



RE-TASTY

A citizen science project on school food systems (sustaining phase)

RE-TASTY stands for **R**esearch-**T**ransformative **A**ctions for **S**ustainability **T**ogether with **Y**outh. Its goal is to help secondary schools embrace the innovative idea of changing their school food system to a healthier and a more sustainable one, together with the young people (students). RE-TASTY kickstarted in 2024 with IMPETUS funds and in 2025 it received a second round of funding from IMPETUS (sustaining grant).

The aim of this second phase of RE-TASTY was two-fold: Firstly, to investigate in more depth the challenges, wishes and ideas of Dutch secondary-school students, in relation to school food systems. Secondly, to design and pilot a new carbon foodprint monitoring tool in schools of a new country, in our case, Cyprus.

In The Netherlands, focus groups were carried out with secondary school students of different ages in The Netherlands. Students gave their insights and thoughts into their school food environments, the challenges they face in their daily food choices and their opinions and ideas on different directions towards which RE-TASTY could further develop. A thematic analysis of all focus group discussions was used to calibrate the direction of the project in the future.



Figure 1. Implementation of focus groups with secondary school students in The Netherlands

In Cyprus, secondary school students from different schools worked on the development of a tool to measure the carbon footprint of schools that relates to food consumption in the school. The students, with their teachers, were initially involved in the co-creation and piloting, on a small scale, of a food diary as the data collection tool. Then, they collected food consumption data from students and school staff and calculated the carbon footprint of the school, using a calculation tool created by RE-TASTY.



Figure 2. Piloting the data collection tool (food diary) in Cyprus

The IMPETUS sustaining grant was important as it gave us the opportunity to explore the future directions of RE-TASTY by involving students in the research question.



Furthermore, a school carbon footprint measuring tool was co-developed with students and is now available for use by other schools. IMPETUS was also a provider of knowledge, mentoring and support throughout this project.

We are aiming to collaborate with local stakeholders in different European countries that are involved in education and research. We are also searching for synergies with other projects that are working on food education, food sustainability and citizen science. We will continue building on RE-TASTY, trying to involve more students and schools, bringing also an impact to science and society.