

Minutes of the fourth project meeting of “Let’s Go Cooking in Europe” (LEGOCIE) Grundtvig Partnership Project 2012-2014

Wednesday 2nd – Sunday 6th October 2013

Coimbra, Portugal

Present:

United Kingdom (Project Co-ordinator): Stewart Deas (Chair), Sarah Binns (Minutes)

Portugal: (Host Country) Cristina Costa, Helena Azenha, and other colleagues

Italy : Lucia Veleva, Roberto Rinaldi, Mafalda Bertoldo, Veselina Veleva

Greece: Alex Despotopoulos, Viktor Nedelchev, Theodoros Digkas, Ioanna Tsovolikou, Veroniki Rousoglou

Ireland: Fergal McPartland, John Brennan

Lithuania: Rita Januškaitė, Dalia Dulėbaitė

Romania: Lacramioara Stratulat, Alina Scanteie, Cristina Chert

Slovakia: Tatiana Karolcikova, Zdenek Rumler

Turkey: Serhat Salantur, Gokhan Bozkir, Semih Dabag

Not Present/Apologies sent:

Apologies from Greece for Day 1 (3rd October)

Apologies from Cyprus for the whole meeting

Wednesday 2nd October

Partners arrived.

Dinner together at a local restaurant in Coimbra

Thursday 3rd October – meeting held at Ibis Hotel, Coimbra

Delegates were welcomed by Stewart Deas (SD) the project co-ordinator and Christina Costa (CC), the host in Portugal. SD outlined the programme, and CC explained the arrangements for the visits and meals during the meeting.

The Portuguese group had planned a programme to cover the five aspects of the project:

- Healthy eating, through the two chef workshops which looked at replacing unhealthy ingredients with healthier alternatives.
- The recruitment of volunteers; volunteers would be supporting and participating at all stages of the visit and it was anticipated that this would “trigger” their involvement in the project.
- Active participation through the planned visits, activities and meeting elements.
- The social aspects of food, as demonstrated through the cooking opportunities and food eaten together
- Focus on the food and culture of the host country, Portugal

As there were several new delegates and adult learners, some time was spent on introducing each person, who gave a short resume of their role in the project.

Updates

Each country was invited to give a brief, verbal update about the work they had undertaken towards the project objectives since the last meeting in Italy, particularly focussing on those countries who had managed to stage their food event :

Ireland – Held their community food event in September. There were initial concerns that attendance would be poor, so the event was advertised and given a family focus, with lots of games and activities for children. The food element was organised around the activities, which proved extremely popular and drew in a crowd of around 500 people.

Due to the family nature of the day, it was decided to offer a healthy alternative to the usual burgers and chips available at such events. The Irish team sourced an organic lamb, which was spit roasted and then served in a wholemeal bread bun; this was extremely popular, and the sight of the lamb cooking over the fire created a lot of buzz and discussion about food.

The Community Food Event also created an opportunity to recruit a team of volunteers who will be available to help out at subsequent events.

Italy – Through June and July this year cooking lessons have been held for the students from three overlapping projects: one promoting organic food, one promoting sport and one looking at “green” tourism.

Volunteers were recruited to help deliver the cooking sessions to the students, who learnt about foods from a variety of cultures and thoroughly enjoyed the experience. Occasions such as birthdays were used for the group to practise their cooking together.

However, these cooking sessions have not afforded the Italian team the opportunity to promote the LEGOCIE project fully, so they are thinking of making a full celebration of the project in January 2014, when there is also a celebration for St Antonio.

Lithuania – have set up the planned “Healthy Recipes” competition on Facebook, and have so far received around 40 entries of traditional recipes which have been adapted to become healthier. They

have also recruited about 12 volunteers to the project, and the volunteers will help judge the competition entries.

Portugal – have already held a community food event, which was well documented in the school with photographs and a display. The LEGOCIE meeting in Coimbra, using the Ferrer Correia School, will provide further opportunities for cooking and embedding the project with the volunteers and students.

Romania – Food events have been held from the end of May through to September; there have been three international dinners. Each included a workshop to cook with delegates, and the young people involved had to present the food they'd prepared to the rest of the group, including information about the history and cultural significance of the dishes. Information about the LEGOCIE project was also disseminated.

In addition, related to a project supporting local vegetable growers, an open market designed to showcase the artisan food of the region was held on the last weekend in September. This involved the local museums, and also featured handicrafts and traditional industries.

