



Foods for Global Sustainability NEWSLETTER

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Global Fast Food vs Local Traditional Cusines - Sustainability Issues

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FoGS Network - News of the month



“Metamorphosis
has begun
towards slow
cusines”



TRANSITION TO SLOW FOOD

A slow food movement has already started in over 160 countries with more than a million members. As more and more people reject the unsustainable Industrial food system and look for alternatives, traditional slow food is slowly gaining momentum. The journey has just begun.....



Once upon a time, man lived a 'slow', albeit happy life. And then, he switched paces; destroying himself and Mother Earth in the process. However, a few bunch of people are still working to bring back the golden, olden days; to remind everyone to just sit back and enjoy life at a slower pace. Thanks to these people, we have seen a revival of 'slow food'. Essentially, 'slow food' is a better, healthier, good-for-the-environment alternative to fast food.

The good news doesn't end here; slow food movement is also vigilant about climate havocs and aims at taking steps to improving the industrial food production movement, while also working to reduce mindless exploitation and consumption of natural resources. It also involves exploring the connection people have with their foods - to not just know where their food comes from, but also reflect upon their eating and food wasting habits. This makes the slow food movement much more than a farm-to-fork approach to eating.

The FoGS network is a staunch advocate of slow food movement, trying to bring together people from different backgrounds, while also providing an opportunity to learn from each other, about their food and culture. By doing so, we hope to promote the traditional ways of eating and respecting the connection that man has to food and thereby, the Nature.

Caroline Paul Kanjookaran

From the CEO's desk

Big food is becoming a major epidemic and the number one causative factor for alarming increase in global cases of lifestyle diseases mostly diabetes, hypertension, cardiovascular disorders and strokes. Adding to the fire is the negative environmental impact due to excessive use of dead, high fat and starchy food to cause global warming and natural resources degradation unsustainably. Though, the food commercialization is adding value to the GDP growth globally but is not sustainable on the social, economic or environmental front in the medium to long run.

The FoGS Network resolves to work with its food ambassadors for traditional food, local cuisines that will not only help to reverse the damage already done, but will also help to generate more jobs and make the environment and earth a better place to live in. In this edition, we make a small beginning towards the greater end of making a case for promoting traditional foods with conviction and confidence.

Best wishes,

Amit Saha

Reverse gear to traditional slow food : a wake up call



SOME ALARMING FIGURES ON GLOBAL EFFECTS OF FAST BIG FOOD

1. Lifestyle diseases and role of food – the fast spreading epidemic

Non-Communicable Diseases (NCD) -the super trio killer – Cardiovascular diseases, Cancer, Diabetes, – and a prime cause – poor diet combined with sedentary lifestyle. A high correlation with economic development and urbanization is affecting all strata of society. About 70% of deaths are currently accounted for by NCDs. WHO predicts NCDs to be the major killer in Africa by 2030.

2. Global warming and food consumption trends

With present consumption trends, global warming with temperature crossing the 1.5 degree celsius is imminent from agriculture itself by 2050. The major source is from meat consumption increasing due to economic development and rise in income. This will have serious implications for crop yield, habitation in coastal areas and climate change. With population reaching over 10 billion by 2050, demand for meat based diets will increase by over 70%. Shifting the diet pattern towards vegetarian alternatives will help to dampen the global warming impact significantly.

3. Food security, hunger, poverty and food consumption pattern

In 2017, the number of undernourished people is estimated to have reached 821 million – around one person out of every nine in the world. Undernourishment and severe food insecurity appear to be increasing in almost all subregions of Africa, as well as in South America, whereas the undernourishment situation is stable in most regions of Asia. Achieving the SDG goals on food security and improved nutrition will need dedicated focus.

Short bio of the author

Name- Amit Saha

With a background in Agriculture Economics, Amit is presently working as a senior researcher at the IFCN Dairy Research Centre, Germany. His expertise and area of consulting is in farming systems, business intelligence and impact analysis.



RESOLVING WATER SCARCITY THROUGH TRADITIONAL FOODS

1. Freshwater demand and supply gap- rising over the years

Freshwater withdrawals have tripled over the last 50 years. Most of the water use is by agriculture (over 70%). With growing human population by over 80 million per year and changes in lifestyle and food habits is increasing water consumption per capita significantly. With only 3% of world's water resources drinkable, and increasing water use than nature ability to replenish is creating a grave scenario in many regions of the world sooner if we do not act fast.

