GUIDEBOOK

FROM HEALTHY LIFESTYLE

TO GLOBAL RESPONSIBILITY

CONTENTS

INTRODUCTION

The training course “From Healthy Lifestyle to Global Responsibility” funded by the European Commission through the Erasmus+ program was implemented by Rooftop Theater Group in Oroklini, Cyprus between 13th and 24th of March 2017.

The training course was designed by a group of specialists on nutrition, personal development trainers, a yoga teacher and healthy lifestyle coaches. In order to provide a complex learning experience for youth workers, so they could understand better importance of Healthy Lifestyle in their life and use that knowledge in their daily work with youngsters.

The main problem of our research was the incomplete physical, mental and social well-being of youth, in frame of limited responsibility. Therefore, the objectives of this project were:

• Increase awareness about Healthy Lifestyle in the frame of Global Responsibility among youth workers

• Empower youth workers with tools, methods and ways to understand Healthy Lifestyle and Global Responsibility and act as multipliers on these issues

• Create a shift in youth minds from personal to Global Responsibility

• Create a platform for youth workers who work in the field of health and Healthy Lifestyle, to exchange ideas and share teaching methods.

• Develop a guidebook for youth workers about Healthy Lifestyle in the frame of Global Responsibility, which will contain knowledge, tools, resources and material

ERASMUS +

Erasmus+ is the EU flagship training and education programme for the period 2014-2020. It emphasises student and employee mobility and fosters European collaboration in the fields of education, training, youth and sport.

The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work.

Over 4 million young people, students and adults will have gained experience and skills by studying, training or volunteering abroad through Erasmus+.

Erasmus+ supports organizations in forming transnational partnerships in order to undertake creative and worthwhile activities.

The recently included Sport action supports local community projects and cross-border challenges, for example combating match-fixing, doping, violence and racism.

For more detailed information, visit following link: https://ec.europa.eu/programmes/erasmus-plus/node_en

GLOBAL RESPONSIBILITY

Within a globalized environment, where economies, political systems, information technologies and development opportunities interact, and where threats, conflicts and world proportions challenge, Global Responsibility and Global Solidarity promotes civic humanism as a world alternative, based on the dignity of the human person and their responsible and free projection into the communities where political, economic and social life takes place.

1. The meaning of sustainability, sustainable development and sustainable life style

Sustainable living is a lifestyle that attempts to reduce an individual's or society's use of the earth's natural resources and personal resources. Practitioners of sustainable living often attempt to reduce their carbon footprint by altering methods of transportation, energy consumption, and diet. What is Sustainable Living? Sustainable living is the practice of reducing your demand on natural resources by making sure that you replace what you use to the best of your ability. Sometimes that can mean not choosing to consume a product that is made using practices that don't promote sustainability; and sometimes it means changing how you do things so that you start becoming more of an active part of the cycle of life.
We all know that climate change, global warming, depletion of ozone layer and resource depletion are real and their impact on human and animal lives can be devastating. It is an opportunity for people to adopt actions for sustainable living that can help them to reduce their carbon footprint or environmental impact by altering their lifestyle. Simple measures like using public transportation more often, reducing energy consumption, becoming more eco-friendly can go a long way in reducing your environmental impact and making this planet a clean and safe place.

2. Consume seasonal products

Look for seasonal products. Seasonal products are often tastier and cheaper than alternatives, but it's also more likely to have been grown in a non-intensive way in natural sunlight. Surprisingly, the environmental impact of transportation is often a fairly minor part of food's overall impact, and the fact is that many developing countries rely on export markets for their livelihoods. So buy food when it's in season, and support schemes like Fairtrade if you can.

3. Avoid or try to reduce the meat consumption

It's simple: we need to eat less meat, including pork and poultry. The livestock industry is responsible for 14.5% of global emissions (the same as the whole transport sector), so it is important that we try to reduce our meat consumption. Predominantly meat-based diets are very inefficient. Farming animals for meat and dairy requires huge inputs of land and water for growing animal food. When you do eat meat, try having smaller, better quality portions. If you think you'll end up hungry, just add more vegetables than you normally would. The fact is that you don't need to eat meat every day to have a balanced diet. You can get your protein from a variety of sources like nuts, beans and seafood (MSC-certified). Why not try cutting out meat for just one day a week, and go from there?

4. Make upcycling: different useful objects out of tetra packs, banners etc. by recycling

Upcycling, also known as creative reuse, is the process of transforming by-products, waste materials, useless, or unwanted products into new materials or products of better quality or for better environmental value.

5. Avoid products with high water footprint

Everything we use, wear, buy, sell and eat takes water to make. The water footprint measures the amount of water used to produce each of the goods and services we use. It can be measured for a single process, such as growing rice, for a product, such as a pair of jeans, for the fuel we put in our car, or for an entire multi-national company. The water footprint can also tell us how much water is being consumed by a particular country – or globally – in a specific river basin or from an aquifer.
The water footprint is a measure of humanity's appropriation of fresh water in volumes of water consumed and/or polluted.

6. Compensate your CO2 emissions of your flight (when use flights)

How much will it cost the planet the travel you are going to do? A CO2 compensation is highly recommended.
Follow these steps:
a) Go to the website
b) Fill in your place of departure and arrival and press the green button
c) Check the details and press „Calculate emissions"
d) Press „review/payment"
e) Now you see how much the CO2 compensation would cost. Pay 60% of this amount. We will reimburse you for the other 40%. You can pay by credit card or bank transfer.
f) After you have paid you can request a certificate/document/proof payment as a confirmation. You will need this certificate/document/proof payment in order to get the 40% reimbursement of it.How much will it cost the planet the travel you are going to do? A CO2 compensation is highly recommended:

1. To make people taking part in our projects aware of the choice in means of transport and its impact on the environment.
2. To take more concrete action that reflects sustainability, love and care for nature.
3. To set an example and make a statement as an organisation.
4. Even with the low costs airlines available nowadays we don't want people to consider the plane as the most convenient means of transport but consider the option of other, more time consuming, but also more environmental friendly ways of traveling like the train or bus.
5. In case flying is really the only option, the CO2 emission should be compensated through sustainable and trustable projects.

7. Eco-villages
Ecovillages are intentional communities whose goal is to become more socially, economically and ecologically sustainable. Most range from a population of 50 to 150 individuals, although some are smaller, and larger ecovillages of up to 2,000 individuals exist as networks of smaller subcommunities. Certain ecovillages have grown by the addition of individuals, families, or other small groups who are not necessarily members settling on the periphery of the ecovillage and effectively participating in the ecovillage community.
Ecovillages offer small-scale communities with minimal ecological impact or regenerative impacts as an alternative.

8. Use only energy saving appliance in your house

The energy we use in our homes makes up more than a quarter of the carbon dioxide emissions(in the UK for instance). By making your home more efficient (i.e. finding ways to waste less energy) you can reduce your carbon footprint. Here are some energy saving ideas for your home. They're not all possible for everyone, but try taking one as a starting point and go from there. Energy saving light bulbs Loft insulation Cavity or solid wall insulation Condensing boiler Double \glazing Low flow fittings to taps and showers Solar panels Draught proofing You can also buy energy saving life-hacks to make the most of your existing products. For instance, an efficient shower head will use much less water but still give you decent water pressure, and a toilet flush water saver can easily be popped into your cistern.

9. Recycle all the recyclable waste you have (paper, plastic, glass, metal, batteries, etc.)

Buy what you need, make the most of it, and think about where it goes when you're done. Simple! Every year wasted food in the UK represents 14 million tonnes of carbon dioxide emissions. In total, these greenhouse gas emissions are the same as those created by 7 million cars each year – and that's not including everything else we throw away. The processes for dealing with waste (mainly landfill and incineration) are extremely energy-intensive, so everything you can do to avoid sending your unwanted items to the dump will help with your footprint. Make the most of your local recycling options – food, packaging, mobile phones, and clothing. Show some love to charity shops or sites like Freecycle when you've finished with something. Use rechargeable batteries. Buy products with less packaging in the first place. There's so much you can do with what you have!

