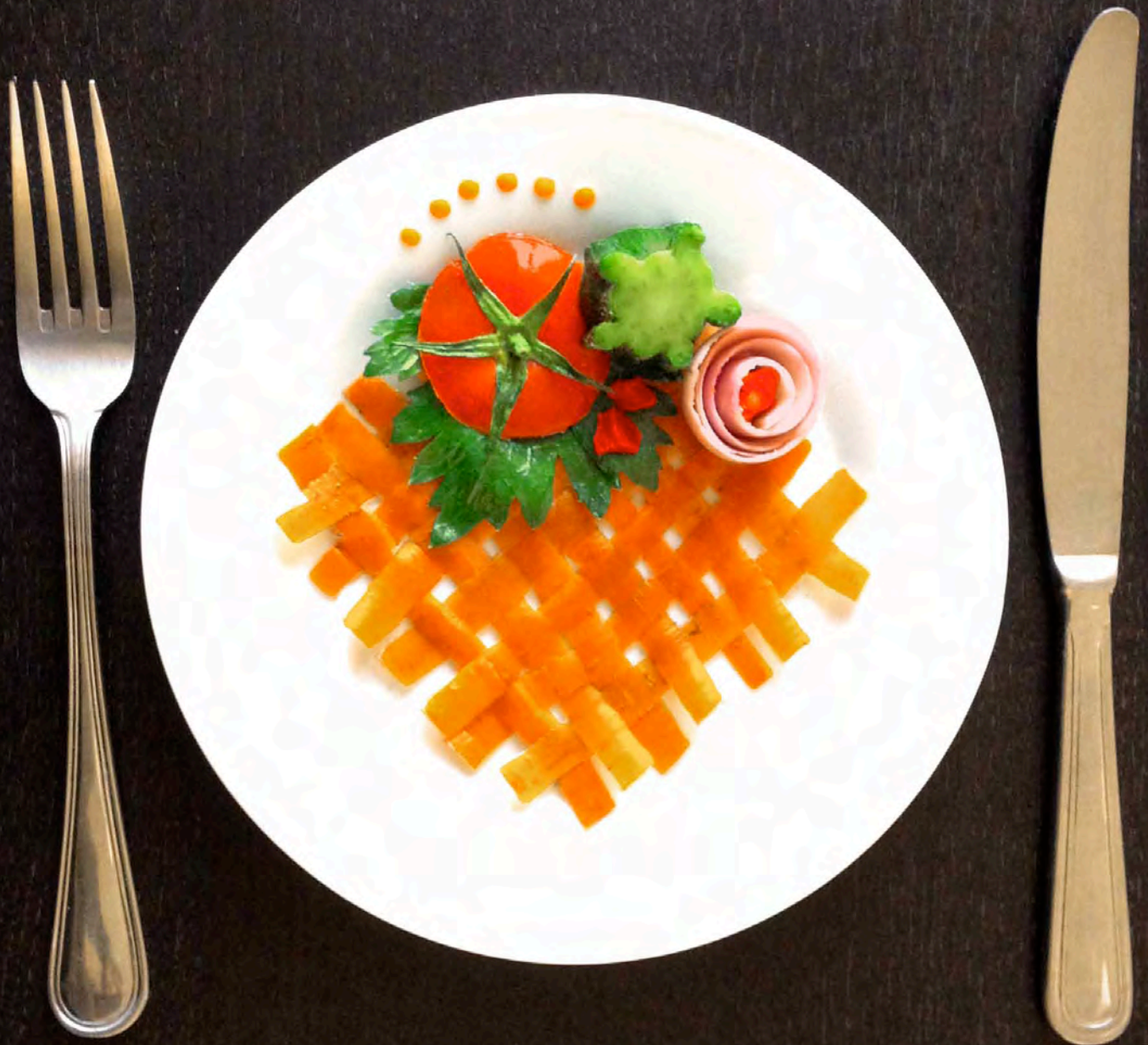


TASTE DON'T WASTE



A European youth exchange magazine about food waste.

