



**Healthnic**

HEALTHY & ETHNIC DIET  
— FOR INCLUSION —



INSTITUTE OF TECHNOLOGY  
**TRALEE**  
INSTITIÚD TEICNEOLAÍOCHTA  
TRÁ LI

**Merseyside Refugee  
Support Network**  
Registered Charity No 1093033



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**Erasmus+**

# NEWSLETTER

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## HEALTHNIC DIET PROJECT INFO

"HEALTHNIC: Healthy and ethnic diet for inclusion" is a 2-year Erasmus+ funded project that promotes healthy eating based on traditional food from different ethnic cuisines. The main target groups come from various backgrounds including refugees, immigrants, long-term unemployed and indigenous groups, who wish to develop their food, cooking and ICT skills and interact in a multinational environment. The project also is addressed to teachers and social workers that work with multinational groups and would like to have educational tools in order to organise a Healthnic Workshop. The coordinator of the project is the Vardakeios School ( Greece), and partner organisations are: Danmar Computers LLC (Poland), Diciannove Società Cooperativa (Italy), ITT (Ireland) and Merseyside Refugee Support Network ( UK).

## KICK-OFF MEETING

The Kick-off meeting of the project was held on 26th – 27th October 2017 in Bussoleno, Italy. The meeting was attended by 14 representatives of all project partners from the five EU countries.

The meeting was devoted to various presentations on partners' organizations, project management tool and discussion on task division among partners, agreements on the intellectual outputs (Guidebook and Toolkit for the Healthnic workshops), and explanation of both the dissemination and evaluation plans.

We established our project plan, strengthened our collaboration relationships and planned our next common steps and communication.

## LIVERPOOL MEETING

Representatives from ITT, MRSN and the Vardakeios School worked on the preparation of "Healthnic Workshop" Guide in Liverpool on 19th until 23rd February.

Main topics of the meeting were: the structure of the Guide, the main thematic and the workshops series. Each representative presented his/her own tasks and there was a mutual exchange of feedback. The Guide will be ready in English language at the end of May and later translated in partner`s languages



## E-PLATFORM

THE E-PLATFORM of the project is ready!

You can visit *healthnic.eu* and take information about the project. In some months you will be able to download the Guide and the Toolkit so that you can prepare your own Healthnic Workshop



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## A TASTE OF THE GUIDE



The Guide is a resource to assist the development of the Workshop series, and will suggest different ways to run and organise activities with multicultural groups that involve:

- learning about affordable, tasty and nutritious meals;
- raising awareness and understanding about the use of local and seasonal produce;
- sharing food culture and nutrition;
- learning about alternative ingredients;
- creating and sharing digital stories and knowledge.

Ultimately, food is our vehicle for making us all feel happier, living together in a single community, it is our tool for integration.

## NEXT STEPS APR.-SEP.2018

- Training of the trainers LTTA/25th-29th June/ Syros island
- Transnational meeting/29th-30th June/ Syros island
- Guide translation in all partners languages and upload on e-platform/ September
- Local Healthnic Workshops from September until the end of the year