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NOURISHING INCLUSIVITY AND DIVERSITY
IN THE FOOD SECTOR FOR PEOPLE WITH
SPECIAL DIETARY REQUIREMENTS

NEWSLETTER #3



November, 2025

We are delighted to bring you the Third Edition of the Food4ALL Newsletter, your gateway to all the exciting developments and updates about our project.



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The Food4ALL focuses on making the culinary sector more inclusive and innovative by equipping food professionals with the skills to accommodate diverse dietary needs.



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+ STAFF TRAINING IN ISTANBUL
+ NEWS

PROJECT
DURATION:

Get ready for an exciting boost to Food4ALL!

Our staff training in Istanbul brings partners together for hands-on learning, collaboration, and platform testing—ensuring everyone is fully equipped and energized to launch the **Culinary Innovation Lab** and its **five innovative online courses and awareness materials!**



Staff Training in Istanbul



The FOOD4ALL staff training in Istanbul, held from 25 to 28 November 2025, served as a key milestone in preparing project partners to pilot and evaluate the Culinary Innovation Lab and its five online courses and awareness materials. Led by GOI, the training aimed to strengthen knowledge exchange, improve technical skills, and create a shared understanding of the project's educational materials and digital platform. Over four days, partners followed a structured agenda that included presentations, demonstrations, hands-on exploration, and group feedback sessions.

The program began with a review of project progress, followed by the feedback on the Culinary Inclusivity Guide and the first operative version of the Culinary Innovation Lab platform. Each of the five courses and awareness materials—ranging from innovative recipe development to taste testing and quality assurance—was demonstrated in detail. Participants logged into the platform to test videos, interactive tools, and multilingual content, recording their observations and technical comments directly in a shared document to ensure clarity and traceability.

A full-day field trip and workshop allowed partners to observe inclusive culinary practices in real settings and reflect on how the insights could support piloting activities. The final day focused on preparing national piloting plans, reviewing evaluation tools, and finalizing implementation procedures. By the end of the training, partners returned to their countries well-prepared and aligned to move confidently into the piloting phase of the project.



So, what is the news?



Welcome to Food4All Culinary Innovation Lab

The FOOD4ALL platform is the central learning hub of the European project "FOOD4ALL – Inclusive Training Pathways for Equitable and Diverse Culinary Practices," co-funded by the Erasmus+ programme. Its mission is to promote inclusive, sustainable and health-conscious food practices that respond to the dietary needs of today's diverse populations. Here, you will find **five interactive and practical online training courses**, designed for chefs, culinary students, hospitality professionals, trainers, and anyone interested in cooking with inclusivity, food safety, and sustainability in mind. Each course combines accessible language, real-life examples, downloadable content, and engaging multimedia tools to support hands-on learning. Learners can advance at their own pace, track their progress, and revisit materials at any time.

The platform gives you full access to:

- [Five training courses](#), each covering a key area of inclusive culinary practices.

Culinary Innovation Lab on the GO!!

The Culinary Innovation Lab focuses on preparing culinary professionals and VET students with the skills needed to meet modern dietary demands. Through an inclusive e-learning platform, it offers hands-on, visual learning experiences across five specialized online courses and awareness materials.

Participants learn to develop innovative, health-conscious recipes, design balanced and appealing menus, apply advanced cooking techniques with strict cross-contamination awareness, adapt traditional dishes for diverse dietary needs while maintaining taste and authenticity and establish taste testing and quality assurance procedures, ensuring high standards in food preparation. Each course combines instructional content, multimedia resources, and applied practice to progressively build competencies, resulting in practical outcomes such as a recipe portfolio, menu planning toolkit, mastery of advanced techniques, and implementation of quality control protocols.

Ultimately, the Culinary Innovation Lab strengthens culinary capacity, enabling professionals to serve inclusive, safe, and creative meals for a variety of dietary requirements across Europe.

Here are several infographics featured in the Culinary Innovation Lab!

