



A Cozinha da Avó.

Por uma alimentação sustentável de base local, sazonal e justa.



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Mértola**



Aknowledgements.

The grandparents.

Context.

A healthy diet is one of the major health concerns regarding people and the planet. Now, more than ever, there is an urgent need to develop healthier eating habits that are less demanding for the production of natural resources.

The project.

The goal is to reinterpret the grandparents' traditional Alentejo recipes using organically produced products and with strict water management. It involves different generations in a collaborative process in order to change the paradigm about food, from production to consumption.



The design process.

The project scenario was structured for the development of the whole process, using different initiatives, from establishing gardens, conducting cooking workshops, cooking labs, communication platforms... Everything within the scope of creating a local food network.



Governance and Policy Making



Social action

Local community

The formalization of a network of public and private partners with a view to the progressive achievement of autonomy, security and food sovereignty in the territory is one of the main objectives. The network will include farmers and organizations in the agricultural and agri-food production sector, businessmen and entities in the area of catering, entities in the areas of health, social action and education and with local authorities.

Activism and Civic Participation



Raise awareness among different audiences

Cozinha da Avó offers an Academy for training and raising awareness among different audiences. From different actions, through training accessible to the community in general or to professionals in local and collective catering, this Academy provides an intergenerational dynamic for the transmission of knowledge, promotion of the Mediterranean Diet and sustainable production and consumption of food.

Social Interactions and Relations



Cultural heritage

Different generations

Throughout all the different activities (workshops, the Academy, garden implementation...) supplied by this project, the social interaction is key and very much present. There are periodic visits to schools, which allow the interaction and knowledge share between people from different generations.

City and Environmental Planning



Network of Collaborative Gardens

Regenerative agriculture approach

A Cozinha da Avó foresees a Network of Collaborative Gardens, public and private. Raising the community's awareness of the need for local production of organic foods, respecting their seasonality, is one of the purposes of vegetable gardens, guaranteeing gains in terms of food security, nutrition and resource consumption. More than biological, these gardens are worked with a regenerative agriculture approach, applying good soil management and water efficiency practices that favor non overload and land regeneration.

Production, Distribution and Consumption



Sustainable production

Healthy consumption

The chain starts with the strict local production system, using the sustainable regenerative gardens, respecting the soil and the water management. Then, these products are used on their cooking labs, Academy and/or workshops in order to create the traditional recipes, maintaining the nutritional value.

The project foresees that the reinterpreted and adapted recipes integrate the menus of collective canteens in the municipality of Mértola, namely schools.

Skill Training and Design Education



Intergenerational dialogue

Protection of the cultural heritage

Scientific knowledge on nutrition

This community project wants to promote the traditional Mediterranean diet through education, by creating activities aimed at different age groups, mainly aimed at children and seniors, being inserted in the schools and promoting intergenerational dialogue and also acting on the recovery and protection of the cultural heritage of the region associated with food, introducing innovation and scientific knowledge in the area of nutrition.

Storytelling and Visualisation



The way the project is described, the storytelling, the way it respects the tradition and the portuguese grandparents, connects with the emotional side of people, making it easier to attract participants/volunteers. From the special website design to all the photos and thoughtfulness shown to the planet, this projects connects with people in a different way.

**DESIS
NETWORK**
Design for
Social Innovation
and Sustainability

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