It is also planned to celebrate the Town Day on 14th October with a LEGOCIE cooking event to distribute food to people making a traditional pilgrimage

Slovakia – Have run the summer university cooking sessions for children, as planned. Two healthy cooking workshops were run as part of the summer school programme; the first featured fruit preparation to make fruit kebabs for all the children. The second focussed on the preparation of a traditional Balkan salad. Both sessions were well attended and enjoyed by the participants. Volunteers had been recruited to help out with the organisation and food preparation on the day.

In addition, the children completed a questionnaire about their eating habits. The results will be processed and published on the website in due course.

Turkey – The Turkish delegation have built on their first experience of running a food event to run a more ambitious event, using the four day festival of the town which celebrates rose hips and brings together aspects of tourism, culture and the municipality as the background to their cooking session.

The cooking was held in a well-regarded local restaurant, and incorporated a traditional food competition. The 23 participants were asked to cook soup, a main course and a desert and volunteers from the local school cooked "almost forgotten" local dishes.

UK – discussion and planning for the community event. A number of options have been looked at, including working with Blackfriars restaurant and the Cyrenians to produce a fund- raising meal as part of the EAT! Festival. However this was decided against, as it did not really offer the opportunity to engage people who were new to cooking, as outlined in the project objectives.

Following the updates, some discussion took place regarding the development of the website. It was agreed that the Slovakian delegates would contact Martin Kubis to see if any further progress had been made.

It was also agreed that the Facebook page and the LEGOCIE blog had already made an excellent contribution towards the wider dissemination of the project.

The meeting finished at lunchtime, and the group then spent the afternoon visiting Coimbra, followed by an evening meal prepared by an avant-garde Portuguese chef who makes extraordinary adaptations to traditional dishes to enhance their healthiness and ease of digestion.

Friday 4th October – Meeting held at Ferrer Correia School

The meeting started with the Greek delegation introducing themselves and giving a brief update on their progress to date. Due to the summer break, they are planning their event for November.

They also fed back that their national agency had been extremely pleased with the project so far.

SD then talked through the tasks agreed at the last meeting, and progress towards the project objectives reviewed:

- Minutes - The minutes from the previous meeting were agreed as a true account of the discussions.
- Evaluations - A reminder that evaluations from the meetings need to be carried out by each delegate, not one for each group.
- Presentations from the UK meeting about the individual organisations involved – these need to be sent to MK for inclusion on the website. LV made the point that Power Point may not be the best format for such information. AD suggested that this information could be taken from the original application and this format was agreed.
- The LEGOCIE website – AD has reserved the domain name www.legocie.eu and Greece was happy to go ahead with hosting the site. MK was spoken to via Skype, and agreed that it would be most suitable for AD to go ahead with this arrangement.
- The LEGOCIE blog – it was agreed that this needs more content. Action 5 from the previous meeting asked that all countries send a short post about each of the meeting, containing text and pictures to MK to be uploaded. This action will be carried forward. All delegates thanked MK for his contribution to the project in the creation of the blog.
- The LEGOCIE Facebook magazine – this has been updated, as requested, by DD. The meeting looked at the two magazines, and it was agreed that they are really professional, and are fantastic PR for the project. The meeting thanked DD for her work on this.
- The LEGOCIE Google Group email- there was some discussion about the use of this, and Cristina Chert (RO) requested that emails be sent only to the lead person in an organisation, to avoid too much unnecessary correspondence. This was agreed by the meeting.
- The evaluation form for events – this had been circulated by SB

The meeting ended with videos and photographic presentations about their food events from the Irish and Turkish delegations

The group then went to sample local cuisine at a restaurant in a nature reserve, Parque Biológico da Serra da Lousa, in the mountains nearby. The afternoon was spent in the nature reserve, and then

the group returned to the school for Let's Go Eating Healthy Food – a workshop on healthy eating with Chef Luis Lavrador and the nutritionist Ana Carvelhoas. The group cooked dinner in the school kitchen and then enjoyed traditional songs and dancing with a local folk group.

Saturday 5th October – Meeting held at Ferrer Correia School

It was agreed that the agenda would change in order to allow for further discussion of the website.

The meeting opened with a photographic presentation of the Romanian food events.

The LEGOCIE website – AD showed the meeting the potential templates for the site. Discussion was held regarding the format and general colours to be used.

Agenda for the final two meetings – the dates of the next meeting in Slovakia were confirmed as 26th February to 2nd March 2014, and the final meeting in Athens, Greece as 11th to 15th June 2014

There was discussion about the best way to travel to Martin in Slovakia, and it was agreed to ask the Slovakian group to send out information as to the best forms of transport and routes in preparation for the visit. The Slovakian partners said that the plan was for the group to spend one night in Bratislava, and the following day, before moving on to Martin for the 2nd, 3rd and 4th nights.