ÉDITO

In our affluent and wealthy society, food waste is gradually becoming a major component of our food behaviour.

At the European level and throughout the whole food chain, the European Commission has established that food waste represents 89 million tons per year, that is to say 179 kg per capita per year. Meanwhile, many European countries are subjected to a severe economic crisis, youth being in front line.

This being said, European citizens from Turda (Romania), Wieliczka (Poland), Vitoria Gasteiz (Spain) and Angoulême (France) have created an European youth exchange project on the the food waste subject, based on Erasmus + program.

This magazine is a concentrate of knowledge, know-how and good practices that young people - participants and leaders have discovered and shared through these mobility and cooperation. We don't mean to change the world, just scatter the seeds!

We hope this magazine will be useful and please don't hesitate to share.



Erasmus+



Comité
des Jumelages
ANGOULÊME/VILLES ÉTRANGÈRES



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LE CHAMBON

A PLACE FOR ECO ADVENTURE

Stephane Helmer,
Director of Le Chambon,
told us about the fascinating
history of the place.



Everything started in 1962, when France won only one medal at the Olympic games. To improve this, Charles De Gaulle created the first Ministry of Sports and mandated Maurice Herzog to develop outdoor sports. In 1965, 30 centers opened, functioning as associative administration in France were financed by the ministry of sport. These structures were created as a place for children to spend time in the nature and discover different outdoor sports such as: kayak, horseriding, climbing. The goal was, and still is, to face, preserve and live in nature. In the 70's, sportive federations were created and therefore helped Le Chambon to develop. The federation started to organize sportive competitions and after this, France started to get good results at the Olympics and other important competitions, keeping up those results today. In 1982 the Department bought Le Chambon for 1 franc and started to invest in developing the place. In 2000 it was recognized as a public service mission. In 2007 the statute changed into a Public Administrative Establishment and became a public center in 2010.

The functionality of the place grew throughout time, in 1975 the place hosted 5,000 persons but in the period of 2004-2014 the number grew up to 50,000 every year. There are 13 people on the administration, 7 in the general council and 6 administrators of Le Chambon which have occupied this position since the beginning. At the beginning, Le Chambon started its sustainable development with sport activities. In 2007 they implanted a new sustainable development including all sorts of activities, not only sports. The way of thinking is «The time you use thinking, is the time that you don't use working». On the first auditory in 2008, they re-

“The goal was, and still is, to face, preserve and live in nature.”



ceived 11/20 points, but they were not satisfied with this grade at all and wanted to improve it. In 2012 they obtained 14/20 points, Le Chambon passed some tests and reached the Ecolabel UE for touristic accommodation and Agenda 21.

At first Le Chambon only had 1 employee. Today there are 32 Functionaries and 25 people that work temporarily.

It's not accidentally that the Comité des Jumelages of Angoulême chose this place as the base camp for the Erasmus + project "Think before eating".

The wonderful concept of eco living, inserted in the beautiful views of the Charente landscapes, includes a sustainable way of producing and eating which is proposed to the participants. This concept takes us closer to nature and to the ways of living respecting the environment and all living creatures. From the food in the plate at the canteen to the heating system and the recycling of waste from the sanitary system.



“Together
helping people
to feed themselves”

The Food Bank is an association giving food to people in need and to the associations doing the same.

They don't only offer people food supplies but also a professional and emotional help.

It is one of the four organisations in France to have this system. The other organisations are : the Red Cross, the Secours Populaire and Les Restos du coeur.

The Food Bank receives the products from supermarkets, producers and individuals. The supermarkets pay 60% less taxes for the edible products that they give. Every day the trucks are going around Angouleme to bring the food to the bank.

Then, the workers and volunteers select the food and divide the products in two sections : first choice (for distribution) and second choice (that workers and volunteers can take away and use). The food from the first choice is packed and distributed to the associations that give it to the ones in need. Last year more than 1,000 tons of food were distributed by the Food Bank in Charente.

