



Knowing and Eating

Our project is designed as a contribution to a nutrition culture based upon sustainability, individual self-determination and the joy of eating. It introduces Food Literacy as a new horizontal theme into adult education and counselling, sensitises multipliers and trainers in adult education and people in counselling organisations working with less educated target groups, develops materials in order to integrate Food Literacy into various educational and counselling opportunities - from the computer course to debt counselling and enables trainers and counsellors to make Food Literacy more accessible to their clients.

We invite you to the table!

www.food-literacy.org

Impressum:

Project promoter: BEST Institut für
berufsbezogene Weiterbildung und
Personaltraining

A-1070 Vienna, Austria.

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This project has been funded with support from the European Commission.

116559-CP-1-2004-1- AT-GRUNDTVIG-G1

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Food Literacy

A New Horizontal Theme in Adult Education and Counselling

Nr 1 Autumn 2005

Food Literacy!

Savoury dishes for adult education and counselling

"Where do we come from? Where are we going to? And what are we having for lunch?" According to the Austrian comedian Josef Hader these are the three most crucial questions of mankind. We totally agree, especially on the striking importance of food. Eating and drinking, and everything connected to it, does play a key role in life.

Why is it necessary to introduce food literacy?

Developments in society, changing relations between sexes and different styles of living bring new demands for organizing everyday food provision. It is the continuously increasing offer of new food stuffs, services and nutrition recommendations that forces us to make many individual decisions. Demands concerning healthy, varied food are increasing.

New demands – decreasing competences

Developments as these are a challenge for people having to manage everyday nutrition. Necessary competences, however, are decreasing, especially among groups of socially disadvantaged and young people. It is one of the new challenges in adult education to fill exactly this gap of, on the one hand, increasing demands and decreasing competences on the other hand.

The first step of our project has been achieved:

Country Analysis (Work package 2)

The project partners have finished their detailed analysis of the current situation in their countries (Austria, Germany, France, Italy, United Kingdom, Slovenia, Slovakia, Romania Latvia, Hungary).

It covers, inter alia, the following areas:

- The general awareness of food, nutrition and health aspects among the population
- The role of food and culinary tradition
- The existence and success/failure of nutrition campaigns
- Consumer protection activities
- Regional initiatives for sustainable food production

Read more at www.food-literacy.org