

# News



## LETTER #2 - FEB. 19

The Let's Food Cities Project encourages city-to-city cooperation to foster the transition towards nutritious and sustainable food for all

### Step #2 - Valparaiso, Chile

16 DEC - 22 FEB. 19



{ In cooperation with  
the **City of Marseille**  
since 2013 }

5th Region  
(Valparaiso)

1 815 902 inhabitants  
16 396 km<sup>2</sup>

Main maritime port of the country  
Main agricultural productions: grape,  
avocado, other fruits

Valparaiso

Capital city of the 5th Region  
294 848 inhabitants  
2nd biggest city in Chile  
Capital city of culture  
Commercial harbor

## ► Objectives of the mission

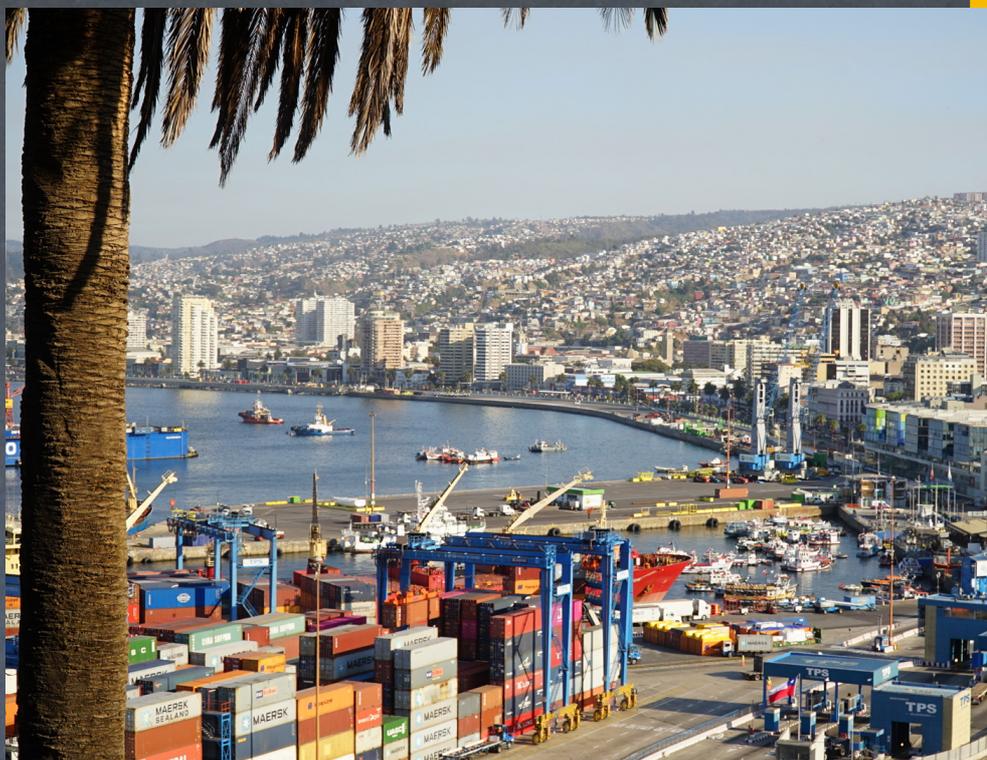


Food related topics are essential today to foster the ecological transition of cities while maintaining the quality of life of their inhabitants. Therefore, the objectives of each mission are ambitious and multiple:

- #1 Assess the food system from production to consumption through distribution, processing, but also waste management and food governance in the light of the requirements of sustainable development : protected ecosystem and biodiversity, fair economy and access for all to a healthy diet (*Diagnosis and film*)
- #2 Propose adapted solutions to local issues, getting inspired by successful French initiatives (*Solutions Booklet*)
- #3 Mobilize the actors of the territory around sustainable food and create the necessary meeting opportunity for the emergence of new projects. (*Workshop of co-building solutions, restitution event, market of positive initiatives*).
- #4 Engage policymakers through the signing of the Milan Urban Food Policy Pact (*Restitution event with local authorities*)

### Valparaiso // Marseille

The cities of Marseille and Valparaiso are similar in many ways. The lifestyles are very influenced by the presence but also the recent evolutions of the port. The cooperation between the two cities begins with an exchange of equipment between fire brigades by boat. In 2013, the cooperation became official in the topics of culture, urban safety and the revaluation of old port sites.



# Get to know the local food system stakeholders



07/01

## >> VALPARAISO AND SANTIAGO UNIVERSITIES

On each of the territories we try to involve universities, researchers and students. We went to present the project to the Pontifical Catholic University of Valparaíso and recruited some volunteer students to help us meet local producers. In Santiago, we gave a conference-debate on the theme of territorialized food systems at the Central University of Chile to an interdisciplinary team of researchers.

