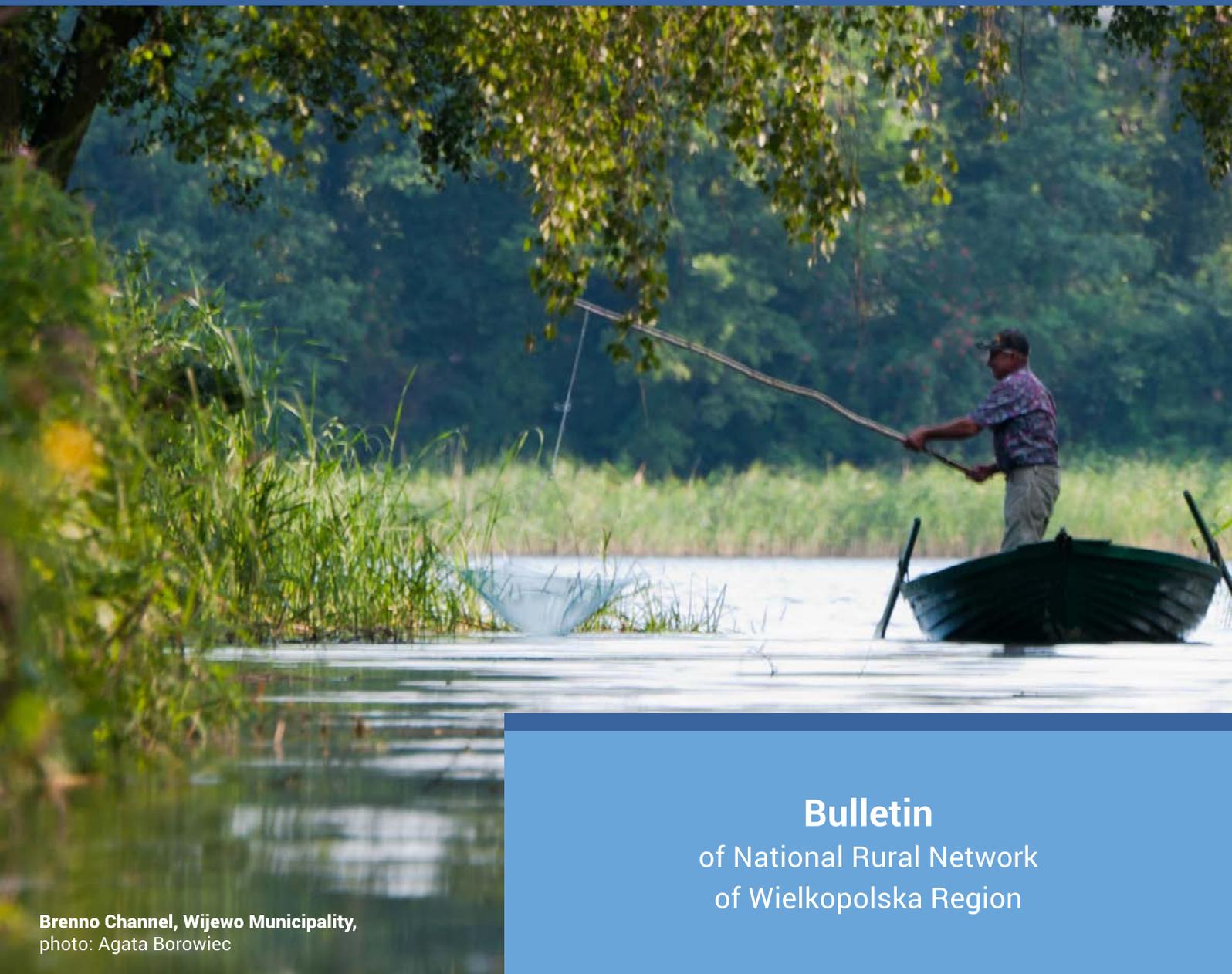


Our

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European Countryside



Brenno Channel, Wijewo Municipality,
photo: Agata Borowiec

Bulletin of National Rural Network of Wielkopolska Region



„European Agricultural Fund for Rural Development: Europe investing in rural areas”.

