory**

In Cologne, surplus food is produced daily in regional agriculture, the manufacturing industry, households, restaurants, canteens and supermarkets. There is no systematic recording of the quantities of substances and analysis of the various causes. In addition to municipal initiatives, such as the project "Schad dröm - Gemeinsam gegen Lebensmittelverschwendung" in 2013 with over 600 pupils at 20 schools in Cologne, there are several initiatives that have emerged from the community and are concerned with the reduction and recycling of food surpluses, some of which are non-profit and some of which are privately organised. Of particular note is the voluntary initiative Foodsharing e.V., which was founded in Cologne and has been regularly saving good food from the bin with thousands of helpers for six years and distributing it free of charge throughout the city.

In order to significantly reduce local food surpluses, waste streams must be recorded and monitored locally. The food retail trade is obliged by regulations on size and appearance to offer only flawless food, but Cologne's wholesale market provides an outlet whereby deformed but otherwise good food can be redistributed to the catering trade, for example.

## **Guidelines and goals**

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### **1. minimise food surpluses in cultivation and trade**

Food is already being sorted out and disposed of on a large scale in agriculture, processing and retail:

**The proportion of food discarded and disposed of at each stage is to be gradually reduced. Food retailers specifically market fruit and vegetables that do not meet current marketing standards and sensitise employees.**

### **2. expand food waste utilisation projects**

Non-profit initiatives such as the food bank, food sharing and The Good Food, as well as innovative offers from private-sector providers, help to reduce food surpluses:

**Offers for the use of leftover food in Cologne are supported and expanded (offering / arranging premises, e.g. in community centres, funding). This applies to both existing and newly founded initiatives.**

### **3. address food surpluses in nutrition and environmental education**

Food and environmental education in particular can raise awareness of food waste at an early stage:

**Food surpluses are addressed as widely as possible in nutrition and environmental education. Schools integrate the topic into their curricula and organise action days and project weeks against food waste. Cologne's universities research the connections between nutrition, eating behaviour, overproduction and waste and develop solutions for everyday life.**



### **Best Practice: The Good Food**

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*The Good Food is a shop in Cologne Ehrenfeld that sells food that has been discarded due to its appearance or has passed its best-before date. In cooperation with farmers and producers, the food in question is separated from the rubbish.*

*The shop team also goes to the farmers' fields themselves to bring fresh fruit and vegetables directly from the farm to the shop in Ehrenfeld and sell them there. Not only crooked fruit and vegetables are on offer, but also bread from the day before.*

*The range is therefore not always the same, but thanks to the various partnerships, there is always a wide range of products available. The principle of "pay what it's worth to you" is used instead of fixed prices, so that many people can benefit from the concept. The shop has many partners who not only play a supporting role through their products, but also contribute with technical or creative help.*

<https://www.the-good-food.de>

## **3.2 Avoid and reduce packaging**

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**Food packaging is a key factor for hygiene and food safety and has made the current good food supply possible in the first place. For a long time, recycling was favoured as a way of reducing its ecological impact, but recently approaches to avoiding packaging have also gained more attention.**

### **Inventory**

Food packaging is a central component of our food system and in many cases is what makes it possible to supply fresh and nutritious products in the first place. Good packaging can help to avoid food waste, but should be kept to a minimum and only be used for food safety. Ideally, reusable containers (e.g. IFCO or EPS) should only be used for transport.

On the other hand, there is the ecological impact of the production, processing and disposal of plastic packaging in particular. Packaging waste is generated along the entire value chain, from agricultural production to wholesale and disposal. It is not only the type of packaging that is important, but also other factors such as the recycling rate or the life cycle assessment of the material used.

Packaging volumes are generally increasing, driven by rising consumption and the trends towards multiple packaging, convenience products, to-go catering and smaller packaging units. As long as consumers demand these units in food retail, they will also be supplied.

Due to legislative activities in the area of recycling, high recycling rates are achieved in Germany as a whole, but also in comparison to other European countries. This also applies to Cologne.

