



Erasmus+



Healthnic

HEALTHY & ETHNIC DIET  
— FOR INCLUSION —

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## 2<sup>ND</sup> NEWSLETTER

### HEALTHNIC GUIDE

“An important part of our project has been to produce a Guide for our partners to run the HEALTHNIC Workshop series as well as an opportunity to disseminate the project and the delivery concept more widely afterwards. MRSN hosted a meeting earlier in year with project partners to discuss, debate and draft the guide. After a few hard working months since then, we are delighted with the final version! It is packed full of useful information and context about the importance of healthy eating and how this will be our vehicle for bringing mixed communities together to learn, share and cook through the workshop series. The project serves up health eating with community cohesion principles, with some confidence building and digital skills on the side!

Seana Roberts, Merseyside Refugee Support Network, U.K.



### LTTA (TRAINING FOR TRAINERS MEETING)

SYROS 25-29/6/18



During our project training event in Ermoupoli, in the beautiful island of Syros, the partnership met at the end of June 2018 for a week of fun filled training sessions that were all about cooking together and exchanging information on nutrition. The participants were from Italy, Ireland, Poland and the UK and our Greek project coordinator hosted the event. Apart from cooking together with a Greek flavour under the guidance of Maria Krina and developing new recipes with a cultural mix, we also discussed aspects of digital storytelling. We also worked together on finalising the guide for the facilitators of future cooking and nutrition workshops that will be held in each project partners' countries during the autumn of 2018. Every partner learnt a lot from the practical approach of the workshops while enjoying new tastes and flavours. We were all sad when the week had passed and were already looking forward to our next partner meeting in January 2019 in Rzeszów, Poland.

Kristin Brogan, Institute of Technology Tralee, Ireland

Visit [healthnic.eu](http://healthnic.eu), watch the Digital stories produced during and after the LTTA by the partners and download the Practical Guide!

# HERE IT COMES!

Partnership has started working on the development of the key resource for running workshops, i.e. the toolkit.

## What will it cover?

Dos and don'ts based on the feedback from the pilot implementation of the "Healthnic Diet" workshops carried out in all partners' countries.

## What is it's purpose?

Give educators the necessary input to reinforce their educational methods with an innovative and tested resource

Joanna Bać, Danmar Computers, Poland

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A TOOLKIT FOR RUNNING THE WORKSHOPS:



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# LOCAL HEALTHNIC WORKSHOPS

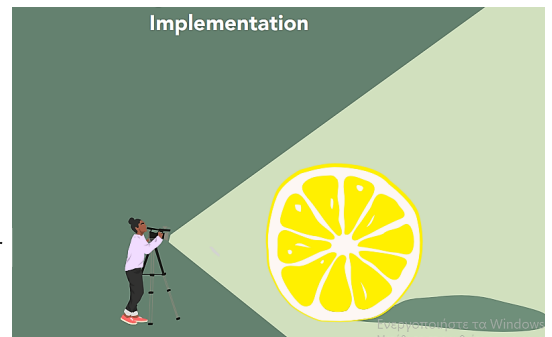
OCT`-DEC` 2018

The Healthnic workshops have already started! All partners, around Europe, are running their local workshops from mid October to mid December. Vardakeios and ITT in Greece and Ireland started their workshops on the 3rd week of October with sessions twice a week. MRSN, in the U.K. is starting at the end of October and Danmar Computers and Diciannove Cooperativa in Poland and Italy will start in November. The trainers, using the Practical Guide, will coordinate intercultural groups that share flavors, smells, memories and knowledge. Eugenia Kollia, Vardakeios School, Greece

Visit [healthnic.eu](http://healthnic.eu) to be updated on all the workshop news and later on to watch the digital stories created by the participants.



Local workshop in Syros/Greece



Poster for the local workshop in Liverpool/U.K.

## LOCAL WORKSHOP AMONG PIEDMONT MOUNTAINS

The Healthnic Workshop organized in Italy by Diciannove Cooperativa will be held on 5.6.7 and 9 November 2018 in Val Pellice (Turin), in the spaces of Villa Fuhrmann in Luserna San Giovanni, with the collaboration of the Diaconia Valdese (Waldensias institution) - Adult and Territory Service and Migrants Service, which will help us directly to provide both foreigners and asylum seekers, as well as disadvantaged people groups. The first three days will be dedicated to the sessions 1 - 5 of workshop, as they are explained in the Guide and tested during LTTA in Syros, and will take place in very appropriated spaces done that we will have the opportunity to use a real restaurant kitchen and hall. The fourth day, aimed to build up digital stories, will take place in the old Fuhrmann historical building, where the reception services for migrants and asylum seekers are mostly located, in a fully equipped room.

Giorgio Salza, Diciannove Cooperativa, Italy