

Journey 5 “the Fruit”: Cultivating food autonomy & security in times of crisis

Practical information



Any questions?

Ask the journey referents:
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Personal items

Can be kept in the venue



Means of transport

Walk



Clothes

Comfortable shoes

Schedule of the day

08:30-09:00	Start of the day <i>Teatro Jordão, Av. Dom Afonso Henriques 321</i>	
09:00-09:30	Local Democracy, the power of doing - plenary session <i>Teatro Jordão, Av. Dom Afonso Henriques 321</i>	
09:30-10:00	Departure - follow the journey referent with an orange flag <i>Meeting point: outside the Teatro Jordão</i>	
10:00-12:30	Site visit <i>Horta Pedagógica de Guimarães</i>	
12:30-14:00	Lunch <i>Picnic at the Horta Pedagógica de Guimarães</i>	
14:00-16:00	Workshop <i>Horta Pedagógica de Guimarães</i>	
16:00-16:30	Return to the main venue <i>Teatro Jordão, Av. Dom Afonso Henriques 321</i>	
16:30-17:00	Speed networking and Bingo time! <i>Teatro Jordão, Av. Dom Afonso Henriques 321</i>	
17:00-17:45	Debate “Reviving Local Democracy” <i>Teatro Jordão, Av. Dom Afonso Henriques 321</i>	
17:45-18:00	Energy Cities’ General Assembly <i>Teatro Jordão, Av. Dom Afonso Henriques 321</i>	
18:00-19:30	Free time	
19:30	Gala dinner (no dress code) - Bring your badge <i>Conservatório de Guimarães (Ground floor), R. de Vila Flor, Guimarães</i>	
22:00	Light and sound experience <i>City centre</i>	

Topic

In a context of climate change, geopolitical instability and increasingly fragile global supply chains, the capacity of territories to shape their own food systems is essential to strengthening food security and guaranteeing access to food for all. At the same time, the watering down of EU-level ambitions and the signing of MERCOSUR have heightened cities' exposure to climate risks, supply-chain disruptions and widening social inequalities. By exploring how food production, distribution and access can work together to ensure equitable provision for all, this journey brings together city representatives and organisations to position food autonomy as a pillar of local resilience.

Visits' agenda

Located in Creixomil, a 3 km² peri-urban area on the outskirts of Guimarães, the Horta Pedagógica de Guimarães sits within a landscape that combines wetlands, productive land and key municipal facilities. The site offers an important lens on how community gardens contribute to urban food strategies -while also highlighting the need for broader municipal action to achieve food autonomy, security and equitable access. Close to it, another important part of the food supply chain can be found: the wholesale food market, making the area a promising hub for food autonomy.

Presentation of the garden and Guimarães' local food strategy

- Welcome and introduction to the Horta Pedagógica de Guimarães
- Guimarães' local food strategy and food autonomy actions.
How can land-use policy, urban-rural cooperation and alternative food networks work together to strengthen food security?
- Testimonies from garden users

Speakers

- **Ana Pinheira**, *Researcher, Ecology Expert, Landscape Laboratory*
- **Pedro Moreira**, *Senior Specialist, Green Infrastructure and Biodiversity Department, Municipality of Guimarães (PT)*



Workshop agenda

Making food autonomy cool again: Beyond community gardens in the age of crisis

14:00-14:05

Introduction

Stella Archontaki and Marta Arosio, Project Managers, Energy Cities

14:05-14:25

Setting the scene: What does local food autonomy look like?

Nicole Pita, Programme Manager, IPES Food

14:25-15:00

City dialogue: From Garden Plots to Food Autonomy

The discussion revolves around how cities design, govern, and implement effective food strategies, with a strong focus on local action, land use, and participatory governance. At its core, the exchange explores three dimensions:

1. Local food strategies in practice
2. Land use and land access
3. Governance gaps and food policies

Pelle Bengtsberg, Head of Advocacy, REFORMATEN, Stockholm (SE)

Janneke Bruil, Food Policy Advisor, City of Wageningen (NL)

Areitio Larrañaga Zuhaitz, Coordinator of Sustainability, Climate and Energy, city of Pamplona (ES)

15:00 - 15:50

Policy harvest: Food autonomy, going beyond community gardens

- How can cities secure land for food production at an impactful scale? How can they support Community-Supported Agriculture (CSA) in their region?
- How can urban-rural areas be reconnected to shorten and stabilise supply chains?
- How can citizen-led (alternative) food networks be supported as part of urban infrastructure?

15:50-16:00

Collective synthesis and closing

Energy Cities

Facilitators:

Stella Archontaki and Marta Arosio, project Managers, Energy Cities