

Healthnic Diet NEWS

May 2019/ 3rd Newsletter



Erasmus+



Healthnic
HEALTHY & ETHNIC DIET
— FOR INCLUSION —



WHAT has happened since last October?

LOCAL HEALTHNIC WORKSHOPS

Healthnic partners organized Local Workshops during October-December 2018 in the UK, Poland, Ireland, Italy and Greece. A total of 60 participants (refugees, immigrants, unemployed and local people) attended workshops for 4 consecutive days or in weekly sessions where they had a chance to acquire basic skills such as home economics and healthy eating education, supported with food and nutritional glossaries and food preparation techniques. They also gained ICT skills and created information/educational digital stories focused on their knowledge gained of food culture, traditions and healthy eating.



4TH TRANSNATIONAL MEETING IN RZESZOW

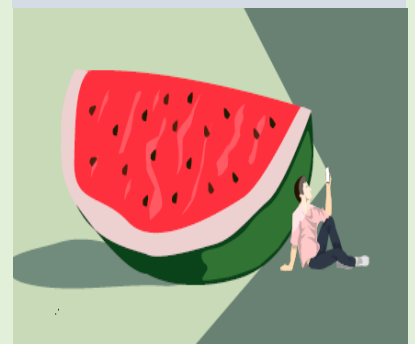
The 4th Transnational meeting was held on the 10th and 11th January 2019 in Rzeszow, Poland. The meeting was attended by 10 representatives of all project partners from the five EU countries.

The main objective was the planning of the second intellectual output, the toolkit. Danmar Computers, which is responsible for this output explained the plan about the structure of the toolkit and all the partners contributed with suggestions on the structure but also on the material that will be included on it. The meeting was also devoted to project management and discussion on task division, dissemination and evaluation plans.



TOOLKIT

At the moment partners are working to finalise the Toolkit. The Healthnic Diet toolkit consists of eight sections and is a compilation of interactive resources, do's and don'ts, feedback and comments that were extracted during the pilot implementation of the local Healthnic Diet workshops. Together with the e-platform and the Practical Guide, the Toolkit is a useful resource for any professional who would like to organize a Healthnic workshop with mixed groups of immigrants and indigenous people. The Toolkit will be available during June in English and also Greek, Italian and Polish.

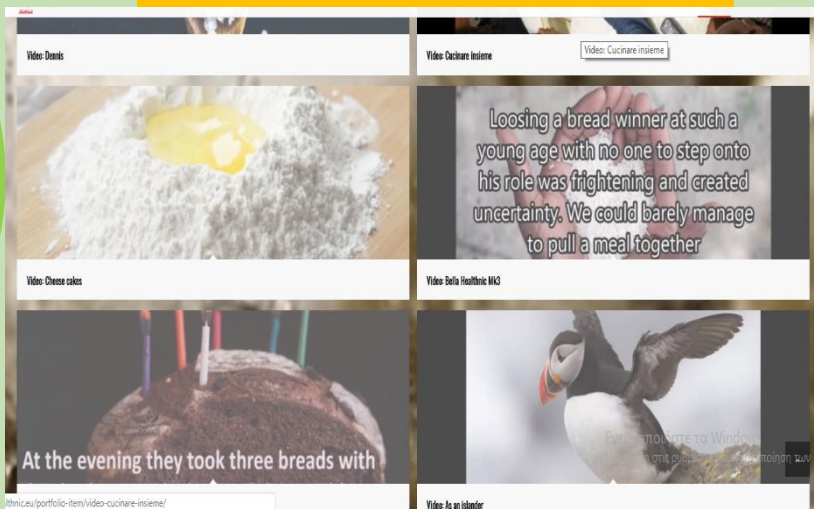


MORE INFO

LOCAL HEALTHNIC WORKSHOPS

OCT - DEC 2018

HEALTHNIC DIGITAL STORYTELLING VIDEOS
WATCH THEM ON HEALTHNIC.EU



COOKING ALL TOGETHER AND CREATING DIGITAL VIDEOS WAS AN OPPORTUNITY TO SHARE MEMORIES AND FOCUS ON SIMILARITIES ACROSS CULTURES AND COUNTRIES, AN APPRECIATION AND UNDERSTANDING OF ALL CULTURES...

DESIGNING A RECIPE...



Photo from the Polish Healthnic Workshop by Danmar Computers in Rzeszow

PREPARING FOOD...



Photo from the Italian Healthnic Workshop by Diciannove in Luserna San Giovanni

COOKING...



Photo from the Irish Healthnic Workshop by ITT in Tralee

HEALTHY EATING EDUCATION

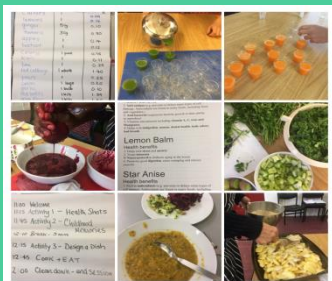


Photo from the English Healthnic Workshop by MRSN in Liverpool

CREATING DIGITAL STORIES...



Photo from the Greek Healthnic Workshop by Vardakeios School on Syros island

NEXT STEPS

- TOOLKIT UPLOAD ON E-PLATFORM/ JUNE 2019
- MULTIPLIER EVENTS IN ALL PARTNER COUNTRIES/ END OF MAY, JUNE AND SEPTEMBER 2019

DOWNLOAD THE PRACTICAL GUIDE AND ORGANISE YOUR OWN HEALTHNIC WORKSHOP

FOR MORE INFO VISIT HEALTHNIC.EU OR CONTACT US AT INFO@HEALTHNIC.EU

