

**GOURMAND AWARDS 2023**



**FREE PUBLICATIONS**





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### GO INTERNATIONAL!

Food and drink books are now global. They are the pillars of food culture, an essential issue today, for the public, professionals and governments. The Gourmand Awards offer here for 2022 the resource of its World Platform for Food and Drinks Culture.

With over 100.000 screened books and publications from some 230 countries and regions, the Gourmand Awards brings an overview about food and drink information published all around the world in the last year.

There are various criteria for each category on the list, but they have all in common one guiding principle: all books are chosen for their appeal and importance from an international point of view. These books deserve to be promoted, to become known internationally, and should be translated and distributed worldwide.

See you all at Gourmand's upcoming event:

**Umeå Food Symposium, Sweden - May 25 - 28, 2023**

Results announced at Gourmand Awards Ceremony for the Best in the World

**Edouard COINTREAU**

Gourmand World Cookbook Awards - President & Founder



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### THE WORLD PLATFORM FOR FOOD AND DRINKS CULTURE

The Gourmand World Cookbook Awards were founded in 1995 by Edouard Cointreau. Every year, they honour the best food and wine books, printed or digital, as well as food television. The competition is free, and open to all languages. Every year, Gourmand gives the awards in a very special location for gastronomy. The Awards Ceremony is always an opportunity to meet every important person in the world of food and books: hundreds of publishers, authors, chefs and journalists take part in these events.



Gourmand Awards 2022 - Umeå - Sweden



Gourmand World Summit - Maison de l'UNESCO - Paris



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GOURMAND AWARDS FOR FREE PUBLICATIONS

Since 2016, the Gourmand Awards publish every year the Food & Drink best free publications available for downloads on the internet. The list for 2022 includes 375 entries, from 125 countries and regions.

The quality of these free publications is constantly increasing all over the world. They contain precise studies, with figures and arguments, on the current state of food, agricultural production, distribution networks, solidarity programs and major research projects on local food heritages.

There are many lessons to be learned here. Through these free publications, NGOs, institutions, governments, foundations, corporations and associations show us a reasoned path towards sustainable food, respectful of the planet and aware of the long history of food traditions.

The immense work of the researchers and experts behind these publications allows us to better understand the evolution of our common needs and to anticipate potential major crises. And since we are all concerned, this selection is for everyone, like a small Library of Alexandria on food, free and accessible from anywhere.

This list was first published, without the posters, on FAO World Food Day, October 16, 2022. The list with posters is published by the Gourmand Awards as a New Year 2023 gift, to promote free downloads and inspire readership worldwide.



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DIGITAL FIRST!

Food has become a key issue worldwide in 2022. Published by the Gourmand Awards on December 29, 2022, the worldwide list of the best free publications 2022 about food are available for everyone to download. The list is a joint effort of the Gourmand Awards and the Hallbars Institute for Sustainability Research. The publications on the list will receive their awards on May 25, 2023, on Food Research Day at the Umeå Food Symposium 2, in Sweden.

Umeå is the largest Northern City of Sweden, a young, creative, city with double digit growth. The Municipality of Umeå long term goal is "Digital First". The focus of the Umeå Food Symposium 2023 is Sustainable Food Cultures. Presentations of the free digital publications about Food and Wine by their researchers and authors will be May 25, on Food Research Day. This second Umeå Food Symposium has the support of Umeå University, a public research university, with over 30.000 registered students, as well as the participation of the Swedish University of Agricultural Sciences SLU which shares the same campus, with its Future Foods platform.

Umeå University is also a world leader for Design. For the seventh year in a row, Umeå Institute of Design at University of Umeå takes the top world position on the Red Dot ranking for Design in 2022. Danielle Wilde is the Professor of Design for Sustainability at the Institute of Design, and a key participant in the symposium. She says " Hosting the Symposium in Umea helps to expand the impact of my research."

To help authors and publishers reach their readers worldwide, the Gourmand Awards have been rewarding the best free publications about food and drink since 2016. They have been giving awards to Food Culture books on paper since 1995. In 2022, a total of 375 free digital publications from 125 countries were selected from the massive world output of free food and drink publications. "The Gourmand Awards have changed the notion of gastronomy, its history and importance." said Sara Beatriz Guardia, UNESCO Chair, University of Lima, Peru, on November 29, 2022

Authors and Researchers are most welcome to submit 10-minute presentations in English for the Umeå Food Symposium.

**BEST OF THE BEST  
FOR FOOD PROFESSIONALS**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION FOR FOOD PROFESSIONALS

#### AUSTRALIA

##### Chocolate Scorecard Be Slavery Free

The 2022 Chocolate Scorecard ranks and grades chocolate companies on key sustainability issues. The Chocolate Collective is coordinated by Be Slavery Free, with universities, consultants and civil society groups engaging in transforming the chocolate industry. This research has been conducted in accordance with Human Research Ethics Committee guidelines.

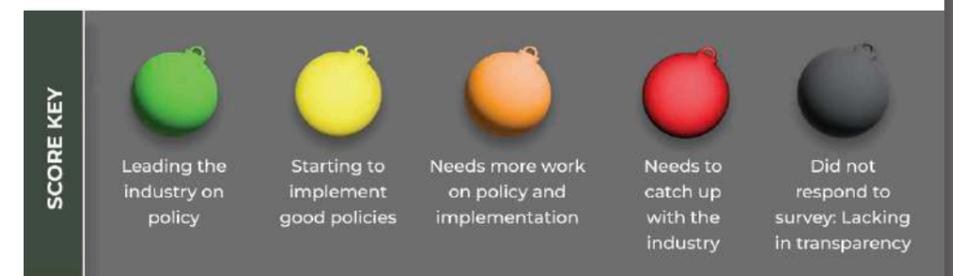
The research explores contemporary developments in policy and practices that companies in the chocolate supply chain are undertaking towards improving their sustainability performance. The Chocolate Scorecard was produced to inform companies about their scores on key sustainability challenges and develop a productive dialogue with them about how they can further improve their policies and practices, aiming for a higher score in future years.

It is also a resource for consumers who are seeking information about the sustainability of chocolate they purchase from these companies; or for investors and shareholders seeking to understand a company's performance.

10 pages, free download: [www.chocolatescorecard.com](http://www.chocolatescorecard.com)



We eat chocolate for comfort, celebration and indulgence. But what's really going into the chocolate we buy? We have surveyed the world's biggest chocolate companies to find out! Some are rising to the challenge, but others continue to ignore consumer demand for chocolate that's **good for people and the planet.**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION FOR FOOD PROFESSIONALS

#### BELGIUM

#### Guidance on Food Allergen Management for Food Manufacturers Food Drink Europe

This Guidance document was prepared by FoodDrinkEurope to provide sound, evidence-based and consistent information on good practice in risk management of allergenic foods and certain food intolerances for food producers of foodstuffs intended for sale to the general population.

By harmonising and disseminating good practice across the European food industry at all levels, this Guidance has helped ensure a consistent understanding of, and approach to, managing allergens and certain food causing intolerances to a high standard throughout the European food industry.

This will help minimise the risk to allergic consumers and enable them to make informed product choices.

72 pages, free download

[www.fooddrinkeurope.eu/resource/guidance-on-food-allergen-management-for-food-manufacturers/](http://www.fooddrinkeurope.eu/resource/guidance-on-food-allergen-management-for-food-manufacturers/)

#### Guidance on Food Allergen Management for Food Manufacturers Version 2

March 2022



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION FOR FOOD PROFESSIONALS

#### DENMARK

#### Sustainability Food Nation Denmark

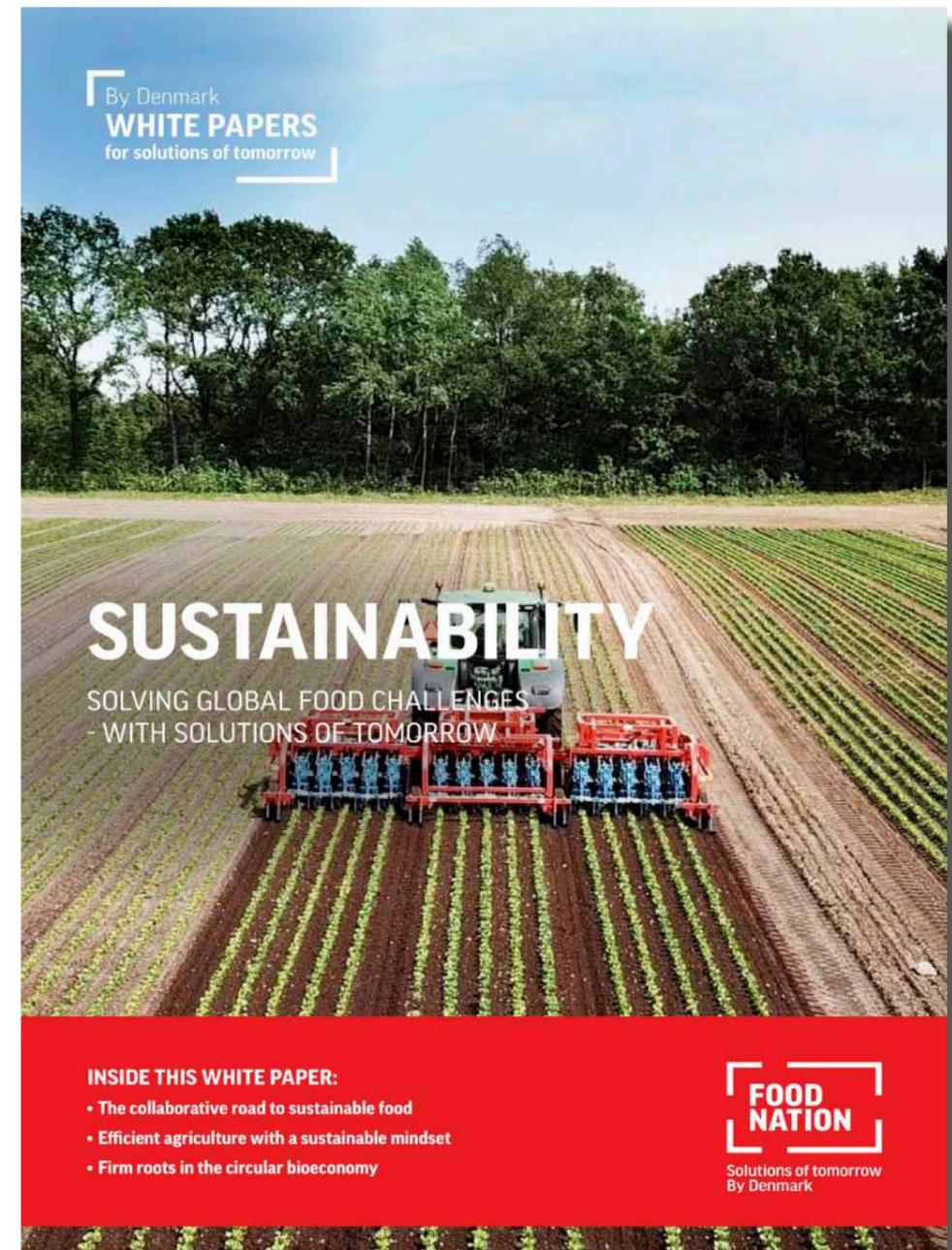
“The Danish food sector is one of the most sustainable and cost-efficient in the world, characterised by an ability to produce more with less and to turn waste streams into new high-value products. Through imports of agricultural commodities and resourceful crop and livestock farming, we produce enough food to feed three times our own population.

In the spring of 2019, The Danish Agriculture and Food Council announced a vision to make Danish agriculture and food production completely climate neutral by 2050. For some of our biggest food producers, the aim is to be climate neutral as early as 2030.