2. The global policy focus – UN Sustainable Development Goals (12)

Implement the 10-year framework of programmes on sustainable consumption and production, all countries taking action, with developed countries taking the lead, taking into account the development and capabilities of developing countries. Nutritional food a weak spot in food sustainability. India has a very high prevalence of undernourishment and micronutrient deficiency. About 14.9% of our population is undernourished according to FAO estimates in 'The State of Food Security and Nutrition in the World, 2018' report. Further inattention to water-related investments and policies will produce a severe water crisis, which will lead in turn to a food crisis. A commitment to sustainable use of water, through appropriate policies and investments, however, will lead to a more water- and food-secure world.

3. Water crisis scenario and role of traditional vegan food consumption

A moderate worsening of many of the current trends in water and food policy and in investment could build to a genuine water crisis. The developing world will pay the highest price for the water crisis scenario. Total worldwide water consumption in 2025 will be 261 km³ higher than under the business as usual scenario—a 13 percent increase—but much of this water will be wasted, of no benefit to anyone. Nobody will have a water footprint of zero from food because everybody has to eat. Still, choices about how and what to eat can help reduce daily water impacts from your diet. Since food consumption gives the most important contribution to the water footprints of people, dietary habits greatly influence the associated water footprint. In industrialised countries, the average calorie consumption is 3400 kcal per day; roughly 30% of that comes from animal products. We estimate that 1 kcal of animal product requires roughly 2.5 litres of water on average. Products from vegetable origin, on the other hand, require roughly 0.5 litre of water per kcal, this time assuming a reasonable mix of cereals, pulses, roots, fruit and vegetables. Under these circumstances, producing the food for one day costs 3600 litres of water. Businesses can cooperate in water labelling, certification and benchmarking schemes and produce annual water accounts that include a report of the supply-chain water footprints and associated impacts of their food products. In that way, traditional vegan foods with lower water usage will be promoted and raise awareness for human and environmental sustainability.

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1. What is the typical food system in Himachal?

Himachal is the land of lords; it is not only famous for its immaculate beauty but also for its fine culture culinary delights. Himachal Valley is also called as fruit basket of India. Himachal is bestowed with traditional culture with a range of fruits, vegetables, herbs and spices which are used literally in the local cuisine. The climate and topography are factors which influence the food system in Himachal Pradesh. Rice, lentil, meat and pulses are day to day food in the house. Sattu is prepared from the parched grains of wheat, barley and gram. The flour is mixed with salt and kneaded. This dough can be eaten as such or mixed with buttermilk and simple water. This homemade dish is not only economical but also used in during travelling. This simple dish was once the source of 'mischief' under the British Raj. Rice, Maize and wheat are the staple diet. Rice along with Mahani(urd daal+ dried mango) or Madra(Lentil+Dahi) used as food. Himachalis are fond of Non-vegetarian food mainly the mutton which was prepared through traditional method, flavoured with ghee and spices such as cardamom, cloves, ginger garlic and red chillies. In addition to these, milk based products are also famous. Dahi is consumed in every home of the state. Tea is also famous in Himachal which is prepared in different ways and given in pottery. Himachal is full of various traditional cuisines. Some other food items are like Kadoo Ka Khatta, Chana Madra, Jhol, Rehru, Tudkiya Bhath, Akotri, Kullu Trout, Mash Daal and Chha Gosht etc. Most of the food is prepared with the locally available raw material and with traditional methods. These foods are nutritionally rich and having medicinal properties also.

2. Traditional Recipes from Himachal

a. Name of Cuisine: Patrodu

Ingredients



Method of preparation:

Patrodu is the well-known dish made up of arbi leaves, maize flour/besan flour and spices. Take colocasia leaves and wash them well and dry them. Mix all ingredients besan, salt, cumin, fenugreek, chopped coriander, ginger, garlic, onion and small amount of red chilli and fine paste is prepared. A thin layer of fine paste is pasted on the leaf. Take another leaf and keep this on the top of first leaf. Again repeat this process three or four times. Prepare the rolls by folding the wider sides of the leaves inwards. This rolling is done from bottom towards the pointed ends. The rolls which are prepared during the process should be tight; otherwise paste will ooze out. Later on these rolls are placed on the pressure cooker and steamed for some time. Let the pressure cooker cool a bit, take a knife and cut these rolls into smaller pieces.