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Krzysztof Grabowski

Deputy Marshal of the Wielkopolska Region

Dear Sir/Madam,

You are holding the first 2020 issue of our quarterly "Our European Countryside" magazine. Inside, we present current information related to the implementation of the Rural Development Programme 2014-2020 by the Self-Government of the Wielkopolska Region. The subject presented in the publication is complemented by materials dedicated to more general issues related to life and work in Wielkopolska countryside. We try to promote the cultural and culinary heritage of the region and present initiatives addressed at the inhabitants of the rural areas of our region.

In January and February 2020 I had the pleasure of signing contracts with beneficiaries of RDP 2014-2020, who are investing in improving the condition of the local roads in municipalities and districts. This year we are also providing significant funds earmarked for investments in water and sewage management. At the turn of the first and second half of the year we are planning to sign agreements granting another pool of funds to municipalities and municipal utility plants.

In this issue of the bulletin we present the outcomes of the implementation of the LEADER approach in the Wielkopolska Region, we also discuss the issue of shortening the food supply chain connected, among others, to the construction and modernisation of marketplaces subsidised from RDP 2014-2020. I would also recommend reading the feature on the Culinary Heritage Network of Wielkopolska. Our producers have found themselves in a difficult position due to the spreading coronavirus epidemic, thus I would encourage you to show your local patriotism when buying food products. It is worth reaching for products marked with the characteristic Network logo. At this difficult time, we are also drawing attention to the essential need to prevent food waste. The Self-Government of the Wielkopolska Region is taking steps in this direction by implementing the EcoWasteforFood project referred to in one of the articles.

I hope you enjoy the read.

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Support for the development of basic services

Wielkopolska municipalities, municipal utility plants and districts will receive a total of PLN 75 million in 2020 earmarked for infrastructure investments. The tasks planned by the beneficiaries of the Rural Development Programme for 2014-2020 are connected to water and sewage management and construction or modernisation of local roads.



Photo: MOWR archive

On 31 January 2020 at the District Starosty authority in Kalisz Deputy Marshal Krzysztof Grabowski signed an agreement with the authorities of the Kalisz District to co-finance a road investment project under RDP 2014-2020. Thanks to the support amounting to PLN 402 thousand, district road no. 4607P section Emilianów-Dębsko will be rebuilt. The agreement was signed by the Starost of Kalisz, Krzysztof Nosal, Deputy Starost Zbigniew Słodowy and Treasurer Urszula Jędrusiak.

In October 2019, municipalities and municipal utility companies applied for aid for implementation of tasks related to water and sewage management. 104 applications were submitted to the Marshal Office in Poznań. Thanks to the changes in the ministerial regulation concerning the limits of funds for individual activities of the Rural Development Programme 2014-2020, the pool of funds for the Wielkopolska Region for this purpose increased by PLN 23.7 million and amounts to PLN 63 million. On 23 January 2020, the Board of the Wielkopolska Region adopted a list specifying the order in which potential beneficiaries will be eligible for aid. The list features 82 projects, but 47 of them are within the available funding limit. These are investment projects of municipalities and municipal service companies mainly concerning construction or reconstruction of water supply and sewage systems, water treatment plants and domestic sewage treatment plants.

— Due to the fact that the self-governments of the Wielkopolska Region are reporting a great demand for investments in water and sewage management, recognising the importance of these tasks, we have applied to the Minister of Agriculture and Rural Development to increase the limit of funds for this purpose. This would make it possible to conclude agreements with all the beneficiaries who are on the list approved by the Board of the Region — says Deputy Marshal Krzysztof Grabowski.

The European funding under RDP 2014-2020 will cover investments which will be implemented in towns with up to 5 thousand residents. The aid is granted in the form of a reimbursement of up to 63.63% of eligible costs, and the limit per one beneficiary in the period of implementation of RDP 2014-2020 is PLN 2 million. The signing of the agreements is planned for the first half of 2020, but the epi-

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demological situation in the country caused by the spread of the coronavirus may result in an extension of the period of assessment of submitted applications.

Changes in national legislation have also increased the limit of funds that can be allocated to construction or modernisation of local roads in the Wielkopolska Region. This has facilitated conclusion of agreements with representatives of six municipalities and three districts, which applied in May 2019 for aid and awaited the possibility of obtaining funds. The documents were signed by Deputy Marshal Krzysztof Grabowski in January and February 2020. Some of the agreements were concluded at the offices of the beneficiaries, which enabled more efficient promotion of the Programme among local communities.

