



PRESS RELEASE

Healthnic: Healthy and ethnic diet for inclusion

Eating habits play an important role in our lives, regardless age, sex, culture or social situation. Nowadays, we pay more attention to what we eat, choosing not only tasty food, but with high nutritional value, or at least we believe so. Yet, sometimes we are still unaware what diet is appropriate for us. Food related topics have even become a kind of taboo, diet-sensitive and culture differentiated.

Why HEALTHNIC?

The HEALTHNIC project was launched 01.09.2017 with the aim to improve and extend the awareness of eating habits among immigrants and the unemployed. The project allows to obtain such knowledge with the help of specialists in the fields of food sociology, nutrition, gastronomy, personal development and from other experienced professionals. Thanks to the acquired increased food awareness, project participants will be able to manage eating habits in a proper way.

How will this happen?

HEALTHNIC will develop an educational e-platform, methodological guide for the "Healthnic Diet" workshop and a toolkit for the "Healthnic Diet" workshop. Workshops will serve the purpose of exploring, defining and acquiring knowledge on eating habits of diverse European cuisines.

Workshops will among others include the topics of nutritional education, home economics education, basic language literature on food, cultural exchange activities. Group work will enable to share personal experience on the choice of diets among participants, identify similarities and differences, as well as discuss how to plan a nutritious meal. During workshops participants will create new recipes and prepare own dishes. Workshops will also be devoted to explaining properties of herbs and spices – their importance, ways of cooking and health value. The knowledgeable result of workshops will be the basis for digital storytelling.

Throughout the project, different events will be organized to present and disseminate the produced results, at local, national and international level.

The first project meeting was held 26th – 27th October 2017 in Bussoleno, Italy. It was attended by representatives of all project partners from five EU countries: Greece, Ireland, Italy, United Kingdom and Poland.

The project partners are: Vardakeios School of Indigent Children, Institute of Technology Tralee, Diciannove Società Cooperativa, Merseyside Refugee Support Network and Danmar Computers.

The kick off meeting was devoted to presentation on partners' organizations, project management tool and discussion on task division among partners, agreements on the intellectual outputs, and explanation of both the dissemination and evaluation plans. The next transnational meeting will be organized in the first quarter of 2018 in Greece.

For more information on HEALTHNIC contact the project coordinator or other project partners.