10. Eat local products (made in the country, region where you situated) even if they are more expensive then the imported one.

Look for seasonal produce. Try to buy locally or – better yet – straight from the farm. Seasonal products are often tastier and cheaper than alternatives, but it's also more likely to have been grown in a non-intensive way in natural sunlight. Surprisingly, the environmental impact of transportation is often a fairly minor part of food's overall impact, and the fact is that many developing countries rely on export markets for their livelihoods. So buy food when it's in season, and support schemes like Fairtrade if you can.

11. Renewable sources of energy

Clean energy doesn't have to mean more expensive bills. In fact, it can often work out cheaper for you. The Big Deal regularly runs clean energy switches, or you can find the best deal yourself. The Government is also committed to getting smart meters in homes, but you can always get a head start. When you buy new household appliances (if you can't get them second-hand, of course), have a look at the energy and water ratings to make sure they're as efficient as possible. This is pretty easy now, as all products have to state their ratings. The world can have renewable energy by 2050. Buy showing that you want clean energy for yourself, you can help increase demand.

TAGS

In this part we want to raise awareness about food tags and help you read nutrition facts of food products. Here you will find some guidelines to get you started.

1. Look at Serving Size

Start by looking at the nutrition facts and the serving size. Packages frequently contain more than a single serving, which means that you may have to multiply all of the amounts listed to get an accurate picture of how many calories or how much sugar is in a single container.

2. Check Calorie Count

Although calories are only part of the picture when it comes to reading labels, they're vital to help you determine appropriate portion size. The standard daily caloric intake guidelines are 1,800-2,200 calories for adult women and 2,200-2,500 for adult men. (These calculations vary according to physical activity.) So, if you choose a food with 700 calories per serving, keep in mind that is approximately one-third of your daily calorie intake.

3. Avoid Enemy Fats

Trans fats raise LDL ("bad" cholesterol), lower HDL ("good" cholesterol), and slow your metabolism. Look for foods with zero trans fats, but be aware of this disturbing little factoid: If a product contains less than 1 gram of trans fat per serving, it can be listed as containing zero trans fats. Those trace amounts can really add up if you're eating multiple servings per day.
So, how can you avoid eating trans fats? The best thing to do is stay away from foods that contain any partially or fully hydrogenated oils, which contain large quantities of trans fats and other altered fat substances. Hydrogenated oils, which are often found in commercial baked goods, are designed to be impervious to bacteria so that they can sit on grocery store shelves for long periods of time. Is it any surprise that our own bodies would have trouble breaking down and processing these synthetic compounds?

4. Minimize Sodium

The recommended maximum daily intake of sodium is 2,300 mg per day (about one teaspoon), or 1500 mg per day if you're over 40 or have hypertension. Consuming excess sodium is correlated with hypertension because it draws in water, which increases blood volume, which in turn increases blood pressure. The increased pressure strains the heart and increases the risk of atherosclerosis. If you have hypertension or heart disease, talk to your health care provider to determine your recommended daily limit of sodium.

5. Get Your Fiber On

The American Dietetic Association recommends 25 g of dietary fiber for adult women and 38 g for adult men per day. Fiber is a crucial component of any food because it helps prevent big swings in blood sugar, keep your colon healthy, and best of all, it makes you feel full – so you eat less!

6. Choose Carbs Wisely and Avoid Added Sugars

Carbohydrates ("carbs") are often demonized in the media, but in truth, they're abundant in whole foods and are a very important source of energy. The key thing to keep in mind is that complex carbohydrates (i.e., the carbohydrates in natural, fibrous foods like fruits & vegetables) are infinitely better for you than simple carbohydrates like refined sugar. The presence of fiber in complex carbs causes your body to break down the food more slowly, thus preventing sudden spikes in blood sugar. This is why you've likely heard that eating a piece of fruit is a healthier option than simply drinking fruit juice–the whole piece of fruit contains fiber, while the juice has been processed and stripped of fiber.
When you look at a food label, you'll notice that there's no recommended daily amount for sugar; the amount of sugar in the food is simply listed in grams. But most of us can't really visualize a gram of sugar. To get a better picture, try converting grams to teaspoons by dividing by 4. For example, 20 grams of sugar is the equivalent of 5 teaspoons of sugar. As you read labels, you may realize that your daily sugar intake includes a lot more than what you add to your coffee!
Keep things simple by choosing complex carbohydrates, and by keeping added sugars to a minimum. For further advice, consult a nutritionist – we love talking about this stuff!

7. It's very important to learn how to read the ingredients of certain food products

Since the last 30 years, there is an increased effort to innovate, develop and incorporate additives in our daily food. Some are harmless; others can have life altering effects on both short and long term. In Europe, these additives are bearing a label like E123. We came to be consumers that have no idea of what we consume. Lists of ingredients are often incomprehensible. Hence the effort to consolidate existing literature--about some of the most dangerous authorized additives-- into a list that can be printed on a single page. As some of the producers realized that consumers started to get suspicious of E123 labels, they replaced these with the names of the additives. Hence an alphabetic list of the same additives was added so to facilitate the identification of hazardous food and drinks.
Typical risks of cited additives: nausea, cancer, diarrhea, skin reactions, hyperactivity, digestive troubles, intestine blockage, neurotoxic, genotoxic, insomnia, asthma, eczema, mutagenic, causes allergic reactions, cysts, renal problems, stomach ulcer, Alzheimer, DNA damage, headaches, vertigo, infertility, diabetes, lower IQ, etc.

References:

• Corinne Gouget, Additifs Alimentaires Dangereux
• Doris Sarjeant, Hard to Swallow, the truth about food additives
• Dr. Mercola, MSG: Is This Silent Killer Lurking in Your Kitchen Cabinets, http://articles.mercola.com/sites/articles/archive/2009/04/21/msg-is-this-silent-killer-lurking-in-your-kitchen-cabinets.aspx
• http://www.truthinlabeling.org/hiddensources.html

LIST OF DANGEROUS ADDITIVES/LISTE DES ADDITIFS ALIMENTAIRES DANGEREUX

colour labels:from bad (YELLOW) to very dangerous (RED) / label couleur: de mauvais (JAUNE) a tres dangereux (ROUGE)

