

HEALTHY FUTURE PROJECT STARTED ITS ACTIVITIES



Can we do something real to struggle against global warming and to have a healthy future? The aim of our project is to improve awareness of healthy eating habits together with healthy food and climate choices. This means working with regional products, with an emphasis on biological, organic and ecological food production in climate friendly matter. It also means focusing on traditional regional cooking and recipes, using seasonal products but in a modernized way on aspects of health issues and on new styles of cooking using climate friendly ingredients.

In recent decades, climate change has become a megatrend (Hiltunen 2012). Therefore the project focuses on healthy treats, networking in climate choices and vegetarian food between vocational colleges and enterprises from hotel, restaurant and catering industries in European countries. Project is looking for a new über-healthy food and climate choice concept, that gives consumers climate friendly meal options.

The objective of this project is to strengthen and broaden catering education to meet the needs of the society and environment. The purpose is to find answer to the question: "what needs to be done to minimize the carbon footprint". The more concrete aim is to develop procedures to meet the needs of sustainable development and to produce climate and environment friendly meals.

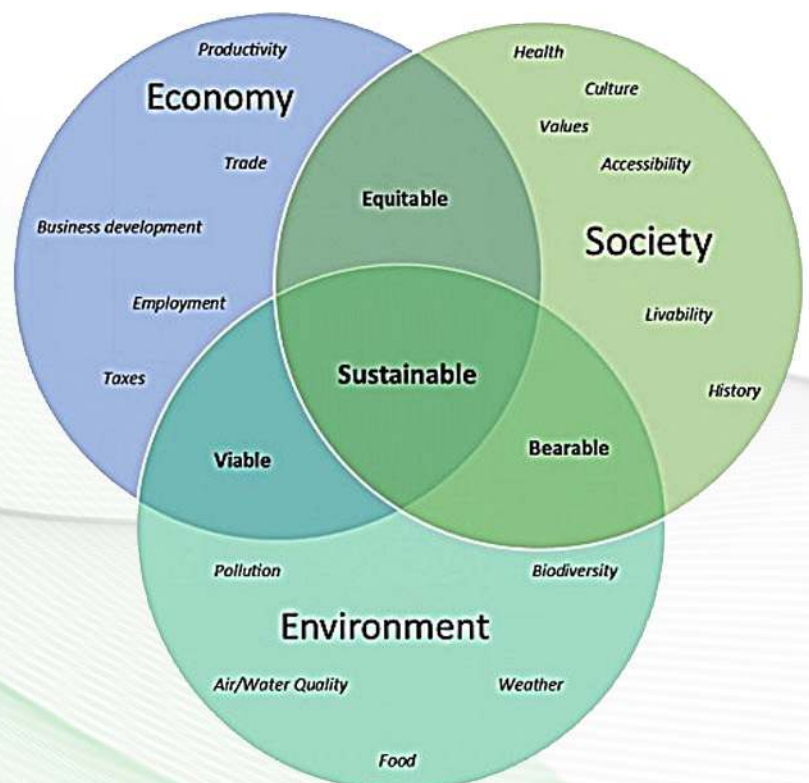


Fig. 1 Sustainable development

In the project we create an eBook that shows consumers climate friendly meal options, and at the same time provides information on climate friendly food consumption.

To attract the students to follow these new procedures different kinds of competitions and pop-up restaurant concepts will be created. These enhance also the students' entrepreneurial skills (e.g. by the means of an eGuide) and help them in the future working life.

Every day in professional kitchens all over Europe, millions of meals are being prepared. These meals should be simultaneously tasty, healthy and environmentally sustainable. Climate and environment friendly plate prefers vegetables in season and thrives to minimize the use of red meat and fatty dairy products, i.e. cream and cheese.

Climate friendly food and the greenhouse gases caused by food production are very hot and sensitive topics at the moment all over the world. In addition, The EU has set a target to reduce 20% of greenhouse gases by year 2020 compared to the year 1990 (Baldvin 2015). Food is a necessity that we need to survive but its production causes permanent changes in environment and climate due to constantly rising amounts of greenhouse gases.



How to reduce food waste and increase the amount of vegetables

“Roughly one-third of global food production is lost or wasted, which amounts to about 1.3 billion tons per year. It is both ecologically and economically unsustainable to waste edible food rather than consume it because the environmental impacts of producing the raw materials and processing them into food are substantial. Food accounts for more than one-third of the environmental impact of overall Finnish consumption and about one-quarter of the climate impact of consumption. (Silvennoinen, Heikkilä, Katajajuuri & Reinikainen, 2015.)”

Considering the current consumption habits, earth cannot produce enough food equally for all. Especially the increasing consumption of animal protein greatly destabilizes the ecological balance. Animal farming, especially cattle breeding, is causing increasing amounts of greenhouse gas emissions. In Europe, the area needed for cattle breeding has slightly decreased but the amount of cattle has more than doubled and the consumption of dairy products has increased by 50%. (Baldvin 2015.)

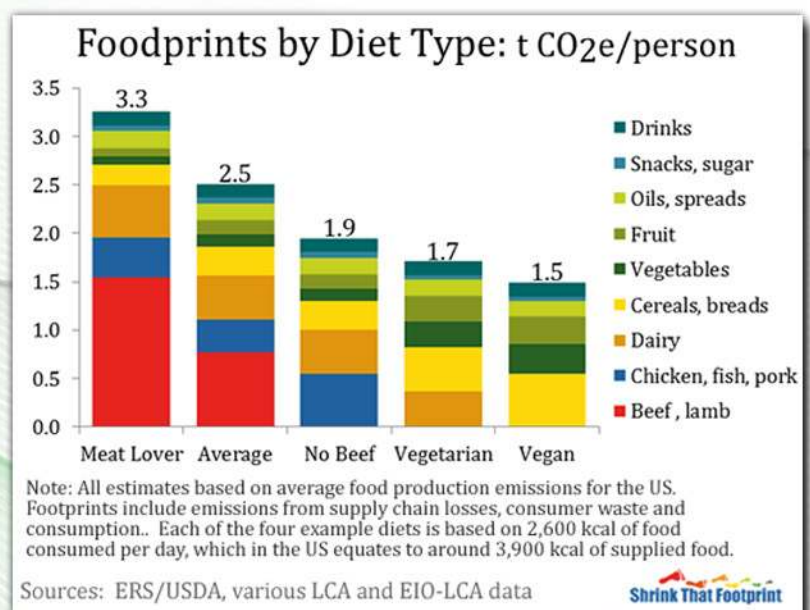


Fig. 2 The carbon footprint of a vegetarian diet is about half that of a meat-lover's diet.

The carbon footprint can be reduced when people eat from the start of the food chain, e.g. products such as vegetables, fruits, grains, fish and berries. Livestock produce about 18 % of all greenhouse gas emissions worldwide. Meat production has tripled over the last four decades and increased 20 % in just the last 10 years. Meanwhile, industrial countries are consuming growing amounts of meat, nearly double the quantity in developing countries. (Roininen et al. 2014.)



The project is developing cooperation between vocational culinary schools and colleges and working life in European countries in the fields of health, tourism & catering and environmental technologies mainly in Finland, Croatia, Italy. The project is co-funded by the European Commission's Erasmus+ program. The project partners are Omnia and Ekami from Finland, Galileo.it from Italy and Centar za odgoj i obrazovanje Slava Raskaj Zagreb and Hotelijersko-turisticka i ugostiteljska skola Zadar from Croatia.



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