

# If Your Food Could Talk

How to fight climate change through diet



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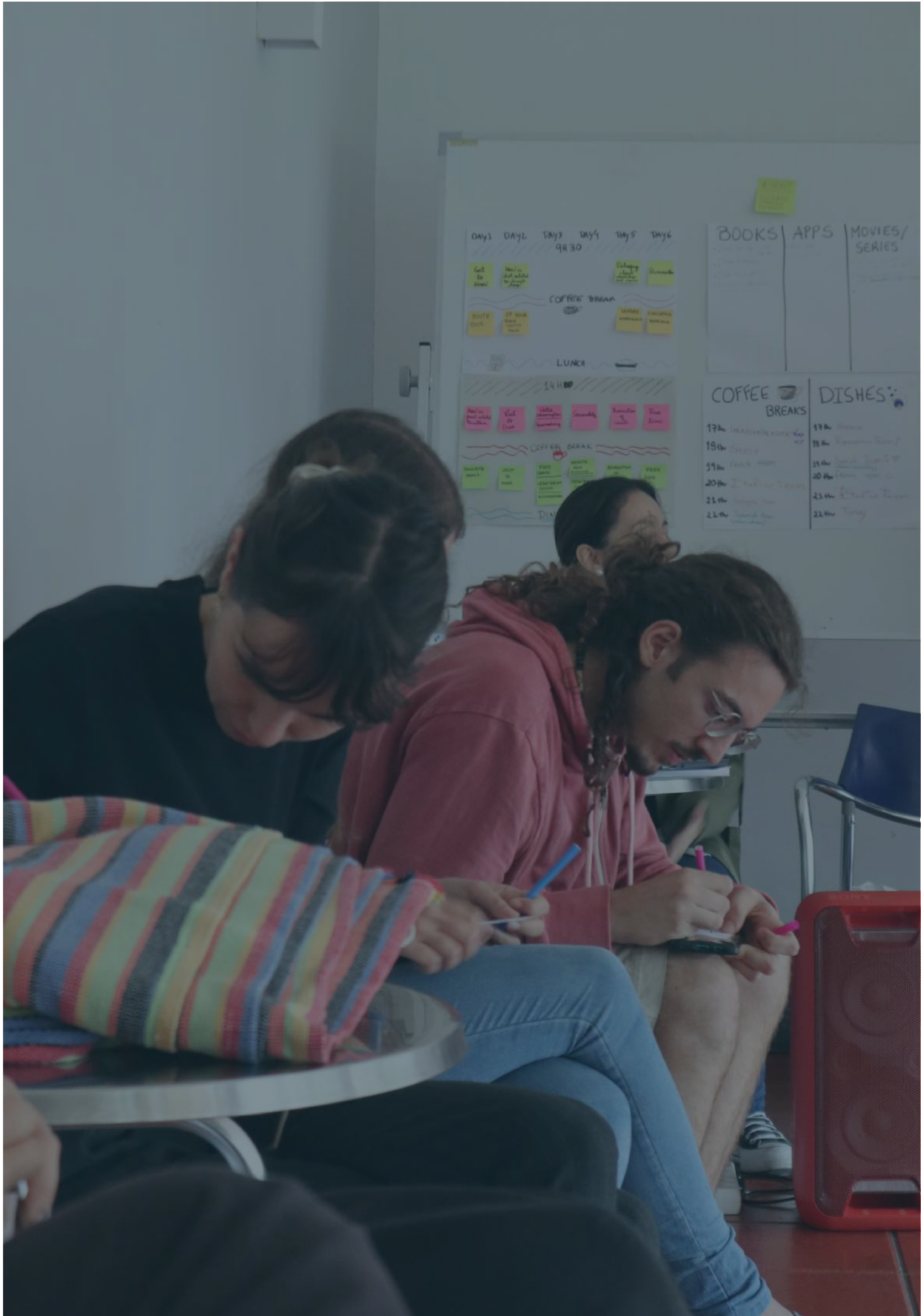
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DAY1 DAY2 DAY3 DAY4 DAY5 DAY6

9H 30

Get to know! Meet up and share the project! Delivery Day! Research!

COFFEE BREAK

YOUR Tech! IT WORK! Search! Evaluation!

LUNCH

14H

Plan to meet with the team! Get to know! Update presentation! Summary! Evaluation! Final!

COFFEE BREAK

SEARCH! YOUR! IT WORK! Update presentation! Summary! Evaluation! Final!