21/01

## >> COMMITTED PRODUCERS

We met many producers using innovative and environmentally friendly agricultural practices. The Valparaiso region is under important water stress, yet most of the production is dedicated to the avocado tree, a fruit tree that requires very large quantities of water. Faced with the droughts that are accentuated with climate change, the alternatives linking diversification, permaculture, biodynamics or hydroponics are developing. But these initiatives are still very recent, unorganized and must now consolidate their opportunities to survive.



27/01

## >> LOCAL POSITIVE INITIATIVES

In order to better understand the region's food flows and the role of each local stakeholder, we realized more than 30 interviews of actors related to the food system: producers but also project leaders related to compost (Waiten Mapu, Aitue Compost), to the establishment of farmers' certification (Manos Campesinas), the development of sports activities in disadvantaged neighborhoods (Twitteros Solidarios), nutritionists, restaurant owners, fishing unions and even representatives of open-air markets.



03/02

## >> PUBLIC ACTORS: STATE AND LOCAL AUTHORITIES

We have failed to establish contact with the municipality of Valparaiso despite our many attempts. Since Chile is an extremely centralized state, we were able to take stock of food-related public policies by meeting the Ministry of Agriculture and Fisheries, the Ministry of the Environment, and the Ministry of Health. The presence of the Food and Agriculture Organization of the UN (FAO) in Santiago is also crucial in shaping national policies.



## ► Main achievements

### >> Multistakeholders workshop

The multistakeholders workshop brought together 17 of the 24 actors we had interviewed at that time. It was the occasion to present the food system assessment, to present French initiatives, and to exchange to identify projects to be put in place.

5 ideas have emerged:

- Creation of community gardens and canteens in Valparaiso neighborhoods
- Creation of a YouTube channel for awareness and education about resource-friendly farming practices
- Replication of the Too Good to Go model in Chile
- Establishment of a system for collecting organic waste from restaurants to generate compost
- Creation of a network of committed actors on food

### >> Final event

The final event was held in a park of Valparaiso (in partnership with the Parque Cultural). A market was organized to showcase positive initiatives for more sustainable food and agriculture in the region. It features more than 7 stands: organic producers, compost workshops, nutrition consulting, hydroponics, etc. More than 70 people were present for the avant-première of our film "The food system of Valparaiso"!

>> **Find here THE FILM**

>> **Find here the PHOTOS ALBUM**

>> **Find here THE BLOG**

### >> with local actors

The final event was an opportunity to identify new committed actors: we learned that Slow Food Valparaiso is building a map of sustainable food initiatives, we recruited a new LFC volunteer based in Valparaiso: Béa! Two key players for the organization of new workshops with the group of local actors that has been formed.

### >> with the municipality

We will keep contacting the municipality by sending out our latest deliverables: film, initiatives' short videos and assessment report! We will also try to get them sign the Milan Urban Food Policy Pact.



  
**8 de Febrero de 15h a 19h**  
Parque Cultural Ex Cárcel  
Calle Cárcel 471, Valparaiso

¿Una alimentación sana y sostenible para su salud y la del planeta?

¡Ven a conocer a los actores del cambio en Valparaiso!

- Proyección de la película : el sistema alimentario de Valparaiso -
- Productores orgánicos - Grupo de consumidores locavores -
- Taller de compost - Información sobre una dieta más sana -
- ¡ Y mucho más ! -

Grupo Facebook  
« Alimentación sostenible en Valparaiso »



## Follow-up ◀

# Good News

Some inspiring initiatives

Facilitate the transition towards sustainable practices

## Granja Crisol



Cultivate with the lunar calendar

Biodynamic techniques to control diseases and pests without chemicals and to optimize the use of water in a water stressed area.



>>> [Find the video here!](#)

## Twitteros Solidarios

Encourages the practice of sport

Twitteros Solidarios is an association that relies on social networks and the organization of major public events regularly mobilizing television actors and companies to encourage the practice of sport and healthy diets in the disadvantaged neighborhoods of Valparaíso and Viña del Mar.



>>> [Find the video here!](#)

## Verde Agua Hidroponia

Hydroponics, water efficient

Hydroponics techniques would save 90% of water and are currently used in the Atacama Desert. The agriculture of the future?



>>> [Find the video here!](#)



## Aitue Compost

Revalorize organic waste

Aitue Compost is a young association that aims to raise awareness about the recycling of organic waste. They organize workshops and trainings in order to reduce the amount of waste produced and improve their revaluation by generating compost.



>>> [Find the video here!](#)



The fresco Let's Food Cities  
Valpo's walls



>>> [Find the video here!](#)

Chilean recipe #1 !

CALDILLO DE CONGRIO

Ingredients

- 2kg of congre
- 5 potatoes
- 1 onion chopped
- 1 grated carrot
- 1 pepper
- 1 clove of garlic
- 1 cup of white wine
- 3 spoons of oil
- Green pepper, oregano, pepper, coriander and salt

Steps :

Wash the conger and cut it in cubes, preserving the bones and thorns. In a saucepan, sauté the chopped onion, carrot and grated garlic, diced peppers and conger pieces. Add salt, pepper and green pepper to your taste. If you use uncooked potatoes, add them to the fish, if not add them to the end, when everything is cooked. Once everything is well cooked, add the white wine and then the water (about 2 liters). Add coriander and oregano before serving.