For a long time, there was less focus on avoiding packaging waste. The zero-waste movement and the resulting unpackaged shops have also done important pioneering work in Cologne (e.g. Tante Olga in Sülz and Nippes, Veedelskrämer in Ehrenfeld and the Belgian quarter, migori - packaging-free shopping in the southern part of the city). Since 2018, the "Zero Waste Cologne" initiative has been campaigning for a waste-free city of Cologne and implementing numerous educational and campaign formats to this end.

Waste disposal in Cologne is generally the responsibility of the municipal waste management companies, which are also active with awareness campaigns on waste separation and avoidance.

## **Guidelines and goals**

### **1. reduce packaging and make it environmentally friendly**

Even though most packaging can be recycled in principle, we are aiming for the following targets:

**Packaging is used sparingly and designed to be environmentally friendly, from agriculture to retail. This includes the avoidance of multiple / outer packaging, the use of climate-friendly, recyclable materials, the avoidance of glued components and petroleum-based plastics, etc.**

### **2. promote alternatives in the area of zero waste**

Unpackaged shops and zero-waste initiatives show how packaging can be systematically reduced with circulation systems.

**Experiments and innovations in the area of zero waste are specifically promoted and their scaling and transfer to the mainstream is made possible.**

#### ***Best practice: Zero Waste Cologne initiative***

*To counteract the enormous consumption of plastic in the food trade, the Zero Waste Initiative was founded with the aim of making Cologne waste-free. Zero Waste Cologne is committed to waste avoidance and resource conservation at all levels. It calls on politicians, citizens, businesses and educational institutions to play their part in creating a waste-free city. In various working groups, at planning meetings or at informal get-togethers, people from all areas come together and realise ideas together. In the past year, this has resulted in activities such as zero waste picnics and clothes swap events. For 2019, projects with educational institutions, collaborations with companies and cooperation with politicians are to be intensified.*

*One example of the practical implementation of zero waste principles is the unpackaged shops in Cologne. Customers bring their own containers into which they can fill their products as required. Not only foodstuffs such as rice, cereals, muesli, nuts and sweets are sold, but also drinks and delicatessen, drugstore and gift items. The concept is particularly popular with young people and families.*

*Zero Waste Cologne: <https://www.zerowastekoeln.de/>*

*Unpackaged shops: <http://www.tante-olga.de/>, <https://www.migori.de/>, <https://www.veedelskraemer.de/>*

### **3.3 Organising environmentally friendly transport**

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**Today, food is transported around the world, or at least within the region - from the field to the various processing centres and on to the consumer. We would like to reduce this effort through a "diet of short distances" and the use of environmentally friendly means of transport.**

#### **Inventory**

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Today, food is sometimes transported thousands of kilometres for very different reasons. This applies not only to products such as coffee or tea, but also to transport due to differences in labour costs, to avoid seasonal restrictions or for internal company reasons (for example, the centralisation of processing steps).

Even regional products are sometimes transported several times across national borders for processing. This transport pollutes the environment due to the associated exhaust fumes and greenhouse gas emissions, but also our roads due to wear and tear and traffic jams.

Due to the current debate on air pollution control in Cologne, transport to food retailers in the region as well as to distribution centres close to the city and to the wholesale market is also relevant. Cologne's wholesale market, for example, is bundling large quantities of goods that are transported into the city by small lorries and cars in its cold storage logistics, and will also be using alternative drive systems in future. In some cases, food transports are already causing conflicts with local residents (e.g. Helios site and Philippstraße in Cologne-Ehrenfeld).

Transport over the "last mile" to the consumer is also particularly significant for the environmental balance in Cologne, as this involves a relatively large number of journeys with low transport volumes and low capacity utilisation. While shopping can generally be organised on foot or by bicycle in Cologne's city centre, cars are the dominant mode of transport for shopping in the outskirts of cities.

In addition to the activities of large retail and logistics companies, there are also innovative pioneering projects that show what is already feasible today in borderline areas - such as the climate-neutral chocolate distributed across Germany by sailing ship and cargo bikes by the "Schokofahrt"<sup>32</sup> .

