



# SOCIAL INCLUSION ACTIVITIES



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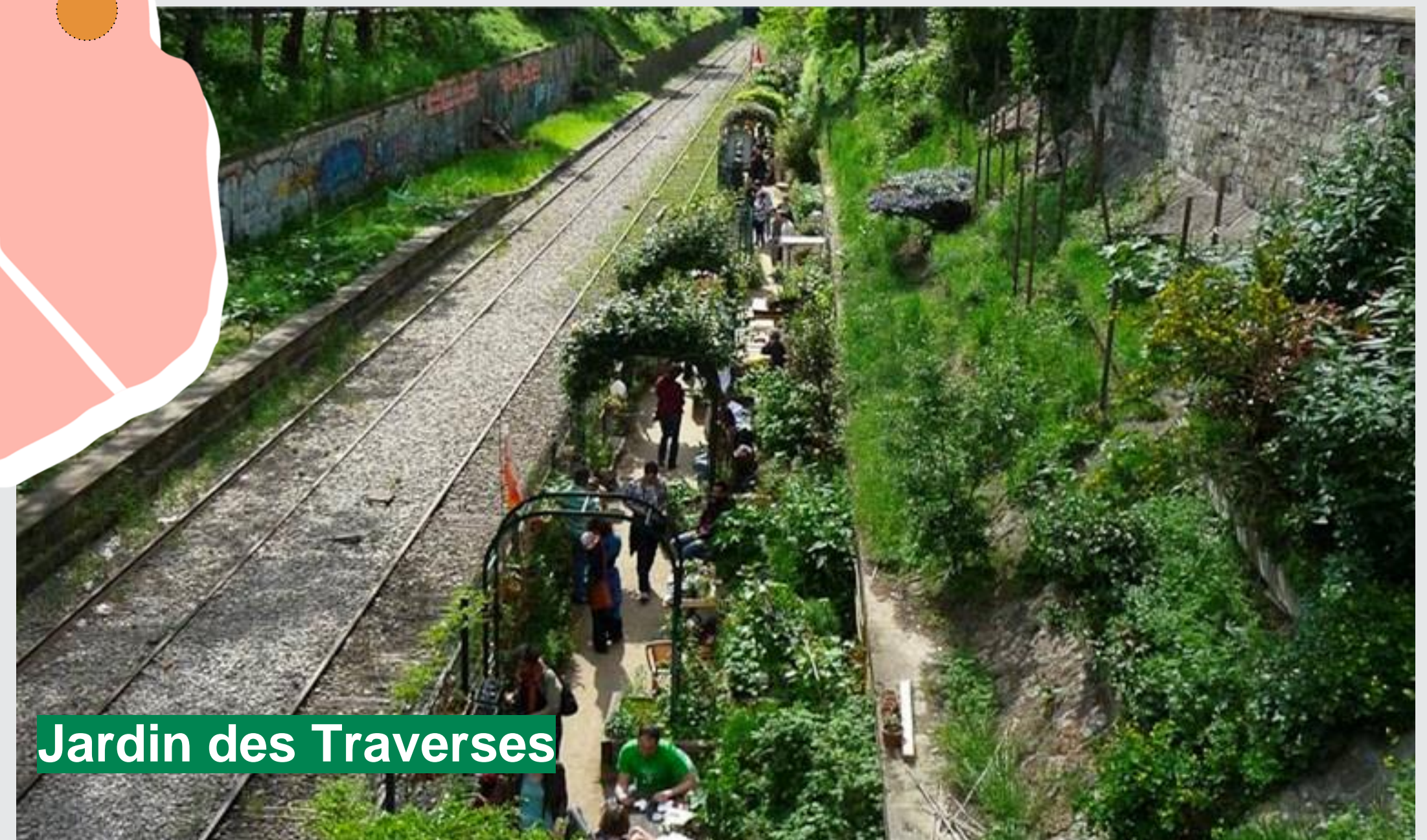
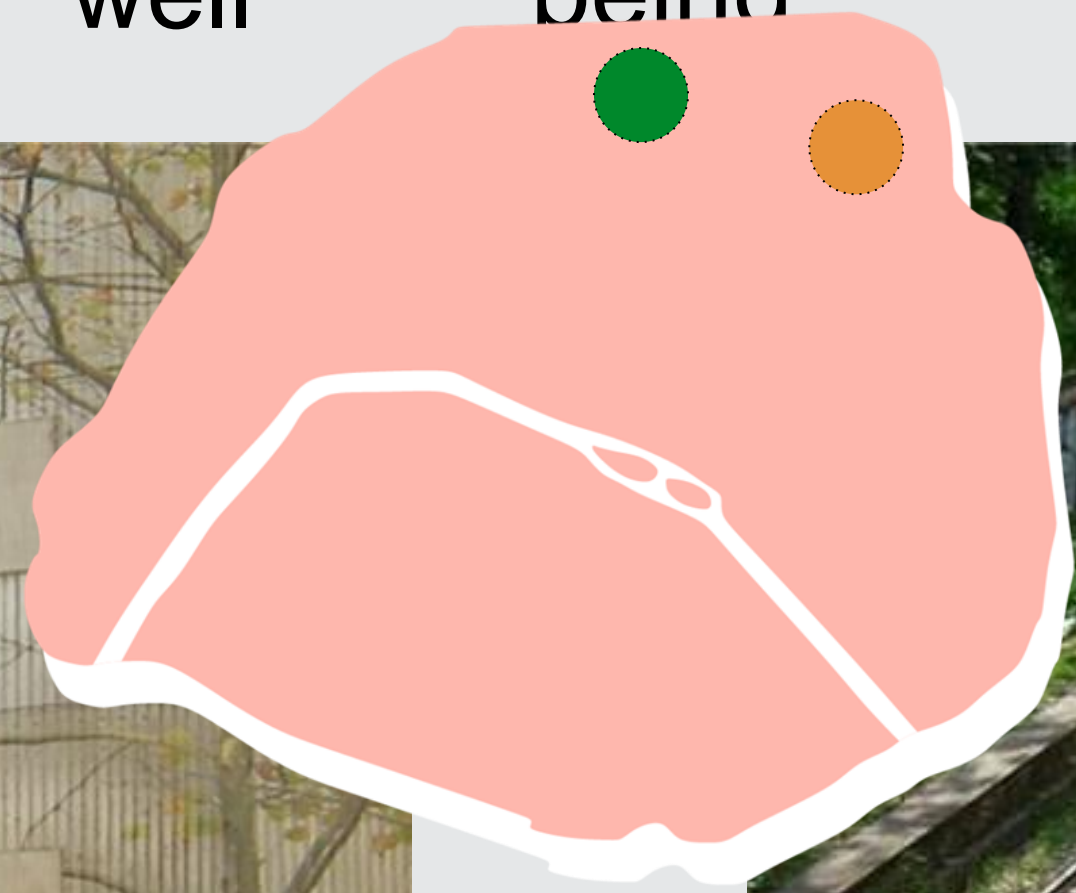