VISIT
TO THE
FOOD BANK



In France annually there are **700,000 beneficiaries**, the Food Banks collect **100,000 tons** of the food which is distributed to **5,000 associations**. In Angouleme there are **40 volunteers**, **5 employees** and **18 workers** from the social integration programme. This programme is financed by the State and the department and supported by the European Union. Every year in Charente almost **2 million meals** are given.

During the year only 10% of the food received goes to waste.



ente



FEW QUESTIONS TO
VÉRONIQUE
VERAGNAC

Véronique is a social counselor at the Food Bank in Charente. Her job mostly consists in helping the association's workers with their personal and professional life.



What exactly do you do here every day ?

My purpose here is to help people to find their way back into a work environment. I try to help them to develop their skills, find what they are good at so they can gain self-confidence. Working in the Food Bank is the first step of their integration process. I also try to help them with their physical appearance, their CV's and cover letters.

And what is the result of this guidance ?

The Food Bank has partnerships with many companies where the workers can get internship agreements. In allow them to gain more experience in different jobs. To start their contract can be for 6 months and if they want to continue and if the Food Bank is satisfied with their work, the contract can be extended to a maximum of 24 months. For example I helped a man to get a social worker training and he is now a social counselor like me.

Does your job give you satisfaction ?

Well, I have faith in the people that come to me and it gives them self-confidence. I don't only help them professionally but also emotionally. When they come to me with personal issues like depression, domestic violence or mobility problems I try to find a way to make it easier for them. For example I can put them in contact with psychologists or offer to the people with mobility problems to learn how to drive.

What does this job bring you ?

For me this is more than a job it is a way of living. It is a choice I make every day and I think that is my vocation.

What are your aspirations for the future ?

For the future I hope to be able to open my own office. I would really love to work with a lot of different people.



NEW AGE FALAFEL

Ingredients for 10 persons

Vegetable balls :

8 carrots
3 parsley roots
1 celery root
1 big red bell pepper
1 big red onion

2 eggplants
3 cloves of garlic
8 eggs
2 cups of oatmeal
1 cup of flour
1 bunch of parsley leaves

1 bunch of coriander
1 tbs of chopped thyme
1 tbs of salt
1 tbs of pepper
1 cup of polenta flour

Wash and clean all the vegetables. Chop them all in very small pieces. Mix together with the rest of the ingredients, form round and flat balls and dip them in the polenta flour. Heat oil in a pan and fry them on both sides until they become golden.

Sauce :

3 tomatoes
2 big red onions
10 garlic cloves

680 grs of tomato puree
1 tbs of chopped thyme
1 tbs of chopped parsley
1 tbs of chopped basil

1 bouquet garni
1 tbs of spicy sauce

Chop all the vegetable and cook them in a pan. Add the tomato puree and the bouquet garni. Mix and cook for 20 minutes and add some salt, pepper and spicy sauce.

Potatoes :

2 kg of Mona Lisa potatoes

Pepper and salt

Clean the potatoes and cut them in long stripes. Put all of them in a heated pan with a little bit of oil until they get golden. Deep Fry them until the middle is cook.

Beetroot salad :

2 big beetroots cooked/oven roasted and sliced.

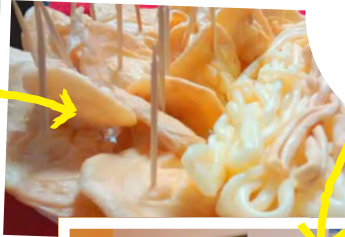
Dressing from the mix of : pepper, salt and vinegar, olive oil, garlic (two cloves), herbs (thyme).

FOOD IS GOOD !

A presentation of typical products from Basque Country, Poland, Romania and France.

POLAND

OSCYPEK
Smoked sheep cheese from Zakopane (Tatra Mountains)



HOMEMADE JAMS
(Pumpkin, orange and apricot).



SMOKED SAUSAGES
Traditional Polish sausages from a village prepared with garlic.

HOMEMADE VODKA
Alcohol and fruits from wild rose and sugar, it has to rest for about a half year.



