

## Old Recipes

### Old Recipes and New Perspectives

#### **Objectives:**

- \* To stimulate intercultural and intergenerational dialogue
- \* To promote sustainable development and consumption
- \* To reinforce active citizenship of elderly people and Active Ageing
- \* To raise awareness about the importance of traditional culinary dishes and handicraft works

#### **Activities:**

- \* Organic garden: planting, picking up, taking care (maintenance work, hydro systems)
- \* Harvesting organic fruit and production of jam and traditional sweets
- \* Culinary workshops on Sicilian and Tyrolese traditional dishes
- \* Cultural visit discovering sustainable fishing methods and biological wheat production
- \* Promotion of urban garden and of 0km organic food

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#### **Results:**

- \* 6 Italian senior volunteers in Zirl (Austria) for a month  
[Discovering Italian food and traditional crafts of Tyrol in Austria](#)
- \* 6 Austrian senior volunteers in Palermo (Italy) for a month  
[Discovering traditional recipes and promoting urban garden](#)

#### **Partners:**

- \* Coordinator: CESIE (Italy)
- \* CUBIC - Cultur & Bildung im Context (Austria)

Date of project: 01/08/2012 – 31/07/2014

**DG of reference:** DG EAC, LLP National Agency, [Grundtvig – Senior Volunteering Projects](#)

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

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