The total value of support granted in 2020 for this purpose is PLN 12 million. Thanks to these funds, the Gołuchów Municipality will rebuild Szwedzka and Witosza streets in Kościelna Wieś. The amount of the granted subsidy is PLN 1,905,859. The Osieczna Municipality will allocate aid in the amount of PLN 319,727 to the reconstruction of the municipal road in Kąkolewo, while the Śmigiel Municipality, which received PLN 1,959,573 from RDP 2014-2020, will modernise the Poladowo-Morownica municipal road. A subsidy from the Programme in the amount of PLN 1,697,641 will also enable construction of a road between Długa Goślina - Łoskoń Stary in the Murowana Goślina Municipality. In the Dopiewo Municipality, which received aid in the amount of PLN 2,829,038, a road will be built in Dąbrowa, while in the

Kraszewice Municipality, thanks to a grant of PLN 116,144, the municipal road between Podkuźnica-Podlasie will be rebuilt. Funds were also granted for modernisation of three sections of district roads. The Leszno District obtained PLN 1,588,505 for reconstruction of district road no. 4792 P from the intersection with national road no. 12 to the roundabout in Krzemieniewo. In the Września District, district road no. 2159 P Czarniejewo - Września in Nowy Folwark and Psary Polskie will be rebuilt. The value of the granted subsidy is PLN 1,205,488. Funds from RDP 2014-2020 in the amount of PLN 402 thousand were granted to the Kalisz District, which will reconstruct district road no. 4607 P section between Emilianów - Dębsko.

In 2019, the beneficiaries received PLN 30 million for operations within the scope of "Construction or modernisation of local roads" from the Rural Development Programme 2014-2020. Deputy Marshal Krzysztof Grabowski signed 32 agreements at that time. 28 municipalities in Wielkopolska benefited from financial support under the European Agricultural Fund for Rural Development: Wierzbiniek, Czempiń, Kłodawa, Nowe Skalmierzyce, Pakosław, Białośliwie, Lisków, Lubasz, Łobzenica, Duszniki, Nekla, Sompolno, Tuliszków, Żerków, Przygodzice, Wągrowiec, Czermin, Grodziec, Kiszkowo, Granowo, Rzgów, Dobra, Pyzdry, Łubowo, Wielichowo, Rychwał, Miejska Górka, Lwówek and Czarnków, and 3 districts: Nowy Tomyśl, Jarocin and Kościan.



Photo: MOWR archive

Thanks to RDP funds, it was possible to build water sewage system with sewers in Grodziec, in Wiejska and Mickiewicza streets with plots, stage II. The value of the co-financing from RDP is PLN 1,145,338.00.

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How to improve agricultural trade?

The Rural Development Programme 2014-2020 promotes and develops direct sales of agricultural products. This is facilitated by EU funds allocated for investments in marketplaces as well as by initiatives subsidised under the LEADER approach and the National Rural Network.

Modern trends on the consumer market are moving towards a search for healthy and organic food products. Customers are more likely to reach for vegetables and fruits of identified origin. At the same time, we are dealing with a situation where wholesalers offer farmers ever lower prices for the products they sell, and a whole network of intermediaries causes a significant increase in these prices on shop shelves. Therefore, the Rural Development Programme 2014-2020 creates conditions for farmers to conduct direct sales, develop farmstead processing and create incubators for local processing.

New marketplaces created

EU funds from RDP 2014-2020 allocated by the Self-Government of the Wielkopolska Region to local self-governments were earmarked, among others, for investments in markets or structures intended to promote local products. Thanks to the total subsidy of PLN 9.4 million, so far modern marketplaces have been opened in 14 localities: Zakrzewo, Białośliw, Oborniki, Wieleń, Wągrowiec, Chrzypsk

Wielki, Szamotuły, Zbąszyń, Pызdry, Dąbie, Jaraczew, Grodziec, Stawiszyn and Dobra.

— *New or modernized marketplaces become the showcase of their localities. But most importantly, they contribute to the promotion of local products, enabling farmers to sell directly. I am glad that the facilities were built in different parts of our region. This will make it easier for residents to access food coming straight from the farm* — says Krzysztof Grabowski, Deputy Marshal of the Wielkopolska Region.