b. Name of Cuisine: Sidu

Ingredients : wheat flour, yeast, grinded gram and spices



Sidu is the famous dish of Kullu District, which is a kind of bread made of wheat flour. Flour is kneaded with yeast and dough is allowed to rise for whole night. Make small balls of the prepared dough and stuff these with mixture. The grinded gram, chopped onions, salt, chilli and green coriander mixed together and this mixture is stuffed in the small balls. Boil water in the flat bottom container and place a sieved plate on it. Place these siddus in it and cover the container with tight lid. Steam it for an about half an hour. Remove the steamer and make them slightly brown on heated tawa. Siddu is served with ghee, chatni, daal (Lentil) and sometimes with mutton

c. Name of Cuisine: Dham

Ingredients



Dham is the traditional food served during the festivals, marriages and various occasions in India. Dham is prepared through traditional method called dhuni method in which wood is placed in the small long pits and all dishes are cooked by these wood pieces. Dham includes 10 to 12 dishes like rajma, kadi, madra, meetha, sepu badi, khatta, telia maah, moong daal and matar paneer etc. For preparation of madra chickpea is boiled in vessels called charoti which is helpful in remaining dham hot for longer period. Later on dahi is added in the vessels and various spices are added in the vessels. All the dishes are prepared through Dhuni technique. In this technique mustard oil is poured on the pieces burning coal. Then this is placed in the dish for some time to obtain smoky flavour. Khatta is prepared in the iron vessel by using black chickpea and dry mango powder or sometimes nimbu. Boil the black chana with salt and wait till they become cool. Later on prepare the mixture of chopped onion, coriander, mango powder, turmeric, jiggery, garam masala, red chilli etc. Pour this material into the vessel (kadai) which is used for making the khatta. Again apply smoky technique method to get the flavour. Matar Paneer is prepared by cutting the paneer into small pieces and then fried in the oil. Masala is prepared by chopping the onion, garlic and tomatos. All the things are put in the vessel and oil is poured on the burning piece of wood and put in the vessel. The vessel is covered for some time to acquire different flavour in the dish. In order to prepare Telia mah, whole black gram is boiled with salt. Add ginger, cumin and other spices in the vessel and mix well. After cooking the daal well, add ghee and heated oil in the daal. Mix well the all material and served to people. Kaddi is prepared by using the curd and buttermilk. Besan and chaa is boiled together for some time in the vessel.

Add spices, kadi patta, onion, fenugreek seeds and red chilli etc. Meetha is served either in the starting or sometimes in the end. It is a sweet dish made from the boiled rice, sugar and is loaded with dry fruits and ghee. When the rice is cooked then adds sugar and nuts in it.

d. Name of Cuisine: Babru

Ingredients : Wheat flour, sugar/desi shakkar, oil and yeast



The preparation of babru starts from a night before. Take wheat flour and half cup of ghee/refined oil in it, mix it well. Add sugar as sweetening agent, better to use shakkar to give better flavour, taste and brownish color. Take desi shakkar in the pan and add water in it, heat it well so that shakkar dissolve in it. Use this water to kneat the dough. Make small- small rotis of the flour. Fry these small rotis in oil and served with aachar/chatni etc.

3. What are some of the major challenges to propagating traditional cuisines for food sustainability?

Climate change is one of the most important issue which is distressing the food sustainability in Himachal Pradesh. Due to climate change production and also area under the apple has decreased. This mainly impacting the supply of apple and their profiatbility of the farmrs which are having apple orchard. the Other major issues are like scattered and udulated land holdings, reduction in area under cultivation, monkey meance and lack of proper post harvest facilities. High court on 26th June, 2013 has issued a notice on banning the sale and stocking of 25 food items viz. chips biscuits in plastic. This will hit the local as well as MNC selling the items in the state.

