

REPORT CONTAINING RESEARCH AND ANALYSIS
OF THE GASTRONOMY AND HOTEL INDUSTRY
USING ECO FOOD
WITHIN THE ERASMUS + PROJECT
„GATIS-INNOVATIVE SOLUTIONS
IN TOURISM AND GASTRONOMY”

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„Organic farming, organic food - this is logical!”



„GaTIS-Innovative Solutions in Tourism and Gastronomy”

Project Leader: Perfect Project Sp. z o.o. (Poland)

Project Partners:

Centro Superior De Hostelería Del Mediterraneo, S.L (Spain)

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Erasmus+



Elements of the report:

1. Eco food – introduction, basic definitions on an example Poland, Spain and Latvia.
2. Eco food in vocational school curricula on an example school from Poland and Latvia.
3. Eco food in menu of catering and hotel industry on an example companies from Poland, Spain and Latvia.
4. Analysis of the catering and hotel industry in Poland, Spain and Latvia using eco-food.

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Report annexes:

1. Photo documentation.
2. Training program in Valencia "Ecological food in hotel and catering industry as a method of diversification of tourist hotel product".

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1. Eco food – introduction, basic definitions on an example Poland, Spain and Latvia.

<i>Chapter subject:</i>	<i>Who is preparing:</i>
<p><i>Why eco food? - health reason, social impact, financial and environmental impact.</i></p>	<p>Poland (Bielsk Podlaski):</p> <p>Organic food manufacturers and processors are obliged to certify their products. In the European Union there’s a special logo (so called organic logo or „euroleaf”). This logo is used to label the organic food – so that it was easily recognised it in a shop.</p> <p>People consider organic food to be healthy, natural and safe. The consumption of it shows that people are more health aware. By consuming this kind of food we take care of our own body (we protect our liver from harmful toxins, plant protection products, preservatives and colour additives). By eating eco-food we don’t consume hormones and antibiotics, which can accumulate in our bodies.</p> <p>Researchers show that organic food is also more nutritional than the conventional one (it contains more vitamins, flavonoids and antioxidants, which may prevent the development of cancer cells).</p> <p>More and more consumers not only choose the organic food consciously as it’s more valuable for both their health and the body, but they are also aware that in this way they protect the environment and both wild and farmed animals welfare. Farms using the eco-friendly methods are situated in clean areas so they are not contaminated neither by industrial nor transport pollution. Thanks to the cultivation without the use of chemicals, ecological agriculture helps to preserve the biodiversity.</p> <p>Thanks to the system of promotion and protection of ecological, regional and traditional products we also contribute to protect the cultural heritage of the village. In this way rural area becomes more attractive, so agro tourism and rural tourism develop.</p> <p>Latvia (Daugavpils):</p> <ol style="list-style-type: none"> 1. It is a pure food. Organic food - this is a way how to avoid from a chemical cocktail that is gotten through pesticides, fertilizers and other used in farming chemicals. In the organisms of Latvian people, the most popular weed killer - glyphosate residues has been found. Glyphosate can cause endocrine disruption in the human body and affect the human’s hormonal system. And this is only just one of the tools used in intensive farming. 2. It is the best food for young kids. Children are particularly susceptible to pesticide residues in food, because quite simply they are small, their bodies have fewer cells and the body systems have not yet been strengthened. However, the amount of food consumed per body weight is higher than that of an adult - thus they absorb more pesticide residues and they enter the body in which everything is rapidly developing and growing. In addition, it should be taken into account that allowable pesticide residue levels are calculated taking into account the mass of the adult body and its structure. A research in England showed that the amount of



pesticide residues in urine analysis seen by children who ate organic food for a week declined significantly.

3. Organic food have more valuable nutrients. This is quite logical, as it grows in rich, healthy and living soil from which microorganisms and minerals are received, good bacteria.

4. Organic food is free of GMOs. Organic food does not contain genetically modified organisms (GMOs), as it is strictly prohibited not only the cultivation of genetically modified plants, but also their use in forage and product processing. In addition, organic milk, eggs, meat are almost the only free products of animal origin in Latvia due to the fact that GM soya and corn are not used in animal feed, which is used by most animal breeders in Latvia on conventional farms..

5. In organic farming, animals have a good and peaceful life. Animals are kept under natural conditions, people take care of them and animals are used not only as production units. They live a genuine and good life, rather than spend their time in squeezing, growing and producing.

6. Livestock is raised without chemical medicine. Animals in organic farms have a healthy lifestyle, they less get sick, so they need less chemical medicine, and biological farmers are firstly trying to cope with natural products.

7. By eating organic food, we help to maintain balanced ecosystems. Organic farming is based on the balance principle, while preserving the natural rhythm and order - the farm keeps places of refuge for suitable insects, animals and birds, which in turn helps to protect plants against diseases and pests. Organic farms have a rich biodiversity.

8. Organic food helps to reduce environmental pollution. The more is organic landowning, the less pesticides and other synthetic chemicals get into the soil, water and air.

9. Buying organic food, we support small and local producers. Most organic farmers are small farms, small and medium-sized farmers, that are here in Latvia. By purchasing organic food, we get the food we eat nearby and give our money to our people. Also, imported organic food is mostly from small growers or their cooperatives, such as coffee, cocoa beans or bananas.

Poland (Sokółka):

Under the famous saying "I am what I eat", more and more Poles can sign. The awareness of the importance of what we eat is growing and the quality and method of producing the products from which we compose our daily menu. Public awareness about the composition of food is systematically increasing. Larger group of people are interested in healthy, unprocessed products and organic products. The organic food market can be seen as (IMAS International Sp. z o.o. 2017).