E-no.	name / nom
E102	TARTRAZINE /
E104	JAUNE DE QUINOLEINE / QUINOLINE YELLOW
E110	JAUNE ORANGE S / SUNSET YELLOW FCF (ORANGE YELLOW S)
E120	COCHINELLE (COCHINEAL) / CARMIN (ACID)
E122	AZORUBINE / CARMOISINE
E123	AMARANTE (AMARANTH) /
E124	PONCEAU 4R / COCHINEAL RED A
E127	ERYTHROSINE /
E129	ROUGE ALLURA AC / ALLURA RED AC
E131	BLEU PATENTE V / PATENT BLUE V
E132	INDIGOTINE (INDIGO CARMINE) / CARMIN D'INDIGO
E133	BLUE BRILLANT FCF / BRILLANT BLUE FCF
E142	VERT BRILLANT BS, VERT LISSAMINE / GREEN S
E150	CARAMEL
E151	NOIR BRILLANT BN, NOIR PN / BRILLIANT BLACK BN
E154	BRUN FK (BROWN FK) /
E155	BRUN HT (BROWN HT) /
E161G	CANTHAXANTHINE /
E173	ALUMINIUM /
E174	ARGENT / SILVER
E175	OR / GOLD
E180	PIGMENT RUBIS / LITHOL RUBINE BK
E200	ACIDE SORBIQUE / SORBIC ACID
E202	SORBATE DE POTASSIUM / POTASSIUM SORBATE
E203	SORBATE DE CALCIUM / CALCIUM SORBATE
E210	ACIDE BENZOIQUE / BENZOIC ACID
E211	BENZOATE DE SODIUM / SODIUM BENZOATE
E212	BENZOATE DE POTASSIUM / POTASSIUM BENZOATE
E213	BENZOATE DE CALCIUM / CALCIUM BENZOATE
E214	P-HYDROXYBENZOATE D'ETHYLE / ETHYL P-HYDROXYBENZOATE (PARABEN)
E215	SODIUM P-HYDROXYBENZOATE D'ETHYLE /
E218	P-HYDROXYBENZOATE DE METHYLE / METHYLPARABEN
E219	METHYL-P-HYDROXYBENZOATE DE SODIUM / SODIUM METHYLPARABEN
E220	ANHYDRIDE SULFUREUX / DIOXYDE DE SOUFRE (SULFUR DIOXIDE)
E221	SULFITE DE SODIUM / SODIUM SULFITE
E222	BISULFITE DE SODIUM / SODIUM BISULFITE
E223	DISULFITE DE SODIUM / SODIUM METABISULFITE
E224	DISULFITE DE POTASSIUM / POTASSIUM METABISULFITE
E226	SULFITE DE CALCIUM / CALCIUM SULFITE
E227	SULFITE ACIDE DE CALCIUM / CALCIUM BISULFITE
E228	SULFITE ACIDE DE POTASSIUM / POTASSIUM HYDROGEN SULFITE
E230	DIPHENYLE / BIPHENYLE
E235	NATAMYCINE / PIMARICIN
E239	HEXAMETHYLENE TETRAMINE /
E242	DICARBONATE DE DIMETHYLE / DIMETHYL DICARBONATE
E249	NITRITE DE POTASSIUM / POTASSIUM NITRITE
E250	NITRITE DE SODIUM / SODIUM NITRITE
E251	NITRATE DE SODIUM / SODIUM NITRATE
E252	NITRATE DE POTASSIUM / POTASSIUM NITRATE
E284	ACIDE BORIQUE / BORIC ACID
E285	TETRABORATE DE SODIUM / BORAX
E310	GALLATE DE PROPYLE / PROPYL GALLATE
E311	GALLATE D'OCTYLE / OCTYL GALLATE
E312	GALLATE DE DODECYCLE / DODECYL GALLATE
E320	BUTHYLHYDROXYANISOL (BHA) /
E321	BUTHYLHYDROXYTOLUENE (BHT) /
E380	CITRATE DE TRI AMMONIUM / TRI-AMMONIUM CITRATE
E385	CALCIUM SODIUM EDTA / ETHYLENE DIAMINE TETRA ACETATE
E407	CARRAGHENANES (CARAGEENAN) /
E421	MANNITOL / SUCRE DE MANNA
E425	KONJAC /
E431	STEARATE DE POLYOXYEHYLENE 40 / POLYOXYETHYLENE STEARATE
E432	POLYSORBATE 20 /
E433	POLYSORBATE 80 /
E434	POLYSORBATE 40 /
E435	POLYSORBATE 60 /
E436	POLYSORBATE 65 /
E441	GELATINE /
E450	DIPHOSPHATE / PYROPHOSPHATE (TRISODIUM)
E451	TRIPHOSPHATE / SODIUM TRIPHOSPHATE
E452	POLYPHOSPHATE /
E460	CELLULOSE (MICROCRISTALLINE) /
E461	METHYL CELLULOSE /

E-no.	name / nom
E463	HYDROXYPROPYL CELLULOSE /
E464	HYDROXYPROPYL METHYL CELLULOSE / HYDROMELLOSE
E465	ETHYL METHYL CELLULOSE /
E466	CARBOXYMETHYLCELLULOSE DE SODIUM /
E468	CARBOXYMETHYLCELLULOSE RETICULEE / CROSS-LINKED CELLULOSE GUM
E469	CARBOXYMETHYLCELLULOSE HYDROLYSEE / HYDROLIZED CARBOXYMETHYLCELLULOSE
E471	MONO & DIGLYCERIDES D'ACIDES GRAS/FATTY ACIDS /
E472	ESTERS DE MONO & DIGLYCERIDES D'ACIDES GRAS/FATTY ACID /
E473	SUCROESTERS D'ACIDES GRAS/FATTY ACIDS / SUCROSE ESTERS OF FATTY ACIDS
E474	SUCROGLYCERIDES /
E477	ESTERS DE PROPANE-1, 2-DIOL D'ACIDES GRAS / PROPANE-1,2-DIOL ESTERS OF FATTY ACIDS
E479b	HUILE DE SOJA OXYDEE / OXYDISED SOYA BEAN OIL
E491	MONOSTEARATE DE SORBITANE / SORBITAN MONOSTEARATE
E492	TRISTEARATE DE SORBITANE / SORBITAN TRISTEARATE
E493	MONOLAURATE DE SORBITANE / SORBITAN MONOLAURATE
E494	MONOOLEATE DE SORBITANE / SORBITAN MONOOLEATE
E495	MONOPALMITATE DE SORBITANE / SORBITAN MONOPALMITATE
E507	ACIDE CHLORHYDRIQUE / HYDROCHLORIC ACID
E508	CHLORURE DE POTASSIUM / POTASSIUM CHLORIDE
E509	CHLORURE DE CALCIUM / CALCIUM CHLORIDE
E512	CHLORURE D'ETAIN / STANNOUS CHLORIDE
E513	ACIDE SULFURIQUE / SULFURIC ACID
E514	SULFATES DE SODIUM / SODIUM SULFATE
E515	SULFATES DE POTASSIUM / POTASSIUM SULFATE
E517	SULFATE D'AMMONIUM / AMMONIUM SULFATE
E520	SULFATE D'ALUMINIUM / ALUMINIUM SULFATE
E521	SULFATE D'ALUMINIUM SODIQUE / ALUMINIUM SODIUM SULFATE
E522	SULFATE D'ALUMINIUM POTASSIQUE / ALUMINIUM POTASSIUM SULFATE
E523	SULFATE D'ALUMINIUM AMMONIQUE / ALUMINIUM AMMONIUM SULFATE
E525	HYDROXYDE DE POTASSIUM / POTASSIUM HYDROXIDE
E541	PHOSPHATE D'ALUMINIUM ACIDE SODIQUE / SODIUM ALUMINIUM PHOSPHATE
E552	SILICATE DE CALCIUM / CALCIUM SILICATE
E553A	SILICATE DE MAGNESIUM / MAGNESIUM SILICATE
E553B	TALC /
E554	SILICATE ALUMINOSODIQUE / SODIUM ALUMINOSILICATE
E555	SILICATE ALUMINOPOTASSIQUE / POTASSIUM ALUMINIUM SILICATE
E556	SILICATE ALUMINOCALCIQUE / CALCIUM ALUMINIUM SILICATE
E559	KAOLIN / SILICATE D'ALUMINIUM
E620	ACIDE GLUTAMIQUE / GLUTAMIC ACID
E621	GLUTAMATE MONOSODIQUE / MONOSODIUM GLUTAMATE
E622	GLUTAMATE MONOPOTASSIQUE / MONOPOTASSIUM GLUMATE
E623	DIGLUTAMATE DE CALCIUM / CALCIUM DIGLUTAMATE
E624	GLUTAMATE D'AMMONIUM / MONOAMMONIUM GLUTAMATE
E625	DIGLUTAMATE DE MAGNESIUM / MAGNESIUM GLUTAMATE
E627	GUANYLATE DISODIQUE / DISODIUM GUANYLATE
E628	GUANYLATE DIPOTASSIQUE / DIPOTASSIUM GLUANYLATE
E629	GUANYLATE DE CALCIUM / CALCIUM GUANYLATE
E630	ACIDE INOSINIQUE / INOSINIC ACID
E631	INOSINATE DISODIQUE / DISODIUM INOSINATE
E632	INOSINATE DIPOTASSIQUE / DIPOTASSIUM INOSINATE
E633	INOSINATE DICALCIQUE / CALCIUM INOSINATE
E634	5'RIBONUCLEOTIDE CALCIQUE / CALCIUM 5'RIBONUCLEOTIDES
E635	5'RIBONUCLEOTIDE DISODIQUE / SODIUM 5'RIBONUCLEOTIDES
E640	GLYCINE /
E900	DIMETHYL POLYSILOXANE /
E905	CIRE MICROCRISTALLINE / MICROCRISTALLINE WAX (MINERAL OIL)
E907	POLY-L-DECENE HYDROGENE (CRISTALLINE WAX) / HYDROGENATED POLY-1-DECENES
E912	ESTERS D'ACIDE MONTANIQUE / MONTAN ACID ESTERS (WAX)
E914	CIRE DE POLYETHYLENE OXYDEE / OXIDIZED POLYETHYLENE WAX
E950	ACESULFAME-K /
E951	ASPARTAME /
E952	ACIDE CYCLAMIQUE / CYCLAMIC ACID
E954	SACCHARINE /
E955	SUCRALOSE /
E961	NEOTAME /
E962	SEL D'ASPARTAME ET ACESULFAME-K / ASPARTAME-ACESULFAME SALT
E967	XYLITOL (INDUSTRIAL) /
E1201	POLYVINYLPYRROLIDONE /
E1202	POLYVINYL PYRROLIDONE /
E1203	POLYVINYL ALCOHOL /
E1452	SUCCINATE OCTENYLIQUE ALUMINIQUE D'AMIDON /
E1520	PROPYLENE GLYCOL (PROPAN-1,2-DIOL) /
E1521	POLYETHYLENE GLYCOL / MARCOGOL

