

## EAT SMART

[www.eatsmartnow.org](http://www.eatsmartnow.org)

### **Objectives:**

- \* To stimulate intercultural dialogue using food as vehicle
- \* To promote cooperation between youth from EU and Asia
- \* To reinforce creativity, active citizenship, entrepreneurship of young people
- \* To raise awareness about intercultural issues, in particularly related to food traditions, healthy food and sustainable consumption and development among the wider society

### **Activities:**

- \* Research about traditional and healthy food and about sustainable consumption
- \* Training course in Beijing with young chefs, video makers and young social workers about the thematic of the project
- \* Culinary workshops, interviews and dissemination events at local and international level
- \* Creation of a video documentary about the project development/activities and research results
- \* Food Fair in Palermo with the involvement of partners participants and local realities working in the field of sustainable consumption and promotion of traditional and healthy food

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### **Results:**

- \* Video Documentaries: Eat Smart, East meets West for sustainable food lifestyles [France](#) | [Italy](#) | [Vietnam](#) | [China](#)
- \* [Nouvelles Cousine Recipes](#) from the 4 partner countries
- \* [Toolbox](#) - If you wish to launch a similar project, here are some tools which may be useful

### **Partners:**

- \* Coordinator: CESIE – European Centre of Studies and Initiatives (Italy)
- \* CANGO - China Association for NGO Cooperation (China)
- \* Pistes Solidaires (France)
- \* Solidarité Jeunesse Vietnam (Vietnam)

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**DG of reference:** DG EAC, Youth in Action Programme – [3.2 Youth in the World: Cooperation with Other Countries of the World](#).

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### **Contact:**

CESIE: [stefania.giambelluca@cesie.org](mailto:stefania.giambelluca@cesie.org)



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