Our food sector is already among the world’s most climate-efficient. With this white paper, we are pleased to provide some deeper insights into the Danish model for sustainable food production. We hope to inspire you.”

Rasmus Prehn - Minister for Food, Agriculture and Fisheries

40 pages, free download: [foodnationdenmark.com/wp-content/uploads/White-paper-Sustainability\\_ENGLISH\\_WEB.pdf](https://foodnationdenmark.com/wp-content/uploads/White-paper-Sustainability_ENGLISH_WEB.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION FOR FOOD PROFESSIONALS

#### FRANCE

**FoodTech Unicorns 2022**  
**Matthieu Vincent, Jérémie Prouteau**  
**Digital FoodLab**

This is the fourth year that we map FoodTech unicorns. As this year breaks all the records in terms of the number of startups going over the symbolic valuation of \$1B, we decided to dedicate a full report to this very specific set of startups. Indeed, if most entrepreneurs want to create “billion-dollar companies”, how many reach that goal in FoodTech? At least, we can provide a quick answer to this: there are currently 55 FoodTech unicorns. For DigitalFoodLab, a unicorn is a startup that has reached a \$1B valuation while still being private.

58% of all the FoodTech unicorns are working around food delivery. This is 9% less than last year. After years of hype, we observe the emergence of a handful of alternative proteins and urban farming unicorns. However, the most impressive set of new food unicorns is made of quick-commerce startups. These companies went from idea to unicorn at breathtaking speed. Even with these new players, the average « speed » at which a startup becomes a unicorn has not changed and remains at 6 years.

26 pages, free download: [www.digitalfoodlab.com/foodtech-unicorns-2022/](http://www.digitalfoodlab.com/foodtech-unicorns-2022/)

**FOODTECH  
UNICORNS**  
**GLOBAL REPORT 2022**

 **DigitalFoodLab**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### BEST FREE PUBLICATION FOR FOOD PROFESSIONALS

#### LUXEMBOURG

#### Guide des bonnes pratiques d'hygiène pour les entreprises du secteur HORECA Fondation HORESCA

The first version of the guide of good hygiene practices in hospitality had been developed in 2014 and quickly became the reference for food safety assurance in establishments in the HORECA sector. Namely, this is a particularly dynamic sector that is characterized by frequent new establishments and by a continuous evolution of manufacturing and distribution methods. The food regulation, on the other hand, is also in continuous evolution to adapt to the technical and scientific progress in the field of food safety.

With this update, the guide to good food hygiene practices takes into account these developments and thus allows members of the sector to adapt to ensure a high level of consumer protection. The HORESCA federation thus underlines its willingness to assume its responsibilities in the field of food safety.

96 pages, free download: [www.digitalfoodlab.com/foodtech-unicorns-2022/](http://www.digitalfoodlab.com/foodtech-unicorns-2022/)

### GUIDE DE BONNES PRATIQUES D'HYGIÈNE

POUR LES ENTREPRISES DU SECTEUR HORECA



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION FOR FOOD PROFESSIONALS

#### NETHERLANDS

##### In action

Joining forces to shape a resilient, sustainable, safe & healthy food system!

Foreword by Chairman Stéphane Layani

World Union of Wholesale Markets (WUWM)

In the reference newsletter for wholesale professionals, WUWM details important trends and studies for the present and future of food around the world.

“It is expected that fresh food consumption grows with about 23% from 2020 to 2025, along with increasing importance of emerging markets in mega cities as demand centers. Sustainability is becoming imperative: 60% of consumers say it is important for them to know that their food is produced sustainably. This trend will be accelerated after the COVID-19 pandemic. Shifting patterns: Go green, go local! As a result of the coronavirus, the demand for organic products and local products has significantly grown the previous year in high-income countries. By 2050, 68% of the world’s population will be urban. Over the next 10 years, food consumption will rise by 27% in urban areas.”

12 pages, free download: [wuwmm.org/wp-content/uploads/2021/07/WUWM\\_Newsletter\\_July\\_2021\\_English.pdf](https://wuwmm.org/wp-content/uploads/2021/07/WUWM_Newsletter_July_2021_English.pdf)



##### In a foreword

Dear readers,

Access to healthy and equilibrated diets will be a key challenge in the forthcoming decades. Our world is composed by a mosaic of food systems, with cultures expressing their own identities, diversified production, shopping and eating patterns rather than a standardized one food system.

In order to achieve equal access to fresh, healthy, sustainable and affordable diets, it is crucial to adopt a comprehensive and systemic approach that takes into account regional singularities.

WUWM organized four insightful outlooks on Africa, Asia Pacific, Europe and Latin America from which the outcomes are portrayed in the reports submitted to the Food System Summit secretariat, that we hope will significantly contribute to identify regional challenges and propose game changing solutions to ensure a sustainable food sector by 2030.

The COVID-19 outbreak changed the way citizens around the world buy and eat food. WUWM will be holding its Global Conference in Florence, Italy in June 25th about this topic. Focusing in fresh food distribution in the post Covid-19 world, and the challenges, opportunities and pathways to ensure resilient and sustainable food systems.

We are therefore delighted to inform you more about our conference in this June edition. It represents an opportunity for fresh food actors to join forces and reflect on the current challenges that they are facing and determine the best way to tackle those through innovative and multi-sectorial approaches.



With high-ranked experts speaking at this occasion, we hope that it will allow the sharing of experiences and knowledge, connecting people despite the pandemic.

In these particularly uncertain times, wholesale markets are at the cornerstone of the food supply chain transition, as they are not only the direct meeting point between supply and demand, but also have the capacity to structure the agri-food sector and articulate changes towards more resilient, sustainable, fairer and healthier systems.

Beyond the challenging spin-offs it has generated, Covid-19 has also highlighted, more than ever, the importance of revisiting our systems by having an inclusive and participatory food system conducive to making stakeholders' voices heard at all scales. WUWM is deeply committed to connecting stakeholders able to address persisting loopholes regarding food safety, urban planning and to build adaptive and resilient food supply chain together.

We look forward to your continued support, commitment and valuable partnership!

Your sincerely,

Stéphane Layani, WUWM Acting Chairman

**BEST OF THE BEST**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION

#### BELGIUM

##### The Politics Of Protein

Examining claims about livestock, fish, alternative proteins and sustainability

Lead author: Philip Howard

IPES Food

A major new report by IPES-Food, *The Politics of Protein: Examining claims about livestock, fish, 'alternative proteins' and sustainability*, sheds light on misleading generalisations that dominate public discussion about meat and protein, and warns of the risks of falling for meat techno-fixes.

“It’s easy to see why people would be drawn to the marketing and hype, but meat techno-fixes will not save the planet. In many cases, they will make the problems with our industrial food system worse – fossil fuel dependence, industrial monocultures, pollution, poor work conditions, unhealthy diets, and control by massive corporations. “Just as electric cars are not a silver bullet to fix climate change, these solutions are not going to fix our damaging industrial food system. We need to change the system – not the product.”

Phil Howard, lead author of the report

104 pages, free download

[www.ipes-food.org/\\_img/upload/files/PoliticsOfProtein.pdf](http://www.ipes-food.org/_img/upload/files/PoliticsOfProtein.pdf)



### THE POLITICS OF PROTEIN

EXAMINING CLAIMS ABOUT LIVESTOCK, FISH, 'ALTERNATIVE PROTEINS' AND SUSTAINABILITY



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### BEST FREE PUBLICATION

#### BRAZIL

**Butiá para todos os gostos**  
**Embrapa Clima Temperado**  
**Ministério da Agricultura, Pecuária e Abastecimento**

This book brings traditional recipes and new culinary creations with butia, telling a little of the history of those who made them. It seeks to draw attention to the wealth of popular knowledge and the many possibilities for use of these native fruits. The recipes were developed by lovers of butia, gastronomy courses and chefs in Brazil, Uruguay and Argentina.

The publication is a product of the Rota dos Butiazais/Red Palmar, an international network that connects three countries around the sustainable use of biodiversity, in a large territory where there is a cultural link with the butia. The Butia Route is coordinated by Embrapa Clima Temperado, and has the partnership of many institutions and organizations, including the Slow Food Movement.

320 pages, free download  
[www.embrapa.br/busca-de-publicacoes/-/publicacao/1139773/butia-para-todos-os-gostos](http://www.embrapa.br/busca-de-publicacoes/-/publicacao/1139773/butia-para-todos-os-gostos)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION

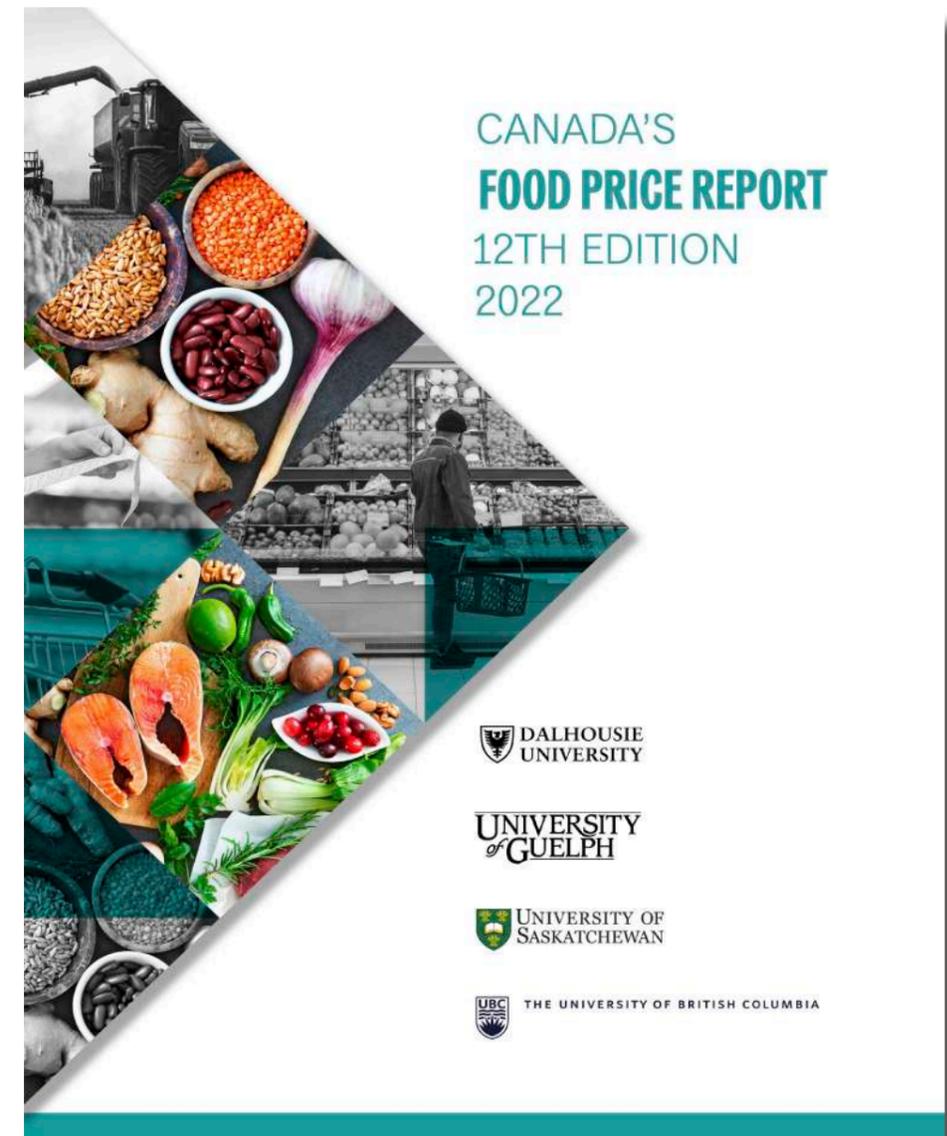
#### CANADA

**Canada's Food Price Report 2022**  
**Dalhousie University, University of Guelph, University of Saskatchewan**  
**University of British Columbia**

In last year's report, our models predicted an overall food price increase of 3% to 5% in 2021. Once again, our overall forecast for 2021 was accurate in predicting price increases. It was also accurate in several food categories including fruits, restaurants and seafood. However, for some food categories our predictions were either higher or lower than the observed price change in 2021.

