

CARITAS TRIESTE UPDATE

Tirgu Mures, 24-26 May 2023



[caritatrieste.org](https://www.caritatrieste.org)

Sustainable diets to vulnerable groups

How to effectively communicate about sustainable diets to vulnerable groups to improve food choices (in cooperation with EUFIC)

Activities

Caritas Trieste to carry out, with EUFIC guidance, 2 focus groups with participants of low SES and employees/volunteers.

EUFIC to create resources (e.g., recipes, infographics) that meet their needs.

Caritas Trieste social workers to assess via a EUFIC survey, whether people find the content useful or not, and send materials to their network of social supermarkets

EUFIC to produce evidence-based recommendations to help train and empower vulnerable groups to follow a more sustainable diet & disseminate to the Caritas Network

Dissemination of recommendations to relevant stakeholders (e.g., food bank association, etc.)

Promote healthy eating path for families with children with a migration background such as asylum seekers/refugees and Ukrainians

Activities

Workshop activity to learn about herbs and their use within a healthy diet. An in-depth discussion will be held on the purchase of aromatic plants, their care, and their beneficial effects on health. The plants will be planted and cultivated in a shelter for mothers with children and single women

Use of aromatic herbs in a cooking workshop to create healthy and tasty recipes to be held in the kitchen of the 'La Madre' home

Trip to educational farm with activities for further study of herbs by experts from the farm and with tasting of healthy dishes from the regional culinary tradition



Promoted by European Fund - FAMI

Promote the level of integration of citizens of foreign origin who have not yet reached a sufficient level of integration

Activities

Bridging housing for families who have not reached full independence

Educational activities for families to foster the social inclusion and well-being of minors, through support for school inclusion, facilitation of relationality and sociality

Allocation of economic contribution aimed at paying rent, utility bills and more