A eviter (CONTIENS (ROUGE) OU CONTIENT SOUVENT (ORANGE) DU MONOSODIUM GLUTAMATE E621 / To avoid (CONTAINS (RED) OR OFTEN CONTAINS (ORANGE) MONOSODIUM GLUTAMATE E621)

GLUTAMATE	SIROP DE MAIS OU DE RIZ / RICE OR CORN SYRUP
HUILES OU GRAISSE HYDROGENEES / HYDROGENATED OILS AND FATS	LAIT EN POUDRE / MILK POWDER
PROTEINES HYDROLYSEES OU TEXTUREES/ HYDROLISED OR TEXTURED PROTEINS	PROTEINES DE BLE, RIZ, AVOINE / WHEAT, RICE, OAT PROTEIN
CASEINATE DE SODIUM OU CALCIUM / CALCIUM OR SODIUM CASEINATE	AMIDON DE MAIS / CORN STARCH
LEVURE AJOUTE, EXTRAIT DE LEVURE / YEAST EXTRACT, YEAST NUTRIENTS	EXTRAIT DE MALT / MALT EXTRACT
PROTEINES DE SOJA / SOY PROTEINS	ASSAISONNEMENT / SEASONING
AROMES NATURELS, AROMES / NATURAL FLAVOUR, FLAVOURING	PROTEINES DE RIZ
MATLODEXTRINE /	PRODUITS "ENRICHI" OU "ENRICHI AU VITAMINES" / "ENRICHED" OR "VITAMINS ENRICHED" PRODUCTS
ACID CITRIQUE / CITRIC ACID	PRODUITS ULTRA-PASTEURISEES / ULTRA-PASTEURISED PRODUCTS
SAUCE DE SOJA / SOY SAUCE	PRODUITS FERMENTEES / FERMENTED PRODUCTS
BOUILLON / BROTH, STOCK	ENZYME /
MALT D'ORGE / BARLEY MALT	EXTRAITS D'EPICES / SPICE EXTRACT

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LISTE ALPHABETIQUE / ALPHABETICAL LIST

E-number	name / nom
E634; E635	5'RIBONUCLEOTIDE CALCIQUE/DISODIQUE
E950	ACESULFAME-K
E210; E284	ACIDE BENZOIQUE/BORIQUE
E507	ACIDE CHLORHYDRIQUE
E952	ACIDE CYCLAMIQUE
E620	ACIDE GLUTAMIQUE
E630	ACIDE INOSINIQUE
E200	ACIDE SORBIQUE
E513	ACIDE SULFURIQUE
E129	ALLURA RED AC
E173	ALUMINIUM
E521; E522; E523; E520	ALUMINIUM SODIUM/POTASSIUM/AMMONIUM SULFATE/ SULFATE
E123	AMARANTE (AMARANTH)
E517	AMMONIUM SULFATE
E220	ANHYDRIDE SULFUREUX
E174	ARGENT
E951; E962	ASPARTAME/ASPARTAME-ACESULFAME SALT
E122	AZORUBINE
E211; E212; E213	BENZOATE DE SODIUM/POTASSIUM/CALCIUM
E210	BENZOIC ACID
E230	BIPHENYLE
E222	BISULFITE DE SODIUM
E131	BLEU PATENTE V
E133	BLUE BRILLANT FCF
E284; E285	BORIC ACID/BORAX
E151	BRILLIANT BLACK BN
E154; E155	BRUN FK (BROWN FK)/BRUN HT (BROWN HT)
E320; E321	BUTHYLHYDROXY ANISOL (BHA)/TOLUENE (BHT)
E634	CALCIUM 5'RIBONUCLEOTIDES
E556	CALCIUM ALUMINIUM SILICATE
E213; E227	CALCIUM BENZOATE/BISULFITE
E509	CALCIUM CHLORIDE
E623	CALCIUM DIGLUTAMATE
E629	CALCIUM GUANYLATE
E633	CALCIUM INOSINATE
E552	CALCIUM SILICATE
E385	CALCIUM SODIUM EDTA
E203	CALCIUM SORBATE
E226	CALCIUM SULFITE
E161G	CANTHAXANTHINE
E150	CARAMEL
E466	CARBOXYMETHYLCELLULOSE DE SODIUM
E468; E469	CARBOXYMETHYLCELLULOSE RETICULEE/HYDROLYSEE
E120	CARMIN (ACID)
E132	CARMIN D'INDIGO
E122	CARMOISINE
E407	CARRAGHENANES (CARAGEENAN)
E460	CELLULOSE (MICROCRISTALLINE)
E512	CHLORURE D'ETAIN
E508; E509	CHLORURE DE POTASSIUM/CALCIUM
E914	CIRE DE POLYETHYLENE OXYDEE
E905	CIRE MICROCRISTALLINE
E380	CITRATE DE TRI AMMONIUM
E124	COCHINEAL RED A
E120	COCHINELLE (COCHINEAL)
E468	CROSS-LINKED CELLULOSE GUM
E952	CYCLAMIC ACID
E242	DICARBONATE DE DIMETHYLE
E623; E625	DIGLUTAMATE DE CALCIUM/MAGNESIUM
E242	DIMETHYL DICARBONATE
E900	DIMETHYL POLYSILOXANE
E220	DIOXYDE DE SOUFRE (SULFUR DIOXIDE)
E230	DIPHENYLE
E450	DIPHOSPHATE
E628; E632	DIPOTASSIUM GLUANYLATE/INOSINATE
E627; E631	DISODIUM GUANYLATE/INOSINATE
E223; E224	DISULFITE DE SODIUM/POTASSIUM
E312	DODECYL GALLATE
E127	ERYTHROSINE
E912	ESTERS D'ACIDE MONTANIQUE
E472	ESTERS DE MONO & DIGLYCERIDES D'ACIDES GRAS/FATTY ACID
E477	ESTERS DE PROPANE-1, 2-DIOL D'ACIDES GRAS
E465	ETHYL METHYL CELLULOSE
E214	ETHYL P-HYDROXYBENZOATE (PARABEN)
E385	ETHYLENE DIAMINE TETRA ACETATE
E310; E312; E311	GALLATE DE PROPYLE/DODECYCLE/OCTYLE
E441	GELATINE
E624	GLUTAMATE D'AMMONIUM
E621; E622 ; E620	GLUTAMATE MONO SODIQUE/POTASSIQUE, GLUTAMIC ACID
E640	GLYCINE
E175	GOLD
E142	GREEN S
E627; E628; E629	GUANYLATE DISODIQUE/DIPOTASSIQUE/DE CALCIUM
E239	HEXAMETHYLENE TETRAMINE
E479b	HUILE DE SOJA OXYDEE
E507	HYDROCHLORIC ACID
E907	HYDROGENATED POLY-1-DECENES
E469	HYDROLIZED CARBOXYMETHYLCELLULOSE
E464	HYDROMELLOSE
E525	HYDROXYDE DE POTASSIUM
E463; E464	HYDROXYPROPYL CELLULOSE/METHYL CELLULOSE
E132	INDIGOTINE (INDIGO CARMINE)
E631; E632; E633	INOSINATE DISODIQUE/DIPOTASSIQUE/DICALCIQUE
E630	INOSINIC ACID
E104	JAUNE DE QUINOLEINE

