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

**Wednesday 26th February – Sunday 2nd March 2014**

**Bratislava and Martin, Slovakia**

**Present:**

**United Kingdom (Project Co-ordinator)**: Stewart Deas (Chair), Sarah Binns (Minutes), Rick McCordall, Andy Hook

**Slovakia** (Host country) Martin Kubis, Ivana Kubis

**Italy** : Lucia Veleva, Roberto Rinaldi

**Greece**: Alex Despotopoulos, Ioanna Tsolovikou?, Veroniki Rousoglou, Eleni

**Ireland**: Fergal McPartland, John Brennan, Tom Martin

**Lithuania**: Rita Januškaitė, Dalia Dulėbaitė

**Turkey**: Serhat Salantur, Lutfiye Parlak, Kubra Karakus

**Portugal**: Cristina Costa

Cyprus: Christos Eliades, Andreas Michaeliades

**Not Present/Apologies sent:**

Apologies from Greece and Italy for Day 1 (26th February)

Apologies from Romania for the whole meeting

**Wednesday 26th February**

Partners arrived in Bratislava

Dinner together at a local restaurant

**Thursday 27th February – The delegates met at the Ibis Hotel, Bratislava**

The Slovakian group had planned a programme to cover several aspects of the project:

* Orientation in Bratislava, and an introduction to the country
* Active participation through the planned visits and activities
* Meeting time to cover the necessary business of the project, including populating the website
* 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, Slovakia.

First of all, the group was given a guided tour of Bratislava in a vintage bus, and then the group was then taken by bus to a cookery school in Svety Jur (St George) just outside of Bratislava, where they were joined by the Greek and Italian delegations and split into two groups.

The first group worked together under the direction of two famous Slovakian chefs to cook two courses of a three course lunch, whilst the second group had a wine tasting of Slovakian wines. The roles were then reversed, with the second group cooking the dessert whilst the first group enjoyed a wine tasting. Everyone then had lunch together.

The bus transfer was then made to Martin where the rest of the meeting would be held, with a stop en route to visit a factory making honey wine.

Everyone had dinner together in the Hotel Bystricka

**Friday 28th February – Meeting in Hotel Bystricka, Martin**

The first activity was a programme of two visits, firstly to a local artisan bakery, where the group saw bread and baked products being made, and had the opportunity to taste some, and secondly to a yoghurt factory.

The group returned to the Hotel for lunch.

In the afternoon, the business meeting began.

Delegates were welcomed by Stewart Deas (SD) the project co-ordinator and Ivana (IK) and Martin Kubis (MK), the hosts in Slovakia

The meeting began with the formal introduction of new members to the group.

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

MK outlined the arrangements for the remaining two days of the meeting.

SD suggested four topics for discussion in the time remaining:

* Project website
* Common dissemination strategy
* Plans for the final project meeting
* Future plans for Erasmus +

The minutes from the previous meeting in Portugal were reviewed and were accepted as a true record by all delegates.

The meeting then moved on to updates on progress from each of the countries:

**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 focusing on those countries who had still needed to hold their community food events :

**Greece** – Held their food event in the college in Athens on 6th February. It attracted around 60 pre-primary teachers and student chefs, who were divided into two groups in order to cook together with a chef. The food included Gilted Salmon, Salad, Sardines and desert. They also had a talk from a nutritionist about the importance of the Mediterranean diet.

**Ireland** – Held their community food event in September. From that they have recruited 20 volunteers who have contributed traditional recipes. They have also looked at healthy eating initiatives in the country and recommended “Food Dudes”, a site about healthy eating for children which features a healthy eating planner. This was recommended as a good way to present the LEGOCIE recipes on the website, and a recipe of the week could be a useful feature.

**Italy** – Have held a “Family Food Event” linked to the local church and held in the Oratorio. The LEGOCIE team made Feta Cheese Cake, a dish which can be readily adapted to reduce the amount of oil and therefore become healthier. Other people brought home cooked food along too and the event attracted between 50 and 60 people, including many children and their families. After the food had been eaten the LEGOCIE team involved the group in a discussion about healthy eating. It is hoped that this collaboration will continue.

**Lithuania** – Have recruited 15 volunteers to the project, and held a cooking session to make the traditional Lithuanian dish Zeppelini, but adapt the recipe to become a healthier version. This dish has lots of different stages in its preparation, so is ideal for a group cooking activity. This was timed to coincide with “World Zeppelini Day” on 2nd February.