Perception of organic food as a product:

(CAPI, University of Economics in Poznan, 2016)

- healthy
- tasty



- natural
- environmentally friendly
- without GMO
- trustworthy
- too expensive
- worth the money
- easy to recognize at the point of sale
- easily accessible
- attractively presented

Motives of consuming organic food:

(Maritime University of Gdynia, 2010)

age <30 years

- it is healthier than conventional - 52%
- contains more nutrients - 22%
- it is tastier than conventional - 14%
- out of concern for the environment - 8%

Reasons for acquiring organic food:

- food safety (no pesticides, antibiotics, hormones)
- taste attributes
- diet
- protection of the environment and biodiversity
- supporting local production
- searching for new food products
- concern for the welfare of animals

The most frequently purchased organic food:

- meat and meats
- grain products
- fresh vegetables and fruits
- eggs
- milk and milk products
- herbs and tea
- ecological preserves for children
- alcohols

Poland (Białystok):

Why organic food?

Organic food is defined as food produced according to regulations of European Union. It is growing with no using of chemical fertilizers and other harmful substances.

The meat from factory farming is less nutritious than from animals which are grown outdoor in free space. Cows, pigs, chickens from natural farming are not fed by only grain or soya (they eat natural grass, leaves of trees or bushes). Consequently, their meat is healthier and contains a lot of nutrients.



Chickens from natural farming contain 50% less fat and their eggs – twice more Vitamin E. Beef and milk - more omega 3, because cows from natural farming are not stimulated by genetically modified hormones.

Unfortunately, organic food is expensive, because of limited access on markets.

Spain (Valencia):

Spanish consumers who choose buying or eating organic products, want to be confident that they comply with the strict rules of the European Union. This regulation on organic agriculture and livestock covers not only production and processing, but also the control and labeling of this type of food. With it, each operator (farmer, processor, marketer, importer or exporter) is checked constantly to verify that it complies with all the established standards. The European Union legislation ensures that "organic" means the same for consumers and producers of not only Spain but of all the countries that make it up. At OSF we are certified for the commercialization of organic products, thereby guaranteeing total transparency and integrity in the ecological production chain.

Organic products are healthier because they are free of persistent toxic residues from pesticides, antibiotics, synthetic fertilizers, additives and preservatives, many of them used in conventional agriculture to eliminate insects or pests and fight diseases, and that medium or long term can damage our body.

By not containing artificial substances, food from organic farming are properly assimilated by the body without altering metabolic functions. According to nutrition specialists, a large part of degenerative diseases have their origin in food. Another characteristic of organic farming is that, by growing food in soils balanced by natural fertilizers, the products are more nutritious because they contain higher levels of vitamins - especially C-, essential minerals - calcium, magnesium, iron, chrome and antioxidants - which help prevent certain diseases such as cancer. Organic food does not contain synthetic additives that can cause health problems such as heart failure, osteoporosis, migraines and hyperactivity. It should be noted that the biological products, grown without the use of agrochemicals, respecting the natural rhythm and without additives, are balanced and very rich in nutrients. Hundreds of chemical pesticides are commonly used in conventional agriculture, which causes residues of pesticide residues to appear in the food from this agriculture that we eat daily.

Different toxicological studies carried out demonstrate the relationship between pesticides and certain pathologies such as cancer, allergies and asthma. The use of pesticides is also detrimental to the health of agricultural workers, a serious problem especially in developing countries, where the use of pesticides is poorly regulated. In turn, the use of these substances harms the environment and carries an additional cost to society, since it must eliminate the waste that pesticides leave in nature.

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Definitions of organic food.

Poland (Bielsk Podlaski):

Organic food (bio food) – it's a definition of food which, in the simplest form, is growing without chemical fertilisers or pesticides and it's processed according to ecological production methods.

Ecological methods of food production have to care about both the healthcare and the environment. It also has to keep the balance of the three following aspects:

- ecological – it's not more harmful to the environment than the natural ecosystem;
- economical – it's much more independent from the external investments;
- social – it enables the preservation and the development of village and agriculture

Commonly used term „organic food” is often interchanged with „healthy food”. The first one describes certified food while the second one is just for marketing and it doesn't even set any defined standards.

Poland (Sokółka):

The concept of ecological product was created in the 20th century. Products from organic farming are referred to as eco, organic, biological or biodynamic food (Miśniakiewicz, Suwała, 2006). Organic food in accordance with the rules contained in the European Union regulation, it is food produced at least in 95% in an ecological way, thus without the use of artificial fertilizers and chemical plant protection products, while maintaining soil fertility, biodiversity and respect for the natural environment. Organic food is characterized by the following features:

- ✓ no chemical plant protection products and fertilizers are used for production, crop rotation is used to ensure soil fertility;
- ✓ animals from organic farms are provided with healthy conditions and are fed with organic fodder or with an acceptable admixture of conventional fodder;
- ✓ organic food does not contain artificial colors, aromas, flavor enhancers, preservatives and is not genetically modified (without GMOs).

Spain (Valencia):

Organic food comes from organic farming, which uses a production system of maximum reliability because it is subject to traceability from the field to the table by European Regulation 2092/91. All the institutions that intervene in the agri-food chain are subject to the control and inspection of the raw materials used, the manufacturing process, the packaging, the labelling etc. through accredited control and certification companies. The European regulation contemplates specific measures for ecological livestock with regard to habitability on farms with the aim of avoiding animal stress and promoting growth in semi-freedom.

This type of livestock allows animals to grow at their natural pace and in adequate living conditions. The animals are not manipulated artificially or intensively to achieve greater production, since, among other aspects, artificial insemination is not practiced nor are hormones used. The feeding of these animals is based on natural pastures, milk preferably of their own mother, and organic fodder and