Inclusive Menu Sample - Course 4

Adapting recipes to be vegan

Designed for training and inclusive food preparation

Meal	Photo	Description	Highlights	Nutritional Notes
Breakfast		Vegan Tofu Scramble	Vegan, high-protein	Fiber-rich, micronutrients, low fat, low GI
Lunch		Vegan Caesar Salad	Vegan, fiber-rich, lactose-free	Healthy fats, nutritious-rich, optional plant-based protein
Dinner		Vegan Lentil Curry	Vegan, Nutritious Rich (Iron)	Rich source of plant-based protein, vitamins and minerals, fiber-rich

Comparative and Statistical Infographics - Course 2

Sustainable Nutrition Balancing Health and Environmental Impact

Sustainable nutrition promotes diets that protect both people and the planet. As outlined in the Turkish Nutrition Guide (TÜBER 2022) and FAO's Sustainable Healthy Diets Principles (2019), it encourages plant-based eating, moderate animal food consumption, and a low environmental footprint.

The pyramid shows that as impact rises, diets should focus more on fruits, vegetables, legumes, and whole grains, while limiting red meat, sugar, and processed foods.

Key Takeaways

- Plant-based foundations: Fruits, vegetables, legumes, and grains form the base of sustainable diets, ensuring nutrient diversity with lower carbon impact.
- Moderation is key: Animal-based foods and high-fat, high-sugar items should be consumed less frequently for both health and ecological reasons.
- Dual benefit: Diets rich in local, seasonal, minimally processed foods improve health outcomes while supporting climate goals.

References

- Türkiye Beslenme Rehberi (TÜBER), Sağlık Bakanlığı, 2022
- FAO/WHO (2019), Sustainable Healthy Diets - Guiding Principles

Low GI

- Legumes: lentils, chickpeas, peas
- Oilseeds: walnuts, almonds, peanuts
- Apple, Pear, Banana, Orange, Kiwi
- Quinoa, Brown rice, Vegetables, Dark chocolate
- Cheese, Meat, Eggs, Fish

Less than 55

Medium GI

- Wholemeal pasta, White rice, Wholemeal bread
- Tomato sauce, Jam, Milk chocolate
- Pineapple, Cherry, Melon, Dried Grapes
- Sushis, Litchis

55 - 70

High GI

- Potato, White bread, Sandwich bread
- White pasta, Dates, Rice cakes
- Sweets, Biscuits, Sweet cereals
- Soda, Fries, Pastries

More than 70

! Kitchen Safety First!

Use appliances wisely: Follow instructions for air fryers, blenders, and slicers.

Handle tools carefully: Always use protective gear when cutting or slicing.

Check temperatures: Use a thermometer to ensure safe cooking and storage.

Prevent fires: Keep flammable items away from heat sources.

Stay alert: Be cautious to avoid cuts, burns, or other kitchen accidents.

Safe cooking = Smart cooking!

The Five Senses of Food

- SIGHT (Appearance)**: Color of steak
- SMELL (Aroma)**: Aroma of herbs
- TASTE (Sourness of lemon)**: Crunch of toast
- SOUND (Fizz of soda)**
- TOUCH (Texture)**



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What is coming next?



We are excited to announce that the **Culinary Innovation Lab** will officially launch in **February 2026!**

The screenshot shows the 'COURSES' page of the FOOD 4 ALL website. The navigation bar includes 'HOME', 'COURSES', 'AWARENESS MATERIALS', 'LOG OUT', 'PROFILE', and 'ENGLISH'. The main content area displays three course cards:

- Innovative Recipe Development Culinary Practices for Special Diets; Allergen-Free, Diabetic-Friendly, and Plant-Based Recipes**
Aim of the course: This course has been designed to support culinary professionals and learners in developing the knowledge and practical skills necessary to create...
Admin Food4All | 11 | 12 | Free
- Menu Planning and Design**
Aim of the course: Course 2: Menu Planning and Design integrates strategic menu structuring, nutritional balance, and visual presentation with inclusive dietary planning. The course...
Admin Food4All | 8 | 5 | Free
- Advanced Cooking Techniques with Cross-Contamination Awareness**
Aim of the course: This course equips learners with practical skills in advanced cooking methods while embedding essential food safety practices, particularly cross-contamination prevention. Learners...

After rigorous final testing and multilingual finalization, the online courses will be ready for learners worldwide. Get ready to explore innovative recipes, master advanced techniques, and elevate your culinary skills like never before!!!



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THE PARTNERS

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