## Guidelines and goals

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### 1. reduce transport through regionality

We want to avoid transport costs through regionality:

*As far as possible, food is produced, processed and distributed in regional value chains in the spirit of "short-distance nutrition". In addition, modern, well thought-out logistics concepts, bundling and centralised warehouses consistently avoid single or half-full journeys. This applies to logistics in the food sector as well as the "last mile" for consumers.*

### 2. organise logistics efficiently and intelligently

Transport can also be reduced through efficient, intelligent planning:

*Transport routes are reduced through good planning and high utilisation of the means of transport. Modern, data-driven optimisation approaches are used for routing and stocktaking (Internet of Things) as well as decentralised storage and transshipment points.*

### 3. environmentally friendly and climate-neutral means of transport

Even when food is transported, new technologies can be used to make this environmentally friendly or climate-neutral:

*When transporting food, environmentally friendly and climate-neutral alternatives such as rail transport, the use of alternative drive systems (electromobility) or (cargo) bicycles are promoted and favoured.*

#### **Best practice: (electric) cargo bikes on the last mile**

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*Cargo bikes, including those with electric drives, have become increasingly popular in Cologne in recent years. This is partly due to an expanded range of models, but also to free sharing models such as KASIMIR - Mein Lastenrad, the commercial sharing model Donk-EE and the subsidisation of cargo bikes by the city, state and federal government (each with different funding priorities and conditions).*

*On the one hand, these cargo bikes are used by consumers when travelling to the food retailer. On the other hand, they are already being used in alternative distribution models - such as for procurement and catering at The Good Food, for the distribution of Marktschwärmer (in planning) or the Waffle Bike.*

## **3.4 Realising the Edible City of Cologne**

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In the "Action Plan Edible City Cologne", the Edible City was defined as the "production of food for people and animals, by and with people from and in the city and in the urban environment". This includes different types of gardening in allotment sites and private gardens through to wildflower meadows for bees and urban community gardens<sup>33</sup>.

### **Inventory**

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In addition to the production of food, the Edible City is primarily about education, new urban communities and the participation of citizens, both in food production and in general urban development issues.

The "Edible City" goes back to "urban gardening" projects in cities around the world and in Germany to the activities of the city of Andernach, which creates beds in public green spaces. Following resolutions on the Edible City by various district councils, the Cologne city administration (Parks Department) presented an initial concept for the "Edible City of Cologne" in 2016. The concept presented was acknowledged by the Council in June 2016 and the administration was commissioned to further concretise it. The administration is to develop a city-wide concept.

On this basis, Agora Cologne and the Food Council for Cologne and the surrounding area have developed an action plan that records the current activities in the various fields of the Edible City and presents goals and measures to realise the Edible City of Cologne.<sup>34</sup>

The "edible city" in the broad definition above is practised in numerous places - from traditional, institutionally well-established and widespread approaches, such as allotment gardens or school gardens, to the cultivation of fruit and vegetables in public green spaces (Pantaleon garden, edible squares in the neighbourhood) or in company gardens.

Networking and coordination tasks in the area of the Edible City are currently carried out by the Office for Landscape Conservation and Green Spaces<sup>35</sup>, by the Food Council for Cologne and the surrounding area from project funds and from projects or associations of the respective models (Cologne Allotment Garden Association, "Community Gardens Cologne" network, etc.).

## Guidelines and goals

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The guidelines and objectives of the Edible City Action Plan can be summarised as follows:

### 1. secure and expand areas of the Edible City

In the "growing city", edible city models are exposed to fierce competition for space and the resulting overplanning by alternative uses, mostly housing. This jeopardises both established and innovative models.

*The areas that can be used for the Edible City have been secured for the long term and are being expanded - for example the allotment garden areas, areas for urban community gardens or arable land for self-harvest gardens and rental fields.*

### 2. preserve and open up allotment gardens and other established models

Allotment garden associations in particular have a long and successful history, but are facing challenges such as the growing pressure on space and upcoming generational changes.

*Allotment gardens and other established models are made fit for the future by adapting the structures and opening them up to co-operation.*

### 3. enable public green spaces and other new models

New models such as growing edible plants in public green spaces or running community gardens create places with low access thresholds and invite people to network.

*New edible city models such as community gardens or intercultural gardens are specifically promoted through advisory services or the provision of space (land register, model contract). In addition, new areas such as facades or roofs can create more space for new gardens.*

### 4. networking centre and public relations work

A central office for logistics and public relations (e.g. based on the Paris model) is necessary for long-term networking.