DINING

BOOKS | APPS | MOVIES/SERIES

COFFEE BREAKS | DISHERS

- 17th Presentation using Key
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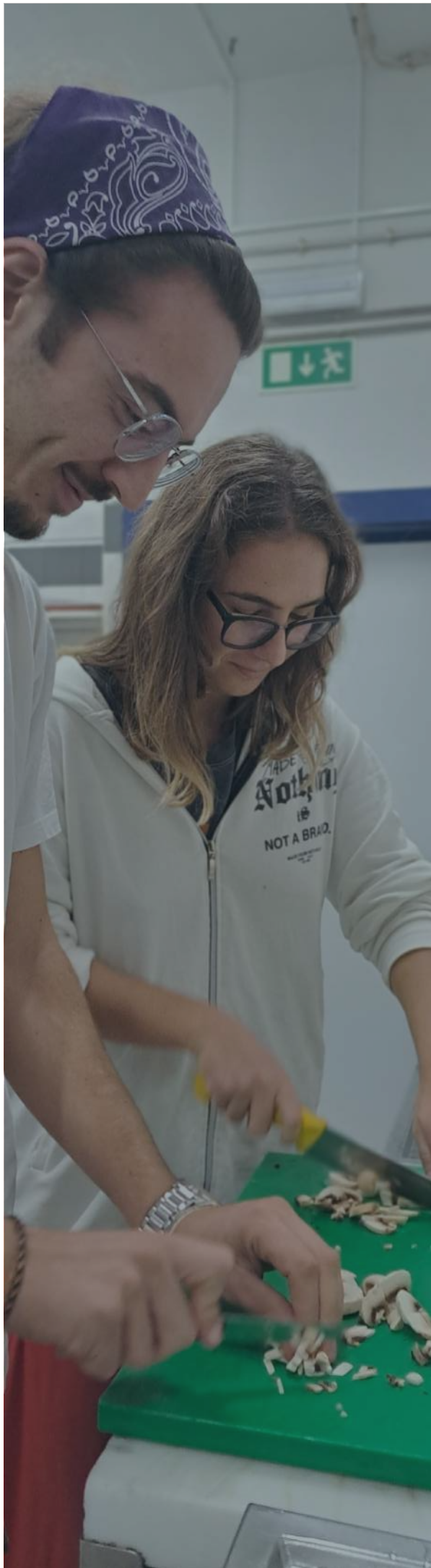


# THE PROJECT

"If Your Food Could Talk – how to fight climate change through diet" is a project funded by the Portuguese National Erasmus+ Agency, within the scope of KA1 (Youth Mobility). Its main objective is to raise awareness among young people about the impact that food has on climate change, empowering them to make more informed choices, thus contributing to the sustainable development of our Planet.

During one week in Portugal, participants had the opportunity to get involved in a series of theoretical and practical activities, including vegetarian cooking workshops, and remade their favorite recipes into more ecological and healthy versions, which you can find below!

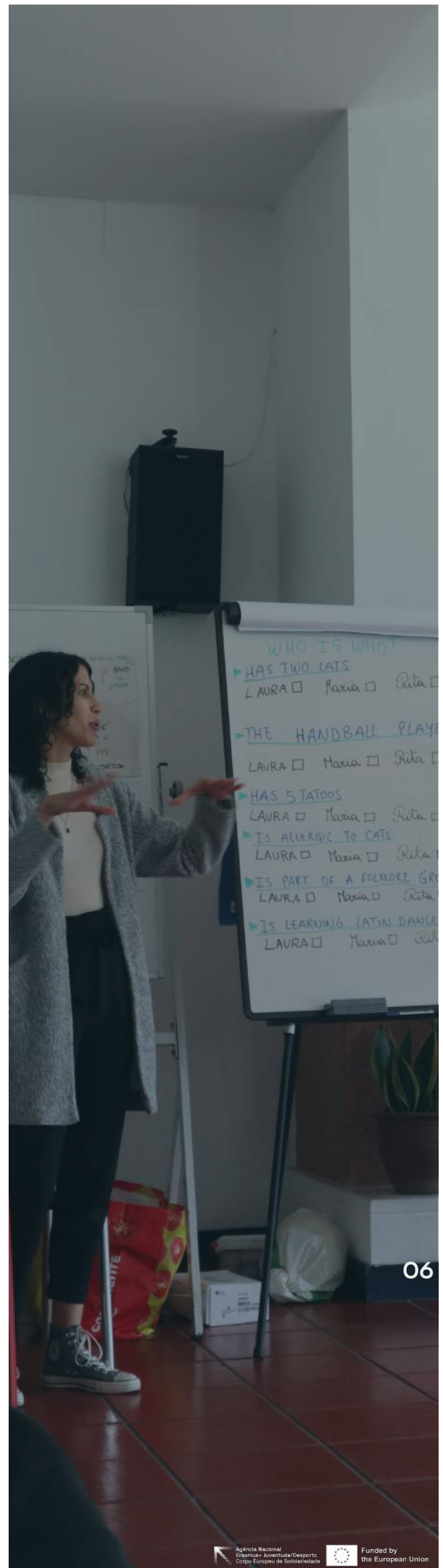
In total, there were 40 participants, from 8 different countries, being: Portugal, Spain, France, Italy, Greece, Romania, Serbia and Turkey. The Youth Exchange took place in Ovar, in Pousada da Juventude.