The condition for obtaining funding was ensuring that at least 30 percent of the market area would be made available to farmers for direct sales. The facilities built must meet the highest standards, which include paved surfaces, lighting, roofing, connection to water supply, sewage system and power network. It was also required to provide parking spaces and sanitary and hygienic facilities as part of the investment, which are crucial the current national and global situation. Every building bears a "My Market" sign. Direct sales conducted at such markets are a good example of a short food supply chain.



Photo: Dobra Town and Municipal Office

The marketplace in Dobra municipality serves the needs of local agricultural entrepreneurs and producers of healthy organic food.

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High-quality service

One of the beneficiaries of RDP 2014-2020 is the Dobra Municipality in the Turek District, which has modernised the existing direct trading facility in Dobra as part of the investment. A fenced, paved and illuminated marketplace with designated parking spaces and a roofed trade shelter was created. The investor also remembered about disabled people, who have a designated parking space, and about environmental protection – by installing LED lighting.

— *The municipality received PLN 458 thousand from European funds for the modernisation of the marketplace. The aim of the investment was to provide high-quality services for the residents of the Dobra Municipality with regard to promoting local products, in particular agri-food products. It is a response to the needs of local agricultural entrepreneurs and producers of healthy organic food* — says Tadeusz Gebler, the Mayor of Dobra.

A renovated marketplace was also created in the municipality of Białośliwie in the Piła District. As part of the task, the area of the marketplace was paved, solar lamps were installed and the whole area was fenced. The task included assembly of four steel roofed shelters used as trade stands. Near the marketplace, a car park for customers and traders was built, and a newly-built road enables convenient and safe access.

— *Farmers and sellers gained a high-standard place to sell their products, a possibility to sell them quickly, as well as an opportunity to get information about consumer preferences and to become acquainted with the products offered by their competitors* — emphasises the Mayor of the Białośliwie Municipality, Krzysztof Rutkowski.

New kitchen incubator

Investments in marketplaces are not the only form of direct sales support available under RDP 2014-2020. The LEADER initiative covered by the Programme focuses on promoting local processing and sale of products produced in this form.

In January 2020 another facility of this type was opened in Wielkopolska, in Strzałkowo, Słupsk District. The incubator was established upon the initiative of the Association for the Development of Local Product Entrepreneurship, which had applied for funding for this purpose to the "Unia Nadwarciańska" Local Action Group (LAG). The aid from European funds under the LEADER approach amounted to PLN 500 thousand.

The kitchen incubator was built in the former canteen of the Vocational and Lifelong Education Centre in Strzałkowo. The most important part is the kitchen equipped with large appliances and cold stores. The facility allows facilitates production, service and training-advisory activity in the scope of agri-food processing and catering. Farmers, small businesses and other persons and organisations interested in such activities can use it by renting the premises and kitchen equipment as well as cold stores to prepare and store their own food products and to later sell them. Thus, the kitchen incubator becomes a solution to the problem of formal barriers related to an inability to legally sell preserves made at home or at a small farm.



The "Wielkopolska z Wyobraźnią" Association organised a study tour for farmers and rural housewives' club members from the Krotoszyn and Gostynski Districts. One of the items on the agenda was a visit at a farmstead cheese production site in Lutomerz in the Lower Silesia Region.

Promotion of farmstead processing

Steps towards the creation of a kitchen incubator are also being taken, among others, in the Krotoszyn and Gostynin Districts, where the "Wielkopolska z Wyobraźnią" Association operates. Farmers and members of rural housewives' clubs were the participants of a study tour organised by this LAG in 2019 as part of the project entitled: "Farmstead processing as a business opportunity" submitted to the competition for partners of the National Rural Network. The aim of the trip was to visit a farm running a farmstead cheese production site in Lutomerz and a vineyard in Makowice in the Lower Silesia Region. The practical knowledge gained by the residents of the Wielkopolska Region is to contribute to the launch of farmstead activity and the creation of a local processing incubator.

