



Increasing Food Literacy Competencies of Adults

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Nowadays there is an increase in the number of homemade food producers (retired people, unemployed people, etc.) who want to increase their income. However homemade food producers should have knowledge about the proper processing techniques of food products. There is a need of learning material for people who plan to make and sell food from their home.

OBJECTIVES

- To develop Easy-used, Free of charge, Understandable and Innovative guides or digital training materials for the target group
- To enhance skills and competencies of adults related to food literacy
- To help and encourage adults to start home-based food business in Europe
- To transfer home-made cooks in a food safety-oriented and regulated environment
- To educate people against myths through label reading
- To increase knowledge of target group about sustainable food system
- To diminish outbreaks of foodborne disease by increasing food safety and hygiene knowledge
- To enhance knowledge of target groups about homemade food processing techniques
- To increase incomes of adults with low skills
- To inform target groups about healthy eating pattern
- To educate people about ideal food packaging and storage
- To promote health and prevent diseases like obesity
- To enhance social inclusion of adults by increasing their job finding opportunities



foodtr.org/en/

IMPACT

The short-term impact of the project: FOODTR project will provide innovative guides platform about food literacy for adults with low skills and competence to enhance their knowledge in food literacy. Food literacy knowledge of people will be enhanced with international cooperation. They become more aware while they are preparing their meals, making food selection and storing & packaging.

The long-term outcomes of the project: Health promotion and disease prevention will be achieved. With increased food related skills, many adults may start food business from their homes. By this means, they contribute to their home-income and they become socially included. Also, the project helps to make the shift to a more sustainable and healthy food system.

OUTPUTS

Outputs will help to enhance the quality of learning and increase key competences of adults about digital learning. Target groups will be able to download the textbooks and read them offline whenever they want.

The guides will improve the knowledge and awareness of consumers, housewives and adult homemade food producers on packaging, storage technologies, processing techniques, food regulations, labelling, food safety and hygiene and so they will have the opportunity to consume or produce more safe and healthier foods. Additionally, their entrepreneurship skills will be improved and this will increase their income and self-confidence. At the same time, consumer will improve food related knowledge, skills, attitudes for better health and nutrition.