In recognition of the increasing diversity of Canadian families, in the 2021 report we also estimated annual food expenditures for individual consumers based on their age and gender. This approach allowed readers to construct the household and corresponding predicted annual food expenditure that best reflected their reality

26 pages, free download  
[www.dal.ca/sites/agri-food/research/canada-s-food-price-report-2022.html](http://www.dal.ca/sites/agri-food/research/canada-s-food-price-report-2022.html)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION

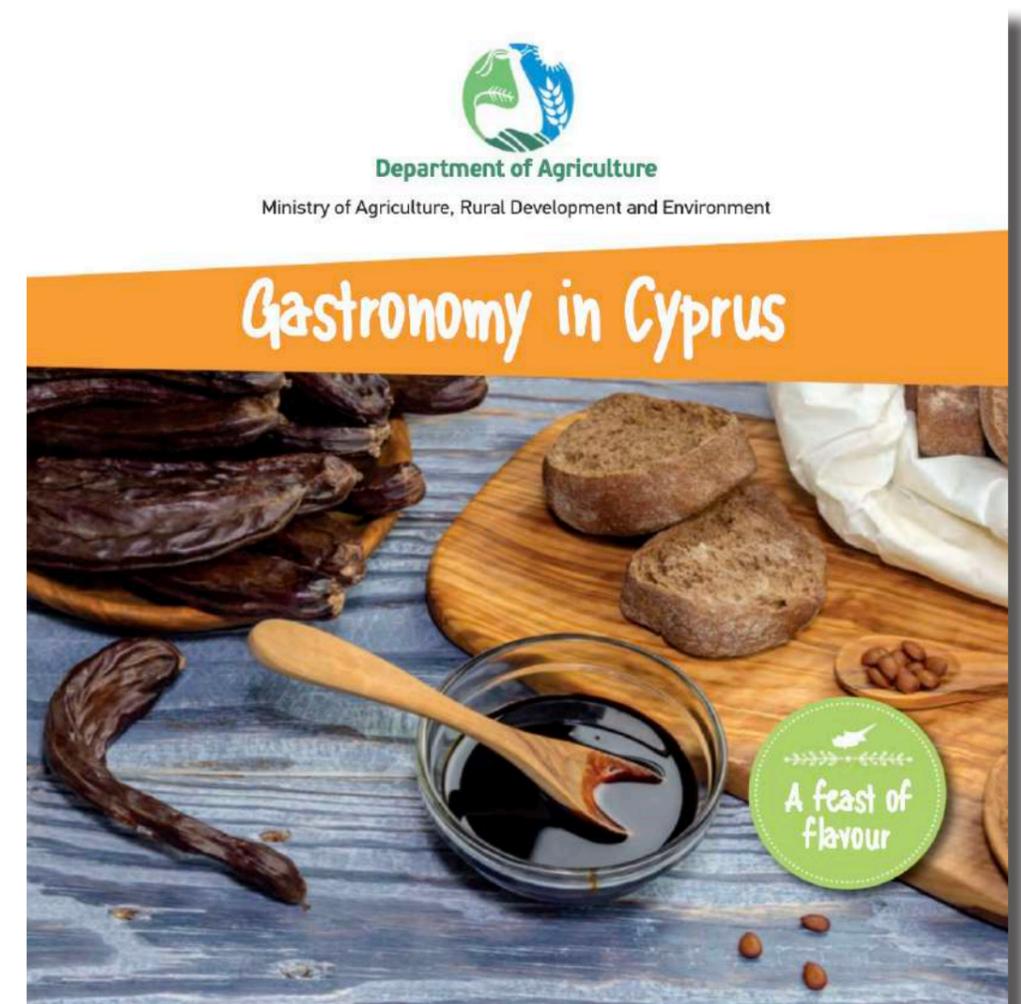
#### CYPRUS

**Gastronomy in Cyprus**  
**Department of Agriculture**  
**Ministry of Agriculture, Rural Development and Environment**

Cyprus is known for its rich variety of gastronomic choices. Through the centuries, different conquerors have left their mark on the island. This fusion has been combined with the ability of the locals to overcome adversity, for instance the lack of refrigerators and the need to preserve food for months on end, while making the best of meagre means at their disposal.

Following the publication of the "Gastronomical Map" in 2010, the Department of Agriculture has launched an endeavour to bring out Cyprus' traditional gastronomy; more particularly, to promote traditional Cypriot goods and food stuffs that have been handed down from one generation to the next. The current publication marks the continuation of this endeavour: it is the fruit of extensive research through historical sources, books and dictionaries that explore the island's traditional products, its history and tradition.

50 pages, free download  
[publications.gov.cy/en/assets/user/publications/2022/2022\\_041/HTML/index.html](https://publications.gov.cy/en/assets/user/publications/2022/2022_041/HTML/index.html)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION

#### INDIA

##### **Millet Recipes - A Healthy Choice** **ICAR- Indian Institute Of Millets Research**

“Millets are important crops for dryland farmers; they are highly nutritious and are climate-compliant crops. But overall millet consumption in India has declined over the years. In order to revive the demand of millets in India, the IIMR has made attempts to innovate technologies that enable in developing sorghum/millet based value added products through NAIP sub project, ‘Creation of Demand through PCS Millets Value Chain’.

This book comprehensively deals with the millet based ready to cook products, methods of recipe preparation and nutritive value of the respective products. Most of compilation of nutritional studies is of the successful sorghum value chain interventions under the NAIP sub project. This publication, hopefully would be used by households and food entrepreneurs as it includes both traditional and non-traditional food items that can replace regular rice and wheat recipes. Particularly in urban areas where there is considerable demand for nutrient rich and ready to cook foods, this publication may be valuable.”

Tonapi VA Director, ICAR - IIMR

75 pages, free download

[www.millets.res.in/m\\_recipes/Millets\\_Recipes-A\\_Healthy\\_choice.pdf](http://www.millets.res.in/m_recipes/Millets_Recipes-A_Healthy_choice.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION

IRAQ / UNDP

**United Through Food**  
**Raghad Al Safi, Mohammed Ghazi Al-Akhras**  
**UNDP**

United Through Food is not just a cookbook, but a tribute to the rich tapestry of diversity that is Iraqi culture. With ancient Mesopotamia at its heart, Iraq is home to a multitude of ethnic groups and religions. Home-cooked food is a one of life's staples that brings Iraqis together and underpins their national identity.

Hospitality, generosity, and community are a vital component of Iraqi culture. Mealtimes are shared experiences where family and friends prepare food and join together to eat. Communal meals are a daily affair, driven by rich, culinary traditions.

Raghad Al Safi, a Baghdad native, is a civil engineer, interior designer, and food stylist. She is author of "The Iraqi Table" cookbook, winner of Gourmand World Cookbook Award 2017. Mohammed Ghazi Al-Akhras, PhD in Arabic literature, is a Baghdad native and author of seven books. He won a creativity award in Iraq in 2017 for his book Qashoon al-Gharam.

65 pages, free download: [www.undp.org/iraq/publications/united-through-food](http://www.undp.org/iraq/publications/united-through-food)

UNITED THROUGH

**FOOD**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### BEST FREE PUBLICATION

#### PERU

**Sabores. Conservando la gastronomía de la Reserva Paisajística Nor Yauyos Cochas**  
**Servicio Nacional de Áreas Naturales Protegidas por el Estado**  
**Reserva Paisajística Nor Yauyos Cochas, Instituto Continental**

Nor Yauyos Cochas is the first landscape reserve of its kind in Peru. It has unique and particular landscapes, composed of glaciers, mountains, turquoise lagoons, waterfalls, forests of quinales, communities of puya settlements, the system of Andean roads (World Heritage Site) and villages; all of which are the result of the harmonious relationship between man and nature.

Gastronomy in the reserve plays a key role in developing the local economy and promoting the culture and identity of the communities in the protected natural areas (PNAs). They stand out for their fusion, for the mixture of cultures and techniques, for their diversity and climates that give rise to a great variety of products, as well as their innovation and unique flavors.

120 pages, free download: [fondoeditorial.continental.edu.pe/sabores-conservando-la-gastronomia-de-la-reserva-paisajistica-nor-yauyos-cochas/](https://fondoeditorial.continental.edu.pe/sabores-conservando-la-gastronomia-de-la-reserva-paisajistica-nor-yauyos-cochas/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION

#### SWITZERLAND

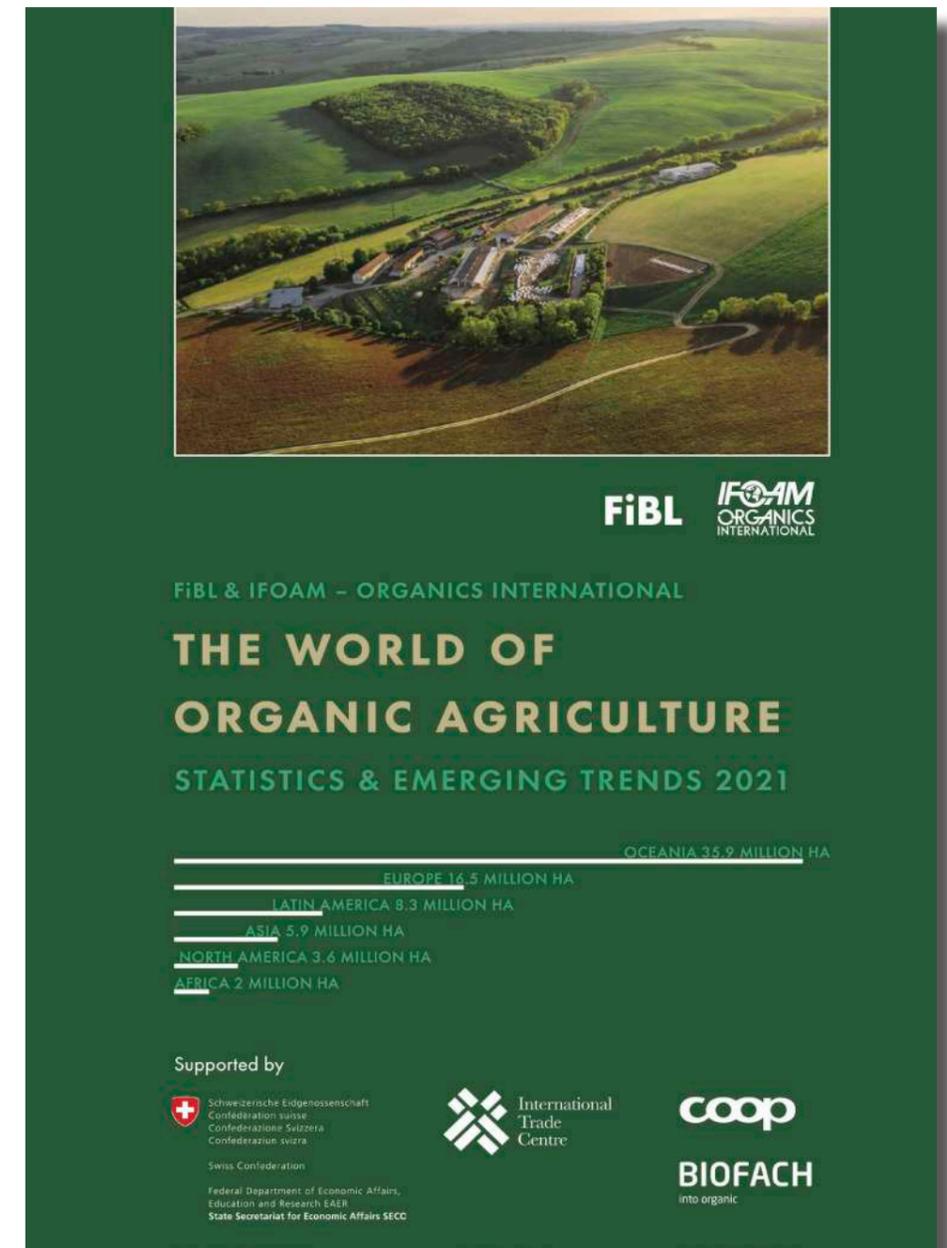
##### The World of Organic Agriculture Statistics and Emerging Trends FiBL

Organic agriculture is practised in 187 countries, and 72.3 million hectares of agricultural land were managed organically by at least 3.1 million farmers. The global sales of organic food and drink reached more than 106 billion euros in 2019.