E-number	name / nom
E110	JAUNE ORANGE S
E559	KAOLIN
E425	KONJAC
E180	LITHOL RUBINE BK
E625	MAGNESIUM GLUTAMATE
E553A	MAGNESIUM SILICATE
E421	MANNITOL
E1521	MARCOGOL
E461	METHYL CELLULOSE
E219	METHYL-P-HYDROXYBENZOATE DE SODIUM
E218	METHYLPARABEN
E905	MICROCRISTALLINE WAX (MINERAL OIL)
E471	MONO & DIGLYCERIDES D'ACIDES GRAS/FATTY ACIDS
E493; E494; E495	MONO LAURATE/OLEATE/PALMITATE DE SORBITANE
E621; E622	MONO SODIUM/POTASSIUM GLUTAMATE
E624	MONOAMMONIUM GLUTAMATE
E491	MONOSTEARATE DE SORBITANE
E912	MONTAN ACID ESTERS (WAX)
E235	NATAMYCINE
E961	NEOTAME
E252; E251	NITRATE DE POTASSIUM/SODIUM
E250; E249	NITRITE DE SODIUM/POTASSIUM
E151	NOIR BRILLANT BN, NOIR PN
E311	OCTYL GALLATE
E175	OR
E914	OXIDIZED POLYETHYLENE WAX
E479b	OXYDISED SOYA BEAN OIL
E214; E218	P-HYDROXYBENZOATE D'ETHYLE/METHYLE
E131	PATENT BLUE V
E541	PHOSPHATE D'ALUMINIUM ACIDE SODIQUE
E180	PIGMENT RUBIS
E235	PIMARICIN
E907	POLY-L-DECENE HYDROGENE (CRISTALLINE WAX)
E1521	POLYETHYLENE GLYCOL
E431	POLYOXYETHYLENE STEARATE
E452	POLYPHOSPHATE
E432; E434; E435	POLYSORBATE 20/40/60
E436; E433	POLYSORBATE 65/80
E1201; E1202; E1203	POLYVINYL PYRROLIDONE/POLYPYRROLIDONE/ALCOHOL
E124	PONCEAU 4R
E555	POTASSIUM ALUMINIUM SILICATE
E212	POTASSIUM BENZOATE
E508	POTASSIUM CHLORIDE
E228; E224	POTASSIUM HYDROGENSULFITE/METABISULFITE
E525	POTASSIUM HYDROXIDE
E249; E252	POTASSIUM NITRITE/NITRATE
E202	POTASSIUM SORBATE
E515	POTASSIUM SULFATE
E477	PROPANE-1,2-DIOL ESTERS OF FATTY ACIDS
E310	PROPYL GALLATE
E1520	PROPYLENE GLYCOL (PROPAN-1,2-DIOL)
E450	PYROPHOSPHATE (TRISODIUM)
E104	QUINOLINE YELLOW
E129	ROUGE ALLURA AC
E954	SACCHARINE
E962	SEL D'ASPARTAME ET ACESULFAME-K
E554; E556; E555	SILICATE ALUMINO SODIQUE/CALCIQUE/POTASSIQUE
E559	SILICATE D'ALUMINIUM
E552; E553A	SILICATE DE CALCIUM/MAGNESIUM
E174	SILVER
E635	SODIUM 5'RIBONUCLEOTIDES
E541	SODIUM ALUMINIUM PHOSPHATE
E554	SODIUM ALUMINOSILICATE
E211; E222; E223	SODIUM BENZOATE/BISULFITE/METASULFITE
E219	SODIUM METHYLPARABEN
E251; E250	SODIUM NITRATE/NITRITE
E215	SODIUM P-HYDROXYBENZOATE D'ETHYLE
E514; E221	SODIUM SULFATE/SULFITE
E451	SODIUM TRIPHOSPHATE
E203; E202	SORBATE DE CALCIUM/POTASSIUM
E200	SORBIC ACID
E493; E494	SORBITAN MONOLAURATE/MONOLEATE
E495; E491; E492	SORBITAN MONOPALMITATE/MONOSTEARATE/TRISTEARATE
E512	STANNOUS CHLORIDE
E431	STEARATE DE POLYOXYEHYLENE 40
E1452	SUCCINATE OCTENYLIQUE ALUMINIQUE D'AMIDON
E955	SUCRALOSE
E421	SUCRE DE MANNA
E474	SUCROGLYCERIDES
E473	SUCROSE ESTERS OF FATTY ACIDS/ACIDES GRAS
E523; E522; E521	SULFATE D'ALUMINIUM AMMONIQUE/POTASSIQUE/SODIQUE
E517; E520	SULFATE D'AMMONIUM/ALUMINIUM
E515; E514	SULFATES DE POTASSIUM/SODIUM
E227; E228	SULFITE ACIDE DE CALCIUM/POTASSIUM
E226; E221	SULFITE DE CALCIUM/SODIUM
E513	SULFURIC ACID
E110	SUNSET YELLOW FCF (ORANGE YELLOW S)
E553B	TALC
E102	TARTRAZINE
E285	TETRABORATE DE SODIUM
E380	TRI-AMMONIUM CITRATE
E451	TRIPHOSPHATE
E492	TRISTEARATE DE SORBITANE
E142	VERT BRILLANT BS, VERT LISSAMINE
E967	XYLITOL (INDUSTRIAL)

TIPS

To make your life a bit easier, we've rounded up a number of our go-to healthy strategies. Here are a few healthcare tips for you that are easy to integrate in your daily life

BODY

Cook simple
Eat raw fruits and vegetable
Hugging
Contact with other living creatures
Moderation
Be hydrated
Wet is good for you
Treat your body as a temple
Vitamins, Minerals, Antioxidants
Yoga
Exercise
Dance
Sing
Sex
Love
Take advantage of your senses

MIND

Be conscious of what you do and what you eat
Don’t suppress your needs (Be free)
Contribute in your community
Live in the moment
Everything is temporary
Face your fears
Step out of your comfort zone
Educate yourself
Moderation
Meditation
Love
Surround yourself with healthy relationships

SOUL

Moderation
Balance
Have time for yourself
Food
Music
Dance
Sing
Expression through art
Be close to nature
Accept yourself as it is
Respect
Gratitude
Forgiveness
Love
Laughter
Spirituality

Homemade cosmetics

Cosmetics are most of the time loaded with toxic and harmful chemicals starting from aluminum in deodorants to parabens in body creams just to name a few. So here is a quick, easy, super cheap recipe to make your own cosmetics at home.