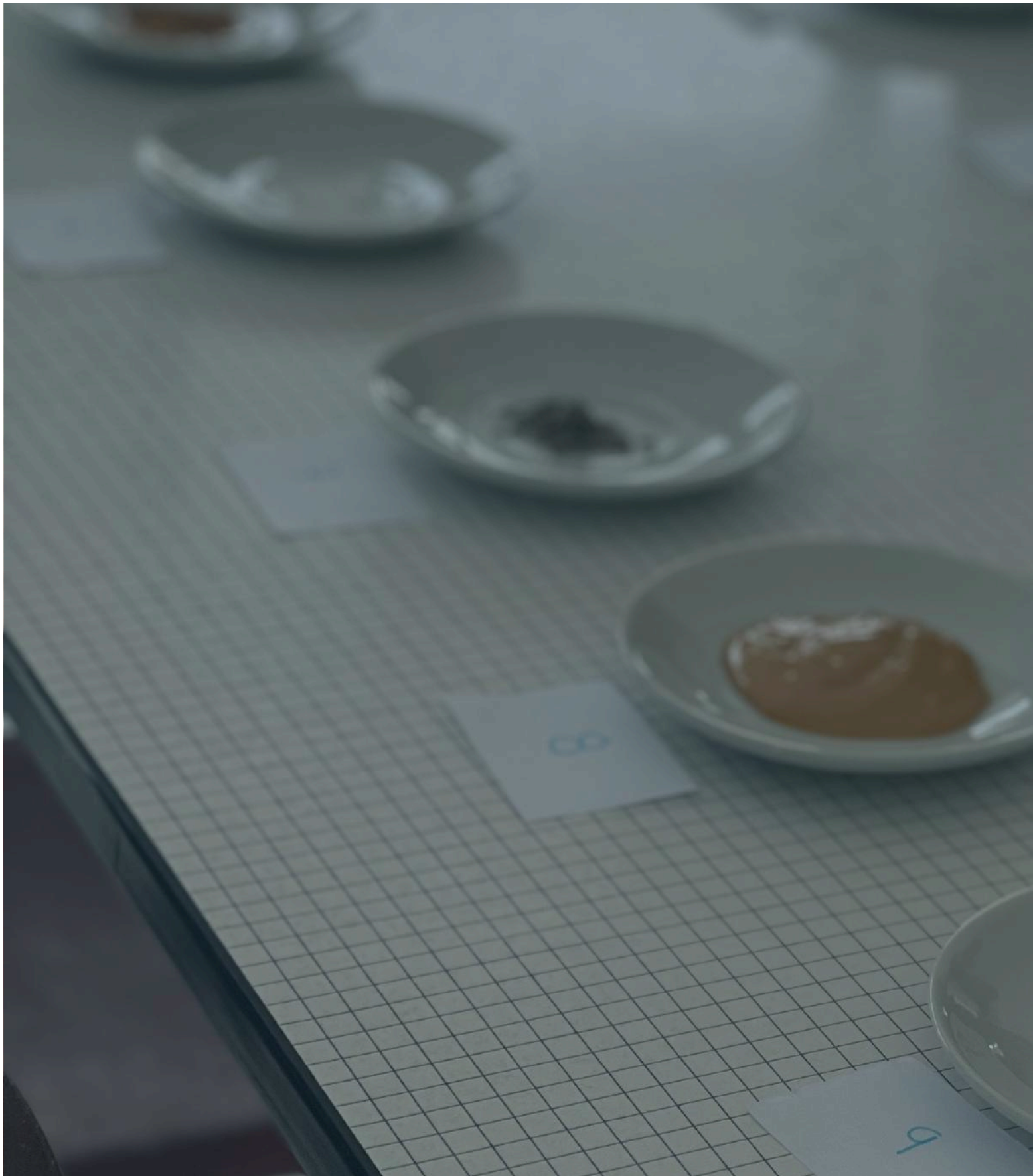


## WHAT WE LEARNED

- A typical meat eater's diet requires up to 5 times the land than a vegan one. It's more efficient to grow crops for humans to eat than it is to grow crops for animals to eat and then turn those animals into food for humans.
- Transportation of food also has an impact on climate change and also the greenhouses can consume a lot of resources. So it's important to choose in season and local food. Here you can find which vegetables and fruits are in season throughout the year, in almost every european country: <https://www.eufic.org/en/explore-seasonal-fruit-and-vegetables-in-europe>
- Food waste is also a big issue in Europe: almost 59 million tons of food was wasted in the EU in 2020. 53% of this waste was household waste. Look for recipes that use leftovers and freeze meals/food whenever possible.

- While fish often have a relatively small climate change footprint, the majority of the plastic found in the ocean comes from fishing nets.
- Milk typically has a smaller climate footprint than chicken, eggs or pork, but many types of cheese, such as cheddar or mozzarella, can have a significantly bigger footprint than those.
- Pay attention to water consumption. Cheese has a high water consumption but it also happens in vegetarian/vegan substitutes like almond "milk" that requires 37l of water per liter of package.





**THE RECIPES**  
**WE CREATED**



As mentioned previously, our participants remade their favorite recipes into more ecological and healthy versions. We followed the guidelines of a Portuguese nutritionist that helps to create nutritious and healthy vegetarian dishes. Since the we-

bsite is in portuguese, we created this document with an english version of it to help you cook the best vegetable dishes ever!

[https://docs.google.com/document/d/15sj-dgmrFc5EeawrSVt6EpGOJt2\\_Y2ko6efV-FlbsAAVw/edit?usp=sharing](https://docs.google.com/document/d/15sj-dgmrFc5EeawrSVt6EpGOJt2_Y2ko6efV-FlbsAAVw/edit?usp=sharing)

# RECIPE INDEX

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(Manti is a type of dumpling  
mainly found in Turkish and  
Central Asian cuisine, usually  
with meat inside) 12

