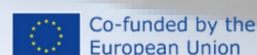




Eating Well - Living Well

Nutrition Hints & Tasty Recipes for Seniors





1 PROJECT

CONVIDA+
CHANGING EATING HABITS FOR HEALTHY
AND SUSTAINABLE AGEING

3 BENEFICIARIES



EU funds granted:



60.000
EUROS

9 WORKSHOPS

cooking classes, mindfulness,
understanding labels, sustainability

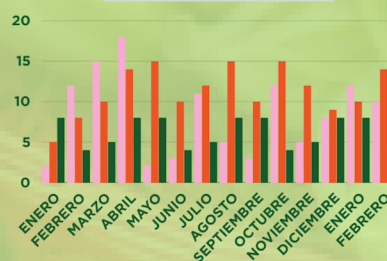
3 study visits



10
EXPERTS



14 MONTHS



9

typical recipes from Italy,
Slovenia and Canary Islands



100 
— direct beneficiaries —

Dear reader,

Food is a big part of our lives, from childhood to adulthood. It ties us to moments with friends, family, and co-workers. We spend a lot of time eating and even more choosing, buying and cooking our meals. But do we really know how to eat properly, what's healthy and what is not good for our body, and how our choices affect the environment?

That's where Project Convida+ comes in. We looked into three aspects of nutrition: healthy food, sustainable food, and mindful eating. We tailored our findings to seniors from Italy, Slovenia, and Spain, creating an easy-to-follow eating concept that promotes common well-being in nutrition.

In these pages, you will find few nutrition hints and, most importantly, our love for food. Together with seniors from Italy, Slovenia and Spain we have selected nine traditional recipes. This booklet not only shares what we learned but also celebrates the joy of trying new things in the kitchen. We hope you find inspiration to shake up your cooking routine and enjoy some tasty adventures.

Wishing you a great time learning and exploring new recipes,



Alenka, Ana, Giada, Javier, Nicola, Primoz, and Ylenia.



Nutrition and Seniors

Three Concepts of Convida+ Project

Concept 1: Healthy food and nutrition as an element to prevent dependencies and diseases

Ageing is a natural process that involves changes in different systems of the human body. These changes can lead to a decrease in the quality of life, increasing the vulnerability of older people to chronic and degenerative diseases. One of the most powerful tools to prevent diseases in the older population is healthy eating. A healthy diet can prevent up to a third of deaths worldwide and is essential for the maintenance of health and well-being at all ages.

Concept 2: The importance of emotional awareness in order to change eating habits

The culture related to food differs profoundly depending on the target population. In Western societies, food is increasingly seen as fuel, to be consumed quickly. In the Mediterranean area, however, the conception of food is linked to the idea of pleasure, sharing and sociality.

The mindfulness technique shows us how to enjoy the moment and can also be implemented in nutrition teaching us how to change our eating habits and focusing on observation of our dish, experiencing taste, living the moment. All this can make eating no longer an automatic habit or routine but a moment of recollection and meditation.

Concept 3: food and nutrition as an element to support more sustainable life

The path to a sustainable society is not possible without a change in the way we eat. Food is more than what we eat. It is one of the basic components of our societies and cultures, of our world. Good food keeps us healthy and helps us reach our potential. But the way we produce, sell and consume food is harming our environment. This must change, on a global and personal level.

Climate-friendly food is: mostly vegetarian, produced in a sustainable way, produced locally, seasonal, processed as little as possible, packaged as little as possible, which does not end up in the waste.

We should be aware that each one of us (including seniors) can make a small steps that can contribute to a more healthy environment.





OUR RECIPES



Our seniors have enjoyed workshops and learnt a lot about concepts mentioned before. We also invited them to share their culinary wisdom. Not only did they contribute recipes aligned with health and sustainability principles, but they also offered personal favourites' with deep emotional significance. We are excited to present to you a collection of nine unique recipes hailing from the heart of Italy, Slovenia, and Spain.

STARTERS:

- Puchero Canario
- Fantasy Eggs
- Jota Soup

MAIN DISHES:

- Cod Fish With Onions
- Ragú all Financiera
- Buckwheat groats with mushrooms

DESSERTS:

- Banaba Mousse
- Tiramisu
- Baked millet porridge with apples

These recipes are not only authentically local but also incredibly simple, beckoning you to embark on a gastronomic adventure. Don't hesitate—immerse yourself in the flavors of tradition and wellness by trying these delightful dishes at home!