# CONTEXT

Within CENTRINNO, the Paris pilot works in the north-east of the city (18th & 19th districts), **2 very popular and diversified districts** struggling with professional insertion, precarity and well being



Fab City Hub



Jardin des Traverses



# CONTEXT

Regarding our main research topic in CENTRINNO, **the urban food system**, Paris, maybe more than other big cities, is two-faced :



**INCLUSIVE**

food is an engine of sociality, of differences acceptance and the first step to provide security.

CENTRINNO focus group : social inclusion



**EXCLUSIVE**

food is associated with gastronomy, luxury and traditionalism



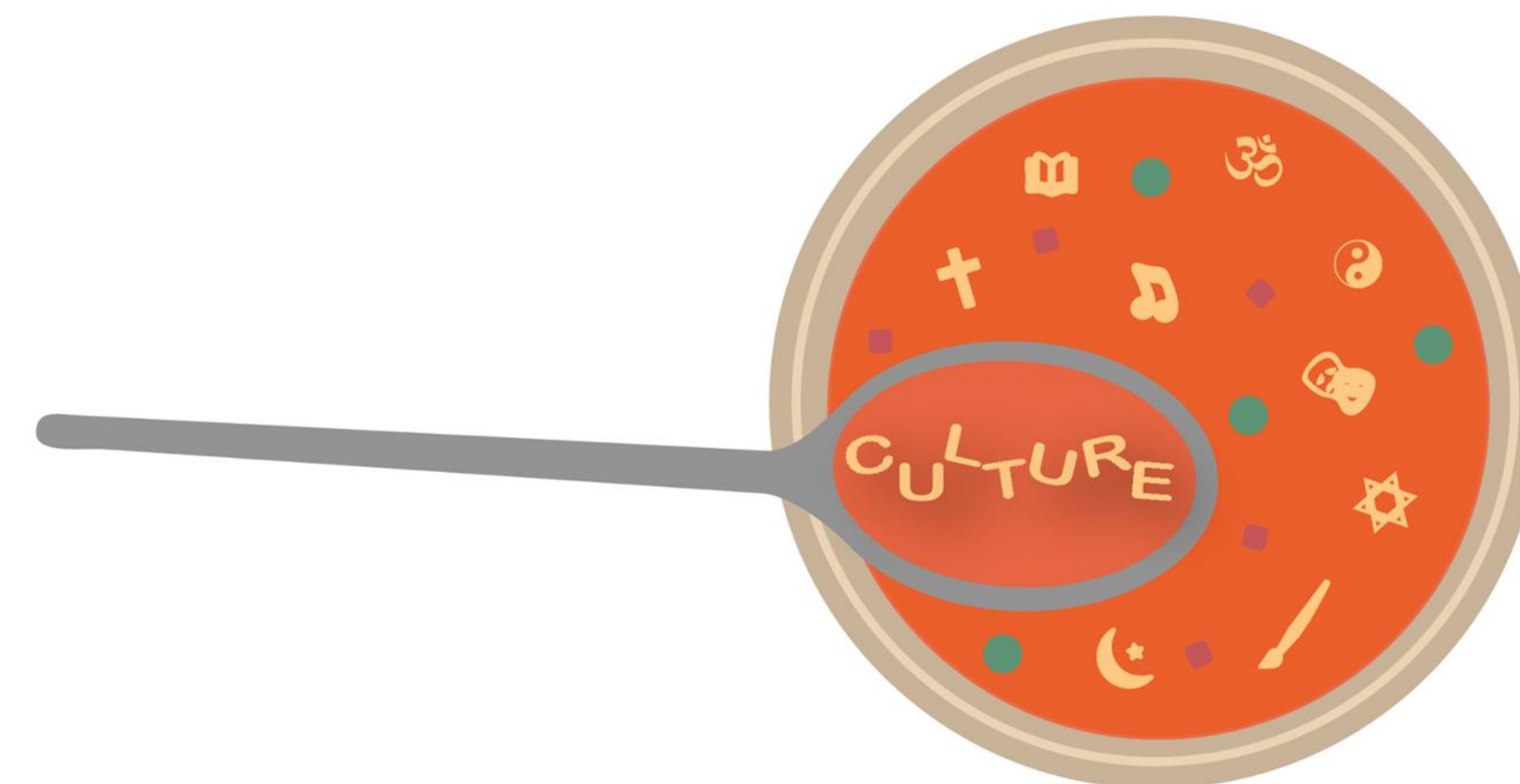
# FOOD IS A SOCIAL MATTER

How to transform this opposition exclusive-inclusive into a balanced equation allowing both to preserve the heritage of the city and to help its citizens accessing basic needs and be integrated in the food system ?

Our learnings in CENTRINNO show that the answer is through education to **a food culture as a common ground and a space for dialogue**

We divided our social activities linked to the food system in 2 groups :

- **social inclusion through food production**
- **social inclusion through meal sharing**



what food tells us about culture ?

<https://freelymagazine.com/2017/01/07/what-food-tells-us-about-culture/>



# CHAPTER 1

## SOCIAL INCLUSION FOOD PRODUCTION



Trainees of the Agriculture XYZ programme



# SOCIAL INCLUSION

## AGRICULTURE XYZ



**Purpose :** Agriculture XYZ is a training programme created with the support of Paris City Council and the National Employment Agency to help people acquire tangible skills to participate in the development of an alternative urban food system. They will be taught urban market gardening techniques, ways to preserve food, and an introduction to small area robotic farming.

**Challenge:** how to ensure a return to employment by training in alternative techniques for which the job market may not be mature.

### AGRICULTURE XYZ



Resources (in french) :

<https://fabcity.paris/agriculture-xyz/>



# SOCIAL INCLUSION INTEGRATION SITE



**Purpose** : Vergers urbains and Green Resistance, (partners in Le Jardin des Traverses one of the 2 sites of the CENTRINNO's paris pilot) launched different integration programmes. One of them, the Artagon workshop received the municipal agreement (ACI) for integration workshop offering support and a professional activity to unemployed people with particular social and professional difficulties. **The workshop aims to make the participants build shared gardens and urban agriculture furniture made from recycled elements.**

**Challenge:** how to make this temporary sprint of activity sustainable for the participants.





# SOCIAL INCLUSION EMPOWERMENT OF RESIDENTS



**Purpose :** Vergers urbains through different projects of shared edible gardens accompanies the residents of these precarious neighborhoods to take in hand the management of the spaces and the harvests. This generates a strong social bond and a respect for the work done by the neighbors. That the case on Mathis street in the 19th district where they developed an edible garden and an orchard fully managed by the people living in this residency composed by almost 2000 apartments.