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(traditionally were made with  
meat, commonly found in Mexi-  
can cuisine) 13

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with fries and  
homemade ketchup 14



# Vegan Lasagne

by Alice and Olympe

To substitute  
the typical  
lasagne

## INGREDIENTS

2 spoons olive oil, plus a little more for the dish

750g lean tofu mince

800g tomato sauce

300g fresh vegan lasagne sheets

Vegan white/Bechamel sauce

125g vegan soy milk cheese

### For the fresh lasagne sheets:

Flour – 2 cup

Water - 3/4 cup

### STEPS

- 1- Take a bowl and add flour
- 2- Add in water slowly and use the fork to mix it into a dough. Knead it for a few mins to make it smooth.
- 3- Let it rest for 10 mins.
- 4- Divide it into two portions. Roll each one into a pretty thin square. Cut it in half and now roll each half into long thin sheets. Use the pan which you are making lasagne as a guideline and cut it accordingly.

### PLATE

- 1- To make the tofu filling, heat 2 spoons of olive oil in a frying pan and cook 750g lean tofu mince in two batches for about 10 mins until browned all over.
- 2- Pour over 800g of basic tomato sauce
- 3- Bring up to the boil, then simmer for 30 mins
- 4- Spoon one third of the tofu sauce into the dish, then cover with some fresh lasagne sheets. Drizzle over roughly 130g ready-made or homemade vegan white sauce.
- 5- Repeat until you have three layers made. Cover with the remaining 390g vegan white sauce, making sure you can't see any pasta poking through.
- 6- Scatter 125g torn vegan cheese over the top.
- 7- Bake for 45 mins until the top is bubbling and lightly browned in the temperature of 180°.

### Vegan White/Bechamel Sauce:

3 spoons Olive Oil

2 spoons Flour

2 cups (480ml) Soy Milk

### STEPS

- 1- Add the oil to a pot on the stove and heat it at medium to high heat
- 2- Add the soy milk all at once and continue to stir and whisk and allow the sauce to gradually thicken
- 3- You will usually get to the right thickness after it has reached boiling point and boiled for a few minutes.
- 4- When you've reached the desired thickness (keep in mind that the sauce will continue to thicken as it cools), remove from the heat.