	<p>fodder, free of pesticides, fertilizers and transgenic. It is important to emphasize that a well-cared for animal without stress are producing more and having better health.</p> <p>Another characteristic of the ecological livestock is that it enhances the autochthonous varieties, which are the ones that have best adapted to the conditions of the area. Organic farming fertilizes the land and slows desertification; favors water retention and does not pollute aquifers; promotes biodiversity; maintains the habitats of wild animals, allowing and favoring the lives of numerous species; respects the natural cycles of crops, avoiding the degradation and contamination of ecosystems; favors biodiversity and ecological balance through different practices: rotations, associations, green fertilizers, hedges, extensive livestock, etc .; enhances the natural fertility of the soils and the productive capacity of the agrarian system; recycles the nutrients by incorporating them back into the soil as compost or organic fertilizers, and uses natural resources optimally.</p>
<p><i>Political and law regulations in each country and UE.</i></p>	<p>The terms "biological" and "ecological" are equivalent and their use is determined by the EU Regulation No. 834/2007 (28.06.2007) about organic production and organic products labeling.</p> <p>Biological or ecological food may only be called if it has been assigned an organic farming certificate.</p> <p>The European Union biological label is a green eco-label.</p> <div data-bbox="742 1093 1078 1317" data-label="Image"></div> <p>Poland (Bialystok):</p> <p>The production of organic food is regulated by act on organic farming and controlled (at least once a year) and certificated by authorized units. The control affects: fields, meadows, pastures, buildings, facilities, warehouses, accounting books, invoices, labels, balance sheets etc. The last stage is prepared the control report. If it is positive, the farm gets a certificate and is able to sell and trade organic food. After one year farm is controlled again. The certificate of compliance is valid throughout the European Union.</p> <p>Spain (Valencia):</p> <p>The principal objective is to help consolidate the sector supporting an orderly growth and the development of the national market. Specifically, from the Ministry of Agriculture has launched the "Strategy for the Ecological Production 2018 - 2020" which contains four master lines of acting: 1. Promote internal consumption and improve marketing of organic products. 2. Contribute to a better vertebration sector of organic production. 3. Support growth and production consolidation ecological, with special attention to ecological livestock and the</p>

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	sector industrial. 4. Study the role of production ecological in the politics of means environment and adaptation to change climate. In parallel to the ministerial initiative, different communities have developed, or are in the development phase, different plans of ecological promotion and production regional level.
<i>Anatomy of the eco-label.</i>	<p>Organic farming label - Eco-label certifies that the product is bio-certified. It helps us to identify what are authentic eco-products and to makes a choice. Eco-label or organic farming label looks simple. However, in order to assign the product, there must be a rigorous certification process. The assigned label proves that the product has been produced in a natural and sustainable manner, in accordance with the organic farming and processing rules. This means that the following issues have been verified:</p> <p>ORIGIN - how and where the plants have grown, which seeds and plants they have grown from, how and where the livestock was raised, which new animals and birds enter the farm from.</p> <p>TRANSPARENCY - all stages of the product life cycle are known and, if necessary, can be traced back to its origins. In the case of processed products, the origin of each ingredient can be traced.</p> <p>SEPARATION - if a product is manufactured or sold by a company that also has ordinary products, then the certification strives to ensure that organic production and sales are strictly separated and there is no risk of mixing organic food and ordinary food. Separation is possible both in the room - separate production lines, separate rooms, and during time - a separate time when organic products are produced.</p>
<i>Who assigns the eco-label?</i>	
<i>How eco-label can be assigned?</i>	All stages of the product life cycle are certified – starting from the farm to the store shelf!
<i>Control</i>	

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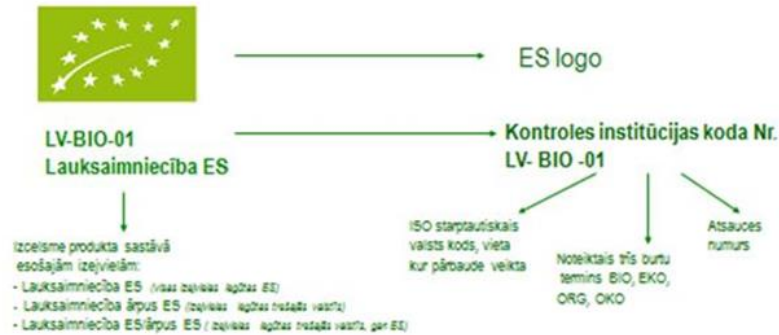
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Anatomy of the Eco-label:



Who assigns the Eco-label?

Control system is established in the European Union Member Countries, where independent public or private control institutions operate. There are two ones in Latvia: "Environmental Quality" and "Certification and Testing Center". They work independent inspectors who carry out inspections at farms and enterprises.

How Eco-label can be assigned?

A farmer or manufacturer who wishes to obtain an organic farming certificate should submit an application to the certification institution. Basically, this is a detailed and well-founded business plan for organic farming or production. The application is evaluated and then the farm is inspected. If everything is in order, then a transitional two years period will be established and the farm can become an organic farm: all organic farming criteria must be observed at this time, but Eco-label is not allowed to be used.

A farm or company pays an annual fee for certification.

Currently, 3496 farms and 165 processing enterprises are certified in Latvia.

Control:

Biological certification is a process-based control - it ensures that monitoring is carried out continuously, not just during the annual inspection.

Once a year, an inspection takes place directly in an enterprise or in a farm.

Control from A-Z

Organic farmers are also checked by:

- ✓ State Plant Protection Service - take soil samples, plant samples,
- ✓ Food and Veterinary Service,
- ✓ The Rural Support Service that administers agricultural subsidies.

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	<p>Poland (Bialystok):</p> <p>The idea of the ecolabelling successfully appeared in 70's years. The ecolabel was introduced into the European Union at 1992 and are granted since 1993.</p> <p>In 1998, Polish Centre for Testing and Certification issued a guideline. Polish ecolabel is granted only when products comply with requirements of the healthcare, the environmental protection and the economical use of natural resources throughout the life cycle of the product.</p> <p>Polish ecolabel is known as the logo of the Association of Food Producers with Ecological Methods "EKOLAND".</p> 
<p><i>Statistical data of eco food use in each country, EU.</i></p>	<p>Poland (Bielsk Podlaski):</p> <p>The development of organic food in Poland is still on its early - stage of development. Although there is an increase in demand for organic food the level of sales seems quite low compared to the general food sale.</p> <p>The offer of Polish organic food and access to it still remains limited.</p> <p>Polish organic food industry is estimated to be worth approximately €100mln. The certified food is purchased by 7% of Polish consumers.</p> <p>Organic food in Poland is sold through a direct distribution channel. People can buy it directly from a manufacturer, at the street or local markets as well as in shops specializing in selling organic food or in a huge supermarket (they are placed in a specially designed racks).</p> <p>The most popular place to buy this kind of food is a shop specializing in selling it – it offers a wide variety of products. The sale of organic food in large shops is quite low compared to the other countries in EU – it's mainly due to a poor choice of products which do not meet the customers' needs.</p> <p>According to the consumers, there are still problems with the access to organic food – people are not well-informed how this food is tagged and where to buy it. The consumers also doubt if the control system of organic food works well and if the food will meet their expectations if it comes to a matter of taste.</p> <p>Latvia (Daugavpils):</p> <p>Organic farming in Latvia began with the approaching of awakening, when nontraditional thinking small group of hosts appeared within "the kolhoz system". Among them were both farmers and scientists, and when they crossed the border, they had the opportunity to go to Germany and find out how people who are governed by natural law are living there. At that time, 25 years ago, there were</p>



some people who believed that the basis of farming was the honest attitude towards soil, plants, animals and the environment as a whole.