Deodorant

Coconut Oil Deodorant Ingredients
6 TS coconut oil
1/4 cup (4 T) baking soda
1/4 cup (4 T) arrowroot or organic cornstarch
essential oils (optional)

Coconut Oil Deodorant Instructions
1 Mix baking soda and arrowroot together in a medium sized bowl.
2 Mash in coconut oil with a fork until well mixed.
3 Add oils if desired.
4 Store in small glass jar or old deodorant container for easy use.

Source : https://wellnessmama.com/1523/natural-deodorant/

Toothpaste

Natural Toothpaste Ingredients
About 1/2 cup coconut oil
2-3 Tablespoons of baking soda
2 small packets of stevia powder
15-20 drops of peppermint or cinnamon essential oil
10 drops myrrh extract (optional)

Natural Toothpaste Instructions
1 Melt or slightly soften coconut oil.
2 Mix in other ingredients and stir well. If using semi-hard coconut oil, use a fork, if not, use a spoon. If you are using completely melted coconut oil, you will need to stir several times while the mixture cools to keep the baking soda incorporated.
3 Put mixture into small glass jar (I make different ones for each family member)
4 Let cool completely.
5 To use: dip toothbrush in and scrape small amount onto bristles. Could also use a small spoon to put on toothbrush.

Source : https://wellnessmama.com/1523/natural-deodorant/

Toxic chemicals to avoid in personal care products:

1. **Synthetic fragrances** often contain phthalates (pronounced THAY-lates), synthetic chemicals commonly used to stabilize fragrances and make plastic more pliable. These endocrine disrupters mimic hormones and may alter genital development. Avoid products that list fragrance as an ingredient unless the label states that it's derived from essentials oils, or look for a phthalate-free label on the packaging.

2. **Parabens**, ubiquitous in skincare, preserve other ingredients and extend a product's shelf life–but these antimicrobial chemicals also have hormone-disrupting effects.

3. **Ureas,** formally known as diazolidinyl urea, imidazolidinyl urea, or DMDM hydantoin and sodium hydroxymethyl-glycinate, are preservatives that have the potential to release formaldehyde in very small amounts and are a primary cause of contact dermatitis.

4. **1,4-dioxane**, a chemical carcinogen, is created when ingredients are processed with petroleum-derived ethylene oxide. Common ethoxylated compounds include sodium laureth sulfate and polyethylene glycol (often listed as PEG). To avoid it, skip any product with the following ingredients: myreth, oleth, laureth, ceteareth (or any other-eth), PEG, polyethylene, polyethylene glycol, polyoxyethylene, or oxynol.

5. **Petrochemicals** are derived from crude oil. Petroleum-based ingredients such as petrolatum, mineral oil, and paraffin (derived from nonrenewable sources) form a barrier when applied to the skin that does not allow it to breathe and can clog pores.

6. **MEA/DEA/TEA** are "amines" (ammonia compounds) and can form harmful nitrosamines when they come in contact with nitrates. Used as foaming agents, synthetic stabilizers, and to adjust the pH of cosmetics, they can cause allergic reactions, eye irritation, and dryness of the hair and skin.

7. **Sulfates**, such as sodium lauryl and sodium laureth, are harsh detergents that give cleansers, soaps, and shampoos their latherability. Often derived from petroleum, sulfates can also come from coconut and other vegetable oils that can be contaminated with pesticides. Sulfates can cause eye irritation and skin rashes.

8. **Chemical sunscreens**, such as oxybenzone and octyl methoxycinnamate, have been shown to disrupt endocrine activity. Titanium dioxide and zinc oxide are safer alternatives.

9. **Quats**, such as benzalkonium chloride, steardimonium chloride, cetrimonium bromide, and cetrimonium chloride, give a positive charge to conditioners in order to prevent static. They are necessary for conditioners, but we have allowed only the mildest quats in our Beauty With a Conscience standard: guar hydroxypropyltrimonium chloride, hydroxypropyltrimonium oligosaccharide, and SugaQuats.

10. **Antibacterial compounds**, such as triclosan and chlorphenesin, do not break down in the environment and may contribute to bacterial resistance.

11. **Synthetic polymers**, such as sodium polyacrylate and carbomer, come from petroleum and give viscosity to skincare products. They are highly processed and their manufacture creates toxic by-products.

12. **Synthetic colors** are made from coal tar. They contain heavy metal salts that may deposit toxins onto the skin, causing skin sensitivity and irritation. Animal studies have shown almost all of them to be carcinogenic. They will be labeled as FD&C or D&C, followed by a color and a number.

13. **Chelators**, such as disodium EDTA and tetrasodium EDTA, are used in personal care products to remove impurities from low-quality raw materials. They do not readily biodegrade in the environment.

14. **Nanos** are a new technology with inconclusive but potentially hazardous study results. Research suggests that when tiny nano particles penetrate the skin, they may cause cell damage.

15. **Animal testing**: A grim history of cruelty to animals lies behind many cosmetic ingredients. But scientists are developing new technologies to test cosmetics before a European Union ban on animal testing begins in March 2009.

Source :http://www.naturalcosmeticnews.com/toxic-products/list-of-15-toxic-chemicals-to-avoid-in-personal-care-products/

Other tips :

*Fun up your food with spices!
*Exercise!
*Pay attention to tags when you buy your food
*Cook at home. Try not to go for ready made food from supermarkets. They contain lots of additives, preservatives and salt, just to name a few.
*Don’t throw your coffee ground if you happen to drink it. Coffee ground can be used as: fertiliser for your plants, compost, insect repellent, fridge deodoriser, cleaning abrasive for your dirty pot or frying pan, facial/body exfoliant.

Source : http://www.instructables.com/id/11-unusual-uses-for-coffee/step10/facial-exfoliant-faux-beard/

SPORT

Playing sports has many benefits for example the efficient functioning of the heart, controlled diabetes, lower cholesterol levels, improved blood circulation, lower hypertension, and lower stress levels. You can manage your weight, tone your muscles and strengthen your bones. You learn how to organize your time, boost friendships, and build relationships with your peers and adults. It gives you positive energy, discipline, and helps in building self-esteem and mutual respect.
Through sport you can find challanges to improve your skills and abilities and cooperate with others.

Benefits for children and women :

Children who play sports can develop healthy bones, healthy muscles and powerful lungs. They also improve motor and cognitive skills. If you play sports as a child, the chances that you will play sports as and take care of your body as an adult are higher. For women being physically active can prevent osteoporosis and fracutures.

Benefits for elderly :

Being active in sports is especially important for older people, because they need to keep their qualitiy of life, stay independent and keep in contact with other people.
Sports are important for health because they encourage positive lifestyle decisions.

RECIPES

In healthy lifestyle the important thing is to eat well and to eat conciously. The project participants from five different countires explored and devoted great piece of their time in order to find out whats healthy from their countries cusines. In the following pages you will find them concisely written and easily explained.