# Vegetarian Manti

by some of our turkish participants



## INGREDIENTS (2-4 people)

- Chickpeas (half cup)
- Lentils (half cup)
- Oat flour (2 tablespoons)
- Water (2 glasses)
- Salt (1 teaspoon)
- Tomatoes (2)
- Garlic (2 cloves)
- Sunflower oil (1 tablespoon)
- Dried mint (4-5 leaves)
- Chili ground pepper (optional) - half teaspoon
- Yogurt - can be a vegetable yogurt (one cup)

## Step-by-step:

### To make the dough:

## STEPS

- Put the chickpeas and lentils in cold water the night before;
- Boil the chickpeas and lentils in separate pans for about 30m;
- Drain the water and mix them into a large bowl;
- Add oat flour, salt and chili pepper;
- Knead the dough as it will become earlobe consistency;
- Take small pieces and roll them until they look like a small ball;
- Put them aside in the refrigerator (to eat it cold)

### To make the first layer of sauce (yogurt sauce):

- Put the yogurt into a bowl and mix it with small pieces of garlic;

### To make the second layer of sauce (tomato sauce):

- Smash the tomatoes until it becomes a sauce;
- Smash the garlic;
- Heat the oil in a pan and add the garlic. Simmer for 2-3mins;
- Add the tomato sauce and boil for 4-5mins;
- Add the dried mint leaves and mix them.

## Plate

- Put the dough on a plate, add a layer of the yogurt sauce, and then add the tomato sauce on top, as much as you like.

# Vegan fajitas

by Biljana and Sofi

**FYI:** This recipe is vegan and adapted to both the writer's countries (local veggies you can find both in Serbia and Spain), but you can adapt the ingredients to the seasonality of your country.

To substitute  
the typical  
recipe with meat  
(typical dish  
from Mexico)

## INGREDIENTS (4 people)

2 onions

1 pepper (any color)

2 carrots

1 clove of garlic

1 handful of spinach (to taste  
since it's a topping)

2 tomatoes

200gr mushrooms

2 zucchinis

300gr soy chunks

8 tortillas

100gr corn

## TO SPICE IT UP!!

Tumeric

Paprika

Cumin

Garlic powder

## STEPS

1. We let the soy chunks rest in hot water so they grow for about 20min.
2. We chop all the vegetables and we let them simmer in a pan with olive oil. First the garlic with the onion, then carrots and pepper. Cook for 15min. When it's cooked we add the mushrooms and let them reduce for about 5 more mins.
3. While the vegetables cook we do the zucchini sauce. For this we peel and cut the zucchini and we simmer until soft. We blend all together and we can add some oil to better the consistency.
4. We drain the soy chunks and fry them with the rest of our mixture until they get a bit crispy. We add spices to taste.
5. We will put this filling inside a tortilla. You can either buy them and heat 1min each side on the stove or microwave, or do them from scratch. For this you will need flour, salt, water and olive oil. Cook this dough in a pan. Very simple but tasty!!!
6. On top of the filling we just did we add spinach tomatoes corn and the zucchini sauce.
7. Close your fajita and enjoy!!

**Optional step:** to fully complete this meal you can have it with some freshly squeezed orange juice to drink and get your Vitamin C dose.

# Vegan crispy burger with fries and homemade ketchup

by Sara and Noémie

## INGREDIENTS

4 round breads from the bakery  
(grain bread is better)  
600g of tofu  
50g of crushed bread  
8 slices of vegan cheese  
50g of tomato sauce  
600g of potatoes  
1 lettuce  
3 tomatoes  
1 onion

2 Peppers  
50g of flour  
1 spoon of soja sauce  
1 spoon of sugar  
1 spoon of white or apple vinegar  
Salt  
Pepper  
Olive oil  
Paprika or other spices

## RECIPE

- 1- Cut the potatoes in the shape of fries and mix them in a recipient with 2 spoon of oil (must have a little layer on each fries), salt, pepper and paprika.
- 2- Cook them in the oven at 200° for 50 minutes (mix during the process) or in the air fryer if you have one.
- 3- While it's processing, cut onion and pepper in small pieces and put them in a pan with a bit of olive oil at small/medium fire. Let it cook for ~20 minutes and mix regularly.
- 4- Take a deep plate and mix the flour with the soja sauce and 15cl of water.
- 5- Cut the tofu in pieces 2cm wide and dip them in the mix, then roll them in the crushed bread.
- 6- By that time the pepper and onion should be ready, so put them out of the pan and use the same pan to cook the crispy tofu (5 minutes on each side)
- 7- Prepare the ketchup by mixing tomato paste, 1 spoon of sugar, 1 spoon of vinegar, water (add as much as you want for the texture you want) and spices as you like
- 8- Plate the burger : bread, ketchup, onion & pepper, crispy tofu, salad, cut tomatoes, cheese and bread. With the fries on the side.