The 22nd edition of The World of Organic Agriculture, published by the Research Institute of Organic Agriculture FiBL and IFOAM – Organics International, provides a comprehensive review of recent developments in global organic agriculture. It presents detailed organic farming statistics covering the area under organic management, land use and crops in organic systems, the number of farms and other operator types and selected market data.

This book has been produced with the support of the International Trade Centre (ITC), the Swiss State Secretariat for Economic Affairs (SECO), the Coop Sustainability Fund and NürnbergMesse.

340 pages, free download: [www.fibl.org/fr/boutique/1150-organic-world-2021](http://www.fibl.org/fr/boutique/1150-organic-world-2021)



# BEST DRINKS FREE PUBLICATION



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DRINKS FREE PUBLICATION OF THE YEAR

#### SWITZERLAND

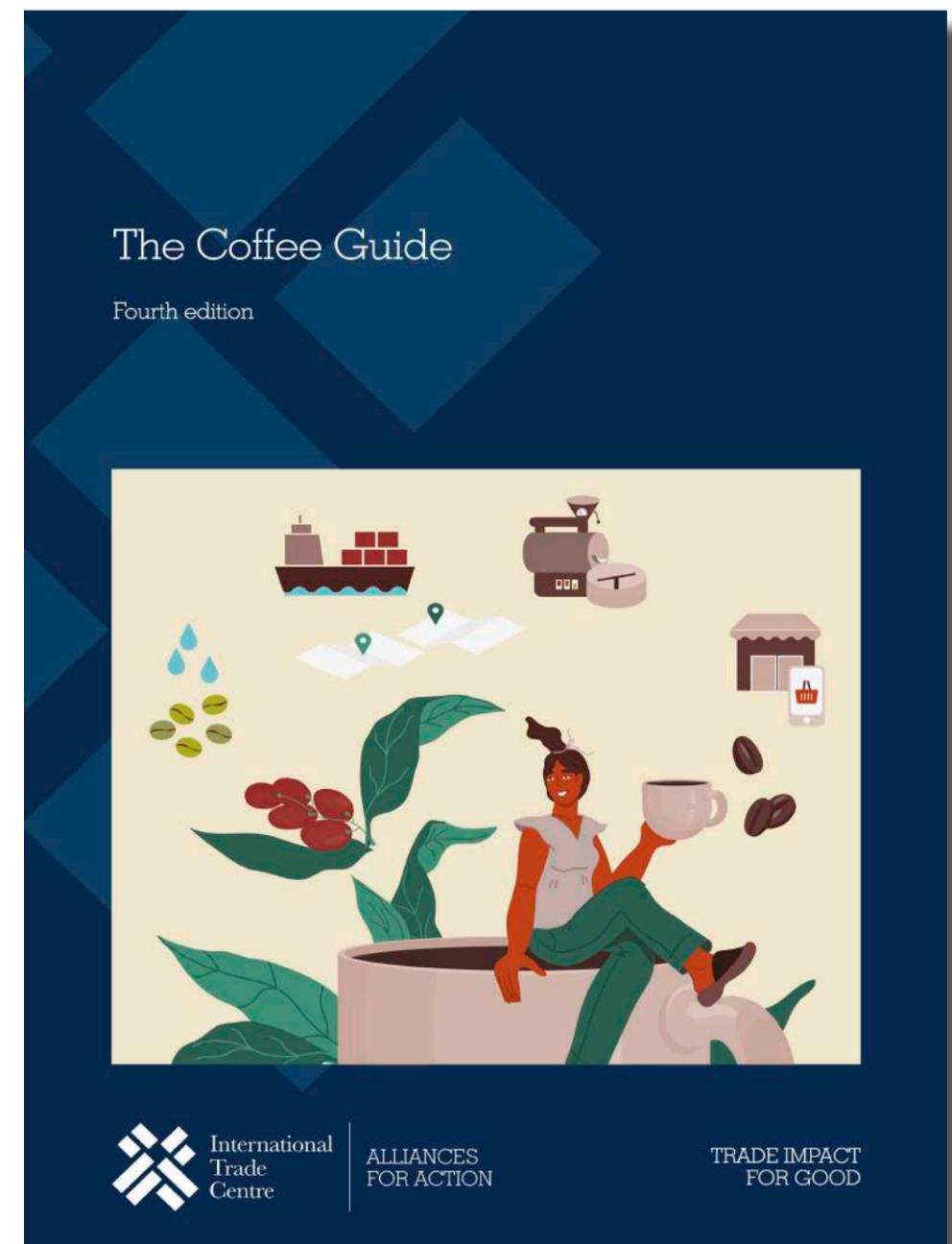
##### The Coffee Guide

M. Bozzola, S. Charles, T. Ferretti, E. Gerakari, H. Manson, N. Rosser, P. von der Goltz

International Trade Centre, Geneva

The Coffee Guide is the world's most extensive, hands-on and neutral source of information on the international coffee trade. It covers trade issues relevant to coffee growers, traders, exporters, transportation companies, certifiers, associations and authorities, and other relevant actors. Many in the coffee industry consider it the go-to reference. This fourth edition is directly informed by the coffee industry. It has updated technical information on finance, food safety measures, logistics and contracts.

It has redefined quality and data segmentation and expanded digitalization coverage and information related to certifications and supply chain legislation. It also gives prime importance to issues like climate change, coffee price volatility, living wage and the inequitable distribution of power, profit and resources across the supply chain. It aims to be informative, useful and inclusive of all sector stakeholders.



# BEST FREE PUBLICATIONS PUBLISHERS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



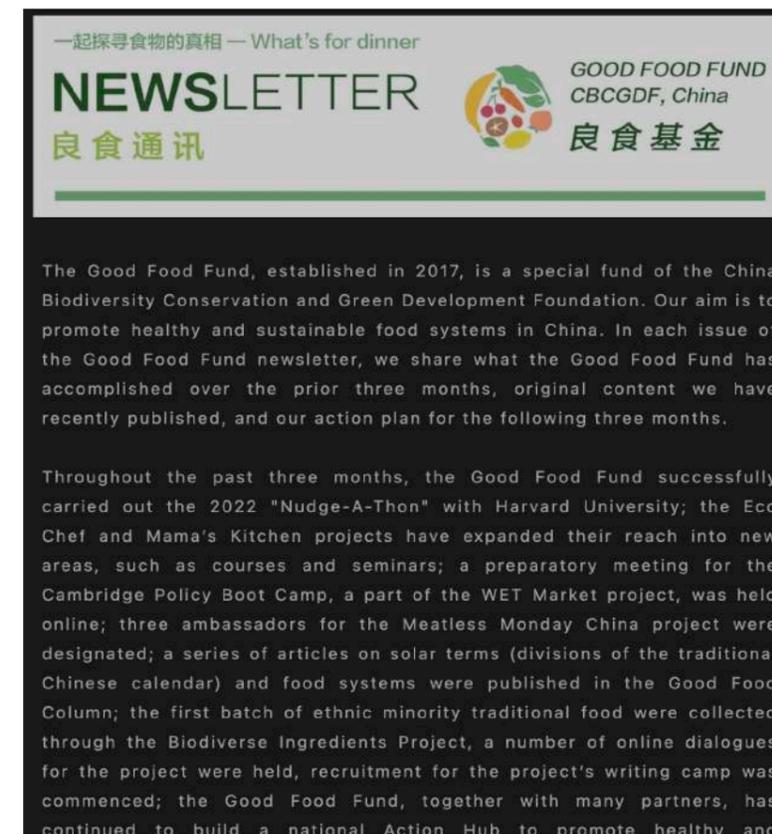
### BEST FREE MAGAZINE

#### CHINA

##### Good Food Newsletter Good Food Fund

The Good Food Fund, established in 2017, is a special fund of the China Biodiversity Conservation and Green Development Foundation. Our focus is promoting transformation towards healthy and sustainable food system in China. In each issue of the Good Food Newsletter, we share what the Good Food Fund has been up to over the prior three months, original content we have published, and the action plan for the following few months.

The Good Food Fund successfully carried out the 2022 “Nudge-A-Thon” with Harvard University; the Eco Chef and Mama’s Kitchen projects have expanded their reach into new areas, such as courses and seminars; a preparatory meeting for the Cambridge Policy Boot Camp, a part of the WET Market project, was held online; three ambassadors for the Meatless Monday China project were designated; a series of articles on solar terms (divisions of the traditional Chinese calendar) and food systems were published in the Good Food Column; the first batch of ethnic minority traditional food were collected through the Biodiverse Ingredients Project, a number of online dialogues for the project were held, recruitment for the project’s writing camp was commenced; the Good Food Fund, together with many partners, has continued to build a national Action Hub to promote healthy and sustainable diets. It has also launched a 2022 best practice case collection activity.



Free download: [www.goodfoodchina.net/updates/179](http://www.goodfoodchina.net/updates/179)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE MAGAZINE