BEER "WIELICKIE"
Made in a small brewery in Wieliczka (a town near Cracow).

PICKLED CUCUMBERS
Prepared with garlic, parsley, leaf grape, horseradish.

ZUBROWKA
Bison grass vodka that have been produced for 600 years (comes from Bialystok).



GINGER BREAD
From Torun, where it has been produced since 1760.

ROMANIA

TUICA
Alcohol from fermented plums.



ARIES VALLEY RED ONION JAM
Artisan product with an added value due to the geographically registered variety Turda red onion.



BASQUE COUNTRY, SPAIN

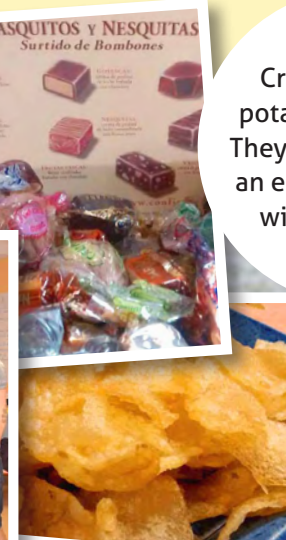
VASQUITOS Y NESQUITAS

Handmade sweets with chocolate, dry fruits, and liqueur from Vitoria Gasteiz.



ECO CRISPS

Crisps made with potatoes from Alava. They are cooked using an ecological process with olive oil and without salt.



RIOJA WINE

Made with red grapes grown in the region La Rioja



BAIAS

Traditional recipe of beer made next to the Gorbea Mountain in The Basque area.



ARABAKO OLIOA

Cold extracted olive oil made with Arroniz, a variety of olive grown in Alava.



FRANCE

CHARENTAIS GRILLON

Made with pork meat, cooked in its own fat.



CHARENTAIS CAKE

Baked with butter, caster, sugar and vanilla.



PINEAU DES CHARENTES

A mysterious wine originally from the blend of white grapes juice and cognac.



JOUSSEAUME GOAT CHEESE

Made in the Jousseume family since 1958 with goat's milk.



LA GOULE BEER

Brewed in Charente since 1999 using traditional methods.



VISIT TO
THE BANDIAT
GARDEN





The Bandiat Garden was created in 1999, thanks to the Conurbation which bought the old farm and gave it to the Bandiat Garden association. With the help of volunteers, the farm started to become a special place.

Since the Region funded the Bandiat Garden, it has been let to focus on the main purpose, which is helping people with life difficulties. In this place they could learn new skills, gain more self-confidence, helping them getting back in the society. At the beginning the Bandiat Gardens was small and only produced fruits and vegetables for the Food Bank. Now they have numerous partners to whom they are delivering organic fruits, vegetables and jams. Thanks to the regional funds they can now earn some money.

Every year they organize the Plant Festival, where they sell organic plants, processed fruits and regional organic products. The festival is also an occasion for the workers to show a wider audience their job and efforts in their work environment.

The Bandiat Garden, located in a beautiful place (Horte & Tardoire region) is also open to the public all year long. They are welcoming several groups of people to show their plantations and make them try the products: organic vegetables, fruits and fresh bread - which you can bake yourself in the traditional old oven.

BREAD RECIPE

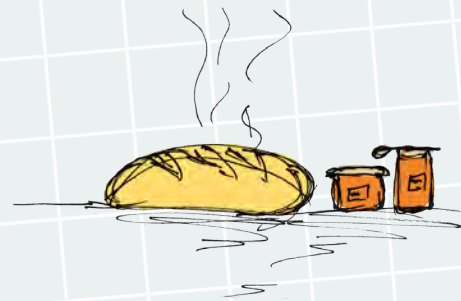
Ingredients for 2 breads

500 g of flour
7 g of yeast
water
salt

In a big bowl, pour gradually water in the flour. Mix with the hands. Add the salt. Mix. Add the yeast. Sit and cover the dough during 1h30.

Part the dough in 2. Shape the doughs. Sit and cover the doughs during 1h30.

Put the doughs in the oven (230°C) for 20 minutes.