# RESULTS

**92 %**

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of participants can identify foods with a lower environmental impact

**86 %**

---

of participants know how they can change their eating habits to reduce the impact of the foods they eat

**70 %**

---

of participants recognize that they can have an active voice in society when it comes to climate change

**92 %**

---

of participants better recognize the importance of the EU in the fight against climate change

**100 %**

---

of participants want to participate in more Erasmus+ projects.

It was the first time that

**61 %**

---

of participants participated in a Youth Exchange.



# PARTNERS

## GO ALIVE // Greece

The Youth Organization “European Initiative for the Empowerment, Awareness and Wellness of Youth” with the distinctive title “GO Alive” is a non-governmental/non-profit organization based in Siatista Kozani and active in Western and Central Macedonia.

More info at: <https://goalive.eu/>

## Rakonto // France

The aim of this NGO is to promote the world's cultural diversity, ecological transition and social activism. Our main activity is the creation of public media content such as photos, video, articles and other innovative digital tools to raise awareness among youth in global and local environmental, social and cultural issues. Our main goal is to tell the stories of those who are fighting for a better future in order to inspire and raise awareness.

More info at: <https://en.rakontoassociation.org/>

## GEYC // Romania

Group of the European Youth for Change - GEYC is a Romanian youth organization founded in 2010 active at the European level. GEYC is the initiator and coordinating organization of PRISMA European Network, a European wide coalition aimed to raise the quality of youth projects. We are an organization in Special consultative status with the Economic and Social Council since 2023. Our mission is to empower young people to create a positive change in their community.

More info at : <https://www.geyc.ro/>

## Back to the Roots //Spain

Back to the Roots main objective is the protection of the environment through environmental education. We want to involve youth in their local communities to promote change through connection with nature and finding sustainable solutions to the problems we have to face as society.

More info at: <https://www.instagram.com/backtotheroots.eu/>

# because without them we can't achieve anything!

## ASNU // Italy

is a young non-profit with environment and natural sciences at its center, composed of passionate of the subject, be them university professors or simple amateurs, from any educational level. ASNU was founded as non-profit in 2020, but it has been active as a university association since 2015.

More info at: <https://www.asnuaps.it/>

## Dünya Yaşasın Derneği // Turkey

Dünya Yaşasın(Long Live the World ) Association was established in Ankara in 2019 with the aim of supporting alternative ecological agriculture studies, contributing to its development and raising awareness of the society, especially children. The association supports alternative ecological agriculture studies against industrial monotype agriculture.

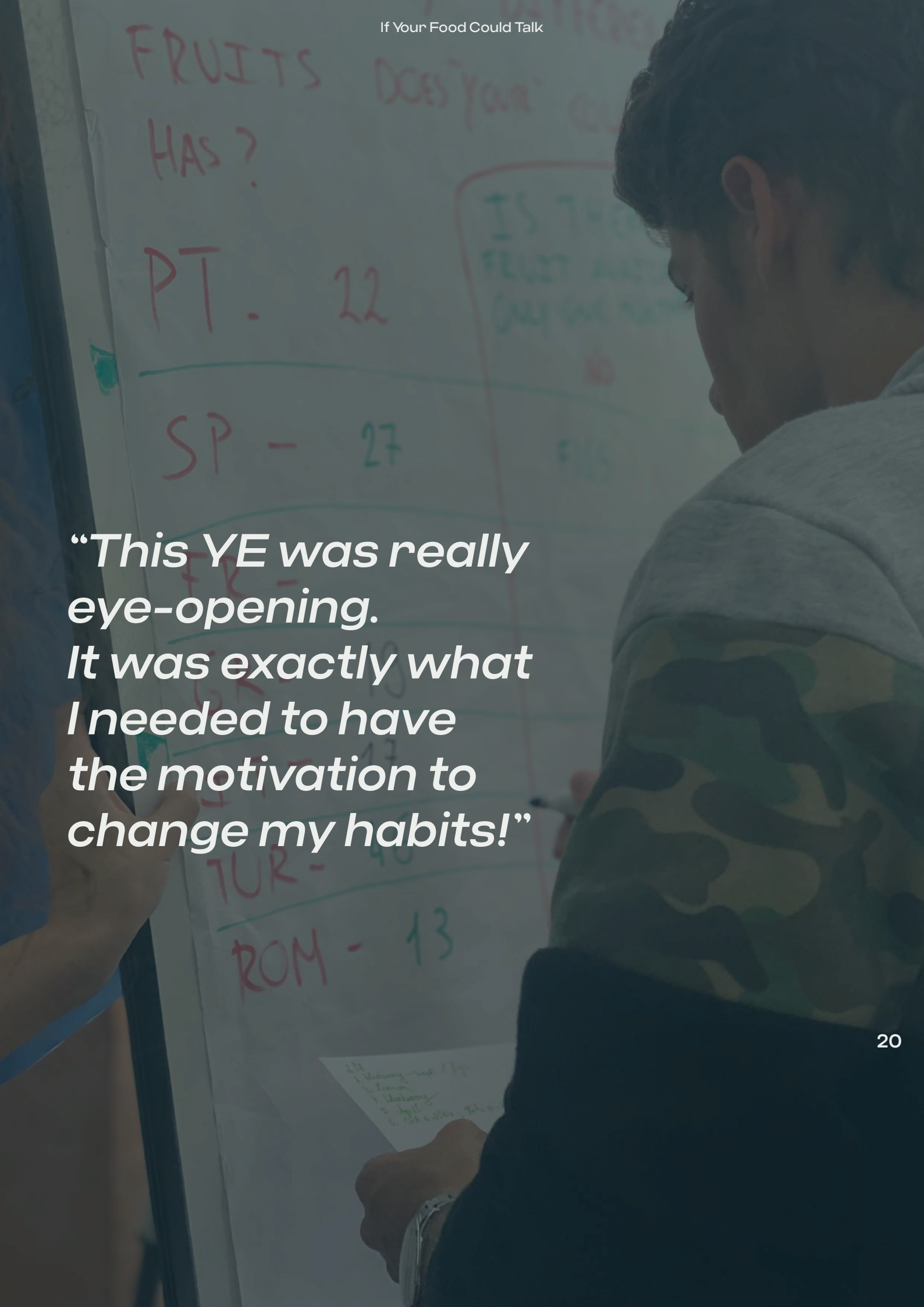
More info at: <https://dunyayasasin.org/>