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Wielkopolska is changing thanks to Leader

So far PLN 140 million has been paid out to beneficiaries who submitted applications to Local Action Groups implementing community-led local development strategies. Thanks to the support from the European Union, entrepreneurship develops in rural areas, improving the quality of infrastructure and aesthetic appearance of our little homelands.



Source: www.hermar.com.pl

Funds for the development of business activity have been obtained, among others, by the Gniezno-based Hermar company, which rents out construction machinery and equipment.

The Rural Development Programme 2014-2020 provides for support for bottom-up initiatives set up at local level. This creates a budget that the self-government of the Wielkopolska Region has allocated to 29 Local Action Groups (LAGs) operating in the region. In total, the funds exceed PLN 300 million. At least half of this pool is allocated to support entrepreneurship in rural areas.

— *The funds provided under the LEADER initiative are of great importance for rural development in Wielkopolska. So far, the Self-Government of the Wielkopolska Region has signed 1,435 agreements as part of the implementation of the community-led local development strategy. The value of these contracts is PLN 185.5 million* — says Krzysztof Grabowski, Deputy Marshal of the Region.

Support for entrepreneurs

More than PLN 23 million have already been allocated to individuals who have started their business thanks to subsidies. Financial assistance for this purpose may be available to natural persons over 18 years of age living in rural areas, not insured with KRUS (Agricultural Social Insurance Fund). The condition for obtaining support at a value not exceeding PLN 100 thousand is to maintain activity for at least two years. The aid is granted in the form of a flat-rate bonus, which means that the beneficiary obtains funds before incurring start-up costs. This was the case, among others, for one of the residents of Mroczeń in the municipality of Baranów in the Kępino District, who established a confectionery shop called Baker Mama. The confectionery shop was created in the form of an art stu-

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dio, specialising in home baking, mainly 3D cakes. Natural ingredients are used in production. The confectionery shop is building a brand by delivering products for special events, it also has its own website and social media profile.

European support also contributes to the development of economic activity by entrepreneurs. Funds for business development are targeted at micro and small businesses. Aid may be granted, among others, to carry out construction work, to purchase machinery and equipment, to cover the costs of computer software and to rent or lease equipment, machinery and real estate. Hermar company, operating in Gniezno since 2011, has benefited from such assistance. The company offers rental and lease of construction machinery and equipment. Co-funding of PLN 300 thousand made it possible to expand its machinery resources with further equipment, with a focus on work related to the treatment of gardens and green areas.

Municipalities invest in infrastructure

The LEADER initiative also provides support opportunities for non-commercial activities. Such aid is available to municipalities, districts and non-governmental organisations based in areas covered by local development strategies. The aim of co-financing is usually construction or reconstruction of generally accessible tourist, recreational or cultural infrastructure, i.e. playgrounds, sports grounds, skateparks, bicycle paths, rural community centres and recreational shelters. The Szamocin Municipality, located in the Chodzież District, has decided to increase the region's leisure and recreation potential by building two 12-metre-long water slides on the municipal beach by Lake Siekiera. The slides were equipped with platforms and ladders to increase safety.

Development through innovation

Projects implemented under community-led local development strategies often stand out due to their innovativeness. This is the case of the Fundacja ze Smakiem initiative, operating in the municipality of Brudzew in the Turek District. The Foundation received a grant for the establishment of a kitchen incubator within the Turkowska Unia Rozwoju LAG. The facility offers hourly rental of rooms and kitchen equipment, advice on agri-food processing, catering, raising funds for the development of processing activities, marking and sale of products, as well as training and workshops. At the facility people can buy jam and preserves based on old recipes, juices, fruit and herbal teas, fruit and vegetable chips, pickled and pureed

products. The incubator displays the products at the place of their manufacture, in a specially designed room with a display and counter. Local distribution channels are also used in the sales process, i.e. local entrepreneurs operating in the catering and hotel industry and healthy food shops.



The implementation of the grant project co-financed from RDP 2014-2020 made it possible to make improvements in the Park of Disappearing Professions and Traditions in Węglewo in the Golina Municipality.