CYPRUS

Zucchini Falafel Recipe

Serves: 2 persons

Chickpeas, drained	1 can
Crackers	1 cup
Zucchini, chopped	1pc.
Red Onion	1pc.
Egg	1pc.
Sea Salt	1 tsp.
Coconut oil	1/4 cup
Goat's Milk Yogurt or kefir	1 cup
Lettuce	8 leaves
Fresh Mint Leaves	1 cup

Blend Chickpeas, Crackers, Zucchini, Onion, Egg and Sea Salt in blender or food processor.
Heat coconut Oil in pan over medium heat. Form into patties and cook until golden brown. 2-4 minutes on each side.
Top with yogurt and mint on bed of lettuce.

Hummus Recipe

Serves: 8-12 persons

Garbanzo beans	2 cans
Raw sesame seeds	1/4 cup
Olive oil	1 tbsp
Lemon juice	1/4 cup
Garlic peeled	1 clove
Cumin	1 tsp.
Sea salt to taste	

Drain and rinse garbanzo beans, reserving 1/4 c. liquid. Place all ingredients in a blender and blend. Add more water or olive oil until desired consistency is reached.

FRANCE

Green beans with cumin

Fresh green beans
Lemon
Olive oil
Salt
Cumin

Boil or stew the green beans.
Put them in a plate, add olive oil, lemon juice, salt and cumin.

Fresh lemonade with mint

Lemons
Brown sugar or honey
Fresh mint
Water

Peel the lemons, mix them, use a strainer if you don't want the bits.
Add the sugar/honey, the fresh mint and the water. Put in the fridge then drink.

ITALY

Neapolitan grilled pumpkin

Pumpkin	1pc.
While vinegar	
Olive oil	
Garlic	1pc.
Parsley or mint	
Salt	

Cut a pumpkin in slices. Grill the slices on low fire until they lose water and became softer. Then collect all the slices in a long plate and cover with a bit of white vinegar, olive oil, garlic, parsley or mint and salt.

Mediterranean Potatoes

Potatoes
Olive oil
Salt, rosemary, oregano

Boil potatoes, then peel the potatoes and cut in slices. Collect all the slices in a long plate and cover with olive oil, salt rosemary and oregano. (You can also bake the potatoes).

POLAND

Plums in chocolate

Dried plums	20 pcs.
Dark chocolate	100g

Swamp the plumbs with boiled water, put them away for 15 min. Melt the chocolate in a pot. Put the plums into melted chocolate. Coat the plums with chocolate take them out of the pot and put them away to cool down.
You can garnish the ready plums with citrus peel.

Turkey in mushroom sauce with peppers

1 portion	
Turkey breast	150g
Mushrooms	5 pcs.
Red bell pepper	½ pc.
Onion	1 pc.
Garlic	½ clove
Millet flour	1 tablespoon
Coconut milk	2 tablespoons
Clarified butter	1/2 teaspoon
Parsley leaves	1 teaspoon
Salt	1/2 tsp
Pepper	a pinch
Sweet paprika	1/2 teaspoon
Curry	3 pinches
Dried thyme	1/2 teaspoon

Cut the meat into cubes, mix with salt and pepper, paprika, curry powder and thyme. Slice the mushrooms, peppers, onions and garlic. On the heated oil fry the vegetables, after a few minutes, add the meat. Simmer the whole 15 minutes.
Mix the flour with a little water and the coconut milk, add to the dish at the end of cooking. Spice and add chopped parsley.
Serve with grits.

Perfect borscht

Serves 4 persons	
Beetroot	300g
Butter	50g
Onion	1 small pc.
Carrot	1 small pc.
Celery	1 stick
Leek	1 small pc.
2 grains allspice	
Bay leaf	½ pc.
Gelatinous beef stock	1.5l
Floury potatoes	2 medium pcs.
eg Maris Piper, peeled and cut into small dice	
Cabbage, shredded	½ small pc.
Garlic	4 cloves
Cider vinegar	2 tsp
Sugar	1 tsp
Ground black pepper	½ tsp
all peeled where necessary and cut into small dice or rings	

Sour cream and fresh dill, to serve (preferably Polish sour cream, which has a richer flavour)
Cut ¾ of the peeled beetroot into small dice (you may want to wear rubber gloves to do this) and set the rest aside. Melt the butter in a large pan, and then soften the onion over a gentle heat for 5 minutes.
Add the carrot, leek, celery, diced beetroot, allspice and bay leaf and stir well to coat with butter. Cook for another 10 minutes, adding a little stock if the vegetables begin to look dry. Meanwhile, grate the remaining beetroot.
Pour in the rest of the stock and the potatoes and simmer for 15 minutes, then add the cabbage, garlic and grated beetroot. Cook until all the vegetables are tender (about 10 minutes).
Add the vinegar, sugar, pepper and a pinch of salt and taste. Add a little more of any of these if necessary, then serve with a dollop of sour cream, a sprig of dill, and some Polish bread on the side.

SLOVENIA

Jota

Cooked brown beans	300 g
Hay leaf	1pc.
Potatoes	400 g
Sour turnips or sauerkraut	500 g
Garlic	1-2 cloves
Vegetable oil	2 spoons
Onions	100 g
Salt and pepper	

Put sour turnips or sauerkraut and bay leaf in a pot, add enough water to cover the turnip, bring to a boil and cook for 30 minutes. Peel and finely chop the onion, peel the potatoes and cut them into small cubes.
Fry the onions in another bowl so that they become translucent. Add flour, stir, add 500ml of hot water and cook covered for 10 minutes. Then add the potatoes, bring to a boil and simmer for about 15 minutes to cook potatoes.
Pour off the greater part of water from cooking turnip and add turnip to the potatoes. Add the beans, salt and pepper to taste. Stir and cook for about 10 minutes.

Slovenian traditional cottage cheese salad

Cottage cheese (optional ricotta)	0,5 kg
Red onion	1 small pcs.
Pumpkin seed oil	70 ml
Salt	

Spread the cottage cheese on a plate. Finely slice the onion and spread it over the cottage cheese. Then pour over the pumpkin seed oil and add salt according to your taste. Serve it with rye bread or buckwheat bread.

Apple soup

Soured apple	1,5kg
Honey	60g
Water	300ml
Cinnamon	

Wash and peel the apples, remove the seeds and cut the apples into wedges. Put the apples into a larger pan, sprinkle them with honey and pour 300ml of water in the pan. Cover the pan and stew apples on low heat slowly for about 15 minutes to become soft. In the meantime, we repeatedly stir the mixture. Mash the apples with the spoon and serve them as a soup with some cinnamon on the top.

Over Mura moving cake

Almonds	100g
Dates	100g

Soak dates in water for half an hour, than drain and mix them together with the almonds to a smooth mass.

Poppy seed filling

Poppy seeds	200g
Dates	100g
Lemon juice	of ½ pc.

Grind poppy seeds in a coffee grinder and mix them well in a blender along with the remaining ingredients

Walnut stuffing

Walnuts	200g
Dates	100g
Lemon juice	of ½ pc.

Soak walnuts in water for eight hours, and drain and mix them well in a blender along with the remaining ingredients.

Cottage cheese filling

Macadamia nuts	300g
Vanilla	little pc.
Lemon juice	of ½ pc.

Soak macedamia nuts in water for eight hours, drain and mix them well in a blender along with the remaining ingredients.

Apple filling

Apples	500g
Lemon juice	of ½ pc.
Cinnamon	

Grate appel, add the cinnamon and the juice of half a lemon and mix them gently.

Form the dough with your fingers into a rectangle the size of 20x20cm and spread first half of the poppy seed filling on it, followed by half of the cottage cheese, walnut and apple filling. Spread the second half of the poppy seed filling then evenly sprinkle the apple filling and then with your fingers gently shape it into a smooth layer in the same order as before with cottage cheese and walnut filling and finish with apple filling.