## EU4All // Serbia


EU4ALL Association is a youth organization based in Nis, Serbia. Our field of work focuses on empowering and supporting young people, particularly those with disabilities, by providing them with opportunities for personal and professional development. Our target group includes all young people up to the age of 30, with a special emphasis on those facing social and economic challenges, including youth with disabilities.

More info at: <https://eu4all.rs/>

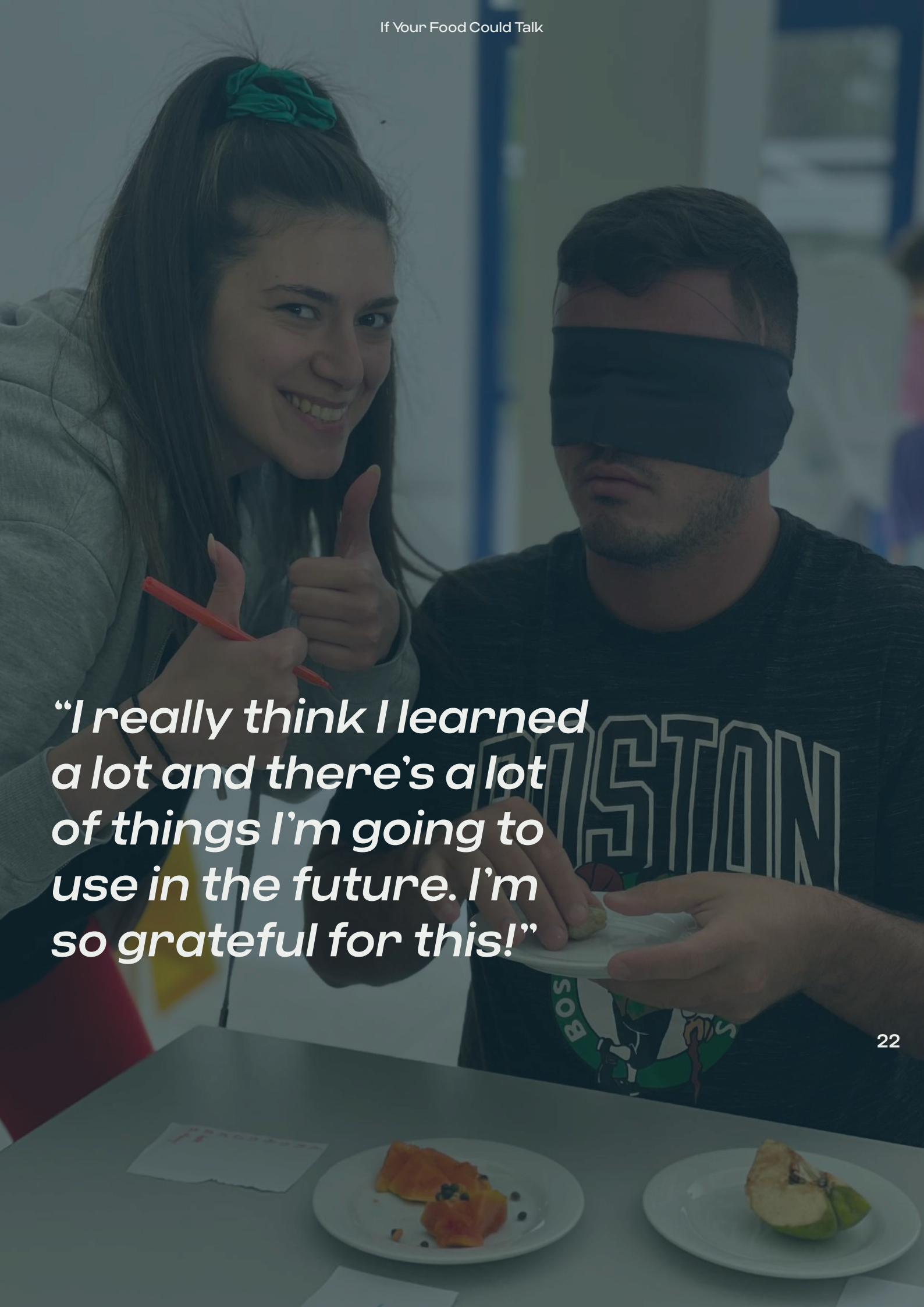
**What learnings**  
**marked you the most?**

