

Report for Healthy Wave Mentor visit Rotterdam

Project: Healthy Wave (Implementing Healthy Meal for all)

Dates: 16-18 June 2025

Location: Rotterdam

Day 1: 'Let's meet the stakeholders'

Date: June 16, 2025 **Location:** Timmerhuis, 5th floor, room 5.023, Halvemaanpassage 90 **Target group:** Healthy Wave consortium and stakeholders **Actual number of participants: 18**

Summary:

The mentor visit started in the afternoon. After the walk-in, all participants introduced themselves. This included the mentee, mentor, facilitators and stakeholders. The mentee kicked off the substantive part with the brief of their action plan. They stress the importance of healthy school lunches and tell about the successful pilot that showed promising results. This part concludes with the objectives and actions set out in the plan. Then it is the mentors turn to tell about how they organise the healthy school lunch in Milan to inspire the stakeholders and give them a chance to ask questions about how the school meal programme became successful. After the plenary talks and a coffee break, the group splits up in two smaller groups to reflect on the main goals of the action plan, to identify what is needed and which stakeholders can contribute and to identify barriers and how to mitigate them. This is facilitated by the people from EMC and at both groups, someone from the mentor is present to give advice. The day is ended with a group dinner at Bazar.

Key activities:

- Welcome and introduction
- Presentation of best practice and action plan
- Workshop with local stakeholders

Dinner: The participants gathered for a project dinner at Bazar, facilitating informal networking and discussions.



Day 2: Field Visit

Date: June 17, 2025 **Location:** Voedseleeducatie010, OBS Delfshaven and Dakakker **Target group:** Healthy Wave consortium **Actual number of participants: 10**

Summary:

The day started at Voedseleeducatie010. This is a organisation that prepares healthy lunches for several primary schools in Rotterdam, including OBS Delfshaven. The participants were able to visit the kitchen and see how the lunch that they would eat later that day was being prepared. The founder of Voedseleeducatie010 explained the reason he started providing school lunches and how not only children benefit from it, but also how people at a distance from the labour market benefit since they are able to work in the kitchen. The group visited a school next to the location of Voedseleeducatie010 to talk to the principal. They have been working together for a long time already and this is going very well. The principle was very confident about the benefits for his pupils. Then it was time to go to OBS Delfshaven to see how the lunch is served at the school and to taste the food too. It was insightful to see how the school is implementing the lunch and to learn more about the school in general. The last field visit of the day was to the Dakakker. This is an urban rooftop farm on top where they grow plants, have chickens and bees. This showed the group that even in the middle of the city, there is room for fresh food and greenery. All the field visits from this day gave the mentor a better perspective on the context of Rotterdam where the action plan is going to be implemented. And a good start for the next morning where the action plan was going to be fine-tuned together by the mentor and mentee. The day ended with a dinner at Dudok.

Key activities:

- Site visits to the school, voedseleeducatie010 and Dakakker

Dinner:

The participants gathered for a project dinner at Dudok, facilitating informal networking and discussions



Day 3: Finalizing the action plan

Date: June 18, 2025 **Location:** De Rotterdam, 40th floor, room 40.11. **Target group:** Healthy Wave consortium **Actual number of participants:** 10

Summary:

The morning started with the breathtaking view over the city of Rotterdam from the 40th floor of this building. Then, the group reflected on the study visit and what was learned during the visit. Both the mentee and mentor got a chance to reflect. Then it was time to split the group into two groups: the mentor and facilitator would join together to give advice on changes that needed to be made in the action plan to start successful implementation after the visit. The mentee went over their action plan again and made changes where necessary after all the lessons that were learned and valuable shared insights from the mentors. For example, the goal of the checklist was adapted because one of the stakeholders that was present at the first day was already making one. The mentee and stakeholder would join forces to make this checklist even better. After this, it was time to actually finalize the action plan and look forward to the implementation phase and talk about the next steps and the role of the mentor. Then, after one last lunch together, this mentor visit came to an end.

Key activities:

- Discuss findings from the study visit
- Make changes to the action plan
- Identify next steps

Lunch:

The participants gathered for a project lunch at Hotel New York, facilitating informal networking and discussions and saying goodbye after some nice days of being together.

Conclusions:

The Healthy Wave study visit to Rotterdam was successful in improving the action plan and providing clear vision of where the city wants to go in the coming years to facilitate healthy school meals. The event was well organised with a great mix of engaging sessions and interesting visits. It provided a solid foundation for the upcoming implementation of the action plan.



Article on mentor visit:

<https://gezond010.nl/artikelen/milaan-brengt-rotterdamse-plannen-voor-gezonde-schoollunch-stap-verder>