*A central contact point "Edible City of Cologne" has been established as a point of contact for authorisations and subsidies, provides information on open space and garden registers and carries out public relations work.*

***Best practice: "Main Verte" in Paris***

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*Similar to the Green Thumb model in New York, the Main Verte programme in Paris supports and advises groups in finding a plot of land for a community garden and in setting up and running a garden there.*

*The associations must comply with the requirements of the "charte main verte": They undertake to act in a participatory manner, to strengthen social cohesion and to garden ecologically. To this end, Main Verte offers courses on how to set up a garden, develop environmentally friendly practices and successfully practise horticulture. It also provides fencing and water access, with the garden clubs paying water and insurance fees. Once a month there is a "Café Jardin" and regular meetings ("trocs main verte") to exchange seeds, plants, pots, tools and books.*



## 4. list of sources

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<sup>1</sup> The principles correspond to the guiding principles of the Nutrition Council for Cologne and the surrounding area and are taken from <http://ernaehrungsrat-koeln.de/die-arbeit-des-ernaehrungsrats/> (accessed: 20 March 2019)

<sup>2</sup> <https://www.stadt-koeln.de/politik-und-verwaltung/stadtentwicklung/koelner-perspektiven-2030/> (accessed 20 March 2019)

<sup>3</sup> See the Action Plan Edible City of Cologne, complete version 2.0, 14 April 2018, Ernährungsrat Köln und Umgebung / Agora Köln.

<sup>4</sup> NRW Chamber of Agriculture (2016): Agriculture in the administrative district of Cologne: Challenges. Opportunities. Perspectives. Chamber of Agriculture of North Rhine-Westphalia, 2nd edition, Bonn, June 2016

<sup>5</sup> NRW Chamber of Agriculture (2016): Agriculture in the administrative district of Cologne: Challenges. Opportunities. Perspectives. Chamber of Agriculture of North Rhine-Westphalia, 2nd edition, Bonn, June 2016

<sup>6</sup> Chamber of Agriculture of North Rhine-Westphalia (2018): Figures on agriculture in North Rhine-Westphalia 2017 - Structures and production methods in North Rhine-Westphalian agriculture according to the 2016 agricultural structure survey, available online at <http://www.landwirtschaftskammer.de/wir/pdf/zahlen-landwirtschaft.pdf>

<sup>7</sup> Chamber of Agriculture of North Rhine-Westphalia (2018): Figures on agriculture in North Rhine-Westphalia 2017 - Structures and production methods in North Rhine-Westphalian agriculture according to the 2016 agricultural structure survey, available online at <http://www.landwirtschaftskammer.de/wir/pdf/zahlen-landwirtschaft.pdf>

<sup>8</sup> Agricultural Coordination (2012): Agrobiodiversity. The role of biodiversity in agriculture for food security. Retrieved from [https://www.globaleslernen.de/sites/default/files/files/education-material/ak\\_biopoli\\_agrobiodiversitaet.pdf](https://www.globaleslernen.de/sites/default/files/files/education-material/ak_biopoli_agrobiodiversitaet.pdf) (accessed 20 March 2019)

<sup>9</sup> <https://www.bundessortenamt.de/internet30/index.php?id=28>

<sup>10</sup> NRW Chamber of Agriculture 2017: NUTRIENT REPORT 2017 on farm manure and other organic fertilisers for North Rhine-Westphalia, Münster

<sup>11</sup> OekoLanbau.de 2019: Climate protection and agriculture - What are the benefits of organic farming? Retrieved 20 March 2019, available online at

<https://www.oekolandbau.de/erzeuger/umweltleistungen/klimaschutz-und-landwirtschaft/>

<sup>12</sup> According to NRW field of action "Utilisation of sufficiency potential"

<sup>13</sup> City of Cologne 2010: 21. Note: Calculation for Cologne without weekly markets.