RECIPE 1: PUCHERO CANARIO



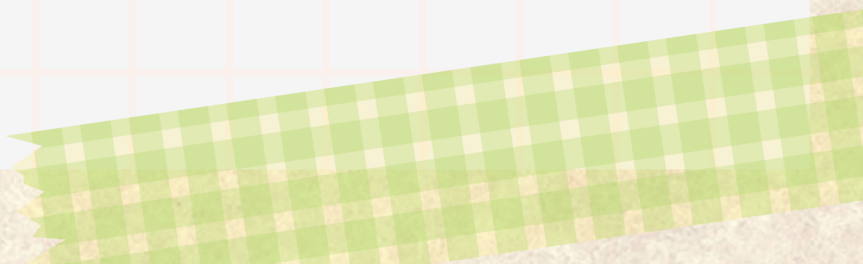
INGREDIENTS:


- Water.
- 300g raw chickpeas.
- 500g fresh beef ribs.
- 1 onion.
- 1 zucchini.
- 1 cob.
- Salt.
- Saffron.
- 500g pumpkin.
- 4 garlic cloves.
- 500g sweet potatoes.
- 500g potatoes.
- Half cabbage.
- 2 carrots.
- 500g beans.
- 4 spoons of olive oil.



INSTRUCTIONS:

1. Place a pot on high heat with 2L of water, add the meat, and when the meat boils, add the chickpeas, the onion cut in half, 4 cloves of garlic, and the olive oil.
2. Once the ingredients are almost cooked (about 1 hour), add the carrot, corn cob, half-cut cabbage, beans, zucchini cut in half, pumpkin with skin cut into 4 pieces, and add a bit of salt and saffron. Cook over medium heat for another 10 minutes.
3. After add the sweet potato and the potato cut into large pieces, and cook for another 40 minutes.
4. Let it rest for about 15 minutes.
5. Before eating, it is recommended to add a bit of extra virgin olive oil and wine vinegar to flavour the dish.
6. Enjoy!





RECIPE 2: COD FISH WITH ONIONS

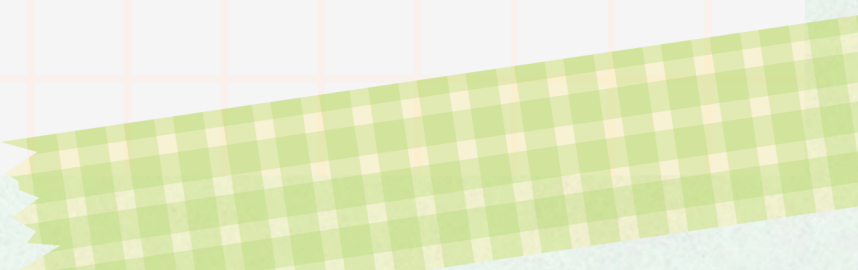


INGREDIENTS:

- 1.5 kg desalted cod fish.
- 3 onions.
- 4 cloves of garlic.
- 1 red bell pepper.
- 1 green bell pepper.
- 400 g crushed tomatoes.
- 1 glass of white wine (250 ml).
- A pinch of oregano.
- 100 ml Extra Virgin Olive Oil.



INSTRUCTIONS:

1. In a pot, start simmering the cod in water for 15 minutes. Set aside once finished.
 2. Begin preparing the "sofrito" by julienning the onions, slicing the red and green bell peppers into strips, and finely chopping the garlic. Once these ingredients are chopped, sauté them in a pan.
 3. Add the crushed tomatoes and white wine to the "sofrito". Cook over medium heat for 10 minutes, until the onions are well caramelized.
 4. Next, drain the cod well and add it whole to the "sofrito". Cook over medium heat for an additional 4 minutes. Serve with stewed potatoes.
 5. Enjoy!
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RECIPE 3: BANANA MOUSSE



INGREDIENTS:

- 4 ripe bananas.
- 400 ml of low-fat whipping cream, it should be very cold (with at least 35% fat content for proper whipping).
- Juice of half a lemon.
- 1 tablespoon of butter.

INSTRUCTIONS:

1. Peel the bananas and blend them with the butter, reserving some banana slices for decoration. To prevent the bananas from oxidizing, add the juice of half a lemon. This simple trick will result in a more attractive mousse.
2. Whip the cream until it becomes creamy (one secret to perfect whipped cream is to have it very cold; you can also chill the bowl in which you'll whip it for optimal results).
3. Combine the whipped cream with the banana. Use folding motions to achieve a perfect mousse with a fluffy texture.
4. Spoon the mixture into small cups and decorate with the previously reserved banana slices.
5. For a colder serving, refrigerate for 2-3 hours.
6. Enjoy!