**Challenge:** create trust among participants and develop a sense of ownership towards their orchards in order to assure its responsible and equal management.





# CONCLUSION

## SOCIAL INCLUSION

### FOOD PRODUCTION



Through these 3 field experimentations, **we saw that engaging people through concrete activities either by training, doing or sharing a mutual project is a very powerful approach to include isolated people socially.**

Nevertheless, there are some recurring pitfalls that have to be pointed out :

- An alternative skills training programme needs to **provide tangible job leads** that are not only linked to self-entrepreneurship.
- An integration workshop should not be only a happy parenthesis (positive activity + salary) but really **prepare its participants to their professional career.**
- To make some of the people skilled to manage an edible shared gardens means also to **create trust conditions and a common purpose** in the whole building block.



# CHAPTER 2

## SOCIAL INCLUSION MEAL SHARING





# SOCIAL INCLUSION

## THE TABLECLOTH



### Purpose

Damien, founder of CRISALIM realises that by adding a simple tablecloth on a table next to food aid distribution to share a meal with vulnerable people, you change the codes and free the words.

In 2023, the association CRISALIM launched "La Nappe", a project for an ephemeral, solidarity-based restaurant for vulnerable people, installed next to food aid distributions.

With a monthly frequency, planned for about twenty covers, La Nappe is the simple idea of offering, in addition to a hot, tasty and free meal cooked by volunteers, a moment of shared humanity. "It's a simple idea as old as time: we set up tables, covered by tablecloths, we sit together, and we get to know each other, like a family meal between strangers".



### Challenge

How to make young people in precarious situations aware that it is possible to eat well and of the social interest of having a real meal

### Resources

<https://www.crisalim.co/2023/02/15/lassociation-crisalim-lance-la-nappe-un-restaurant-ephemere-et-solidaire-pour-les-personnes-vulnerables-en-ile-de-france/>



# SOCIAL INCLUSION

## FOODLAB & SALVATION ARMY



### Purpose

The Fabcity hub Paris, located on rue MOuzaia in the north-east of Paris, adjoins the Salvation Army building. This allowed Colin, manager of the Foodlab, to start a partnership aiming at preparing shared meals with the beneficiaries of the Salvation Army. **the goal is to break the feeling of exclusion and incapacity that some beneficiaries may feel, through participation in the preparation of a professional meal.**

At first, Colin comes to the association's premises with his equipment and the food needed for the preparation. Nevertheless, he hopes that in a while, when a relationship of trust will be established, he will be able to make them come to the foodlab to benefit from a real professional kitchen.



### Challenge

To gradually persuade people who have been made suspicious by exclusion to participate in common projects and to come out of their isolation.

### Resources

<https://foodlab.paris/>



# SOCIAL INCLUSION

## CHIEF FOR A DAY



### Purpose

The foodlab installed in the Fabcity hub Paris, proposes to people, via social networks, to come and test themselves as chefs and propose their creations to the coworkers of the place. This approach allows passionate people who don't have a network to get out of their isolation and propose their dishes to an audience. This type of operation is a win-win model since the budding chef finds a place of expression and a remuneration and the coworkers an opportunity to share a good meal.

It is important to underline that social isolation does not only concern people in a situation of extreme precariousness but also people who find themselves blocked by lack of connections.



### Challenge

Help retrainers or young professional to express their skills and gain confidence

### Resources

<https://foodlab.paris/>



# CONCLUSION

## SOCIAL INCLUSION

### MEAL SHARING



We learned through these field tests that the old notion of **commensality** (the act of eating together) is studied in a range of disciplines and often considered important for social communion, order, health and well-being, while simultaneously being understood as in decline (especially the family meal).

Revive the culture of enjoying these collective moments in which a common plate is an easy way to erase differences or fears to be part of should seem naive but we are sure that is the core of the universal food culture we are losing.



# CONCLUSION

**Food is the foundation of sharing.** When working on social inclusion, it is often difficult to find a connection with the people you want to help. Giving a meal is important, but it often leaves the recipients in a state of assistance that does not help them regain their dignity and the confidence necessary to recover.

**Sharing the food culture creates a space where each party brings to the other its traditions, its know-how and engages in a dialogue where the assistant-assisted dimension is erased.**

## CENTRINNO PARIS PILOT A TRANSVERSAL APPROACH

Linked by space and theme, the partners of the Parisian CENTRINNO pilot bring their expertise (Design, urban farming, digital fabrication, Computer sciences, urbanism) to dig the question of the role of urban agriculture in the regeneration of industrial historic sites.



Sony CSL

**VOLUMES .**