4. What are some of the innovations to address this?

The National Mission on sustainable agriculture and horticulture development is important step toward the food sustainability which mainly includes elements like organic agriculture, green cover, reducing carbon foot print and clean renewable energy. The state has incorporated the principle of organic farming in the policy. Agriculture diversification and f 'Zero Budget Natural Farming (ZBNF)' are mainly promoted in the state to decrease the affect of the chemicals and get rid of various types of weeds. Kitchen gardening without use of insecticides and pesticieds is very famous in the state. In every home, kitchen gardening is done by the family members in order to get both fresh and pest free vegetables. Mushroom farming, broiler poultry farming, organic farming,bee keeping and high intensity apple plantation are the major field to double the farmers' income.

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TRADITIONAL FOODS FROM EAST AND WEST INDIA



DEFINING THE FOOD DIVERSITY IN CUSINES – A CULINARY JOURNEY

India is a diverse country. The food also has this nature of diversity. The food consumed in eastern India is much different from food in western part of the country. West Bengal, Sikkim, Assam, Arunachal Pradesh, Meghalaya, Manipur, Nagaland, Mizoram, Tripura and Odisha are the states which makes East India. This region is home to beaches and mountains and Cherrapunji, the city with the highest rainfall in the world. Gujarat, Rajasthan, Maharashtra and Goa are states from Western India. This region is also home to beaches, plateaus and desserts. Rain may not be in abundance here.

Eastern India

Because of the climate, Eastern India grows a lot of rice! Green vegetables and fruit are also abundant and thus are the recipes using them. People, though, are a balanced mix of vegetarian and non-vegetarian. The geographical location of this region and proximity to China, means its food bears the strong influence of Chinese and Mongolian cuisine. Though the influence reduces as we move towards south East. However Let's look at cuisine and food habits from purely eastern states like Assam, Bengal and Odisha

Assamese - Assamese sustenance is principally founded on rice and fish. For treat, or for those with a sweet tooth, there is a wide range of "pithas" (cakes). Rice is the staple eating regimen in Assam and is eaten in different duration of the day. The Assamese eat a colossal assortment of rice-based cereals with milk, yogurt or thick cream-akhoi (puffed rice), chira (chura), muri, komal chaul (an exceptionally prepared rice which doesn't require cooking yet only a hour's absorb cold water) and hurum to give some examples. Typically jaggery or sugar is added, however for those with a savory tongue salt can be included. Assamese cooking is generally bland but then delectable. In spite of the fact that most Assamese individuals are non-veggie lover, Chicken is forbidden in few orthodox families and there are a few, who may not eat meat. In any case, it's hard to discover any individual who does not eat fish and duck's eggs. Mustard oil is utilized for cooking and at times illuminated margarine or ghee.

West Bengal - Bengali food culture advanced in the districts of Bengal arranged in the eastern subcontinent of India (West Bengal in India and a different country called Bangladesh). The food is rich and varied in its platter beginning from snacks to main courses to desserts. There is a good fluctuations in terms of taste, preparation styles, spice levels etc., and this can be easily seen with change in locale, networks and religions. However, the fundamental course by and large continues as before with rice and fish assumes a prime importance. Most likely this is the reason a Bengali is frequently embodied as a 'Maach-Bhaate' where Maach implies fish and Bhaat implies steamed rice in Bengali. A Bengali dinner pursues a multi-course custom where nourishment is served course-wise as a rule. For the most part a Bengali dinner begins with a 'Shukto' (a bitter preparation) followed by 'Shak' (leafy vegetables), Dal (pulses), assortment of vegetables, fish/sheep/chicken/egg

curry, chutney (sweet saucy paste) and finishes with sweet dish like curd and other customary desserts like sandesh or rosogolla. With time Bengalis have held onto distinctive culinary impacts too including that of the Mughlas, Chinese and British quietly turning these to suit their very own taste-buds. The influence was obvious and it relates to the rich history of various rulers who left their foot steps.

Odisha - Odisha is home to a cooking whose trademark is in its straight forwardness. The food prepared in the region, called 'Odiya food,' is non-fussy yet delectable, with a lot of focus on locally available ingredients. The food of has a strong influence from neighbouring states like Bihar, Andhra Pradesh and West Bengal. History has it that most well off Bengal families in past utilized men from Odisha as cooks and that numerous acclaimed "Bengali" dishes really have an Odiya origin. The nourishment in Odisha is commonly cooked in mustard oil. A flavor blend called Panch-phutana is the principle flavoring fixing in many dishes. It includes mustard, fenugreek, fennel, cumin and nigella seeds toasted in sizzling mustard oil that include an unobtrusive yet not overwhelming taste. While there is a sizeable level of the populace that is veggie lover, fish is likewise cooked and eaten up with extraordinary assurance, given that it is accessible galore in this seaside state. When in Odisha, one must try the *Maacha Jhola* or fish curry, *Kankara Jhola*, made of crab and potatoes and *Soriso Maacha* – fish that is pan fried to crisp perfection with mustard marination.

