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GASTRONOMY INTRODUCTION



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INTRODUCTION TO GASTRONOMY



SOCIO-CULTURAL RESPONSIBILITY IN FOOD TRAVEL

Socio-cultural responsibility in food travel means the appreciation of locality and local food, in particular. Promoting locally produced ingredients, preserving local cooking habits, and emphasising the characteristics of the local food culture all contribute to regional and cultural vitality; they are often also precisely what the food traveler expects from their travel destination. Sociocultural responsibility also involves both local and global social impact. Locally, a company can, for example, sponsor training, early childhood education, or sports clubs and improve living conditions by employing people and investing in the local area (Visit Finland e-material).

FOODTELLING

Food can play a strategic role to attract tourists and make them experience the uniqueness of a territory. Promoting authentic cuisine is not just creating a traditional menu based on local, quality products and cooking technique and handing the list of dishes to the tourist. Telling the story of food can increase awareness and interest about quality, sustainability, nutritional value, tradition and culture of food. You can follow this link to have an overview of the kind of information that can enrich the experience and accompany the tourist to a more in-depth contact with the local culture and habits.



SUSTAINABLE GASTRONOMY DAY

The UN General Assembly designated **18 June** as an international observance, Sustainable Gastronomy Day. The decision acknowledges gastronomy as a cultural expression related to the natural and cultural diversity of the world. Sustainable gastronomy - celebrating seasonal ingredients and producers, preserving wildlife as well as our culinary traditions - is today more relevant than ever.



CONCEPTS/CERTIFICATION LABELS



BIODIVERSITY



Agricultural biodiversity encompasses all wild and domesticated forms of life found on farms, from plant varieties and breeds of animals, to soil organisms, pests and pollinators.

Biodiversity is the key indicator of the health of an ecosystem. A wide variety of species will cope better with threats than a limited number of them in large populations. Even if certain species are affected by pollution, climate change or human activities, the ecosystem as a whole may adapt and survive. But the extinction of a species may have unforeseen impacts, sometimes snowballing into the destruction of entire ecosystems.

ORGANIC PRODUCTION



Organic farming is an agricultural method that aims to produce food using natural substances and processes. This means that organic farming tends to have a limited environmental impact as it encourages responsible use of energy and natural resources, maintenance of biodiversity, preservation of regional ecological balances, enhancement of soil fertility, maintenance of water quality. Organic farming rules encourage a high standard of animal welfare and require farmers to meet the specific behavioural needs of animals.

GEOGRAPHICAL INDICATIONS AND QUALITY SCHEMES



Geographical indications establish intellectual property rights for specific products, whose qualities are specifically linked to the area of production. Geographical indications comprise:

- **PDO** – protected designation of origin (food and wine)
- **PGI** – protected geographical indication (food and wine)
- **GI** – geographical indication (spirit drinks)
- **TSG** - Traditional speciality guaranteed



PRESERVATION AND VALORISATION OF NICHE PRODUCTS AND SMALL PRODUCERS



SLOW FOOD MOVEMENT



A global, grassroots organization called Slow Food was established in 1989 to prevent the loss of local food cultures and traditions, contrast the onset of "fast life", and tackle the decline in interest in the food we eat, where it comes from, and how our food choices affect the environment.

Slow Food has expanded into a worldwide movement with millions of supporters in more than 160 nations, aiming to guarantee that everyone has access to healthy, ethical, and sustainable food.

SLOW FOOD PRESIDIA

Slow Food Presidia are communities that work every day to preserve indigenous livestock breeds, local fruit and vegetable varieties, bread, cheeses, cured meats, sweets, and other foods. They are dedicated to passing down traditional production techniques and crafts, to caring for the environment, and to adding value to landscapes, places, and cultures.

Thousands of farmers, food artisans, herders, fishers, and winegrowers from all five continents are involved in the Presidia.



Italy counts 369 Presidia, Netherlands 12.

1168 products in the Ark of Taste come from Italy, 9 from Malta, 85 from Netherlands, 13 from Finland

ARK OF TASTE

Agricultural biodiversity and small-scale, family-based food production systems are in danger throughout the world due to industrialization, genetic erosion, changing consumption patterns, climate change, the abandonment of rural areas, migration, and conflict.

The goal of the "Ark of Taste" project is to rediscover, catalog, describe, and publicize forgotten foods. It was created to draw attention to the existence of these products, to the risk of extinction within a few generations, and to invite everyone to take action to help protect them.

FAIR TRADE PRODUCTS



Fair Trade is a trading partnership, based on dialogue, transparency and respect, that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and workers – especially in the South

SOCIAL FARMING AND SOCIAL ECONOMY PRODUCTS



Social agriculture is an inclusive, participatory and generative model of agricultural practices that deliver recreational, educational and assistance services. It aims at the social and labor inclusion of disadvantaged people, which through social agricultural practices are able to contribute to food and agricultural production (Di Iacovo, O' Connor, 2009).

Social economy is used to identify organisations (associations, cooperatives and mutual organisations, foundations and social enterprises) whose major goal is to serve members of the community rather than to seek profit. The social economy relies on democratic decision making processes, which represent a structural procedure to control the actual pursuit of the organisation's goals.

MOUNTAIN PRODUCTS

The quality term 'mountain product' highlights the specificities of a product, made in mountain areas, with difficult natural conditions. Raw materials and animal feed comes from mountain areas. For processed products, production should take place in such areas as well.



SOURCES

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World Fair Trade Organisation <https://wfto.com/> 16/6/2023



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