CAKE FROM SCRATCH

*The idea of this recipe is to use ingredients already present in the house.
(i.e : breakfast's leftovers)*

Ingredients for one cake

<i>3 eggs</i>	<i>100 ml of vegetable oil</i>
<i>250 g flour</i>	<i>1 small jar of any jam</i>
<i>250 g sugar</i>	<i>2 tablespoon of cinnamon</i>
<i>Handful of cornflakes</i>	<i>½ spoon of vanilla sugar</i>
<i>Handful of muesli</i>	<i>1 packet of baking powder</i>
<i>½ bar of chopped chocolate</i>	<i>1 pinch of salt</i>
<i>125 ml of milk</i>	<i>1 spoon of sodium bicarbonate</i>
<i>1 small yogurt (natural or with fruit)</i>	<i>½ kg of season and local fruit</i>

In a bowl, mix well all the ingredients.

Pour the preparation into a big baking form, cook for 20 minutes at 180°C and 20 minutes at 150°C.



FOOD ALL THE WAY

Alexandre Dutrey has been working as a coordinator of Charente Nature Association for many years. The project area for the composting programme at the Social Center is located in La Grand Font and involves the local community. The idea is to educate regarding waste and show how to turn the kitchen's waste into something useful for the community.

The process of compost with Alexandre Dutrey, from Charente Nature association



Why should we make compost ?

Because it reduces the food waste by 30% One inhabitant produces around 113 kg of biodegradable material per year, which can be used for the compost and natural fertilizer for gardens. Compost improves the plant's growing process.

How to make compost ?

1. Put food waste in the waste box.
2. Add the same quantity of small pieces of wood.
3. Mix all the food waste that we have in the box.

If you do not have enough wood pieces, stop the process because it could fail and cause an unpleasant smell.

We can use :

Skins of fruits and vegetables
Broken egg shells
Old bread
Tea bags
Ground coffee and filters
Old vegetables and fruits
Food leftovers
Flowers
Twigs
Dead leaves and grass

We can't use :

Skins of citrus fruits
Bones, fish and meat
Big pieces of wood
Batteries
Animals litter
Kleenex and newspaper
Metal
Plastic bottles
Writing paper
Wet wipes

THE EDITORIAL BOARD



AGATA
Poland

ARTICLES, PHOTOS, DRAWINGS
Director of the Library in Wieliczka, interested in photography and design.



ALEXANDRA
Romania

DRAWINGS, INTERVIEWS
Student in high school, interested in music (sings in a band), is going to study medicine.



ALEXANDRU
Romania

ASSISTANT
Student, likes playing video games and being close to nature.



ARTZ
Basque Country

ARTICLES
Student, likes music, riding a bike and mountain travels.



ARTUR
Poland

PHOTOS
Student in high school, likes reading books, helping people, listening to music. Volunteer in the district of Wieliczka.



AURIANE
France

INTERVIEWS, ARTICLES, TRANSLATION
Master of foreign languages and intercultural management, practices gymnastics, likes cinema and cats.



AURORE
France

EDITION, PHOTOS
In charge of the international relations in the Twinning committee of Angouleme, likes travelling.



AXELLE
France

ARTICLES, RECIPES
Personal assistant, likes sport (swimming).



BOGDAN
Romania

PHOTOS
Student, likes sport and playing music.



DIEGO
Basque Country

INTERVIEWS, PHOTOS
Student, likes travels, music, basketball, tattoos, dogs, outdoor sports, walking in the mountains.



EDUARDO
Basque Country

ARTICLES, RECIPES
Environmental supporter, teacher, likes watching films, swimming, drawing and writing comics.



IBAI
Basque Country

ARTICLES, RECIPES
Student in a cooking school, likes extreme sports.



KASIA
Poland

EDITION, TRANSLATION
Librarian, cultural animator, cinema lover, likes travels, learning new things, squirrels, swimming and roller skating.



MAGDA
Poland

PHOTOS
Student in high school, likes music, dancing, photography. Volunteer in the district of Wieliczka.