As you can see that these Eastern states use fish in abundance. Primarily because it has a good water bodies presence in and around the state. While a large river like Brahmaputra supplies fish to Assam, Hooghly (Ganges) supplies to West Bengal, vast sea (Bay of Bengal) and Chilika lake gives its sea food to Odisha. The soil in this region is best suited to grow rice. And so rice has been its staple diet.

Western India

The western part of India incorporates the accompanying states: Rajasthan, Gujarat, Maharashtra, and Goa. Rajasthan and Gujarat have hot and dry climate, so there is generally a less availability vegetables all through out the year. They are hence preserved as pickles and chutneys. This region of the country probably has the most diverse styles of food in the country. Rajasthani food is spicy and largely vegetarian but includes many delicious meat dishes like Laal Maas (red meat curry) while Gujarat's cuisine is known for its slight sweet touch (at least a pinch of sugar is added to most dishes!) and is traditionally entirely vegetarian. In Maharashtra, coastal zones are well known for Malvani cooking (crisp coconut-based hot, sour and pungent curries with fish) while the interiors of the state have the more frugal, Vidharba cuisine which uses a lot of dry coconuts.. Goan food is rich, interesting and emphatically seasoned by coconut, red chilies, and vinegar.

Rajasthan - With its stunning palaces and marvelous landscapes, Rajasthan is genuinely a land that speaks to the rich social legacy of India. The flavourful differing cooking adds to the uniqueness of the state which is supreme in different perspectives. The love for food of the Rajasthanis reflects in the wide assortment of dishes seen here. The recent Raja-Maharajas (kings and royal families) were fond of food and ensured that their illustrious kitchens had the best of cooks. Most of the dishes prepared in Rajasthan can be used for several days. Camel milk and lassi (butter milk) are used and consumed for centuries. They are also used in several dishes. The meals are usually accompanied with spicy chutneys made of coriander, garlic, chilli, onion, mint and turmeric. The liberal use of dairy products, millets, gram flour, fruits and vegetables in Rajasthani food make it not only delicious but nutritious as well. The use of desi ghee (clarified butter) in the dishes adds a different flavour to them. Rajasthan is famous for **Kachori and Ladoos, Malpuas, Ghevar**. Other popular Rajasthani dishes are Balusahi, Besan-Chakki, Chaavadi, Dhungari Hui Chaach, Laapsi and Gevar. **Dal Bati Choorma** is the most famous dish of Rajasthan, and is known all over the country. Daal is a lentil based curry; bati is a round ball of baked bread filled with ghee, and choorma is a sweet dish made with bread mashed with jaggery and ghee.

Gujarat - Gujarati food originated from Gujarat, the western coastline state of India. Although the long coastline ensures huge variety of seafood, the influence of Jain culture and vegetarian history makes the region a predominantly vegetarian barring some communities who incorporate non-vegetarian items such as goat, chicken, eggs and seafood in their platter. Different cooking styles and combination of spices are incorporated in preparing different dishes marking uniqueness of each. Traditionally a Gujarati menu (thali) comprise of rotli, kadhi or dal, rice, and shaak/sabzi. Some of the dishes are stir fried, while others are either steamed or sauteed. Gujaratis use a combination of different spices and flavours to cook their meals and this is what makes their food truly different. People in Gujarat eat one or the other type of vegetable curry along

with rice and roti in almost every meal. Gujarati dishes usually have a very subtle taste that makes it truly distinct from other Indian cuisines. Most of the Gujarati dishes have a hint of sweetness. This is because of use of jaggery or sugar. A farsaan (snacks item) such as pathra, dhokla, Khandvi or Khaman also is a part of the meal. A typical Gujarati breakfast consist of Theplas (rotis made of a miix of gram flour and wheat flour). Use of gram flour or besan has been there since history.