Photo: "Solidarni w Partnerstwie" Association

The implementation of local development strategies is also carried out in the form of grant projects, i.e. a number of small undertakings with common themes. "Better life in the LAG area" is the title of a grant operation of the "Solidarni w Partnerstwie" Association based in the Stare Miasto. Its aim was primarily to improve the health of the residents and tourists visiting the region, as well as to expand the recreational and cultural offering. As part of the project, a brine graduation tower was established, the Park of Disappearing Professions and Traditions in Węglewo in the municipality of Golina was improved, gazebos were installed and "Żychlińska muza" poetry and music collection was published.

CULINARY HERITAGE

Don't forget about Wielkopolska restaurants and hotels

The coronavirus epidemic, which has affected the whole world, has left its mark not only on our health but also on the economy. The hotel and catering industry is significantly affected by this situation. In response to this situation, in mid-March the Self-Government of the Wielkopolska Region started the campaign entitled "Support Wielkopolska Producers". It encourages local patriotism and use of services provided by members of the Culinary Heritage Network. In the article on culinary heritage, we also mention the presence of Network producers at the International Food, Agriculture and Horticulture Fair, "Grüne Woche 2020" in Berlin.



Source: www.sdk-wlkp.pl

You can find current information about the services offered by the Network members via a convenient mobile application.

In March 2020, the government introduced restrictions to stop the coronavirus epidemic spreading rapidly across the globe. Schools, cultural institutions, as well as hotels and restaurants were closed. Many of them are trying to stay on the market by offering a take-away service, deli-

veries or by selling vouchers for future hotel accommodation. The current situation also affects entities associated in the Culinary Heritage Network of Wielkopolska. For this reason, the Self-Government of the Wielkopolska Region is making efforts to help them at this difficult time by widely promoting their services.

— *The self-government of the region responded to the situation very quickly, launching the "Support Wielkopolska Producers" campaign in mid-March. Through this campaign we encourage all consumers to buy from producers and restaurateurs associated with the Culinary Heritage Network of Wielkopolska. More and more companies are successively joining the campaign. Every day, we post information on the Network's Facebook profile about the services and contact details of those entities who continue to operate and are offering take-away products and meals. Simply choose the product or restaurant you are interested in and place your order online or by phone. You can order food without leaving your house* — says Deputy Marshal Krzysztof Grabowski.

Members of the network can also be supported when doing your daily shopping in stores. In many of them you can find products marked with a white cooking cap on a blue background with the wording "Dziedzictwo Kulinarne Wielkopolska" ("Culinary Heritage of Wielkopolska"). In this way you can be sure that you are buying healthy food, made from locally available ingredients.

Wielkopolska flavours in Berlin

Before the outbreak of the epidemic, the Self-Government of the Wielkopolska Region represented by Deputy Marshal Krzysztof Grabowski arranged the participation of the members of the Wielkopolska Culinary Heritage Network in the "Grüne Woche" International Food, Agriculture and Horticulture Fair in Berlin. The event took place on 17-26 Ja-

CULINARY HERITAGE



Photo: Mateusz Sieradzki

Marek Grądzki's long-aged cheeses were tasted, among others, by Oliver Conz - Secretary of State at the Ministry of the Environment, Climate Protection, Agriculture and Consumer Protection in the Land of Hesse. In the photo accompanied by Deputy Marshal Krzysztof Grabowski and the Director of the Department of Agriculture and Rural Development at the MOWR Monika Paczyńska (first from the right).

January 2020. Organised for the 80th time, the largest event of this kind in the world was attended by 1658 exhibitors from 68 countries, including Poland, who offered over 100 thousand products. Similarly to previous years, during its ten days the event was visited by 400 thousand visitors.

At the Grüne Woche International Fair, many different food products were presented (e.g. bread, meat and cold cuts, fish and seafood, dairy products, beer, wine, champagne, honey, spices, herbs, coffee, tea), as well as agricultural tools and machinery, livestock and pets. Part of the exhibition was devoted to kitchen equipment, kitchen appliances and technical accessories for households. It also included modern services provided by farmers (e.g. leisure and shopping in the countryside) and products related to renewable energy.