#### FRANCE

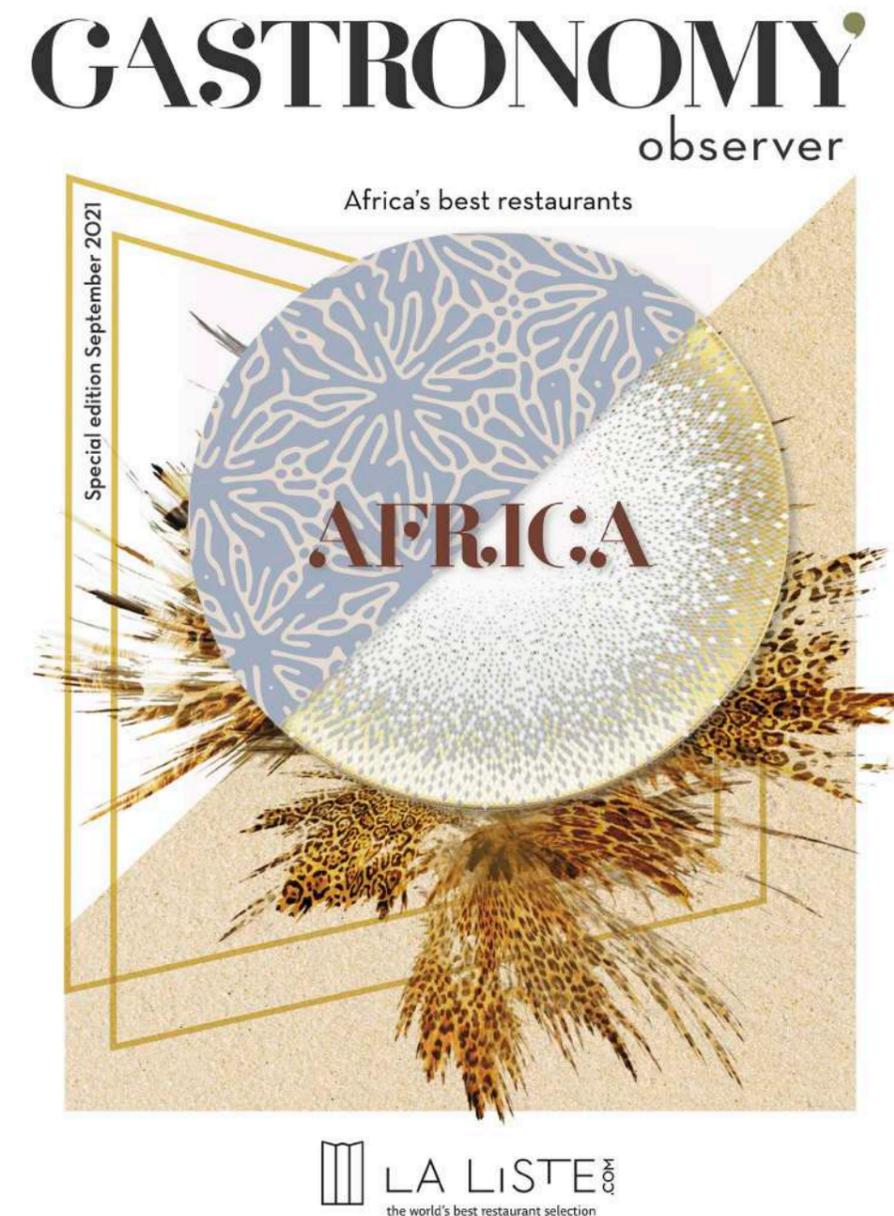
#### Gastronomy Observer - Africa La Liste

To investigate and illustrate Africa's resilience and renewal, La Liste conducted dozens of interviews with chefs, authors, and public figures about the past, present and future of their national cuisines. With 54 countries covered, this special issue of the Gastronomy Observer is the most complete African restaurant selection.

“We predict that African cuisines will feature heavily in the food trends of the next few years and may even become the most significant area to watch in terms of the global food scene. In this publication, we recommend 500 affordable places to eat spread across the African continent. There are some good restaurants that haven't made it into print here, and you can find these on our free app, available on Google Play and the Apple App store.”

Jörg Zipprick, La Liste's Co-Founder & Editor-in-Chief

152 pages - free download: [www.laliste.com/en/gastronomy-observer-africa](http://www.laliste.com/en/gastronomy-observer-africa)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE MAGAZINE

#### MACAO - CHINA

**Macao Magazine**  
**A Culinary Odyssey**  
**Government Information Bureau of the Macao SAR**

When it comes to food, Macao brings a lot to the table: regional Chinese specialties, traditional Portuguese fare, seasonal Italian, authentic Japanese kaiseki meals and transcendent French cuisine. Whether you're looking for a quick bite at a 24-hour noodle bar or a luxurious 12-course tasting menu, there's something for everyone.

"One of the areas which the hotels put a lot of effort into was getting more restaurants of the highest standards to come into Macao. Every one tried to bring signature restaurants, whether on a collaborative basis or with their own chefs, which uplifted the local fine-dining scene. F&B [food and beverage] has always been one of the strong points of our tourism offerings and one of reasons why a lot of people come to Macao"

Maria Helena de Senna Fernandes  
Director of Macao Government Tourism Office

Free download:  
[macaomagazine.net/wp-content/uploads/2022/06/MM70.pdf](https://macaomagazine.net/wp-content/uploads/2022/06/MM70.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE MAGAZINE

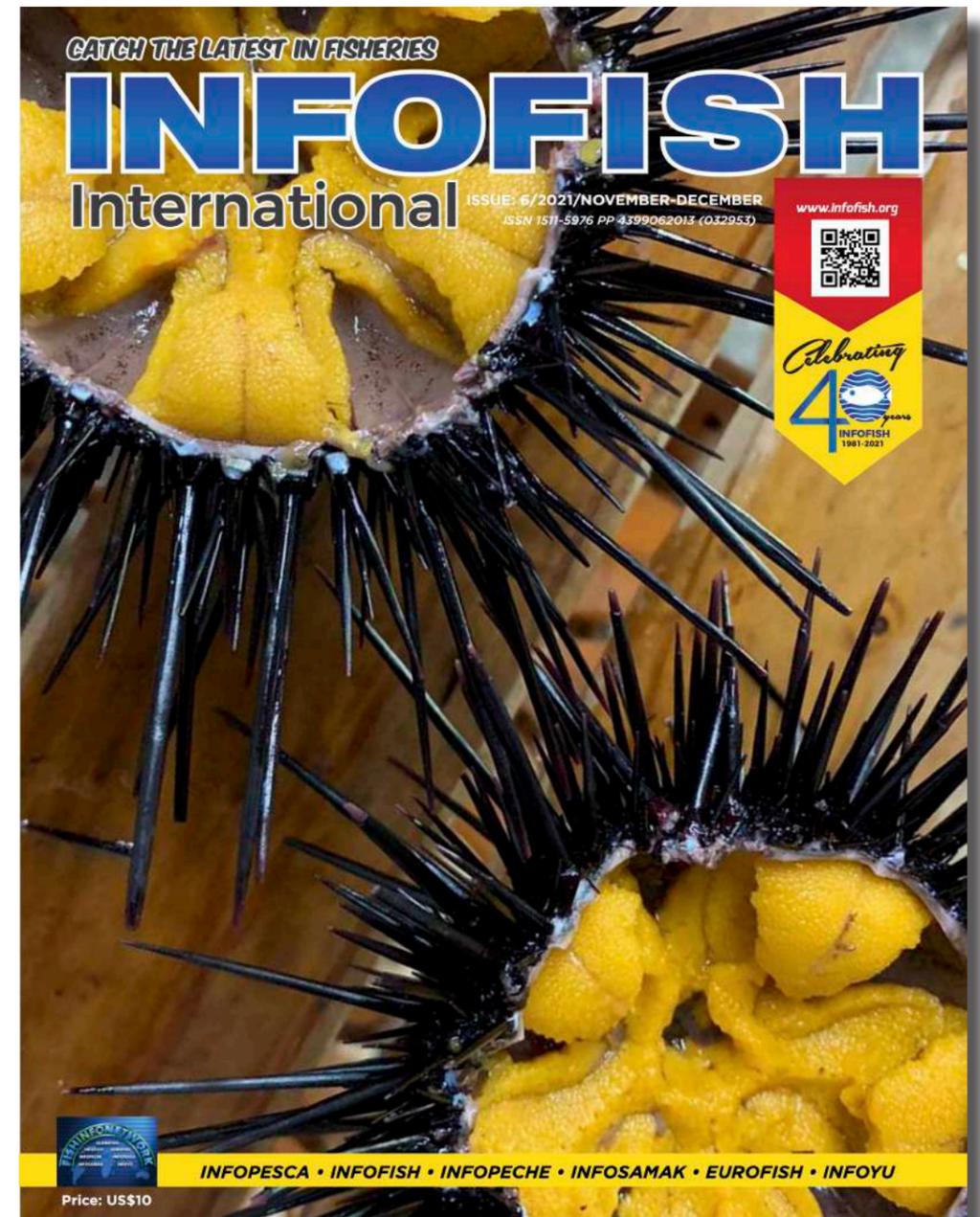
#### MALAYSIA

##### Infofish International Firoza Buranudeen

INFOFISH was originally launched in 1981 as a project of the Food and Agriculture Organization (FAO) of the United Nations. Since 1987, it is an Intergovernmental Organization providing marketing information and technical advisory services to the fishery industry of the Asia-Pacific region and beyond from its headquarters in Kuala Lumpur, Malaysia. Twelve countries are currently members of INFOFISH which are Bangladesh, Cambodia, Fiji, Iran, Malaysia, Maldives, Pakistan, Papua New Guinea, the Philippines, Solomon Islands, Sri Lanka, and Thailand.

INFOFISH is the leading source of marketing support for fish producers and exporters in the Asia-Pacific - a region which includes some of the largest fishing nations in the world. Its activities include bringing buyers and sellers together, the publication of current and long-term marketing information and operation of technical advisory and specialized services. In addition to organizing exhibitions, conferences, workshops, seminars and training programs, INFOFISH undertakes consultancies on all aspects of fisheries - pre-harvest, harvest, and post-harvest.

Free download: [infofish.org](http://infofish.org)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE MAGAZINE

#### PHILIPPINES

##### PhilRice Magazine

Since its creation in November 1985, PhilRice has stood by its reason-for-being: to help respond to the needs of the struggling rice farmers and the country's endeavors to attain self-sufficiency in rice.

Its mission is to improve the competitiveness of the Filipino rice farmer and the Philippine rice industry and transform it to be more profitable, resilient, and sustainable through responsive, balanced, environmentally sound and partnership-based research, development, and extension.

Free download: [www.philrice.gov.ph/e-magazine/](http://www.philrice.gov.ph/e-magazine/)

# PhilRice Magazine

A quarterly publication of the  
Philippine Rice Research Institute



Enabling  
**hands**  
in Changing  
Climate

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST CORPORATE BRANDS FREE PUBLICATION

#### BELGIUM

**The State of Grocery Retail 2022 – Europe**  
**Navigating the market headwinds**  
**McKinsey - EuroCommerce**

“The State of Grocery report is an annual global publication covering three continents, with dedicated reports for Asia, Europe, and North America. This year’s report is a continuation of a partnership between McKinsey & Company and EuroCommerce, designed to provide executives with a comprehensive view of the market and future trends.

In preparing the report, we surveyed more than 12,000 consumers and around 60 grocery executives across Europe. We interviewed six industry thought leaders and pioneers. We combined EuroCommerce’s policy and sector knowledge with McKinsey’s global expertise and analytical rigor. We hope this report will offer new insights and perspectives that will help grocers navigate the market headwinds.”

Christel Delberghe - Director General EuroCommerce  
Daniel Läubli - Partner McKinsey & Company

Free download:

[www.mckinsey.com/industries/retail/our-insights/state-of-grocery-europe](http://www.mckinsey.com/industries/retail/our-insights/state-of-grocery-europe)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### BEST CORPORATE BRANDS FREE PUBLICATION

#### FRANCE

#### Consommer des huiles variées, le secret d'une bonne santé ! La Tourangelle

“La Tourangelle oils are produced in Saumur, France, using a traditional manufacturing method. For more than 150 years, we have put our know-how at the service of our products: from the search for the best quality ingredients to the design of a durable canister, through toasting and traditional pressing.

We are committed to making authentic, tasty and sustainable products. Our goal is to offer you healthy products that bring pleasure in cooking and well-being.

We would like to share our know-how and knowledge with you through e-books and downloadable guides.”

Free download:

[www.latourangelle.fr/img/cms/cms/ebook/E-BOOK\\_JANVIER\\_2022.pdf](http://www.latourangelle.fr/img/cms/cms/ebook/E-BOOK_JANVIER_2022.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST CORPORATE BRANDS FREE PUBLICATION

#### INDIA

#### WOW - Idli Cookbook MTR Foods

Idli is a type of savoury rice cake, originating from the South India, popular as breakfast foods in Southern India and in Sri Lanka. The cakes are made by steaming a batter consisting of fermented black lentils (de-husked) and rice. The fermentation process breaks down the starches so that they are more readily metabolised by the body.