Maharashtra – Maharashtra state has a lot to give to the world of food and food lovers. Maharashtrian food is basically the food that's prepared from the traditional recipes of the Marathi or the Maratha community. The food has loads of austere and strong flavours inherent in it and there is an extensive use of ground spices that adds to the texture. The cuisine can be divided into two major sections–the coastal and the interior. A major portion of Maharashtra, which lies on the coast of the Arabian Sea, is loosely called the Konkan and boasts of its own Konkani cuisine, which is a homogeneous combination of Malvani, Gaud Saraswat Brahmin, and Goan cuisines. Besides the coastal cuisine, the interior of Maharashtra–the Vidarbha area, has its own distinctive cuisine known as the Varadi cuisine. In the vegetarian fare, the most popular vegetables are brinjals. A popular style of cooking brinjals is bharli vangi or stuffed baby brinjals. Another typical dish is the Pachadi, which is tender brinjals cooked with green mangoes and flavored with coconut and jaggery. Besides, common vegetables are greatly relished by the Maharashtrians. Among seafood, the most popular fish is bombil or the Bombay duck, which is normally served batter fried and crisp. Bangda or mackerel is another popular fish in coastal Maharashtra. All non-vegetarian and vegetarian dishes are eaten with boiled rice or with bhakris, which are soft rotis made of rice flour. The most popular dessert of Maharashtra is the puran poli, which is roti stuffed with a sweet mixture of jaggery and gram flour. Other popular sweets are the ukdiche modak, the panpole ras, and the shreekhand.

Goa - Goan cuisine is predominantly influenced by religious of Christianity and Hinduism. Both religions emphasize that food should be served only if it is tasty and fresh. Goa is a mix of east meets west, which is not only represented in the goa culture but also in the style of cooking. If you visit any rural area, the locals can be seen cooking in the clay pots on firewood. Though modern conveniences are available, the conventional food preparation is preferred as it adds an additional smoky flavor to any Goan dish. The degree of heat varies amongst Goan recipes from mild to explosive. Goans have a miscellaneous platter ranging from prawns to sausages, chicken to beef, and numerous vegetarian dishes. Goan people feed on red rice, a locally cultivated food grain. Besides red rice, Sanna is sort of staple food for the natives of Goa. It is white dough made from rice flour and coconut milk. Sanna is eaten with meats. Fish is the signature seafood of Goa. Rice and fish curry make their regular meal. Ambot Tik, Caldeirada, Racheiada and Balchao are some of the signature seafood dishes that the Goan cuisine boasts of. Fish is the main ingredient for these dishes, most of the times. The Goan cooking style entails liberal use of spices in fish and meat curries for distinctive aroma. Cumin, turmeric, garlic, chilli and coriander are the most common spices. Kokum is another local spicy ingredient used in curries. Goans boast a heritage of desserts too. A plate of dishes is incomplete without Bebinca, one of the most popular local sweets. Dodol is a must mention among the festive desserts that Goa celebrates Christmas with. It is made from the dough of rice flour and jaggery in coconut milk and flavored with cashew nuts.

Short bio of the author

Name- **Praful Maru**

Praful Maru is a Hotel Management Graduate from IHM Ahmedabad who has worked for well -known brands nationwide (Jaypee Group Ltd., Intercontinental Group, Sarovar Hotels (Choice), The Leela, Speciality Restaurants Ltd.), Praful is a professional hospitality trainer and a consultant. He has also been invited by Hospitality Institutes to speak to students as part of their induction to the World of Hospitality. In the last position held as Head of Recruitment and Training, Praful has contributed phenomenally to the brand standards of Speciality Restaurants Limited. He has worked as consultant for various brands like Tim Tai, Café D hide, Sea U, Basil deck, Ghaspoons, Woking Mama, Flags, Oh Bean Der etc. He presently is a hospitality and restaurant consultant and partners a firm called Trainergy Corporate solutions.

