



A Cozinha da Avó

For a sustainable and local-based diet.



universidade
de aveiro



ID+ RESEARCH
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DESIGN, MEDIA
AND CULTURE
PORTUGAL

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Promoter(s).

**Câmara Municipal de
Mértola; Programa
Operacional Inovação
Social e Emprego
(POISE)**

Funder(s).

**Casa do Povo de
Santana de Cambas**



The project.

Located in Mértola, Portugal, A Cozinha da Avó reinterprets traditional food from Alentejo, known by our grandmothers, with organic and seasonal products. They involve different generations and partners to change the paradigm about food – from production to consumption – promoting good food health habits and sustainable practices in the community.



The design process.

The project started in June 2020 with the goal of being active during only 2 years. They started by constructing urban gardens with local vegetables and plants and seniors started being contacted to become part of the project. Slowly, it expanded to schools, having children take part in the project. It is scheduled to end in December 2021.



Governance and Policy Making



Goal: Autonomous production

Territory's network

By creating a network of public and private partners, their goal is to progressively achieve food autonomy and security in the territory. This network includes not just farmers and organizations in the agricultural and agri-food

Activism and Civic Participation

A hand is shown pouring a thick, yellow soup from a traditional reddish-brown clay pot into a white bowl. The soup has a chunky texture with visible green herbs. In the background, a group of people are seated in a dimly lit room, watching the activity. The scene suggests a community gathering or a food demonstration.

Sustainable production and consumption

They presented to the community the idea of sustainable production and consumption, making them more aware of the origin of food and ways to make local food in a more sustainable way, using less resources.

Social Interactions and Relations



Intergenerational connections

Knowledge sharing

This is a project involving all community, from young to old. Everyone has a role in the development of the city, sharing know-hows and learning sustainable and conscious methods of production and consumption.

City and Environmental Planning



Urban gardens

Local economy

They built several urban gardens in the city, with the goal of being able to produce the food Mértola needs, reducing the quantity of imported food. In schools, they give teach about conscious production and consumption.

Skill Training and Design Education



Cooking classes with grandmothers

Community workshops

The grandmothers and food experts give cooking classes to younger generations, teaching along the way about the origin of food, how it's produced, how it's harvested and so on. They also organize workshops for the

Storytelling and Visualisation



92 posts 281 followers 28 following

A Cozinha da Avó

Por uma alimentação sustentável de base local, sazonal e justa. Um projeto da Casa do Povo de Santana de Cambas

www.acozinhadaavo.pt



Academia ...



Hortas 🌱

POSTS

IGTV

TAGGED



Their social network is strong, with them sharing photos of their gardens, classes and events they organize in social media like Facebook or Instagram. In their site, they are clear about their goal, their capacities and share local receipts so others can recreate.

DESIS
NETWORK
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Social Innovation
and Sustainability

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