**Portugal** – Have continued to build on the success of their food events. Firstly they held an information session for parents at the school, led by two nutritionists who spoke to them about the importance of good nutrition for the family. This was followed by holding a healthy food market in the school, with lots of fresh fruit and vegetables on sale for parents to buy. The school also organised a healthy dinner, cooked by chefs, which parents were invited to; after eating, the nutritionists gave a talk about how to eat healthily. All events have been very successful, and it is planned to run a follow up activity in the summer term.

**Slovakia** – The Slovakian team held their food event in the summer of 2013, and since then have continued to disseminate information about it. They have also arranged the meeting and been working on the LEGOCIE website.

**Cyprus -** The Cypriot partners linked their food event with a local event, held in November, to promote tourism in the Troodos Mountains. The event attracted a number of sponsors, and was very well attended, with around 3,000 people attending over the three days. The event featured food stalls, demonstrations of cooking, music and dancing, and guests included the President!

**Turkey** – The Turkish team have been working on collecting traditional recipes and presenting them in a number of formats so they become accessible to a wide range of people.

**UK** – Held its food event on February and reported to the group using Power Point. The event involved collaborating with a well-known local restaurant and food centre, “Blackfriars”, and organising a cooking event to teach people how to cook. It was decided to target men, and to encourage them to cook for their families. A group of men were recruited via the Blackfriars website and through Twitter, and they were invited along on a Sunday morning to learn how to cook Cottage Pie and Fruit Crumble. A number of volunteers came and supported the activities. The men’s families then came to join them and share the food for their Sunday lunch which was eaten in the Blackfriars banqueting hall.

The evaluation from the event was excellent, with all the men involved pleased that they had learnt some basic cooking skills and feeling more confident to cook at home as a result.

**Review of the website**

Following the updates, delegates reviewed the new website which was set up but not “live” on the internet. MK introduced it and took the group through the structure and set up. It was agreed that the population and completion of the website was now a matter of some urgency, as this would be the ‘legacy’ of the LEGOCIE project.

There was considerable discussion about the content:

* The introductory page was thought to be fine, although the project overview need to be updated. SD to do this and submit to MK for uploading.
* Pages had been allocated for information about partners and recipes – these need to be updated by the various organisations
* Links to Facebook and the LEGOCIE blog were also in place
* SD also suggested that there be a section for the minutes of the meetings
* It was thought best to keep editorial rights with MK, with SB able to upload recipes and DD able to edit and ensure an aesthetically pleasing design .
* SB will collate the recipe content. MK will send her a template so recipes can be uploaded easily
* It was agreed to return to the recipe content the following day.
* MK will make the website “live” after the meeting finishes.

MK also showed the updated Facebook page and the LEGOCIE blog, which it was agreed had already made an excellent contribution towards the wider dissemination of the project. DD had created another magazine record of the Portuguese meeting, which was much admired and the group would like to have their thanks to Dalia minuted.

The meeting then moved on to discuss the choice of recipes to go on the website. It was eventually agreed that each organisation would contribute three recipes each: a starter, a main course and a dessert.

After some discussion the agreed recipes were:

**UK**

Pear, Walnut and Blue Cheese Salad, Cottage Pie served with Seasonal Vegetables, Fruit Crumble

**Turkey**

Selected Sandwiches, Steamed Fish, Apricots

**Slovakia**

Crostini with Cheese Spread, Dumplings with Cabbage, Strudel

**Portugal**

Spinach and Carrot Soup, Codfish with Potatoes, Fruit Cream

**Lithuania**

Yogurt and Beetroot Chilled Soup, Zeppelini, A Lazy Person’s Dessert

**Italy**

Fresh pasta with Genovese sauce, Fish cooked in a Salt Crust with Grilled Vegetables, Crostata and fruit.

**Ireland**

Wine poached Coley with Sauted Potato Cake, Organic Lamb Stew Crock Pot, Bailey’s Marble Cake

**Greece**

Greek Salad, Moussaka, Rice Pudding

**Cyprus**

Cypriot Salad, Stifado, Fruit Salad

The format of the recipes was discussed, and this will be circulated with the minutes, using a Greek recipe as an example for all to follow.

It was agreed that:

* All recipes would be for four people
* Each recipe would have a couple of sentences to introduce it
* All measurements would be given in metric for consistency, with teaspoons (tsp) and tablespoons (tbs) also allowed.
* All recipes would include a photograph of the finished dish.

**All partners need to put their recipes into the agreed format and email them to SB by 31st March.** SB will check that ingredients are in metric, and that the method is written in straight forward English so that it can be easily followed, editing the English if necessary. SB will also contact **Romania** to request their contribution too.

Recipes will be checked and uploaded to the website by 25th April 2014.

That concluded the business for Day Two.

In the evening, the group was taken to a typical local pub for a traditional meal, and was able to see some traditional dancing.