The FoGS Network is following up with local events and places where food is promoted along with traditional culture and social events. Some of the places in Kiel are enlisted to find our more :

Slow food in Kiel:

- **Convivium Kiel**

www.slowfood-kiel.de

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The steering team of the Convivium Kiel currently consists of five persons, distributed over the area of the convivium:

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Traditional food in Kiel

Traditional food:

Fischer's Fritz

Maritime restaurant with fine regional cuisine

Gasthof Alt Sieseby 1867

Gem with lovely regional cuisine

Good, clean and fair restaurants:

Langengard Restaurant ·

Schwedenkai 1 · 24103 Kiel

Tel: 0431-99048777

E-Mail: info@laengengrad-kiel.de

(Table reservations only possible by phone)

Courtesy; Contributing Author: Katherine Walla from foodtank.com

Food Tank is highlighting 18 events this year, focusing on sustainable food consumption through culinary gastronomy, discussions, seminars and ways and means in food, agriculture, health, and sustainability. Courtesy; Contributing Author: Katherine Walla

1. Refresh: Food + Tech at SXSW

The Refresh Working Group, Google, and Swell Creative Group present a day of food activations, discussions, and cooking demonstrations on March 12, 2019. All day, participants can taste Little Herds's edible insects, pick fresh produce from the Farmers' Market, test out FARMWAVE's AI app for farmers, and purchase and cook fresh, delicious meals alongside top chefs. The group's panels will tell the stories of women, chefs, and food supply chain leaders as they use technology to transform the future of food. The event will also feature a film screening of *From Farms to Incubators* and food demos led by Chefs Michel Nischan and Roshara Sanders.

2. Food, Health, Climate Nexus Meet Up

This networking event will gather participants in the Food, Health, Sustainable Cities Tracks to discuss the recently released Eat Lancet Commission report—an examination of global diets and food systems according to health and sustainability targets. Speaker Chris Hegadorn, CEO of Hegadorn Global Consulting LLC, will lead the meet up drawing participants interested in the report, global food systems, human health, and environmental impacts of agriculture.

3. House of Scandinavia

While House of Scandinavia will feature Scandinavian philosophy, culture, and business for the first week of SXSW, Scandinavian Airlines and Lonely Planet will host A Moveable Feast—From Nordic Gourmet to Lucius Leftovers. Featuring speakers Kamilla Seidler, Chef at Gustu, and Mads Mikkelsen, Head of Communication and Marketing at Roskilde Festival, the event will discuss food trends in Nordic and Danish gastronomy, food tourism, and eating good food sustainably.

4. Gastro-Diplomacy

Food connects people from across cultures and borders, offering enterprise opportunities for refugees and stimulating host community economies. At this session, panelists like Mitchell Davis, Executive Vice President of the James Beard Foundation, Jabber Al-Bihani, co-founder of Komeeda, and Dr. Johanna Forman, Distinguished Fellow at the Stimson Center where she heads the Food Security Program, will discuss the current work using food to bridge differences between communities and build livelihoods for refugees.

5. Radical Transparency in Our Food Supply Through Blockchain

Blockchain technology is transforming the way information makes its way across the food chain, offering opportunities to make instances of corruption, fraud, human rights abuses, and exploitation transparent. Panelists including Katherine Miller, Vice President of the James Beard Foundation and Fiona Lewis, chef & fishmonger at DC Fishwife, will highlight exciting opportunities offered by blockchain to create a fair food supply chain for people, animals, and the planet.

6. Ag Tech Shaping the Future of Farming

While climate change presents new challenges for farmers, Silicon Valley is generating effective solutions for farmers to withstand challenges and enhance sustainability. Session speakers like Randy Spronk, farmer at the Spronk Brothers III farm and Megan Vollstedt, Executive Director of Iowa AgriTech Accelerator will discuss the rise of new technologies, how agriculture may embrace technology, and backlash from the public who criticize technology in favor of a more traditional agrarian narrative.

7. Food of the Dystopia: Beyond Bugs and Beans

Even the food industry's newest innovations—including lab-grown meat, dairy alternatives, and insect protein—can't stand up against the worst-case scenario dystopia caused by climate change, pollution, and overpopulation. Panelists include Philip Sanesky, VP of Product and Commander in Chef of ReGrained, and Lenny Mendonca, owner of Half Moon Bay Brewing Company, who will discuss how humanity can use the resources at their disposal to avoid starvation: wastewater for beer, discarded grains for wheat, and human waste for nutritional goo.

8. How America Can Feed Itself, Not Landfills

While 41 million Americans face hunger, almost 133 billion pounds of food go to waste; however, young people like Phil Wong of Misfit Foods, Rachel Sumekh of Swipe Out Hunger, Reginald Young of Houston Food Bank, and Brinda Penmetsa of The Campus Kitchen at the University of Houston lead initiatives to reverse the trend. The panelists will speak about the current state of food waste and hunger across America, leaving attendees with a better outlook for the future.