The campaign done in partnership with Wavemaker India began with an on-ground activation in collaboration with delivery services company Dunzo. To commence the celebration of World Idli Day and intimate consumers of this exciting new cookbook, MTR Foods has started a campaign to reach over 85,000 households with a special MTR Idli hamper and a unique QR code linking them to the MTR Wow Idli Cookbook.

Talking about the campaign, Sunay Bhasin, Chief Marketing Officer, MTR Foods, said, "Idli has always been a popular breakfast dish in India and over the years has gained a much bigger share of the plate. Consumers from all over the country enjoy this simple yet versatile dish not only for breakfast but across meals."



Free download: <http://bit.ly/MTRWowIdliCookBook>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST CORPORATE BRANDS FREE PUBLICATION

#### SOUTH AFRICA

**Cooking from the Heart, DASH Edition**  
**Dietary Approaches to Stop Hypertension**  
**A joint initiative between Pharma Dynamics and The Heart and Stroke Foundation South Africa**

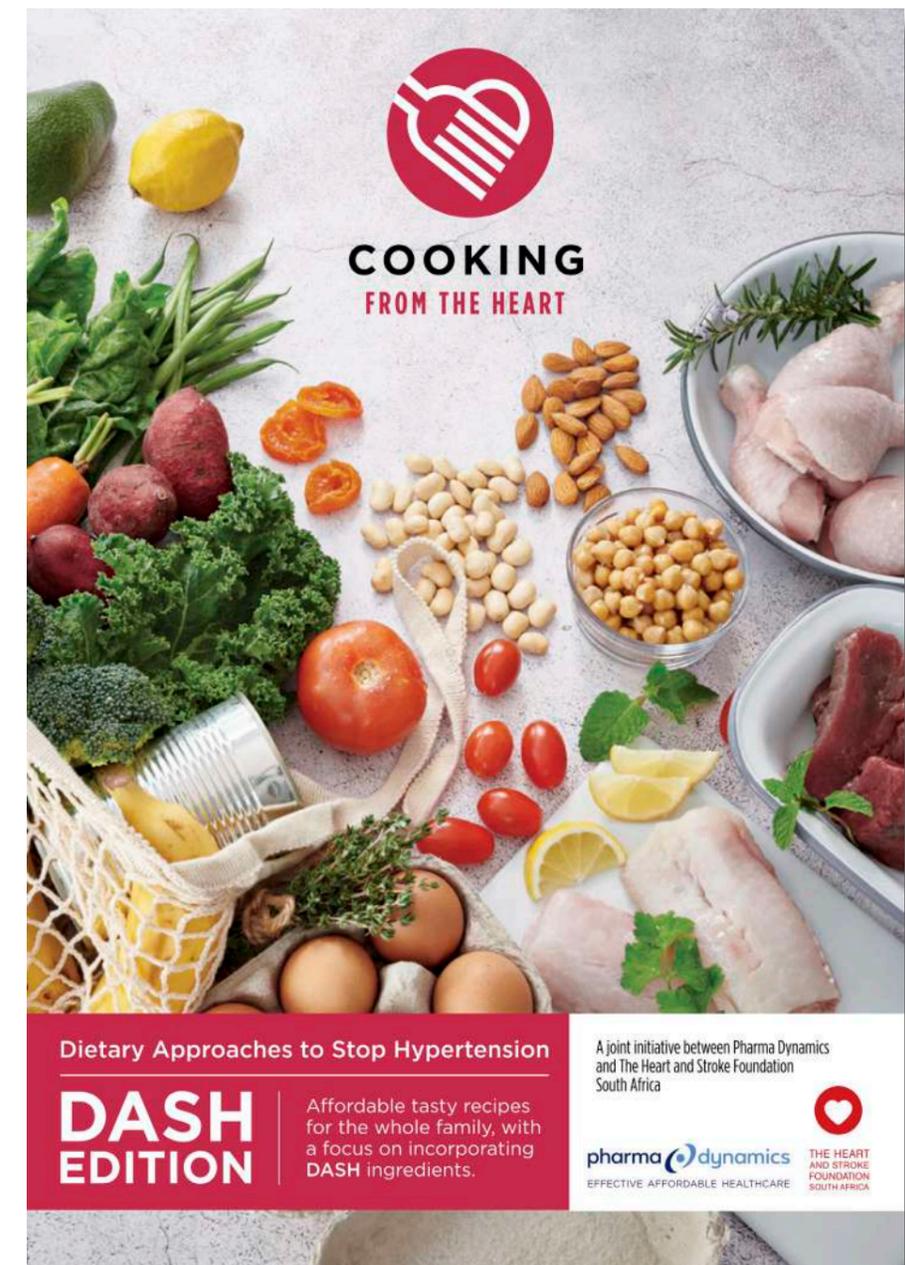
“At Pharma Dynamics we are inspired by improving the quality of life for all South Africans and we understand that health is more than just using the right medication. It’s holistic; the health of the heart and mind, is invariably underpinned by the physical health of the body.

As part of our expanding range of patient support programmes, we are pleased to introduce you to Dietary Approaches to Stop Hypertension, or DASH, which is recommended to prevent and treat hypertension. The DASH recipe book is the fifth edition in our Cooking from the heart recipe book series, compiled in partnership with The Heart and Stroke Foundation South Africa (HSFSA) and leading South African food consultant, Heleen Meyer. These heart and hypertension-friendly recipes are a feast of choice, whether you’re cooking for your family, or yourself.”

Erik Roos - CEO - Pharma Dynamics

Free download:

[www.mydynamics.co.za/wp-content/uploads/2022/08/PD\\_CFTH\\_Dash-Edition\\_03082022\\_digital\\_REDUCED\\_4Aug22.pdf](http://www.mydynamics.co.za/wp-content/uploads/2022/08/PD_CFTH_Dash-Edition_03082022_digital_REDUCED_4Aug22.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION TRANSLATION

#### DENMARK

##### Sustainability Food Nation Denmark

“The Danish food sector is one of the most sustainable and cost-efficient in the world, characterised by an ability to produce more with less and to turn waste streams into new high-value products. Through imports of agricultural commodities and resourceful crop and livestock farming, we produce enough food to feed three times our own population.

In the spring of 2019, The Danish Agriculture and Food Council announced a vision to make Danish agriculture and food production completely climate neutral by 2050. For some of our biggest food producers, the aim is to be climate neutral as early as 2030.

Our food sector is already among the world’s most climate-efficient. With this white paper, we are pleased to provide some deeper insights into the Danish model for sustainable food production. We hope to inspire you.”

Rasmus Prehn - Minister for Food, Agriculture and Fisheries

40 pages, free download:

[foodnationdenmark.com/toolbox/?type=international&id=23](https://foodnationdenmark.com/toolbox/?type=international&id=23)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION TRANSLATION

#### NORWAY

##### Bergen Guide 2022-2023

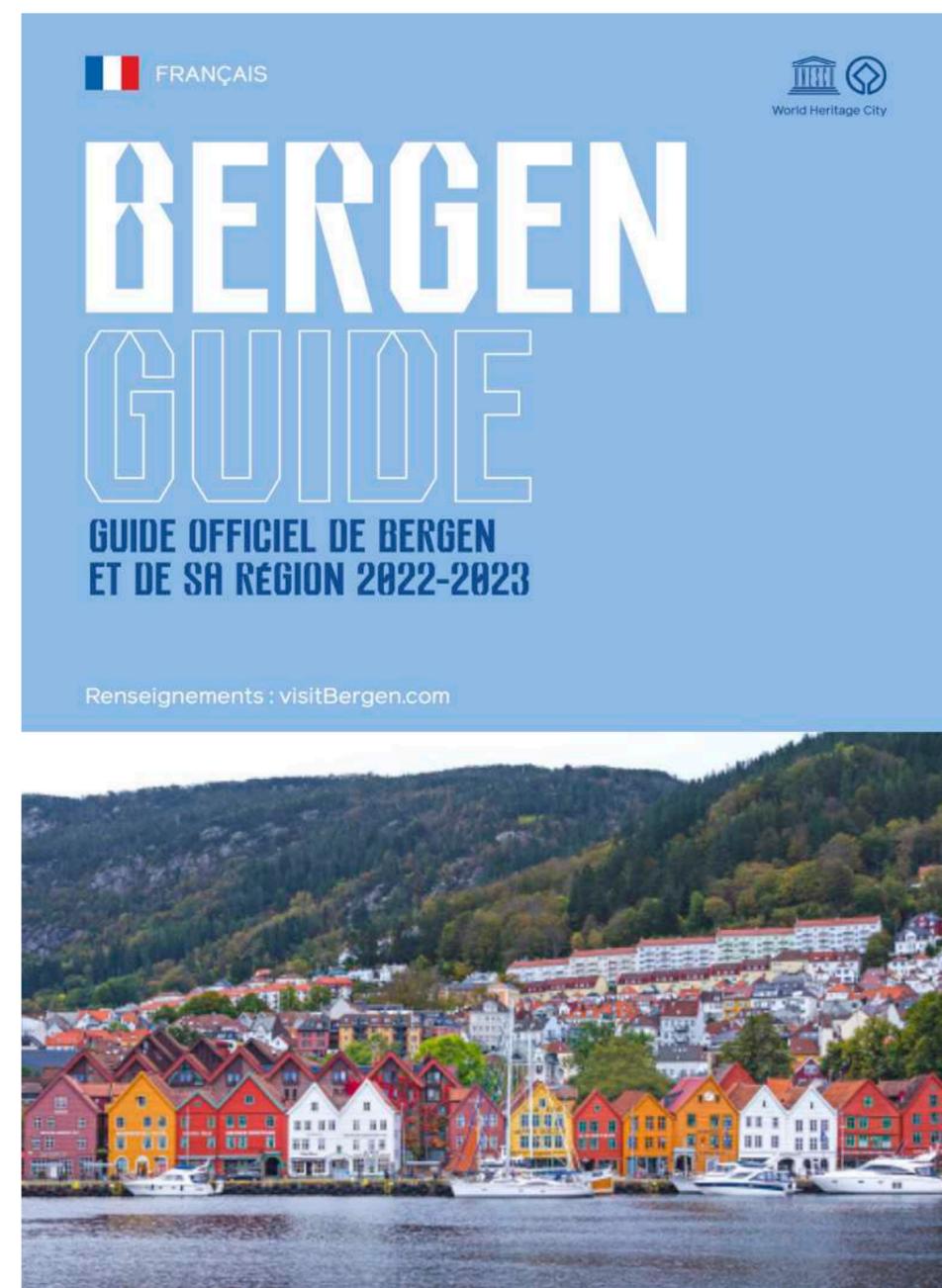
As a European City of Culture, World Heritage City and UNESCO City of Gastronomy, Bergen offers world-class experiences and culture. Bergen is the heart of the Norwegian fjords, and it gives you an ideal combination of nature, culture and cosmopolitan experiences. All year round.

Bergen City of Gastronomy builds on its thousand-year history of local produce and unique culinary traditions. Surrounded by the sea, deep fjords and high mountains and with ample access to fertile mountain pastures, the region produces first-rate produce from the sea and land.

In Bergen you will find just about everything – from coffee bars to fish restaurants and delicious international cuisine, to small arty cafés, bars and nightclubs. A delicatessen. Bergen City of Gastronomy has world-class restaurants and some of Norway's most beautiful places to eat.

