

KISMET

Food Education: Educating the Persons, Who Are Part of the Provision of Public Catering

List of potential educational activities

- Trainings about the novel food, sustainable food
- Creation of sustainable menus
- Piloting the new technological menus
- Workshops with municipalities, companies and other stakeholders, who are involved in public catering

One of the more successful activities was a workshop where the local school chefs were introduced to various ways of preparation of vegetables and roots in order to utilize local food in their menus. This strengthened choosing organic, locally grown produce that minimizes the use of synthetic chemicals and reduces carbon footprints.

It was important to educate public kitchen chefs, menu developers, and others involved in the provision of public kitchens. The purpose was to raise awareness about the possibilities and complexities of using seasonal food products, how to creatively combine them, discover new tastes and dishes, and increase the acceptance of sustainable food. This education aimed to aid the transformation of food habits and promote environmentally sustainable and healthy consumption. Additionally, the goals included increasing local food production and providing support to local farmers.

Users

Primary: Business sector
Secondary: Quadra helix



Challenge

Chefs in public kitchens and menu developers often lack knowledge about new food combinations, about the usage of seasonal products, how to better plan the menu to include more and more local products. But it also needs to go hand in hand with the procurement process of public catering, that requirements of these procurements are in line with the new menus and inclusion of more and more local food products.

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Food Education: Activity for School Chefs



Interested parties gathered to learn together about the basic principles of healthy eating, green purchasing, compiling technological maps, as well as participate in a practical master class on preparing desserts, fish dishes and vegetables. The aim of the event was to promote the inclusion of local, including organic, products in school menus, with a strong emphasis on catering service purchasers. In addition, it was important to educate cooks and menu planners on how to create meals that provide the necessary nutritional values and use local, seasonal products.

Participants

- School chefs
- Catering service providers
- Nutritionist
- Green procurement representative

Venue

Valmiera Vocational Education and Training Centre



Preparing food technological maps, calculating the correct proportions, and adhering to hygiene standards are essential processes, therefore, experts from the Latvian Association of Diet and Nutrition Specialists were invited to speak at the event, who spoke about the basic principles of healthy nutrition and the tricks of drawing up technological maps.

During the event, participants also spoke about various challenges they face on a daily basis. For example, the difficulty of purchasing high-quality and healthy products that meet the requirements of the Cabinet of Ministers, which arises due to the limited choice of the market or suppliers, as well as the different preferences and habits of children and young people, which makes it difficult to provide a menu that is both tasty and compliant with regulations.