

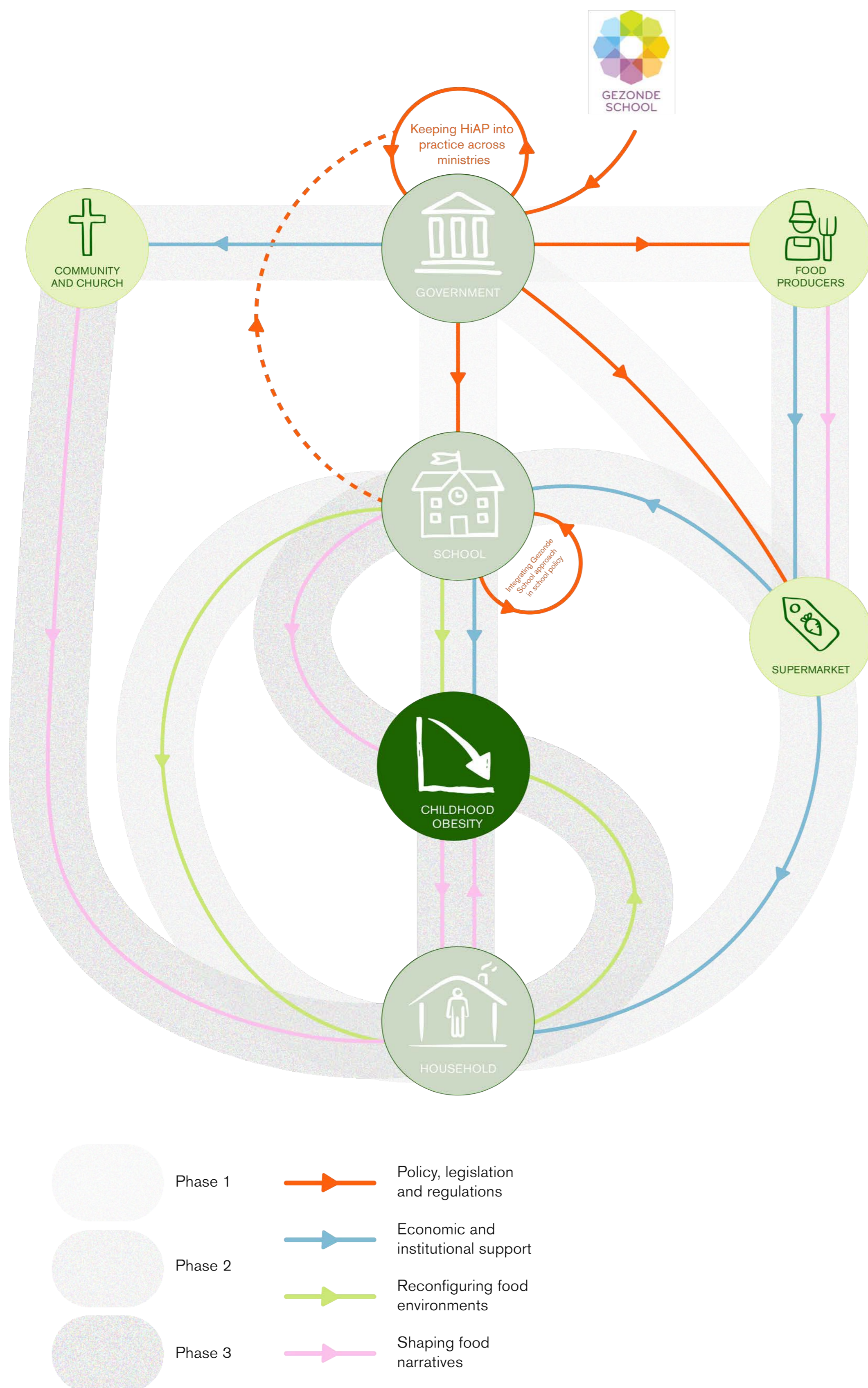
# Convenient by Design:

## A systems design exploration of youth food literacy in Curaçao

Curaçao currently faces a growing concern with youth obesity during adolescence. Around 28% of the youth (13-20 years old) report being overweight. This graduation project explored the current food system and food literacy of Curaçaoan youth through field work and cultural

probing. The research revealed that:

- Food literacy emerges from environments, not individuals
- Convenience is a primary driver of food practices
- School environments reinforce or disrupt food norms



This project explores how shifting convenience in food environments can enable healthier practices through their repeated enactment, fostering new food narratives, and strengthening the food literacy of Curaçaoans in their daily food environments.

A systemic roadmap was developed to guide phased transformations across governmental policy, school food environments, and daily food contexts. The findings were synthesised in a booklet for local policymakers and stakeholders in the Curaçaoan food system to support in initiating and aligning systemic change.



The findings of this projects were synthesized in this small booklet in Dutch and in Papiamentu for local stakeholders to use.