Entering the EU gave a new stimulus for the development of organic farming, as farmers could receive more support.

Mostly, organic cereals are grown and organic milk is produced.

In the organic farms, the dominant cattle breeding sector is dairy farming. About 69.6 thousand tons of milk was produced per year, of which 69 thousand was cow milk and 0.5 thousand tons of goat milk.

13.6% of the total honey produced in Latvia is biological, but the total milk production from the whole Latvia is 7.6%.

The number of processing companies is increasing and more organically produced products are entering the market.

Now there are more than 192 biological processing companies in Latvia, in the last four years this number has more than doubled.

Organic production such as potatoes, honey, cereals, vegetables, and chicken eggs are the most sold organic products.

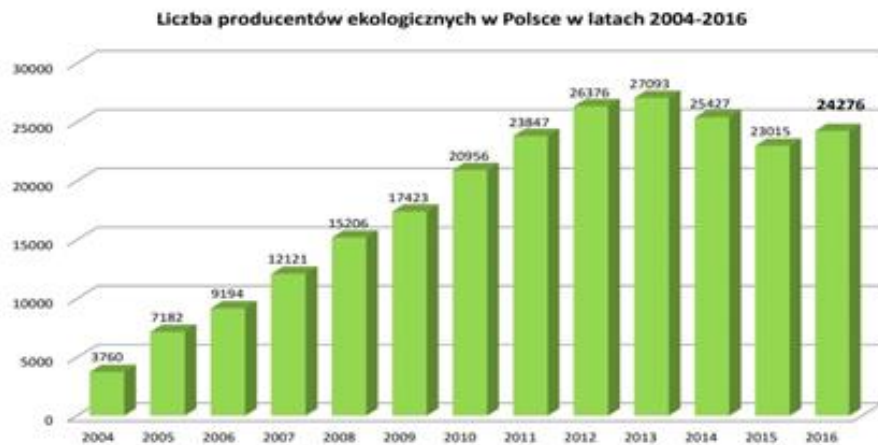
Export of organic products has been developing.

Stores and caterers are also biologically certified.

There are also more than 20 biologically certified stores, retail outlets and warehouses in Latvia as well as one biologically certified caterer.

Poland (Sokółka):

Number of organic producers in Poland in 2004 – 2016



Źródło: Ministerstwo Rolnictwa i Rozwoju Wsi

Issues related to organic products are discussed during classes in the profession of nutrition technician and catering services. Students learn the definitions and benefits of organic food.

They learn that systematic consumption of organic products can be one of the ways to reduce cancer and diet-related diseases.

For many years, our school has been promoting a healthy style of being and living.

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In the 2017/2018 school year, we realised the Safe+ project "Healthy school with passion".

Young people learn healthy cuisine at healthy nutrition workshops.

Competitions promoting local and organic food.

On June 23, class II students in the profession of nutrition technician and catering services, Angelika Gut and Natalia Kozłowska took the first place in the Nationwide Culinary Competition "Independent Poland tastes good". The event took place during the XXV Regional Exhibition of Breeding Animals in Szepietowo.

On July 7, the 18th edition of the "Our Culinary Heritage" competition took place. The event was under the honorary patronage of the Minister of Agriculture and Rural Development, and the organizer was the city of Augustów and the Regional Department of the National Center for Agricultural Support. Our school was represented by Anna Harasim and Piotr Hrynko, who took the first place with their dishes.

In all competitions in which we participate, we promote our regional cuisine as well as regional and ecological products. We use traditional products, the list of which is on the website of the Ministry of Agriculture.

Poland (Białystok):

The production of organic food in Poland has increased over recent years sixfold. In 2014, the biggest involvement of the production was noticed in:

- the fruit and vegetable processing 34%,
- the processing of grain mill products 20%,
- the production of other agri-food products 27%,
- the meat processing 7%,
- the processing of milk and cheese products 3%,
- the processing of vegetable and animal fats 2%,
- the sugar production 2%.

The main reason of buying organic food in Poland is the lack of GMOs, more nutrients, good taste, lower content of artificial additives.

Spain (Valencia):

Derived from the increase in consumption national, the percentage of sales that families make in products ecological costs in Spain increased 11.73% in the period covered between 2015 and 2016, reaching a percentage of consumption of 1.69% of the total food market. This data, even being very positive, it is still very far from the main economies consumers. At present, Denmark repeats as as the country with the highest percentage of ecological consumption with respect to sales totals leading the world ranking and Countries with the highest quota of ecological market – 2016.

