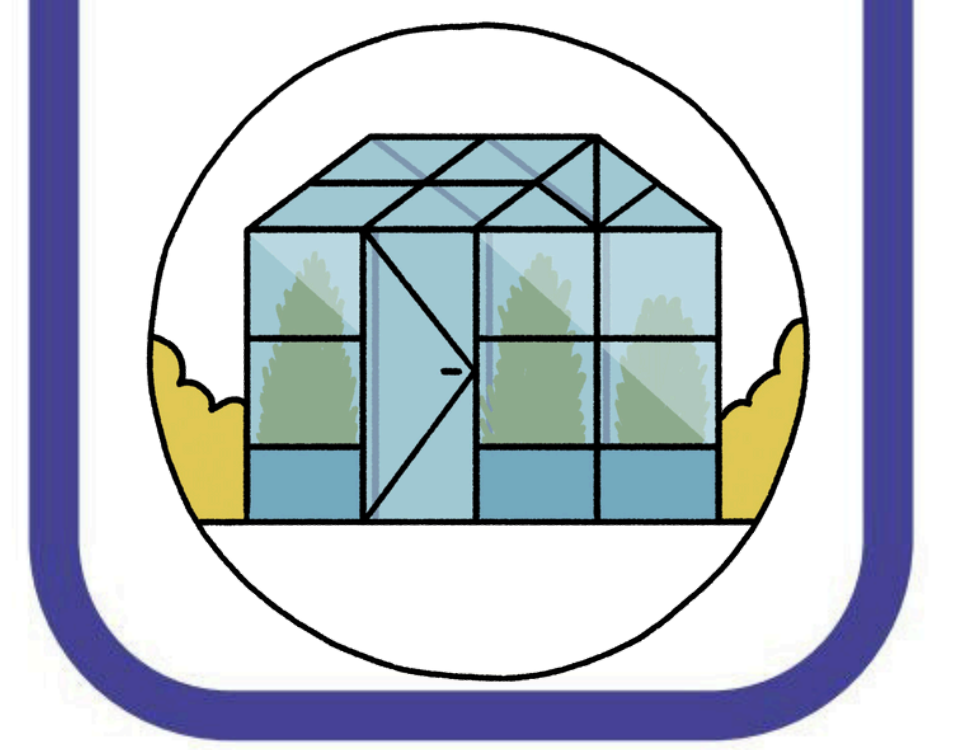


Wellbeing Blitz



Short Name

Wellbeing Blitz

Formal Name

Wellbeing Blitz

Contact Person

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Empowering people and institutions to jointly become agents of change in their communities through relevant and evidence-based solutions



Summary

The Wellbeing Blitz wants to provoke a transformation towards healthier and more just food environments through the creation of citizen-generated data that reflect people's food relations within their neighbourhoods and the availability of healthy options, as well as the neighbourhood dietary patterns and health status.

For that, we will establish a community engagement initiative grounded on citizen science - the Wellbeing Blitz - where participants will embark on a food discovery journey in their neighbourhoods to: map their relations with the places where they shop/eat, assess the type/quality/price of healthy options and evaluate their personal dietary patterns.

Finally, they will plan a healthy meal with a fixed budget. At the end, participants will be rewarded with a healthy buffet and a basket with food items and recipes to cook a healthy meal. This will be kickstarted in four locations in Portugal with different geographical and socioeconomic profiles - Sintra, Covilhã, Viseu and Figueira de Castelo Rodrigo.