For several years now, a stand with our regional products has been representing our region at the Berlin trade fair. This year, the region was represented by five companies belonging to the Culinary Heritage Network of Wielkopolska. Marek Grądzki from Obiekt Rolny Linie in the municipality of Lwówek together with his wife advertised the excellent Sery Grądzkie, and Przedsiębiorstwo Handlowo-Produkcyjne "Tradycyjne Jadło" operating in the Pobiedziska Municipality once again reminded our western neighbours of the unique taste of Polish cold cuts. There was also a wide range of dairy products offered by Średzka Spółdzielnia Mleczarska "JANA". An important attraction at the Wielkopolska stand was culinary workshops conducted by Marcin Sadowski from the "Hyćka" restaurant in Poznań, supported

by Pierogarnia "Pierozak". Guests visiting the stand were able to make traditional old Polish dumplings on their own.

Participation in the fair also created a platform for discussions on the development of agriculture and rural areas in European Union countries. Deputy Marshal Krzysztof Grabowski met, among others, the newly elected Minister of Agriculture, Environment and Climate Protection in the Land of Brandenburg, Axel Vogel. The meeting enabled a discussion on the emerging cooperation programme for 2020-2025 between Brandenburg and Wielkopolska.

Our region's stand was also visited by Oliver Conz - Secretary of State at the Ministry of Environment, Climate Protection, Agriculture and Consumer Protection of the Land of Hesse and Niclas Fjellström – European coordinator of the Culinary Heritage Network.

Our presence at this year's Grune Woche fair was possible thanks to co-financing from the European Union funds under the National Rural Network RDP 2014-2020.



Source: www.sdk-wlkp.pl

A new member of the Culinary Heritage Network of Wielkopolska – "Barteki z Dębowej Wędzarni" – operates in Mosina near Poznań. The shop offers many products from manufacturers associated in the Network.

Young people know how not to waste food

The Self-Government of the Wielkopolska Region has actively joined the fight against food waste. At the beginning of 2017, it was the first in Poland to join the EcoWaste4Food project, co-financed by the European Funds under the Interreg Europe Programme. In autumn 2019, the first initiatives were launched to educate people and effectively prevent food waste.

Statistics show that food waste is a well-known problem, yet it still remains a niche issue that is not being addressed effectively. Europeans waste 88 million tons of food per year, i.e. 173 kg per person. Poland ranks 5th among the countries of the European Union, while in terms of the number of inhabitants, it has been estimated that the amount of food wasted is even 7-9 million tons per year, i.e. about 238 kg per person. In Western countries, the scale of the problem is greater among consumers, while in Poland the main source of waste is the food industry.

On 28 November 2018, the Board of the Wielkopolska Region adopted a resolution on the adoption of an "Action Plan under the EcoWaste4Food project, concerning Policy Instrument 1, i.e. the Wielkopolska Regional Operational Programme 2014-2020". This document, which is a result of exchange of good practices between the project partners and regional stakeholders, includes three actions: Wielkopolska Food Waste Prevention Week, development of innovativeness and entrepreneurship in the area of reducing food waste and raising awareness in the Wielkopolska Region in terms of the problem of food waste in Wielkopolska, using regional policy instruments. In accordance with the Action Plan adopted by the Self-Government of the Wielkopolska Region, a programme of educational workshops was prepared for young people from the Wielkopolska Region.

Youth programme

The activities carried out under the EcoWaste4Food Action Plan as part of the Interreg Europe programme were attended by 105 people, including students from seven schools: Agricultural and Building Schools Complex named after the Sons of the Regiment in Leszno, School Complex No. 1 in Lisków, School Complex No. 2 named after the Polish-Norwegian Friendship in Ostrzeszów, Vocational School Complex named after Stefan Bobrowski in Rawicz, Catering School Complex named after Karol Libelt in Poznań, General and Technical School Complex named after Gen. Dr. Roman Abraham in Września and Upper-Secondary School Complex No. 2 named after Karol F. Libelt in Krotoszyn.



The theme of the workshop at the "Concordia Taste" restaurant in Poznań was cauliflower assiette, i.e. cauliflower served in different ways. In the photo students from School Complex No. 2 named after the Polish-Norwegian Friendship in Ostrzeszów.

Photo: MOWR archive

Workshops held at the Institute of Catering Technology and Functional Food at the Faculty of Food and Nutrition Sciences of the Poznań University of Life Sciences were aimed at raising awareness of the scale of food waste, the social, economic and environmental effects of this phenomenon, as well as ways of reducing it. The first part of the classes took place in the teaching rooms in the building of the Faculty of Food and Nutrition Sciences of the Poznań University of Life Sciences, starting from the seminar room, to the lecture hall, the catering and sensory laboratories to the computer room.