Spain, for the first time in history, enters the Top 10 to world level by volume of the internal market, with € 1,686 million, as well as by the growth ratio year-on-year, with 13%. Both data allow to reach the tenth position world which leads the USA in total market volume with 38,938 millions € and Ireland and France



	<p>growing year-on-year reaching 22%. Sales of organic products in Spain increased by 12.55% in the period between 2015 and 2016, reaching a total volume of consumption of 1,686 million euros according to the latest data offered by MAPAMA. This data maintains the tendency followed during the last years, where the growth has been double digits. Sectoral development is accompanied by public administration level by different governmental initiatives, both at the national as autonomic.</p>
<p><i>Eco food and local products. Local traditions, history in field of gastronomy with local products traditions in each country.</i></p>	<p>Poland (Bielsk Podlaski): Regional and traditional products are of high quality. To maintain it, products have to be certified by the Ministry of Agriculture and Rural Development (MRiRW in Poland) or by the European Commission (in the EU). MRiRW keeps an official register of the most outstanding quality products and traditions of manufacturing. It also takes part in creating cultural heritage of the region (traditional regional product is the one with 25-year tradition of being manufactured). Nowadays there are over 1100 traditional products - the majority of them are in Podkarpackie voivodship (149). Being a traditional product means being of the best quality. If we take into consideration Podlaskie voivodship (to which belongs our school), the MRiRW has already registered over 50 traditional products.</p> <p>„Podlaskie cuisine” means all the dishes with a specific regional identity belonging to the region of Podlaskie, which is a kind of cultural and religious melting pot. The presence of Jews, Tatars as well as the Bielorussian, Ukrainian and Lithuanian minorities had a huge impact on the way we cook. Polish cuisine has remained unchanged for ages: simple, based on local and seasonal food, nutritious and what’s the most important - delicious! Here are some of polish specialities: Cepelina, potato sausage, a potato cake, „pierekaczewnik” (tartar cuisine), „marcinek hajnowski” (a kind of cake), Korycin cheese, traditional butter from Filipow, honey from Augustow, natural lard, cold meat prepared according to old recipes, bread right out of the oven, handmade fruit preserves – there’s a wide variety of flavours and colours. Delicious, prepared with no preservatives dishes you can taste in agritourism farms. You’ll also experience Polish hospitality there – so it’s worth giving a try.</p> <p>Across the whole country there are many initiatives which aim is to find out the best deriving from tradition products from different regions of Poland. One of these initiatives is „Nasze Kulinarne Dziedzictwo – Smaki Regionów” (“Our culinary heritage – tastes of the regions”). Except the voivodship competitions, some dishes and products are submitted for „Perły” contest taking place during the Polagra Food Fair in Poznań.</p> <p>Latvia (Daugavpils): Organic agriculture in Latvia has been moved slowly, has been developed gradually, but now it can be said that it becomes an important feature in Latvia, as well as it becomes familiar and self-evident to the consumers. Organic farming, organic food - this is logical!</p>

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Where to buy Eco products?

- Supermarkets
- Eco shops and farmers' markets
- Direct purchase movement
- Other stores
- Processing companies
- Farmers and processors

Best Eco example in Latgale region:

The Aglona Bread Museum

Under Mrs. Vija Kuldiņa's leadership, the museum celebrates Latvian traditional rye bread. The museum showcases hundreds of tools and other objects related to the processing of grain and baking bread, such as flails, baker's peels, kneading troughs.

Mrs. Vija Kuldiņa, heart and soul of the museum, dressed in traditional Latgallian costume, welcomes visitors with charming Latgallian folk songs and a greeting in the Latgallian dialect, offering guests to identify and taste rye grains.

At the bread museum:

- ✓ Make your own loaf of rye bread - bake it, take it home,
- ✓ Listen the story of the history of bread and how to make traditional rye bread,
- ✓ Taste freshly baked bread,
- ✓ Try your hand at milling or holding a basketful of grain,
- ✓ Taste Latgallian cuisine: *špeks, zuoļu čajs ar madu, supeņa, gulbeitsi ar zūsteiti voi kilbasu, kļockas, sipesnīks, šmakavceņš,*
- ✓ Celebrate a festive occasion at the museum.

Think logically, create bio!

Poland (Białystok)

Podlasie province borders with three countries - Russia, Lithuania and Belarus. Each of these countries has an influence of the culinary culture. It makes Podlasie cuisine unique, full of various products with no preservatives and chemical additives. Podlasie is an area with low environmental pollution.

The basis of Podlasie cuisine are potatoes which are cheap, resistant to diseases and are used to the production of potato cake (*babka*), kind of sausage (*kiszka*), pancakes and grapeshots (*kartacze*).

Another well-known product is a *sękacz*, it's a cake made from dozens of eggs baked with fire. It is an occasional product, which is usually served at family parties, for example a wedding.

The region also produces famous vodka Żubrówka with a sunken blade of grass from the Białowieża Forest. Grass is also used to flavoring fish and meat dishes, especially wild meat.

Natural conditions in Podlasie enable to organic farming of chickens and cattle breeding which meat and milk are not contaminated with antibiotics. Chefs

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	<p>appreciate the Koryciński cheese produced on the basis of traditional recipes, which is enriched with blackberry and bear's garlic.</p> <p>To sum up, the inhabitants of Podlasie value nature and maintain the tradition of transferring recipes from generation to generation. They often buy (in shops, at fairs, markets) organic products that are healthier and tastier. In addition, regional restaurants use local products to advertising and base their menu cards on them to attract customers.</p>
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2. Eco food in vocational school curricula on an example school from Poland and Latvia.

<i>Chapter subject:</i>	<i>Who is preparing:</i>
<i>Is there eco food in school programs?</i>	<p>Poland (Bielsk Podlaski):</p> <p>The curriculum in Poland contains some aspects connected with healthy nutrition and organic food.</p> <p>Health education program is implemented in a kindergarten. By teaching children eating habits we take care of their future and help to develop their taste buds. We show them how healthy products look and taste. Paying attention to the content of our baskets while shopping we also show our concern not only about our own health but also about the health of our family.</p> <p>Within the framework of ecological and health education a lot of contests, culinary workshops and promoting healthy life style campaigns are organised in primary and secondary schools. Programs like „Fruit and vegetables at school”, „A week with a carrot”, „Health – an easy choice” are also run in these schools. The aim of this action is promotion of healthy eating habits among children and teenagers. It’s important to be a conscious and curious consumer.</p> <p>Poland (Bialystok):</p> <p>Polish school programs raise issues regarding to methods of production, ecological factors used in refrigeration equipment, Good Hygienic Practice, the ecolabeling, the food safety, the environmental protection, the waste management, planning of catering and gastronomic production.</p>
<i>Is school teaching using eco food challenges? Examples, profesions.</i>	<p>Poland (Bielsk Podlaski):</p> <p>The issues connected with organic food and methods of its production are discussed mainly in technical secondary school of farming and of nutrition and catering services.</p> <p>For example:</p> <ul style="list-style-type: none"> ✓ during the lessons of nutrition the subjects like healthy nutrition (used in catering of ecological and regional products) are mentioned, ✓ during the lessons of cooking - dishes made of organic fruit, vegetables and regional products are prepared, ✓ during the plant production lessons students learn the rules of an organic farm functioning and the methods of production used there, ✓ students take part in contests and competitions promoting healthy lifestyle (“Stylish cooking” or “Contest about food and nutrition”),