102 pages, free download:

[www.visitbergen.com/dbimgs/Bergen-Guide-fransk-2022-23.pdf](http://www.visitbergen.com/dbimgs/Bergen-Guide-fransk-2022-23.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST FREE PUBLICATION TRANSLATION

#### SCOTLAND - UNITED KINGDOM

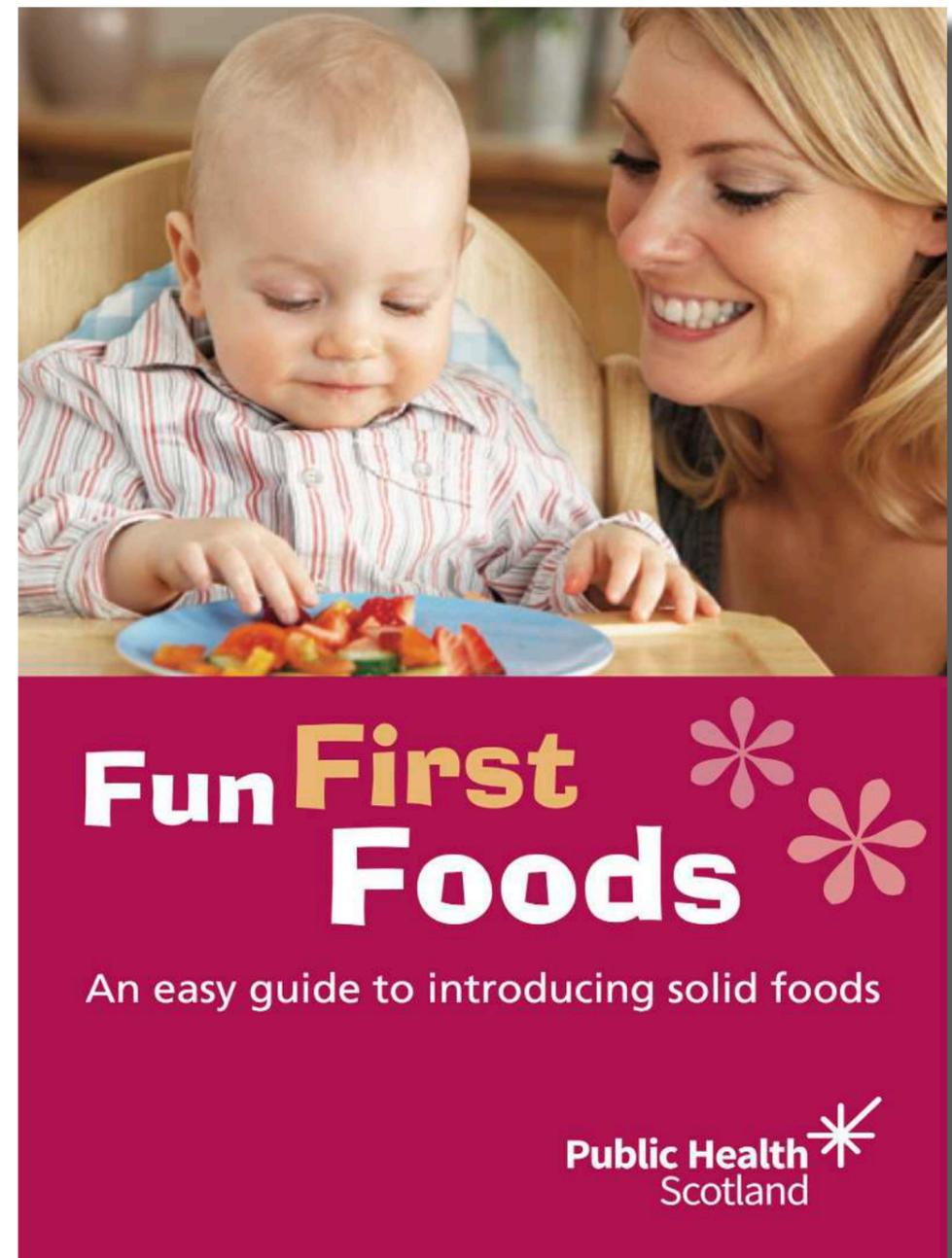
**Fun First Foods**  
**An Easy guide to introducing solid foods**  
**Public Health Scotland**

Public Health Scotland is Scotland's national agency for improving and protecting the health and wellbeing of Scotland's people.

As a parent, you want the best start for your baby. What your baby eats and drinks is important for their health now and in the future.

The information in this booklet may be quite different from what you have read before, or from what your friends and family may tell you. New research is always being carried out into feeding babies and the information and advice in this leaflet is based on the most recent findings. It will help your baby to get the best possible start. Weaning means introducing a variety of foods gradually to your baby alongside breast milk or infant formula until they are eating the same healthy foods as the rest of the family. Sometimes this is called 'starting solids'.

40 pages, 12 languages, free download:  
[www.healthscotland.com/documents/303.aspx](http://www.healthscotland.com/documents/303.aspx)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST WEBSITES

- Canada - [www.food-guide.canada.ca](http://www.food-guide.canada.ca)
- France - [www.rouen.fr/UNESCO](http://www.rouen.fr/UNESCO)
- India - [www.indiafoodtourism.org](http://www.indiafoodtourism.org)
- Japan - [www.tasteofjapan.matt.go.jp/en](http://www.tasteofjapan.matt.go.jp/en)
- Jordan - [www.beitsitti.com](http://www.beitsitti.com)
- Kuwait - [www.cooklikececilia.com](http://www.cooklikececilia.com)
- Norway - [www.visitnorway.com/the-norwegian-cookbook](http://www.visitnorway.com/the-norwegian-cookbook)
- Slovenia - [www.visitljubljana.com/en/kulkul](http://www.visitljubljana.com/en/kulkul)
- South Pacific - [www.pacificislandfoodrevolution.com](http://www.pacificislandfoodrevolution.com)
- Sweden - [www.visitumea.se/umea-food-symposium](http://www.visitumea.se/umea-food-symposium)
- Venezuela - [www.geografiagastronomicaven.com](http://www.geografiagastronomicaven.com)
- WFP - [www.schoolmealscoalition.org](http://www.schoolmealscoalition.org)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST UNIVERSITY PRESS FREE PUBLICATION

#### ARGENTINA

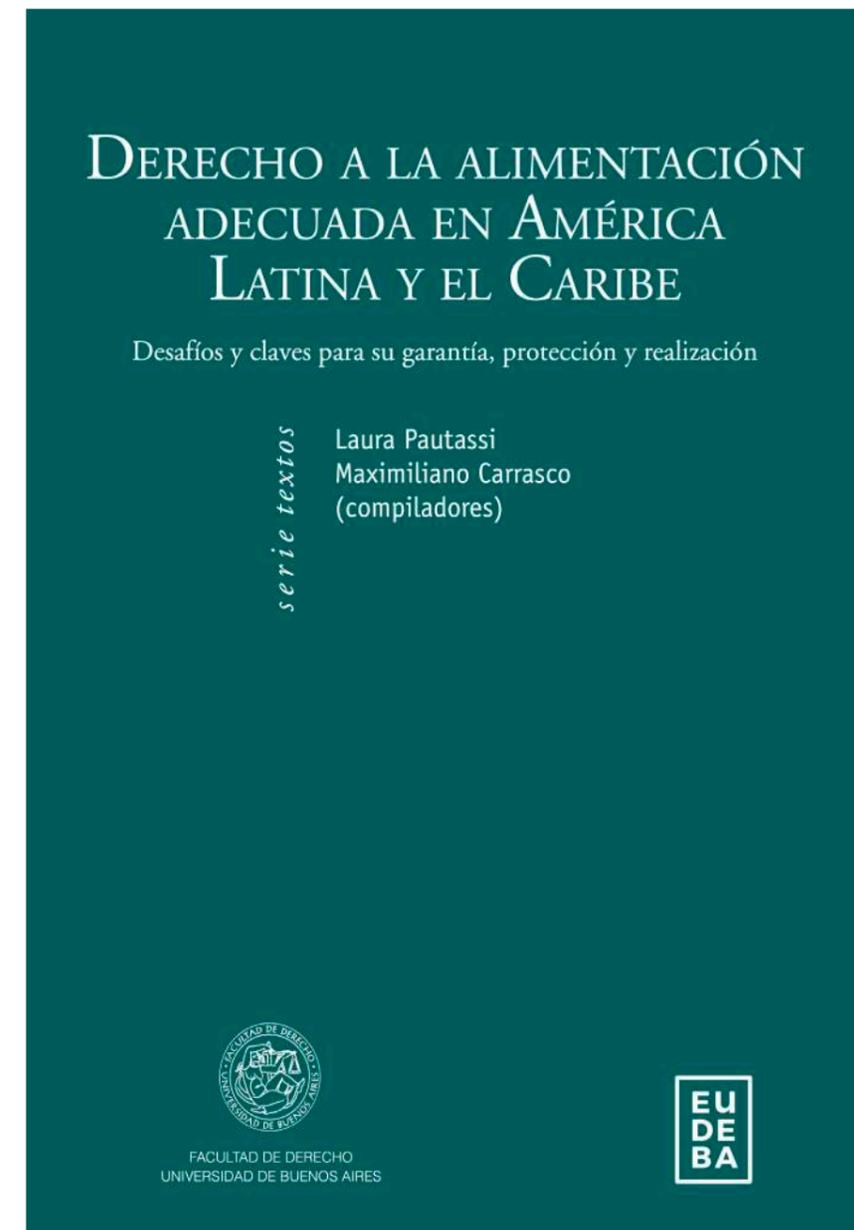
**Derecho a la alimentación adecuada en América Latina y el Caribe**  
**Curated by Laura Pautassi & Maximiliano Carrasco**  
**Facultad de Derecho - Universidad de Buenos Aires**  
**Editorial Universitaria de Buenos Aires (Eudeba)**

This collection, composed of the series Estudios, Tesis and Textos, represents a joint effort of the Publications Department of the Law School of the University of Buenos Aires and the Editorial Universitaria de Buenos Aires (Eudeba). The purpose of the “Textos” series is to make available to students, in a systematic and accessible way, articles and other materials usually required as compulsory reading by different professorships of the faculty, which until now were scattered.

This book is part of the VIII Call for Research of the ODA-LAC for the year 2019. In this publication, coordinated from the University of Buenos Aires, Argentina, you can find the compilation of research provided by universities in Argentina, Bolivia, Brazil, Chile, Colombia, Costa Rica, Honduras, Ecuador, Spain, Guatemala, Mexico, Paraguay, Uruguay and Venezuela.

559 pages, free download:

[www.derecho.uba.ar/publicaciones/libros/pdf/2022-derecho-a-la-alimentacion-adecuada.pdf](http://www.derecho.uba.ar/publicaciones/libros/pdf/2022-derecho-a-la-alimentacion-adecuada.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST UNIVERSITY PRESS FREE PUBLICATION

#### FRANCE

#### Dialogos #3 - L'Alimentation Université Catholique de l'Ouest

“As with previous issues, Dialogos invites UCO faculty and outside experts to collectively reflect on all the dimensions that cross food. From technological prowess to food marketing, from new trends and what they say about us, from the law or food behaviors and what they reveal about our existential questions, from banquets to different types of fasting, food is a complex but rich subject that touches on different disciplines that are always interconnected.”

Laurent Peridy  
Rector - Université Catholique de l'Ouest

Free download:

<https://fr.calameo.com/read/004483538e9c7368708be>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST UNIVERSITY PRESS FREE PUBLICATION

#### SWITZERLAND

**Olive Oil Award Zurich - Anniversary - Edition 2022**

**Annette Bongartz and Martin Popp**

**Zurich University of Applied Sciences (ZHAW)**

**Institute of Food and Beverage Innovation (ILGI) - Food Perception Group**

“From the beginning, the Olive Oil Award project has focused on the sensory characterization of olive oil and pursues the goal of systematic quality monitoring for the Swiss market.

In 2022, when we celebrate the 20th anniversary of the Olive Oil Award and the Swiss Olive Oil Panel, a total of 123 olive oils participated in the competition. The oils come from 11 different nations and a comparatively high quota of awards, with about 50% of the registered olive oils, testifies to the overall high quality of this harvest year.”