MARA
Romania

ARTICLES, DRAWINGS, TRANSLATION
Student in psychology, likes helping people.



MARIA
Poland

PHOTOS, ARTICLES
Student of Political Science, interested in music (sings in a band). Volunteer in the district of Wieliczka.



MARTA
Romania

ARTICLES, RECIPES, PHOTOS, INTERVIEWS
Loves eating and cooking, student in cultural tourism in the The Babeş-Bolyai University.



XABIER
Basque Country

ARTICLES
Student in a cooking school, likes traveling, tattoos, cooking, music and cinema.

THE ORGANIZATIONS

Slow Food Turda

Slow Food Turda is a non-governmental, non-profit association, independent from any political, military, ideological or religious influences, in compliance with current Romanian legislation. Slow Food Turda promotes small scale agricultural development, it's organizing educational activities and programs for the education and promotion of local, regional and national patrimony in agricultural, gastronomic and cultural way.

Slow Food is an international non-profit grassroots organization that promotes good, clean and fair food for all. Slow Food was founded in 1989 to counter fast foods and the rush of modern life; the disappearance of local foods and traditions, and the reduced involvement of ordinary people in the production and origins of the food they eat.

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Slow Food® Turda

Egibide

Egibide is a social initiative non profit organization school, inspired with Christian Humanism. It was born in 2012 from the merging of two leader organizations concerning Technical Education: Diocesan (1942) and Jesús Obrero (1945).

It is placed in five different locations in Vitoria-Gasteiz, the capital of the Basque Country, teaching Secondary Compulsory Education, Baccaalaureate, Basic Technical Education, Middle Degree Formative Cycles, Upper Degree Formative Cycles and Training for Employment.

Egibide works in permanent collaboration with all the Public Institutions (Local and Provincial Councils, Basque Government...) and in connection with more than 500 companies in our area. It trains conscious, competent, compassionate and committed people who are responsible with our social and business environment Educational Community. Moreover it eases their transition to the labour market and their long life learning process.

Its main bets are on individual monitoring and counseling for the students, sustainability innovation, creativity, entrepreneurship and labour market insertion.

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 Egibide

Powiatowa i Miejska Biblioteka Publiczna w Wieliczce

District and Municipal Public Library in Wieliczka it's a local cultural institution founded in 1945. The town is situated in the neighborhood of the great educational center, which is located in Krakow and surrounded by the rural areas.

The main task of libraries is to collect, develop and share books, but also to conduct extensive educational and cultural activities for different age groups of recipients (from children to seniors). Every year, the library is organizing numerous meetings with authors, computer classes, library lessons, workshops, seminars and public events aimed at promoting books and reading and wider education.

Since 2010 the library organizes activities for youth which are designed to stimulate their creativity, encourage local activity and increase their interest in European Citizenship and mobility. Over the last few years it has specialized in promoting and implementing in practice the concept of "lifelong learning". Seeing the great opportunities offered by the partnership projects the library tries to educate and involve the people from different social groups.

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Comité des Jumelages Angoulême – Villes Étrangères

The Twinning Committee "Angoulême - Foreign Cities" (CDJA) is a non-profit making association created in 1977 in order to manage the relations between Angoulême and its twinned cities.

Nowadays, Angoulême is linked to twinned cities : Bury (England), Hildesheim (Germany), Vitoria-Gasteiz (Spain), Saguenay (Canada), Guelendjik (Russia), Ségou (Mali), Turda (Romania), Hoffman Estates (USA).

The CDJA purpose is to create a relationship between the citizens of the different twinned cities, between people from all professional horizons and from various political sensitivities, promoting friendship links, mutual awareness and intercultural exchanges with peace as an aim. The CDJA is linked to the City Hall of Angoulême by a triennial convention (general interest mission). The CDJA defines, develops and applies actions leaning on citizen's participation and local partners: thematic local authorities exchanges, actions as part of development cooperation, education for development actions, youth exchanges and schools matching, artistic, cultural and sport meetings and thematic events for citizens.

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