

## Report for Healthy Wave Mentor visit Varna

**Project:** Healthy Wave (Implementing Healthy Meal for all)

**Dates:** 11-12 June 2025

**Location:** Varna

### Day 1: 'Meeting with the stakeholders'

**Date:** June 11, 2025 **Location:** Varna City Hall, address: 43, Osmi Primorski Polk Blvd **Target group:** Healthy Wave consortium and stakeholders **Actual number of participants:** 13

#### Summary:

##### Morning

Meeting with city representatives, stakeholders (=Local Action Group), facilitators, mentor & mentee Varna shared their action plan with the group. We discussed bottlenecks and opportunities. This was very relevant input for Varna to refine their action plan.

In a second round we looked at the possible involvement of the different stakeholders.

After a break, mentor Goteborg shared their good practices to inspire and motivate the Local Action Group. This was focused on the nordic meals standards, meal organization and Gothenburg model against food waste.

After the GTB presentations 2 of the stakeholders presented their work:

- medical university, about European health week.
- Food educators

##### Afternoon

For lunch we moved to a local gymnasium. There we experienced how lunch is served to the students.

Afterwards we had a long Q&A with the canteen staff.

After the lunch we moved to Beehive, a local start-up incubator. The owner guided us through a very relevant workshop with inspiring question about the current and wanted situation in Varna.



## Day 2: Healthy Menu

**Date:** June 12, 2025 **Location:** Kindergarten, local producer **Target group:** Healthy Wave consortium  
**Actual number of participants:** 10

### Summary:

#### Morning

The morning was filled with site visits: we visited a local producer's site (canned fruits and vegetables), a kindergarten and the School catering company responsible for food in many school in the region. At the latter we had lunch and a long Q&A with the chef of the kitchen. There we decided to organize an exchange between Varana and GTB chefs about both recipes and technical cooking aspects.

#### Afternoon

After lunch, we moved to Beehive again for a workshop lead by the facilitator Rikolto around the following questions:

- What did you learn from this visit? Varna? GTB?
- What needs to be changed in the action plan?
- Tips from GTB and insights from Varna?

The day ended with a discussion on the future role of the facilitator Varna.