**Saturday 1st March**

The business meeting continued in the morning:

**Common Dissemination Strategy**

This was the first topic to be discussed. It was agreed that the website, Facebook page and Blog have all created a real LEGOCIE presence on the internet.

AD suggested that each partner sends a press release to their local papers, and also post links to the project website around the Yahoo and Google groups to which they subscribe.

JB told the group about Arc 2020, which would also be a vehicle for dissemination.

There was discussion about the European Shared Treasure(EST); each country has to make both an individual and a shared contribution to EST. Final reports will not be accepted until this is done, neither will final payments be released.

**Plan for the final meeting in Athens**

AD outlined the plans for the final meeting which will be held in Athens on Wednesday 11th June to Sunday 15th June.

He was able to recommend a hotel, The Titania, in the centre of Athens, and suggested that delegates make a booking as soon as they can, because Athens can get very busy in June. Delegates need to quote the “Domi” business rate when they book in order to get a preferential rate.

AD will circulate travel information from the airport nearer the time, but emphasised to the group that a taxi from the airport is now a fixed price (presently 35 euros), and so this may be the best option for organisations bringing several delegates.

The agenda for the meeting will be finalised nearer the date, but will include meeting time, and some time for the group to cook together again, as this has proved to be such an effective way of exploring national cuisines. AD pledged to try to keep the conference fee as low as he can.

Finally he warned delegates to expect the weather in Athens in June to be hot!

**Erasmus +**

SD, LV and AD spent some time advising the group of the changes to project funding in the future. There are now two Key Actions:

* Key Action 1 – this is all about mobility and placements (replacing the former Leonardo Mobility project funding)
* Key Action 2 – this is funding for strategic partnerships and potentially involves schools, Adult Education, Vocational and Educational training (VET), replacing Partnerships, TOI and Multilateral Projects

The deadline for funding applications is 30th April.

While there may be up to 50% more funding available for European projects, the landscape has completely changed and it is difficult to know what the priority topics for projects will be.

Changes in the application process were also outlined to the group:

* Only the co-ordinating organisation will make the application
* All project details (partners, meeting dates, travel expenses and outcomes) have to be included up front
* Organisations can now only submit one project as a co-ordinator, although they can become partners in a range of projects.
* The co-ordinating organisation will hold and manage the budget for the project.
* The additional administration involved will be recognised through a payment of 500 euros a month to the project co-ordinator

Time was then spent in informal small groups discussing potential LEGOCIE extension projects along with other ideas for new project applications.

Ideas included:

* LV and RR (Italy) - developing the idea of recipe adaptations, use of organic (biological) in cooking and building public awareness of them.
* AD (Greece) - developing a “badge” or award to indicate quality food provision.
* JB (Ireland) – interpretation of food rules (HACUP) for small businesses, which can be a barrier which prevents small producers from entering European markets.
* MK (Slovakia) – independent producers
* RJ (Lithuania) – consumer clubs
* RM (UK) – encouraging men to cook

SD called the meeting to order, and AD made the point that it was probably not going to be possible to find a project which would directly build upon the work of the LEGOCIE group.

SD thanked everyone for their contribution to the meeting and expressed satisfaction at the amount of work that had been covered. It was agreed that the LEGOCIE project was well on course towards completion at the final meeting in Athens.

The meeting closed at 12.00pm.

In the afternoon, the group first of all had a guided tour of Martin from Martin and Ivana, and then split into two groups, one of which visited a water-park and the other went for a walk in the Fatra mountains.

The evening was spent with a dinner at the Hotel Bystricka

**Actions agreed at the meeting:**

**Work-plan and distribution of tasks for the next meeting – Athens, June 2014**

**Most activity focuses now on dissemination and the website, which must be complete by the time we hold the final meeting in Athens in June.**

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| **Task** | **Responsibility** | **Deadline** |
| **Any outstanding evaluation forms for the Cyprus, Italy, Portugal and Slovakia meetings to be returned to SD** | All partners |  |
| **All countries to send their three recipes to SB by 31st March 2014** | All partners | March 31st 2014 |
| **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 Athens |
| **All countries to send a short paragraph of text, describing their best moment from the Italy, Portugal and Slovakia meetings to MK to be included in the LEGOCIE blog** | All partners | No deadline specified, but before the next meeting in Athens |
| **All countries to take an active interest in the LEGOCIE website as soon as it is “live” and feed comments back to SB, MK or DD** | All partners | No deadline specified, but before the next meeting in Athens |
| **All countries to issue a press release to their local press outlining their food event and the aims of the LEGOCIE project.** | All partners | No deadline specified, but before the next meeting in Athens |