<sup>14</sup> Retail and centre concept of the City of Cologne, available at: <https://www.stadt-koeln.de/politik-und-verwaltung/stadtentwicklung/versorgung/einzelhandels-und-zentrenkonzept-1?kontrast=weiss>

<sup>15</sup> <https://www.stadt-koeln.de/wirtschaft/maerkte/wochenmaerkte/>

<sup>16</sup> <http://www.oekomarkt.de/in-koeln.php>

<sup>17</sup> One exception is "Kölsch" as a protected geographical indication (PGI). However, only the final processing step must take place in the region; the origin of the raw materials is not recorded.

<sup>18</sup> German Retail Association HDE

<sup>19</sup> The risk of significant or normal overweight is 16.9 per cent for low social status compared to 4.6 per cent risk for high social status, see the City of Cologne Children and Youth Report for 2017/2018.

<sup>20</sup> The Kölner Tafel e.V. association alone supplies 180 social organisations in Cologne <http://koelner-tafel.de/empfaenger/>

<sup>21</sup> See <https://www.bzfe.de/inhalt/ernaehrungsbildung-in-der-schule-31506.html>

<sup>22</sup> See <https://www.verbraucherzentrale.nrw/wissen/lebensmittel>, for example on the topic of regionality, <https://www.verbraucherzentrale.nrw/wissen/lebensmittel/auswaehlen-zubereiten-aufbewahren/das-verwirrspiel-mit-der-region-12755>

<sup>23</sup> The Cologne Education Server links to a range of publications and portals, see [https://www.bildung.koeln.de/gesundheitsbildung/kinder\\_jugend/ernaehrung/index.html](https://www.bildung.koeln.de/gesundheitsbildung/kinder_jugend/ernaehrung/index.html)

<sup>24</sup> Nutrition Report of the Federal Ministry of Food and Agriculture (BMEL, 2018)

<sup>25</sup> The Sinus-Milieus group people who are similar in their outlook on life and lifestyle (Bodo and Barth 2014)

<sup>26</sup> According to Spiller (2006), this relates to the following SINUS milieus: post-materialist, cultural-ascetic, established sophisticated, alternative hedonist, healthy and natural and established.

<sup>27</sup> Target groups in the organic food market: A research overview (Spiller, 2006)

<sup>28</sup> <http://uk-catering.uk-koeln.de/das-unternehmen> (accessed 20 March 2019)

<sup>29</sup>

[http://www.kstw.de/index.php?option=com\\_content&view=article&id=460&Itemid=295&lang=de](http://www.kstw.de/index.php?option=com_content&view=article&id=460&Itemid=295&lang=de)

<sup>30</sup> All figures from Arens-Azevêdo, Ulrike, Pfannes, Ulrike, Tecklenburg, Ernestine (2014): Is(s)t KiTa good? KiTa catering in Germany: Status quo and need for action. Bertelsmann Foundation, Gütersloh [https://www.bertelsmann-stiftung.de/fileadmin/files/BSt/Publikationen/GrauePublikationen/GP\\_Isst\\_Kita\\_gut.pdf](https://www.bertelsmann-stiftung.de/fileadmin/files/BSt/Publikationen/GrauePublikationen/GP_Isst_Kita_gut.pdf)

<sup>31</sup> Consumer advice centre NRW (2005): Lunch catering in all-day schools: First steps towards an optimal offer [http://www.schule-der-zukunft.nrw.de/fileadmin/user\\_upload/Schule-der-Zukunft/Materialsammlung/downloads/6.6\\_Mittagsverpflegung\\_in\\_der\\_OGS.pdf](http://www.schule-der-zukunft.nrw.de/fileadmin/user_upload/Schule-der-Zukunft/Materialsammlung/downloads/6.6_Mittagsverpflegung_in_der_OGS.pdf)

<sup>32</sup> See <http://schokofahrt.de>

<sup>33</sup> The definition is broader than the understanding in the pioneering project "Edible City Andernach", which primarily encompasses the cultivation of edible plants in public green spaces. In Cologne, the concept was broadened and adapted to the requirements of a large city both through the resolutions of the city council and in the process of developing the "Edible City of Cologne" action plan.

<sup>34</sup> <http://www.essbare-stadt.koeln>

<sup>35</sup> See, for example, the list at <https://www.stadt-koeln.de/leben-in-koeln/freizeit-natur-sport/wald/urban-gardening>

## 5. appendices

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