RECIPE4: FANTASY EGGS



INGREDIENTS:

- 6 hard-boiled eggs.
- Capers.
- Tuna fish.
- Anchovies.
- Mayonnaise (discretionary).

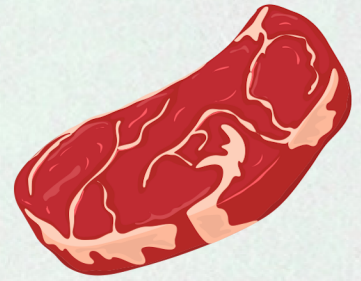
INSTRUCTIONS:

1. Boil the eggs for cca. 8-10 minutes.
2. Cut the eggs in half.
3. Remove the yolk, put it in a bowl and, with the help of a fork, crumble it.
4. Chop up together tuna fish, anchovies and capers and unite them to the yolk crumble. It is also possible to incorporate mayonnaise.
5. With the mixture thus obtained, form small balls and pose them on space left by the yolk.
6. Suggestion: it is possible to serve Fantasy Eggs on a platter with a base of lettuce or Castelfranco's Radicchio.
7. Enjoy!





RECIPE 5: RAGÙ ALLA FINANCIERA



INGREDIENTS:

- Carrot.
- Celery.
- Onions and garlic.
- Parsley.
- Rosemary.
- Salt.
- Chili.
- A small piece of cinnamon.
- Meat: it should be a mix of minced beef, pork and veal. Sausages and lard can also be added.
- Tomato sauce.
- Extra virgin olive oil.

INSTRUCTIONS:

1. Finely chop up carrot, celery, onion and garlic.
2. Brown them with olive oil in a capacious pan.
3. When the vegetables have browned it is possible to add the minced meat and let it cook for a while.
4. After 10 minutes add tomato sauce and all the spices (cinnamon, cloves, chili, salt).
5. Add water and let the ragù cook for at least 3 hours.
6. Suggestions: the more it cooks the tastier it gets! Ragù is amazing served with Tagliatelle or with homemade pasta.
7. Enjoy!





RECIPE 6: TIRAMISU



INGREDIENTS:

- 1 package of "Savoardi" (ladyfingers)
- 500 gr of Mascarpone cheese
- 3 eggs
- Sugar
- Coffee
- Unsweetened Cocoa.

INSTRUCTIONS:

1. Separate yolk from albumen and put them in two different bowls.
2. Beat the albumen until it stiffens.
3. Prepare the coffee and let it cool down for a few minutes.
4. In the meantime, mix together Mascarpone, the yolks and sugar (quantity is at discretion, according to personal taste).
5. Add the albumen and make sure to gently mix from the bottom upwards.
6. Soak the Savoardi in the coffee and prepare the first layer.
7. Cover it with the Mascarpone cream and keep creating layers until they end.
8. Sprinkle the final layer with cocoa.
9. Suggestion: Tiramisu is better if prepared the day before consuming it!
10. Enjoy!





RECIPE 7: "JOTA" SOUP



INGREDIENTS:

For a big (6 litres) pot of soup we will need:

- 1-2 onions
- 3-4 cloves of garlic
- 2 spoons of olive oil
- salt (to taste)
- 3-4 potatoes (medium size)
- 500 g can of brown beans
- 1,5 kg sour turnip
- 1 teaspoon of Juniper berries
- 2-3 bay leaves
- 1 teaspoon of parsley (optional)
- 1 teaspoon of paprika (optional)
- 1 smoked sausage (optional)



INSTRUCTIONS:

1. We'll need two or three pots: one for the turnip, one for the potatoes and another in case you opt for dry beans instead of canned ones.
2. We chop up onions and garlic, stir them in the olive oil, then add the peeled potatoes cut in chunks, a little salt and cover with water.
3. We boil the potatoes till soft then mash them a little (do not pour any water out), and then add to the turnip, which has been cooking separately.
4. Then we add sour turnip (without washing it) and cover it with water. We add bay leaves and juniper berries, wait till it all boils, then cook for about an hour. We then add the potatoes, as described above.
5. When the potatoes are in the pot, we add all the rest of the ingredients, including the beans. It is advised for the canned beans to be washed beforehand.
6. Stir everything together and cook for another 10 minutes.
7. Enjoy!