9. How Transparency Will Shape the Food Industry

While demand for transparency in the global meat industry increases, consumers are still left in the dark by the largest meat producers. At this session, Crowd Cow CEO Joe Heitzeberg, "Speaking Broadly" host Dana Cowin, Shake Shack's Jeffrey Amoscato, and rancher Jeanie Alderson will discuss how food producers and consumers can advocate for more transparent relationships and the future of meat consumption.

10. Launching a Food Company to Change the World

Panelists Aidan Altman, co-founder of Fora; David Benzaquen, CEO of Ocean Hugger Foods; and Kerry Song, founder of Abbot's Butcher will discuss the power their food inventions: plant-based food alternatives. The panelists will also

discuss the lessons learned from developing their alternatives to meat, fish, and dairy, yet how more innovation in this industry will transform the food system.

11. Localizing Food to Restore Human Health

Agriculture's green revolution increased yields—and rates of obesity, morbidity, and diet related diseases. Session speakers like Matt Barnard, CEO of Plenty, and Mark Bittman, bestselling author and journalist, will discuss how bringing back culturally-unique flavors and locally-grown ingredients can restore health and justice in the food system.

12. Revolutionizing Food Safety with Blockchain Tech

The journey from food producer to consumer has gotten longer around the world, increasing the risk of foodborne illness outbreaks: food traceability made feasible by blockchain may public health. In this panel, speakers like Sean Leighton, Vice President of Food Safety & Quality at Cargill, and Andy Kennedy, Director of the Institute of Food Technologists' Global Food Traceability Center, will outline blockchain's potential in food traceability, the global food chain, and the future of food.

13. Solving the Food Desert Dilemma

Social entrepreneurs are coming up with new ideas to bring affordable and fresh foods to neighborhoods where the only meal options are high-calorie, low-nutrient, and heavily processed. Featuring speakers like Sam Polk, co-founder of Everytable, and Olympia Auset, founder of SUPRMARKT, the session will discover how these social entrepreneurs use creative pricing strategies and educational programs to empower local communities and bring change to the food system.

14. The Future of Eating

This session will bring together technology, consumer behavior, and food industry experts like Robyn Metcalfe, Director of Food+City; Henry Gordon-Smith, founder and Managing Director of Agritecture Consulting; and Max Elder, Research Manager of the Food Futures Lab of Institute for the Future. Together, they'll discuss the tradeoffs and benefits of recent developments like Big Data, robotics, and cellular biology in changing the way the world eats and grows food.

15. The Future of Big Food: What's at Stake?

Across the food industry, big companies are evolving with new dedications to ethical working conditions, sustainability, and more. At this session, food industry experts such as Leah Douglas, writer and Associate Editor at the Food and Environment Reporting Network and Sriram Madhusoodanan, Deputy Campaigns Director at Corporate Accountability International will discuss whether big food industry can keep up with their commitments and enact meaningful change in the food system as they expand to new product lines and buy up competitors.

16. The Future of Food Meet Up

At this networking event, attendees will discuss the future of food—which goes beyond simply food, touching topics of health, logistics, justice, and technology. Speakers Teddy Bekele, Vice President of Ag Technology for Land O'Lakes, and Pamela Ronald, Distinguished Professor in the Department of Plant Pathology & the Genome Center at University of California Davis, will talk about the tools delivering better quality food to all and protecting the planet.

17. Tomorrow's Perfect Food Narrative

The food that consumers put on their plates—and share on social media—tells a narrative about society, from the stories about the hands that grow food to stories about migration, globalization, diversity, and more. Featuring speakers like Korsha Wilson, food writer and host of A Hungry Society, and Nasser Jab, co-founder of Komeeda, the session will discuss how to make a more inclusive world using food.

18. Vote With Your Fork—Consumers and Regenerative Ag

According to Michael Pollan's advice, consumers have been pointing their forks in the direction of change—demanding more organic and whole foods. However, panelists like Tong Shen, founder and Managing Partner of FoodFutureCo, and Brigit Cameron, Managing Director of Patagonia Provisions, will debate whether consumers should point their forks in a new direction—toward environmentally friendly regenerative agriculture.

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