SPAIN

Gazpacho andaluz

Tomatoes	1kg
Green pepper	1pc.
Red pepper	1pc.
Garlic	1 clover
Cucumber	1pc.
Olive oil	250ml.
Water	250ml.
Jerez vinegar	50ml.
Salt	

Clean all the ingredients and cut it. Then mix it in a bowl and grind all ingredients. Finally strain the soup and serve with small pieces of onion and peppers.

Spicy chickpeas ("Revithkia")

Serves 4 persons

Cups dried chick peas (soaked overnight)	1 & 1/2
Red onion, sliced	1 medium
Mitsides Tomato Paste	1 teaspoon
Mitsides Chopped Peeled Tomatoes	1/2 can
Mitsides Passata	1/4 cup
Fresh tomato, sliced	1 pc.
Cloves of garlic, sliced	2 medium
Dry chili (1 whole chili for spicy)	1/2
Dry bay leaf	1
Fresh sprigs of thyme	2

Sugar 1 pinch, salt, pepper to taste
Olive oil for coating the bottom of your cast iron pot

1 & 1/2 cups of the broth in which the chickpeas are boiled
Discard the chickpea soaking water. Boil the chickpeas for twenty minutes.
Preheat the oven to 175C. In a large cast iron pan, drizzle olive oil to coat the bottom.
Using a slotted spoon, transfer the chickpeas into the pot. Add your tomato paste, crushed tomatoes, passata, bay leaf, garlic, thyme, chili, sugar, and salt and pepper.
Scatter the sliced red onion and tomato on top. Cover with the pot with a lid and place in the oven for 1 & 1/2 hours or until done.
They are done, when they are soft and not crunchy when eaten.

Raises	50g
Toasted hazelnuts	50g
Toasted almonds	50g
Walnuts	50g
Sweet wine (moscatell)	

Put all the ingredients in a bowl or dish and serve with sweet wine (moscatell)

Codfish with “All i oli”

Garlic	4 cloves
Filet cod	4pcs.
Olive oil	500ml
Egg	1pc.
Salt	

First, put the egg, garlic and a pinch of salt into the bowl and add the olive oil. Move the grinding machine slowly up and down.
Put the codfish into the oven (200) 20 min. Open the oven, add the sauce on the top of the cod, and grill 3 min.

MACEDONIA

Macedonian fast lean stew

Frozen mixed vegetables-stew	1 bag
Carrot	1pc.
Potato	1 medium pc.
Cherry tomatoes	5-6 pcs.
Paprika	1 teaspoon
Mixed spice (Vegeta)	1 teaspoon
Rice	1 small cup
Oil	

On low heat, you fry one grated carrot and finely chopped potatoes and add the mixed vegetables. You fry and mix a few minutes and add 5-6 cups of water. Then add the cherry tomatoes and the rice. Boil until the rice is cooked and then add vegeta.
Optionally for thicker texture: fry with a little paprika.
Served with green salad or sauerkraut brine.

Turshija
pronounced: tour-she-yah

Use 1 peck bell peppers.
Remove seeds and cut peppers in half. Bring to a boil 6qts water, 3 qts. white vinegar, 8 T sugar, 6T salt and 1-1/2 c olive oil.
Drop peppers into liquid and boil a few minutes, but do not overcook.
Pack in jars, pour boiling liquid over them and seal.

Garlic sauce (makalo, the liquid version)

For all those who love garlic, this is the real thing, you will enjoy the taste and plus it will defend your body against cold and flu. Makalo goes well with barbecue and with everything else. The only drawback is that you will eat a lot of bread.

UKRAINE

Green borsch with sorrel

Fresh sorrel	200 grams
Potatoes	3-4 pcs.
Onion	1 pcs.
Chicken eggs	3-4 pcs.
Salt, pepper, dill, parsley	

Peel the potatoes and cut them into cubes. Put the potatoes in cold water, cook potatoes 15 minutes after boiling. Finely chop the onions and carrots to fry until golden brown and add to the potatoes. Sorrel well rinse. Cut off the legs and finely chop the leaves. Put the sorrel in the broth. Salt and pepper borsch to your taste. Allow to simmer for 5 minutes. Slice the parsley, dill and put into the prepared borsch. Stuff the fresh egg into the broth and stir it quickly. Turn off the heat and cover, let it sit for 10 minutes so that the dish is soaked with fragrances.
You can serve hot or cold with sour cream, if desired, add finely chopped fresh greens.

Hutsul banosh

Milk	2 cups
Corn cereal	1 cup
Sour cream	3 tablespoons
Creamy goat cheese	
Salt	

Milk bring to a boil. With a thin trickle, pour in the corn groats, stirring constantly.
Do not stop stirring, cook until fairly thick. While still stirring, add sour cream. Continue to cook another 5-7 minutes, and stir and stir. Turn off the heat, cover the pan with a lid and allow to stand for several minutes. Serve with cream goat cheese.

Potato zrazy with mushrooms

Potatoes	1,5 kg
Carrots	2 pcs.
Champignons	500 g
Onion	1 pc.
Flour wheaten (With a slide)	6 tbsp.

Salt, pepper fragrant, powder of garlic, vegetable oil

Peel potatoes and carrots. Cut into circles. Bring the potatoes to a boil, and then reduce the heat to a minimum, so that only a little boiled water sometimes. Thus, the potatoes are brewed for about 1 hour. Potatoes salt to taste at the end of cooking.
In the meantime, make the filling. Cut the onions. Cut the mushrooms finely. Fry all together, salt and pepper. The filling must be sent to a colander to drain excess liquid.
Potatoes and carrots were cooked. We drain the liquid, try to do it literally to the last drop. Now we make mashed potatoes, no blenders. Let it cool down.
We place it on the table, add the flour and knead the dough. It should not be smooth and elastic. The main thing is that you can form a circle with an even outer surface.
Next, pull off a little. Make a cake as large as a palm, put about 1,5 tsp. of fillings.
Use hand to compress as for dumplings or vareniki. And then we form the eye with two hands. If the seam diverges, a little bit again we patch and form. Lay out on the mat for baking and bake for 15 minutes at 180◦
Serve with sour cream.

Lazy vareniki from cottage cheese

Cottage cheese	0,5 kg
Eggs	2 pcs.
Flour	1 glass

Sugar, vanilla, salt, sour cream- to taste

Cottage cheese whisked with a blender, place it through a meat grinder or wipe it through a sieve. I choose a rather moist, fatty cottage cheese, not sour, with a milky flavor. You choose what you like.
We add eggs, sugar, salt and mix everything well. Then add vanilla and sifted flour and knead the dough. It should not be too soft not to fall apart, but not too tight.
We spread the dough on the table, divide into three equal parts, roll out the sausages and cut small pieces.
We send our lazy vareniki from cottage cheese to salted boiling water and cook for 3-5 minutes after they come to the surface. After that, catch, pour with butter, so as not to stick together
We serve lazy vareniki with hot, sour cream, jam, sauces or cracklings- as you like.

Baked pumpkin

Pumpkin	1pc.
Honey	

Wash the pumpkin and cut into slices.
Put on the mat for baking and bake for 1 hour at 180
Before serving, pour honey

Uzvar from dried fruits

Dried apples	100 g
Dried pear	100g
Prunes	100 g
Raisins	50g
Honey	2 tbsp.
Water	3 L

Dried fruits, pour with water, and leave for 20-30 minutes.
Dried fruits pour cold water and send to the stove.
Bring water with dried fruits to a boil, immediately remove from the fire. Cover the pan with a lid and leave to infuse.
If desired, you can cover the knot with a towel or blanket, so it will cool down longer and dried fruit will give more flavor.
After the knot became warm, we add honey and mix well.

PEOPLE BEHIND GUIDEBOOK

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