RECIPE 8: BUCKWHEAT GROATS WITH MUSHROOMS



INGREDIENTS:

- 200 g buckwheat groats
- 500 g fresh porcini mushroom
- 1 middle size onion
- 5 spoons fresh cream (or cream for cooking)
- 3 cloves of garlic
- 50 g butter
- 0,5 dessert spoons of salt
- 0,25 dessert spoons of black pepper
- Some parsley and thyme

INSTRUCTIONS:

1. Put the buckwheat groats in a saucepan and cook in salted water over a moderate heat for 20 minutes. Drain when it has swollen.
2. Wash and chop the parsley and thyme. Clean the mushrooms, wash and pat dry with paper towels. Cut them into 5 mm-thick leaves. Peel and chop the onion and garlic.
3. Heat a large frying pan and melt the butter. Spread the butter, then add the onions to the pan, season with salt and fry until soft. Add the mushrooms, fry until they are browned, then add the garlic and thyme.
4. Stir everything together, by which time the mushrooms have released their juices.
5. Add the sweet cream, stir and add the buckwheat groats. Season with salt and pepper.
6. Stir again to distribute the ingredients and cook for a good 5 minutes.
7. Shake onto plates, sprinkle with parsley and garnish with lettuce leaves or tomato slices, if desired.
8. Enjoy!





RECIPE 9: BAKED MILLET PORRIDGE WITH APPLES



INGREDIENTS:

- 2 dcl millet porridge
- 4 dcl milk
- 1 pinch of salt
- 3 apples
- 3 eggs
- 1 teaspoon honey
- 1 teaspoon butter
- Cinnamon and grated lemon zest



INSTRUCTIONS:

1. Bring the milk to the boil and salt it then.
2. Stir the millet into it and cook for 15-20 minutes. Stir the porridge several times during cooking. When cooked, cool it.
3. Meanwhile, peel and grate the apples and mix them with the cinnamon and lemon zest.
4. Separate the egg yolks and egg whites in two bowls. Whisk the egg yolks with the honey and softened butter and whisk the egg whites until stiff.
5. Add the beaten egg yolks to the cooled porridge, followed by the apples. Finally, lightly mix in the egg whites.
6. Spoon the mixture into a greased oblong baking dish.
7. Bake the pastry for 25-30 minutes in an oven preheated to 180 degrees Celsius.
8. Enjoy!





ANTON TRSTENJAK INSTITUTE LJUBLJANA, SLOVENIA



Anton Trstenjak Institute of Gerontology (IAT), is Slovenian research and end-user NGO, based on a well-developed network spread all over Slovenia, working on national and international level. The focus is on carrying out social programmes for ageing, support to informal carers and good relations for all generations. IAT offers expertise, know-how and experience in assessment of needs, surveys, pilot testing, projects' coordination etc. IAT coordinates WHO's programme Age-friendly communities in Slovenia.

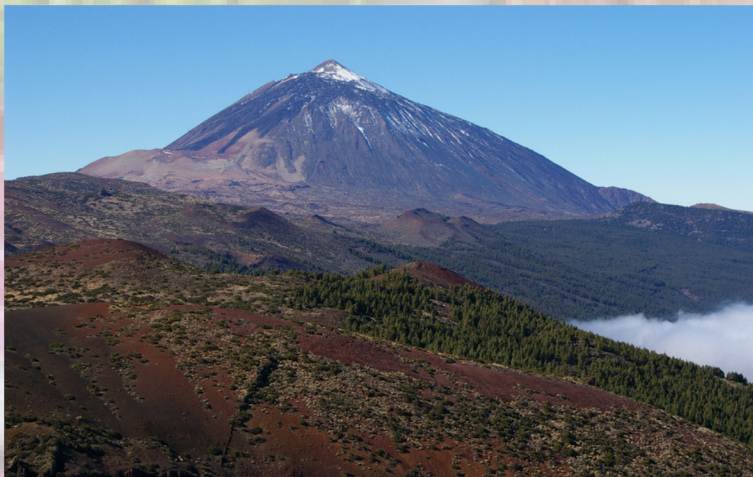




ACUFADE TENERIFE, SPAIN



ACUFADE is a NGO from Tenerife – Canary Islands (Spain) – with long year experience in the areas of senior-care and active ageing. The mission and goal is to provide care and to promote well-being of seniors, as well as of their family carers. ACUFADE is recognized not only as a service provider but also and especially as a promoter of various social and community initiatives of a solidarity nature. The organization is also implementing several activities, projects and events with international impact.





ISRAA
TREVISO, ITALY

ISRAA
Istituto per Servizi di Ricovero
e Assistenza agli Anziani
Ricordi di ieri, gesti di oggi.

ISRAA is an Italian public senior care provider based in Treviso in the north of Italy whose aim is to provide the highest quality of care and quality of life to older people living in its nursing homes and in its smart cohousing venues. ISRAA also offers daily care services and support to the relatives of older adults with dementia and Alzheimer's. The organization is very active on an international level and has implemented several EU projects and is cooperating with several networks.