It was agreed that the agenda should include:

- National updates on healthy eating initiatives or programmes
- Review of recipes put forward by the volunteers. In many cases these still need to be collected. SB suggested that each delegation should send one or two recipes to her, to be put into a standardised format and style. However, since one of the agenda items for the meeting is to look at ways of making traditional recipes more modern and healthy, this would be best done following the next meeting.
- Display of healthy eating materials from each partner country
- Work on updating national recipes to become healthier
- Possibility of cooking workshops again, but this needs to be checked with MK, as facilities may not be available.
- Review of dissemination

SD will send out a draft agenda and proposal for activities after consultation with MK.

SB showed the meeting a new website from the UK to encourage more families to cook : www.letsgetcookingathome.org.uk

It is open to anyone, and has the facility for people to create their own e-cookbook. Partners were encouraged to register themselves and their colleagues/learners on the site, and develop their own online recipe books.

Future Planning:

The group discussed the next phase of European projects, from 2014 to 2020 and to be known as “Erasmus+”, and the possibilities of continuing the excellent work that has been done so far by the LEGOCIE group. While it was generally agreed that detailed planning couldn’t begin until the new framework for writing the bids had been launched, it was felt that it would be worthwhile to see what ideas the group had to take the healthy food/healthy eating agenda forward within a new project.

Ideas for new projects put forward by the group:

- Romania suggested a project looking into the history of national foods and how the development of certain dishes had been affected by historical events; “we are at the top of a pyramid”.
 - Related to this was also an idea about “food in a time of crisis” and the way people change the way they eat in difficult times.
- This idea was supported by the Irish, who felt this would be particularly interesting since the Irish had “reinvented their diet.”
- Greece had two suggestions :
 - A ‘Transfer of Innovation’ style project, developing European guidelines for healthy eating, with the possibility of accreditation through Edexcel.
 - An evaluation of equality
- Italy suggested a project which brought together healthy food and exercise, and gave the example of the Irish food event to support the idea. She pointed out that encouraging greater movement was a European priority, and SD noted that sport was to be given increased priority in Erasmus+
- Ireland was interested in work to support small food producers, particularly in coping with the bureaucracy surrounding EU legislation.

Bringing the discussion to a close, SD pointed out that a Transfer of Innovation project needed to take really innovative practice from one or more countries and transfer this to other countries to be introduced there, eg ‘The Food Hub’ idea in Ireland.

He thanked all the partners for their contributions, not just to the final discussions about the future, but for all the hard work and enthusiasm which had characterised the meeting.

When the meeting finished, the partners were able to sample an extraordinary range of dishes from Portugal, which had been freshly prepared by a local chef along with the staff and students from the school.

The dishes were set out on a map of Portugal so that delegates could see where the food had originated from. It was a delicious ending to the meeting.



Actions agreed at the meeting:

Work-plan and distribution of tasks for the next meeting – Slovakia, March 2014

Task	Responsibility	Deadline
Any outstanding evaluation forms for the Cyprus, Italy and Portugal meetings to be returned to SD	All partners	29 th November 2013
All countries to send their presentations to MK to be uploaded to the LEGOCIE website.	All partners	No deadline specified, but before the next meeting in Slovakia
All countries to send a short paragraph of text, describing their best moment from the Cyprus, Italy and Portugal meetings to MK to be included in the LEGOCIE blog	All partners	No deadline specified, but before the next meeting in Slovakia
Alex Despotopoulos (AD) (Greece) to register the LEGOCIE domain name and set up the website, as discussed and agreed on at the meeting.	AD	31 st October 2013
Population of the LEGOCIE website, using the information already contained in Dropbox, and the additional information sent by participating countries.	AD and MK working together	29 th November 2013

<p>A link to be set up from the website to the LEGOCIE blog and the Magazine, which is presently on Facebook</p>	<p>MK</p>	<p>No deadline</p>
<p>Preparation for next meeting:</p> <ol style="list-style-type: none"> 1) If not already done, run the community food event as planned, and evaluate it using the agreed criteria. 2) Disseminate results via project website and own networks 3) Bring one traditional recipe from your country, written in English, to contribute to the “Recipe Workshop”. <p>In the “Recipe Workshop” we will work in groups to reduce any unhealthy ingredients and create a healthier version of a national dish. This could be the recipe which will be cooked during an active cooking session in Slovakia. It will also be added to the website following the meeting.</p> <ol style="list-style-type: none"> 4) Bring materials from each country for the DISPLAY of healthy, traditional recipes from the partner country and region, plus any materials available to support and encourage cooking and healthy eating in their country. 	<p>All partners</p>	<p>The meeting in Slovakia, 26th February – 2nd March 2014.</p>