GUSTA – Healthy nutrition and community catering at the neunerhaus Café

10/2025 – 12/2027

Initiator
Fonds Gesundes Österreich

Objectives

The FGÖ-funded project "GUSTA: Healthy Nutrition and Community Catering at the neunerhaus Café" aims to contribute to promoting health and social equality and reducing food poverty. The project develops a new concept for healthy nutrition and community catering, tailored to the needs of the target group and tested in the innovative setting of the neunerhaus Café. Since 2018, the café has provided a health-promoting space for homeless, unhoused, and impoverished individuals. The project's measures address both behavioral and structural levels: Activities are being implemented to promote nutritional literacy and participation among homeless, unhoused, and impoverished individuals. At the structural level, staff members are being trained in skills related to the needs of this target group.

Implementation

The aim of the evaluation is to assess the achievement of the project's objectives and target groups, as well as the causal relationships between the project activities. To this end, reflection workshops are conducted with the project team, and the perspectives of the target groups (visitors of the Neunerhaus Café, volunteers and staff, and participants in training programmes) are gathered. The evaluation reflects on the achievement of the objectives, identifies enabling and hindering factors, and derives lessons learned. In line with the project's participatory and accessible approach, primarily qualitative methods (e.g. focus groups, participant observation with brief interviews) are used. Participants in training programmes are also asked to provide feedback using short questionnaires.

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