	<ul style="list-style-type: none"> ✓ young people take part in healthy food (both ecological and traditional one) fair, ✓ students participate in trips to the places producing healthy food like “Ziołowy zakątek” (“Herbal corner”) in Koryciny. <p>Latvia (Daugavpils):</p> <p>To ensure the full and the widest scope of educational material, the school introduced classes on ecological nutrition in groups of cooks. This topic in the form of separate sections is indicated in various assignments and lectures. Like for example when studying local as well as international cuisine. As elective classes, or when studying additional topics, this section is also assumed in training in other specialties - Hotel service specialist, waiter, retail sales specialist.</p>
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3. Eco food in menu of catering and hotel industry on an example companies from Poland, Spain and Latvia.

<i>Chapter subject:</i>	<i>Who is preparing:</i>
<p><i>Is restuarants, hotels using eco food? How often, when, why? Examples. Good and bad practices on an example of real companies.</i></p>	 <p style="text-align: center;"><i>Pieprz i wanilia</i> <i>Podrózuj ze smakiem</i></p> <hr/> <p>Bistro “Pieprz i Wanilia” is a business which have been open by people which worked and still working in gastronomy for ten years. Our experience taken from big corporation, allow for us to create concept for giving our services for companies, students and for an employers. Customers in our bistro, have a knowledge about ecological food, and they prefer healthy lifestyle, so we cannot be indifferent for their expectations, we are facing them.</p> <p>In our opinion good restaurant, first of all, have to take care about good food, and good quality of our products. Interior design, competent service and nice atmosphere make restaurant complete. We currently have a three points of our bistro, where we served good, healthy and delicious food. Come back to the tradition of our region and piece of modernity gave us a success as a bistro. Podlasie region where we living is called “Green Polish lungs”. We have a fresh air and a lot of possibilities to use qualities of our region. Dishes and meals in our restaurants are made from vegetables and fruits from the small local farms, which working in harmony with ecological rules. Cheese from a cow milk with herbal and dried fruits are typical for our region, and we use it to our snacks, meals, and salads. To prepare this cheese is one way, just natural fermentation. “Sery korycinskie” and smoked cheese are typical for our region too, and we</p>



also use it in our dishes. Meat, the main ingredient of our lunch-meals, is from local slaughterhouse, what guarantee us best quality and irreplaceable taste.

Summarizing, we try to cooperate with companies, which guarantee us quality of their food. However, factors like a high price of ingredients with ecology certificate, big losses, forces us to cooperate with a big food wholesaler. This is very sad but sometimes ecology loses with economy. Restaurants take care about quality of served meals but they have to lead business on responsible way, and they have to compromise. In our activity we must guarantee small prices cause we're working as a bufet, this is the reason why we looking for a new recipes and providers.

Ecology is the word we often use while we talking with a providers. They ensure us about right breeding, with European norms. Verifications of ingredients is really hard. We have to based on words which are given for us and the taste of products which is a guarantee of quality.

The other form taking care of comfort and satisfaction our customers is comeback to homemade meals and receipts of our grandma's. This is just a simple way without chemicals and preservations, healthy and no-chemical food is our motto, which is implemented all the time when we're working. We're cooking for our customers, our families and friends.

Running restaurant, where are serving ecological meals giving us a possibility to development and giving a big potential, and firstly satisfaction that we're taking a part with healing our earth.

Health, ecological food, is our goal. Now we can not realized it in one hundred per-cent, but we're working together, looking for the best solutions, and trying to realize ideas, which help us achieve our goal. We're always working under pressure, and because of that we are more motivated and we don't waste time for a boredom. We're creating with people for other people, what makes this job beautiful.

From year to year, more people make changes about they eating habits, they looking for products without chemicals, and they try to live healthy. Turns out that the physical activity and correct diet cooperate so close, and have an influence on our condition. Through good choices we can prevent many disease and make faster convalescence. We start to pay attention what we eat, we looking for restaurants which serve healthy food. Ecology food giving us vitality, well-being. We have to remember that the ecology food is more expensive than normal, and that is the reason why people can't decide to healthy eating, just because they have not enough money.

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More and more restaurants use eco food. Restaurant Gracja definitely do everything to serve tasty, fresh, and ecological food. Our company provides wedding catering; it means we prepare chosen menu for our guests and clients every week. Our best practices are listed below.

First of all we use water from the well. Although tap water is drinkable we prefer to use water from the village, which is properly checked. It was examined that our water is full of minerals. It is healthy for drinking, moreover can improve the taste of our meals.

Secondly we try to deliver carrot, celery, parsley and other vegetables as well as fruits (e.g. raspberry, currant) from our garden in the village. Vegetables grow there without fertilizers and pesticides.

Although we have our garden, we are not self-sufficient with products. Therefore we are carefully choosing our suppliers on the regional market (called Agricultural commodities exchange). Thanks to our certified suppliers we are sure that product we buy are not from big shopping centers but came directly from the farm.

Our dishes are decorated with edible to eat fruit, nuts and flowers. We try to use only seasonal, naturally grown ingredients.

Furthermore, we do not use intermediates (semi-finished products). Those can contain preservatives. E.g. instead of buying sauce we buy all of the ingredients: mushrooms, wine, onions, lemon (depends what kind of sauce we prepare).

We also do not use frozen ingredients or frozen meals, like pasta or dumplings. All of the products should be fresh, otherwise they will lose not only good taste but also good properties.

One more thing we implemented in the company is reduced amount of prepared spices. We use only natural spices instead of prepared mixtures for fish, pork or chicken. Emulsifiers have to be avoided.

