

THINK GLOBALLY, EAT LOCALLY



The main purpose of the Study visit in Rome was to explain the connections between the reduction of the carbon footprint and the use of local and biological food. Mediterranean food pyramid also is a good example of integration between healthy food and sustainable approach to the alimentation.

First the students and the teachers visited FATA MORGANA ice cream laboratory, having the opportunity to meet the founder Maria Agnese Spagnuolo, to understand why FATA MORGANA gelato is different from industrial ice creams and also from most of the handicraft ones and finally they had also the unique opportunity to prepare some original recipes and taste them! The students prepared more than 18 kg of Italian Gelato; the Gelato is different from commercial ice cream because the percentage of fat is a lot lower. Fata Morgana gelato is also gluten-free and with no artificial additives of any kind. For more info: <http://www.gelateriafamatmorgana.com/web/>



Later the group went to visit the MARCO CARPINETI wine factory in Cori, in the surrounding of Rome. MARCO CARPINETI introduced since 1994 the organic and biodynamic agriculture methods, the result of the will to make products really healthy. Herbicides, chemical fertilizers and synthetic products, in fact, are not used in the estate of Marco Carpineti, as assurance for the consumers of wines of absolute quality. MARCO CARPINETI wines won a lot of awards at national and international level. For more info: <http://www.marcocarpineti.com/>



In the following days the students and teachers had the opportunity to visit many cultural and historical places and discover that everywhere in the center of Rome you can find important archeological things, even in the basement of your hotel that more than 2000 years ago was part of NERO's DOMUS AUREA!

Also the degustation of Olive Oil was organized by Galileo in an historical building that is part of the Extraterritorial Palaces of Rome under the government of Vatican State!



Also the degustation of Olive Oil was organized by Galileo in an historical building that is part of the Extraterritorial Palaces of Rome under the government of Vatican State!

Also AGROCAMERA, the special agency of the Chamber of Commerce of Rome, that hosted us for a presentation, is located in an historical building just at the corner of the famous St. Ignazio da Loyola church and in a side of the old Chamber of Commerce of Rome, built on the remaining of the Temple of Emperor Adrian.

Dr. William Loria guided the students and the teachers in a virtual visit “ ROMAN PRODUCTS: AN EXAMPLE OF FOOD EXCELLENCE”, from the food pyramid to the simple explanation of what is excellence in food and how it is connected with certifications and zero km products. More info on: <http://www.romamercati.com/>



The visit to “Mo’zzarella – Latteria del Curatino” was both a unique and unique experience for students and teachers and a good example of the use of technologies to reduce carbon footprint. LATTERIA DEL CURATINO created a technology called “new cheese making tradition” to produce fresh buffalo mozzarella with original machines in every part of the world and even on Cruise Boats using frozen “caglio” shipped by boat with a very low carbonprint impact! Look at: <https://www.youtube.com/watch?v=31JsFseCrp0>

The student had also the opportunity to produce and taste many kind of mozzarella, such as ovoline, treccia and burrata!More info on:<http://www.latteriadelcuratino.it/>



Where could you find a lot of Italian local products at a good price? EATALY is the solution and at EATALY the group was able to look at the different typical products, laboratories and restaurants and also to buy some good ones!More info on:https://www.eataly.net/eu_it/

Are you interested to know what our future activities are? Do you want more info?



Please visit our web site: <http://www.healthyfutureproject.eu>



Facebook group: <https://www.facebook.com/Healthy.Future.Project>

This project has been funded with support from the European Commission.

This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.