The second part included classes with chef Tomasz Olewski and took place at the Concordia Taste restaurant in Poznań. The theme of the classes was managing food at the restaurant in such a way as to prevent both losses and food waste. The students learned how to plan a menu taking into account purchase and maximum use of food products, size of portions (all gets eaten), as well as example recipes allowing the restaurant to operate in the spirit of "zero waste".

Theory and practice

At the Poznań University of Life Sciences, in turn, the students were made aware of the need to look after food and the environment and of the amount of waste generated. Attention was paid to the environmental and eco-

conomic impact of undesirable effects of food production, processing and consumption. The workshop focused on three main activities: prevention, mindfulness and processing. Elements of the “Pesa i Pensa”, “GastroRecup” and “ActivEcoLab” methods were applied, which teach us how to segregate the leftovers of an uneaten meal, evaluate their quantity and dispose of them in an environmentally safe way. The result of the work of each of the participating groups was to propose solutions by working on recipes for dishes made with the use of leftovers, which served as the basis for the recipe book entitled “Kuchnia bez strat, czyli ograniczamy marnowanie żywności” (“No Waste Cuisine, i.e. Reducing Food Waste”).

In addition, students attending catering schools were introduced to food waste management methods, including identification of sources of food waste, current situation and deciding what actions should be taken to minimize waste (e.g. production, processing, storage). Awareness was also increased in the scope of the nutritional value of leftovers, including mainly fruit and vegetable leftovers,

as well as methods of disposal of unconsumed food in the production of other dishes. Workshop participants were informed about the importance of mindful and conscious selection of raw foods ingredients in relation to their quality and quantity, which was also tested through a test on different ways of reducing food waste.

Another item of the Action Plan is broadly-defined educational activities. The aim of these activities is to encourage young people to participate in thematic competitions on food waste. One such competition was addressed at students and involved making a short spot or video with a slogan promoting actions aimed at reducing food waste. In turn, for pupils in catering primary schools a competition was organised which involved creation of a leaflet entitled “Plan, Waste Not”. Its aim was to educate young people and raise environmental awareness, both by promoting positive behaviours concerning food and food waste and by drawing attention to environmental threats resulting from bad habits.



Pupils from the Vocational School Complex named after Stefan Bobrowski in Rawicz during the workshops in the Institute of Catering and Functional Food Technology at the Faculty of Food and Nutrition Sciences of the Poznań University of Life Sciences.

Photo: MOWR archive

Bambrzok

Potato pancake baked in a tray, also called bambrzak. The dish, featuring potatoes as the main ingredient, is included in the list of traditional products in the category of “Ready-made dishes” of the Wielkopolska Region.

Bambrzok is a potato pancake, but it is not fried in oil, but baked in a baking tray. After baking, the dish is golden-brown depending on the degree of browning, and grey in cross-section cut. The consistency of the oven cake is quite compact and dense, slightly sticky. There are different types of bambrzok: sweet, if the dish features the basic traditional ingredients, served with jam, apple mousse or cream, or more spicy if smoked bacon is added to the dough.

In the past, bambrzok was baked on the top of the oven. It is now baked in the oven in a suitable tray. Bambrzok has lost its popularity in favour of traditionally fried potato pancakes, however, in the old traditional cuisine of Wielkopolska it is still one of the flagship dishes enjoyed by native residents of the region.

Ingredients:

- potatoes 2 kg
- wheat flour 120 g

- eggs 4 pcs.
- baking soda 1 teaspoon
- salt (to taste)
- fat 3 - 4 spoons

Preparation:

Wash, peel and grate potatoes, like when preparing potato pancakes. Add flour, eggs, soda, salt, sugar and mix well. Place the dough on a greased baking tray, spread it evenly over the entire surface of the tray and spread dissolved fat on top. Bake in oven at 250 0 C until golden in colour for about 30 minutes.

Bambrzok with bacon, sausage, black pudding or onion can be served as a main course. For an afternoon snack, prepare a sweet version of Bambrzok by adding sugar (80 - 100 g) to the dough and serve it with jam or apple mousse.



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