A person is seen from the side, looking at a whiteboard. The whiteboard has handwritten text in red and green markers. The text includes "FRUITS DOES YOUR", "HAS?", "PT. 22", "SP - 27", "FR - 13", "TUR - 40", and "ROM - 13". There is also a circled section with the text "IS THIS FRUIT AND ONLY ONE". The person is wearing a grey hoodie with a camouflage pattern on the sleeve. The background is dark and out of focus.

***“This YE was really eye-opening. It was exactly what I needed to have the motivation to change my habits!”***

A group of people, including a woman in the foreground with blonde hair and a plaid scarf, are gathered around a table. They appear to be engaged in a hands-on activity, possibly a workshop or class, related to food. The woman in the foreground is using a wooden stick to apply green paint or food coloring to a piece of paper. Other people in the background are also looking down at their work. The setting is indoors, with a white wall and a red decorative border. The overall atmosphere is focused and collaborative.

*“This project made me feel more confident about my dietary choices”*



*“I really think I learned a lot and there’s a lot of things I’m going to use in the future. I’m so grateful for this!”*

## SEASPIRACY

### MAJOR ENVIRONMENTAL & SOCIAL IMPACT


- ~~2048~~ HUMAN RIGHTS
- Net & fishing gear = ~ 50% ocean trash = "destruction" of ecosystem

### ACCIDENTAL CAPTURE OF MARINE SPECIES

10 Dolphins = 1 for amusement park, 9 dead  
FISHING GEAR CAPTURES ALL TYPE OF SPECIES

### SLAVE LABOR

- Government APPROVED, and NGO
- NO HUMAN RIGHTS protection  
THEY DO WHATEVER THEY WANT

4- NGOs are not supervised 

The one's responsible are being tried

5- lack of regulation  $\iff$  ILLEGAL ECONOMY AT ITS HIGHEST

## COWSPIRACY

1. MEAT = WATER CONSUMPTION + DEFORESTATION + GREENHOUSE GAS + POLLUTION

2.  $\nearrow$  MEAT =  $\searrow$  TROPICAL FOREST

3.  $\nearrow$  MEAT =  $\nearrow$  H<sub>2</sub>O (COWS) CONSUMPTION

4. ...

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...

Now I'm more aware of what I eat, thinking about the impact of the food I eat on the planet"



**LINKS:**

Website | <https://dctr.pt/if-your-food-could-talk/>

**Links to (some) of the social media posts from this project:**

[https://www.instagram.com/p/CyobBIGiOka/?img\\_index=1](https://www.instagram.com/p/CyobBIGiOka/?img_index=1)  
[https://www.instagram.com/p/Cyv\\_B9XBES7/?img\\_index=1](https://www.instagram.com/p/Cyv_B9XBES7/?img_index=1)  
[https://www.instagram.com/p/C0IZiVEryjS/?img\\_index=1](https://www.instagram.com/p/C0IZiVEryjS/?img_index=1)  
[https://www.instagram.com/p/C0kBiDkqr1E/?img\\_index=1](https://www.instagram.com/p/C0kBiDkqr1E/?img_index=1)