Approximate cooking time 10 minutes.

Energy: 603.2 kcal.

Chilean recipe #2 !

PASTEL DE CHOCLO

Ingredients

- 6 ears of corn
- 4 chicken legs
- 1/4 minced meat
- 2 chopped onions
- 1 cup of milk
- 2 cloves of garlic
- 8 black olives
- Raisins
- Oil, caraway, salt and pepper

Steps :

In a hot skillet, fry meat seasoned with salt, pepper, ground garlic and cumin. Add onion and raisins; Let cool for 10 minutes on low heat. Wash the chicken, let drain and season. Brown in a saucepan with hot oil for 20 minutes. Peel the corn and clean it. Then you have to grind it. Mix the resulting puree with the milk. Season with salt and oil. Butter four individual containers (if possible in terracotta), put a layer of ground corn in each container, add a portion of meat, a chicken leg, olives and finally cover with ground corn. Sprinkle with sugar if you wish. Bake for about 25 minutes over low heat and 15 minutes over high heat.

Energy: 660 kcal.



>>> [Here the full recipe book](#)

<<<



# Back to step #1 - The progress!



## Guanajuato, Mexico



State of Guanajuato

Valentine Delome

Coordinator of the decentralized cooperation agreement between Bordeaux Métropole and the state of Guanajuato.



Some results of the first LFC step in Guanajuato (October - December 2018)

28 January 2019

**Presentation of the Let's Food movie at the first Municipal Symposium of Prevention against Obesity in partnership with OUSANEG represented by Rebecca Monroy.**

30 January 2019

**Organization of the second workshop bringing together food system stakeholders to deepen collective projects with the support of LFC!**

3 February 2019

**The first project coming out of our work is born: Hugues and Diana's Tragaluz Guanajuato restaurant is giving its organic waste to Evelyne's community garden! Soon the supply of organic and local vegetables from the garden!**

March 2019

**Online release of the "Red de Comercio Sostenible in Guanajuato", mapping that includes food related initiatives and businesses following a number of sustainability criteria in Guanajuato. 56 members. A paper version to come.**



# Let's Food in France !

Alice Deshons

Based in Montpellier  
in « service civique »  
for Let's Food  
since September 2018!



## Let's Food Participation in VIP Events for Sustainable Food

The months of January and February were busy for Alice!

- On the 15th of January she was at Sciences Po Bordeaux during the « sustainable cities week » organized by the association Echo'Logik! She exchanged with the students and held a « Let's Food Together workshop » to illustrate the necessary co-responsibility of local actors to build a sustainable food system.
- On the 30th of January she participated in the Sustainable Food Meetings organized by the Daniel and Nina Carasso Foundation, the opportunity to find many of our partners!
- Finally, on the 6th of February, Alice presented the Let's Food Cities project as part of the first symposium on territorial agro-ecological transition and sustainable food-organized by Montpellier Méditerranée Métropole! (see presentation support on the right)



Find the poster presented to  
Conference of Agroecology of Montpellier

## Forum of Positive Impact Initiatives!

On the Initiatives' Forum, things are moving forward as well! We recruited 20 new volunteers early 2019, mainly students from Sciences po Bordeaux, the University of Law of Montpellier, or the school of agronomy ENSAIA in Nancy. They help us in the inventory and presentation of local initiatives: municipality level projects, associations or companies related to sustainable food that must become inspirations for other actors. Contact them, identify their methodology and propose a brief and precise instructions for their pairs: this is the objective of the Forum! We have also initiated its graphic design and we can not wait to reveal it to you (on the occasion of the upcoming Mayors' Summit of the Milan Urban Food Policy Pact)!

## Our volunteers of the month



Isaac Guzman

Isaac is Mexican and specialist in urban food systems. He has transcribed the interviews on missions 1 and 2 and helps us in the analysis of the assessment.

Felipe Cortés Gaete

Felipe is a Chilean student of the Pontifical Catholic University of Valparaíso. He helped us to meet many producers and helped a lot throughout the mission.



Master in Environmental Science, Policy and Management (MESPOM), policy analyst for sustainable urban transport and urban development, former collaborator at the Ministry of the Environment of Mexico, passionate about the theme of sustainable urban food.

4th year of study at the Pontifical Catholic University of Valparaíso, specialty oenology. Felipe is also beekeeper with his grandfather, he wants to become a biodynamic winemaker and sell locally his production.



Thanks to our Partners  
And Welcome to the New ones!



## Contacts

anna.faucher@letsfoodcities.org  
louison.lancon@letsfoodcities.org  
alice.deshons@letsfoodcities.org

## Social networks



[www.letsfoodcities.com](http://www.letsfoodcities.com) YouTube