When it comes to bad practices – it happens that supplier delivers bad quality product (the reason of it can be differential). It is important then to return defective product (never serve it on the plate) and order another one, if it does not help - find the other source of the product.



„Hokus Pokus” restaurant is an innovative fusion of traditional cuisine with modern eco trends. It is based on traditional organic products or ones made of the certified ecological components.

Large part of the ingredients used in the dishes is hand-made by the employees of our restaurants. They favour traditional methods of preparing food, which have been used in their own families for generations. Products prepared in such a way are: different kinds of dumplings (stuffed with cheese, potatoes, fruit or meat), pancakes, doughnuts and cakes to mention just a few.

Organic, eco restaurants are novelty in Polish gastronomic business. Our distinctive features are definitely traditional recipes, fresh and healthy ingredients and delicious menu. We have vegetarian, gluten-free and sugar-free dishes on our offer.

High quality ingredients, taken from local producers are organic and do not contain any harmful preservatives. Particularly, fresh fruit and vegetables constitute an important part of our dishes. We provide freshly squeezed juices and cocktails. They smell wonderfully, look amazing and taste mouth-wateringly. Farmers from Podlasie region supply us with strawberries, raspberries, blueberries and apples. We frequently use them to prepare stewed fruit. What is more, we make use of traditionally made kinds of cheese from Korycin, which constitute one of the culinary landmarks of Podlasie. Korycinski cheese is a type of homemade cheese prepared in a traditional way from cow's milk with the use of rennet and some salt. It contains about 30% of fat.

Our cooperation with various organic farmers is not always constant due to seasonality of the products they offer. One of our suppliers, an Eco Farm Grabowscy, provides us with potatoes. Another one, Gospodarstwo Ekologiczne Joanna Woźniak-Dubles, is our source of eggs. From Vita-Smak Krzysztof Zagórski, we buy pickled vegetables.

As a consequence of using such high quality products we attain more and more regular customers who are aware of the importance of food for their well-being. Additionally, the wonderful taste of dishes like potato cake, make our consumers come back for more. Nevertheless, we do not stop striving for our dishes to become even more healthy and tasty for our clients.



Spain (Valencia):

L' Eco de Russafa:

Restaurant and organic products store. Place of trends, creativity and meals is this neighborhood. It is not the only place that exists in Ruzafa in terms of organic food products: L'Hortet is another possibility, where there are also books, music, yoga, etc... Precisely this is what differentiates a neighborhood from the big spaces: competition, that here is called neighbor and how many more neighbors better. Good vibes is what is in this area and it shows. And to welcome the place we are talking about today, where there are organic and natural products. You can either buy them or eat them and, above all, try to make them available to all pockets. Because this idea: ecological product is equal to expensive or organic products are only for vegetarians, it goes from our schemes after passing through here. Fruits, vegetables, meats, bread, smoothies, pastries and very succulent dishes is what you find. Kind of novelty are the thematic markets. Once a month they organize a theme and the clients bring objects on it, and then sell them: vintage clothes, recycled products or any other theme that crosses your mind. It is a place where you can buy, eat, dine, butcher shop, fruit and vegetable store, bakery and even catering company. A place where quality, ecological, tasty and healthy come together to make you happy.

Paprika Natural Bistro:

It is an urban food space where you can eat healthy, natural and healthy, respecting the environment and using mostly organic products, slowfood or producers and artisans nearby. Restaurant in Valencia is located right in the center, a step away from the central Plaza del Ayuntamiento and the Central Market. Paprika has a carefully cared letter to bring the highest quality to the public at the best price. With a decoration with wooden elements and suggestive furniture so that you feel in a special place, cozy and close. Quality proposal, philosophy of natural, healthy and ecological food, careful attention in several languages and desire to infect it.

Urban micro-gardens Valencia:

A group of young entrepreneurs propose a new form of entertainment in Valencia. The proposal is to promote organic farming together with outdoor activities with the utmost rigor and keeping in mind the respect and care of nature.

- ✓ offer the best facilities, the best services, the best experience in gardens for self-consumption and recreation in the locations closest to the urban centers,
- ✓ to provide maximum security to customers, through meticulous care of the facilities, irrigation, respecting the values of organic farming,
- ✓ to be an innovative and agile company, with workers in continuous training, in order to encourage and avoid the degradation of the countryside and the garden,

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	<ul style="list-style-type: none"> ✓ to be a reference company in the entertainment gardens and related activities, offering the best services at the best price, ✓ bringing the great potential of self-consumption gardens closer to both the youngest and the largest, so that self-supplying and true communities are created in each of the venues, ✓ promote the values of effort, work and organic farming. <p>The company is in continuous expansion always thinking how to improve our facilities and services offered at the lowest price. They firmly believe that self-consumption gardens cultivated respecting the use of toxic products can be a source of food, well-being and union in the community.</p>
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4. Analysis of the catering and hotel industry in Poland, Spain and Latvia using eco-food.

<i>Chapter subject:</i>	<i>Who is preparing:</i>
<i>Expert's opinions and contribution in project field.</i>	<p>Poland (Bielsk Podlaski):</p> <p>A dynamic development of culinary tourism has been noticed recently (ecological food is also included). People have been constantly looking for fresh healthy and natural products of high quality. Polish people appreciate healthy food. They search new unique dishes. That's why it's getting more and more popular to eat out at the weekends or on holidays. While trying to meet the customers' needs a lot of polish regions have more and more to offer both for Polish and foreign tourists. The still growing amount and the variety of culinary events help to promote local products. Tourist are also getting more conscious and they want to find out as much as possible about the food production process – and even take part in it if it's possible.</p> <p>There are many both culinary and touristic attractions and events in Poland called "a flavour festival" (Honey Festival in Podkarpacie, Dumplings Festival in Pilzno, "Powidlaki" – Plum Jam Festival in Krzeszow, National Festival of a good taste in Poznań).</p> <p>You can also take part in cooking workshops, meetings with local food manufacturers where while tasting the food you can learn the history and culture of the region.</p> <p>The development of culinary tourism can play an important role in a dynamic development of agritourism. It can stand a great chance to promote a place or even the whole region as trying new regional dishes and products we get to know its culture, monuments and nature.</p> <p><u>Gracja Restaurant:</u></p> <p>Catering and hotel industry in Poland is getting better when it comes to eco food. People are more aware of what they eat. They look for good products, therefore more often choose restaurants with eco food.</p> <p>When it comes to eco/ food tourism – our region is famous of traditional products and meals like: potato cake, potato sausage, zeppelins with lard, ribs in cabbage, dumplings with meat/ spinach/ cabbage and mushrooms, cold polish soup, regional chees, smoked sausages, pork knuckle, black pudding, kvass etc. Our traditional recipes from North-East Poland are quite "heavy", a</p>

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	lot of dishes are prepared of potatoes, some of them contain fat. However freshly and properly prepared meals are not only tasty, but also will provide us with needed proteins and vitamins.
<i>Eco/food tourism – challenge, impact, local activities and local culture.</i>	<p><u>Gracja Restaurant:</u> The biggest challenges for catering and hotel industry in Poland are: fresh ingredients instead of frozen one, meals from unprocessed ingredients, certified small suppliers instead of big discount stores and natural spices instead of prepared mixtures for fish, pork or chicken. More and more people look for not only ecological but also dietary food. More common are vegan, vegetarian and gluten-free diets.</p> <p>We can definitely say that eco food in Poland (specifically Podlaskie region) is healthy, tasty and very welcomed by our local customers.</p>

*Annex no 1:
Photo documentation*



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Erasmus+



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Erasmus+



Annex 2

Training program in Valencia "Ecological food in hotel and catering industry as a method of diversification of tourist hotel product"

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Ecological food in hotel and catering industry as a method of diversification of tourist product											
Type (blended learning, e-learning, other):	Practical training with access to online materials										
Scope:	Learning different features of the ecological world										
Prerequisites:	Interactive ecological course - On line activities										
Integration into school /company structure:	Pilot course for CSHM and possible future implementation in the academic curriculum										
Duration (hours):	in total: 35 hours (5 days, 7 hours per day)										
Date/time:	January 2019, 21-25										
Trainer:	CSHM										
Content/short description; duration; training/learning method:	<table border="1"> <thead> <tr> <th>content</th> <th>duration</th> </tr> </thead> <tbody> <tr> <td>Contemporary food and its impact on people. Definition and history of organic food. Differences between organic food and healthy food.</td> <td>7</td> </tr> <tr> <td>Organic food ingredients: technological point of view, nutritional issues, cooking techniques.</td> <td>7</td> </tr> <tr> <td>Performing recipes in the kitchen, innovations in the development of products developed on the basis of common raw materials (rice, meat, fish, mace, etc.).</td> <td>14</td> </tr> <tr> <td>Organic farming in the EU, production and processing of organic food - investigating organic farming in Valencia. Organic food varieties, organic food market in the hotel industry (including its distribution channels). Labeling of organic products. Business models related to organic products.</td> <td>7</td> </tr> </tbody> </table>	content	duration	Contemporary food and its impact on people. Definition and history of organic food. Differences between organic food and healthy food.	7	Organic food ingredients: technological point of view, nutritional issues, cooking techniques.	7	Performing recipes in the kitchen, innovations in the development of products developed on the basis of common raw materials (rice, meat, fish, mace, etc.).	14	Organic farming in the EU, production and processing of organic food - investigating organic farming in Valencia. Organic food varieties, organic food market in the hotel industry (including its distribution channels). Labeling of organic products. Business models related to organic products.	7
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Expected learning outcomes (technical and soft skills/knowledge/):	Improve intercommunication among participants using English as a vehicular language. Work in a team in a very peaceful and ethic way, extend their knowledge investigating and exploring new things.										
Method/s for teaching and learnings:	<ul style="list-style-type: none"> E-learning (self-assessment); Individual work (investigation, project-based learning, reflection); Group work (workshop, discussions, questions & answers, case-work, problem-based learning); 										
Method/s of assessment:	Presentations of individual work, pre- and post- self-assessment										
Method for evaluation of course:	Evaluation lists and feedback from students, suggestions.										

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Monday, 21st January 2019

15:00 – 20:00 WELCOME meeting

- ✓ Presentation of the school CSHM,
- ✓ Presentation of the course with the teacher,
- ✓ Content no 1 – part 1/2,
- ✓ Guide Tour in Valencia.

Tuesday, 22nd January 2019

11:00 – 14:30 Content no 1 – part 2/2,

Wednesday, 23rd January 2019

10:00 – 13:00 Meeting Point *Mercado de Ruzafa* (content no 4 – part 1/2)

- ✓ Visit to Copenhagen Restaurant,
- ✓ Visit to Ki Biorestaurant,
- ✓ Visit to Herbolario Navarro,
- ✓ Central Market of Valencia

15:00 – 20:00 Cooking Class (teacher: Ana) (content no 3 – part 1/3)

- ✓ Ecological recipes from the Valencian Community
 1. Creamy Rice with Artichoke
 2. Ecological chicken paella with mushrooms
 3. Ecological Sea bream with salt
 4. Caramelized Artichokes with clams
 5. *Esgarraet*

Thursday, 24th January 2019

9:00 – 13:30 Cooking Class (teacher: Ana) (content no 3 – part 2/3)

- ✓ Recipes from Spain with Eco food
 1. Stuffed artichokes with green sauce
 2. Chestnuts and Hazelnuts soup
 3. Warm salad of roasted peppers with saffron

14:00 – 16:00 Content no 2 – part 1/2,

16:00 – 20:00 Visit to *Horchateria* taste typical Horchata and Fartons in Valencia (content no 4 – part 2/2)

Friday, 25th January 2019

9:00 – 13:30 Cooking Class (teacher: Ana) (content no 3 – part 3/3)

- ✓ Recipes from Andalusia, Catalonia with eco food
 1. *Ajoblanco* and Beetroot *Gazpacho*
 2. Sweet potato and Parsnip pancake with Shrimp
 3. Desserts

14:00 – 19:00 Content no 2 – part 2/2,

20:00 Farewell and certificates