Annette Bongartz

Organiser of the Olive Oil Award – Zurich

Panel leader of the Swiss Olive Oil Panel (SOP) and Head of the Food Perception Group in the Institute of Food and Beverage Innovation at ZHAW

56 pages, free download:

[www.zhaw.ch/storage/lfsfm/ueber-uns/oliveoil/2022/OOA-Booklet\\_2022\\_en.pdf](http://www.zhaw.ch/storage/lfsfm/ueber-uns/oliveoil/2022/OOA-Booklet_2022_en.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



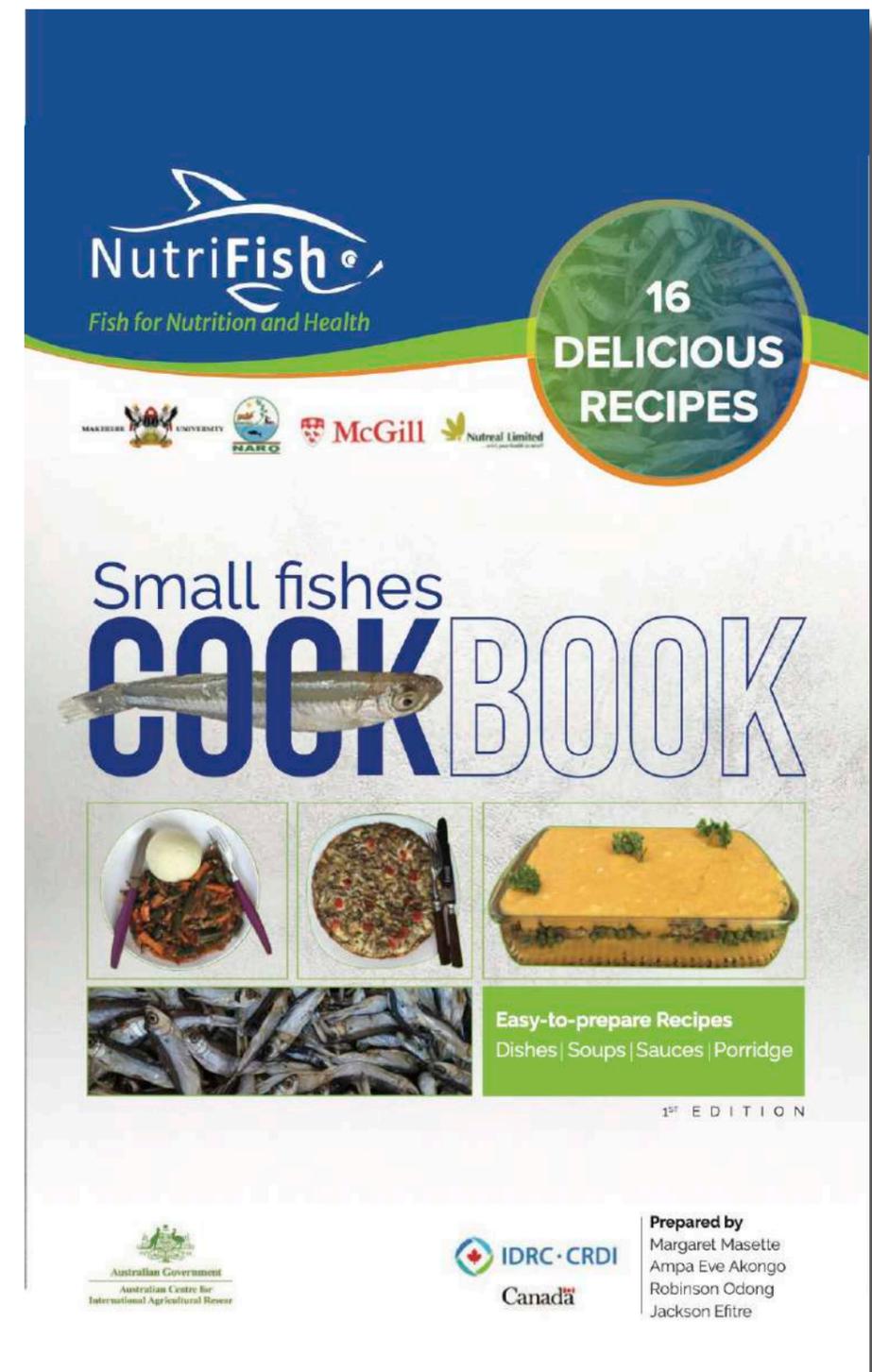
### BEST UNIVERSITY PRESS FREE PUBLICATION

#### UGANDA

**Mukene - Small Fishes Cookbook**  
**Margaret Rasetto, Robinson Odong, A. Eve Akongo, Jackson Efitre**  
**NutriFish - IDRC - CRDI- University Makerere**

NutriFish is a multidisciplinary collaborative project that intends to increase availability, accessibility and consumption of under-utilized small fishes and processing by-products for sustainable food and nutrition security. The consortium comprises of Makerere University (Department of Zoology, Entomology and Fisheries Sciences (ZEFs), College of Natural Sciences (CoNAS); National Fisheries Resources Research Institute (NaFIRRI) of the National Agricultural Organization (NARO); NUTREAL Uganda Limited; and McGill University, Canada. The project is funded by the International Development Research Center (IDRC) of Canada, and the Australian Center for International Agricultural Research Center (ACIAR), under the Cultivate Africa's Future Fund Phase 2 (CultiAF2). Through this project, researchers will work alongside value chain actors to address the nutritional needs of vulnerable groups who cannot afford expensive commercial fish but who are in critical need of high-quality nutritious diets.

66 pages, free download:  
[smallfishescookbook.onlineug.com](http://smallfishescookbook.onlineug.com)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEST UNIVERSITY PRESS FREE PUBLICATION

#### UNITED KINGDOM

**Agricultural and food system resilience  
Increasing capacity and advising policy**

**Principal Investigators: Professor Tim Benton & Dr Tshilidzi Madzivhandila  
GCRF-AFRICAP - Leeds University**

The Global Challenges Research Fund programme, “Agricultural and Food System Resilience: Increasing Capacity and Advising Policy” (GCRF-AFRICAP) was co- designed, co-owned and jointly run between institutions in the Global North and Global South. GCRF-AFRICAP aimed to build capacity in prospective, systems-level, decision making for resilient agricultural development in sub-Saharan Africa to meet the complex challenges of climate change, the need for equitable economic growth, and the need to feed growing populations nutritiously and sustainably.

To address these challenges, we designed and implemented a collaborative programme involving over 80 team members, across nine institutions in five countries. We engaged a significant range of decision makers in the four focal countries (Malawi, South Africa, Tanzania and Zambia) in the African Union and in Europe, both to scope out the questions to address, and to consider the implications of the programme’s findings.

36 pages, free download: [africap.info/reports](http://africap.info/reports)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### UNESCO CREATIVE CITIES OF GASTRONOMY

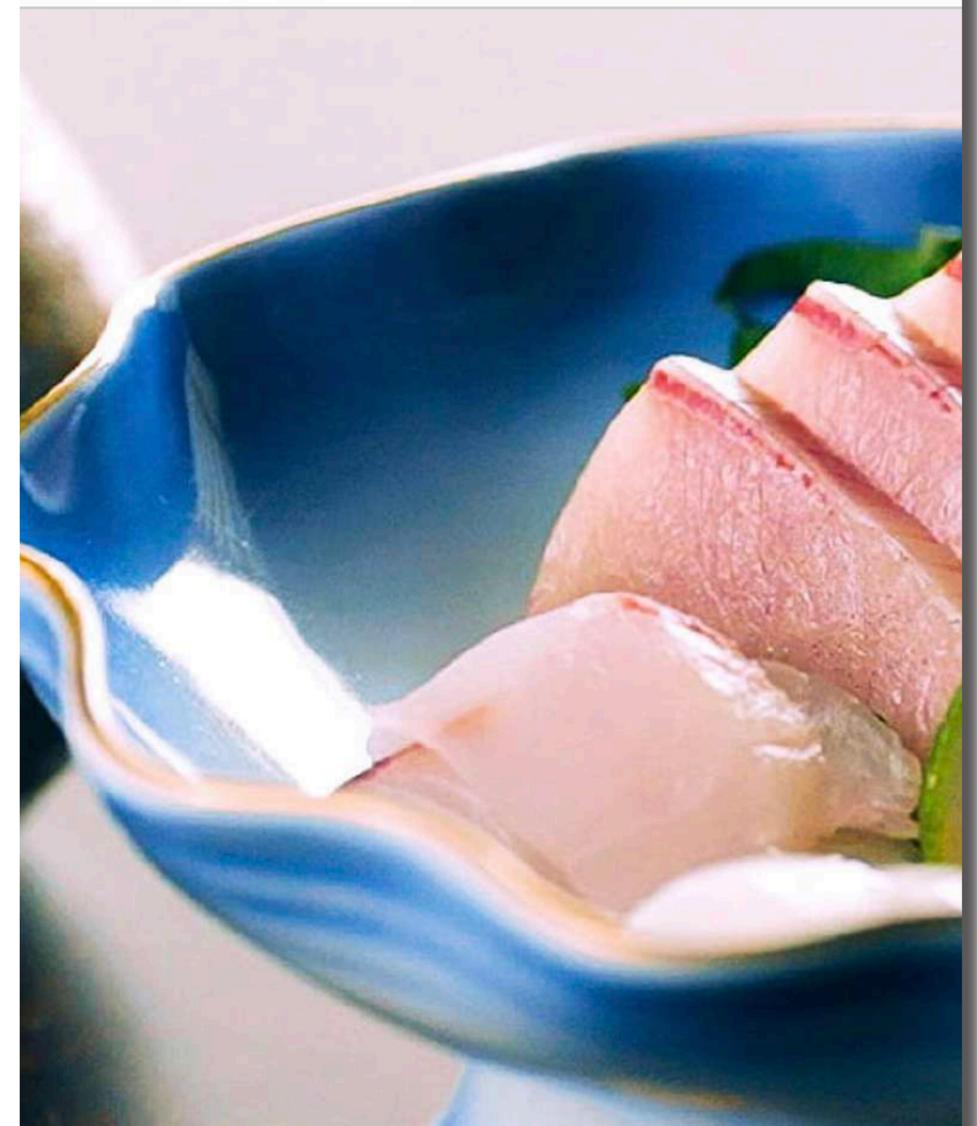
#### JAPAN

#### Gastronomy, Usuki City, Oita Prefecture

By virtue of its geography and topography, Usuki City has been blessed with soft, delicate water that has a rich, mellow flavor. Fermentation Industry, for which quality water is important, began in the area around the year 1600. The development of a diverse local food culture, including miso, soy sauce, and sake production that preserves longstanding traditions while incorporating ongoing improvements, led to the creation of distinctive local dishes that express the wisdom and frugality of the local people.

In more recent years, Usuki City has added to this local gastronomy that has been carefully cultivated by its residents the promotion of organic farming and the slow food movement. Usuki is the only municipality in Japan, for example, that produces mature compost from cut vegetation and other materials, which it then uses to develop fertile soil conditions. This practice raises awareness among both producers and consumers about the importance of quality food.

These and other municipal activities designed to promote diversity and sustainability are aligned with the aims of the Sustainable Development Goals, and help promote sustainable urban development in general.



37 pages, free download: [www.city.usuki.oita.jp/docs/2021062400018/file\\_contents/UsukisGastronomy.pdf](http://www.city.usuki.oita.jp/docs/2021062400018/file_contents/UsukisGastronomy.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### UNESCO CREATIVE CITIES OF GASTRONOMY

#### THAILAND

#### Phetchaburi, Creative City of Gastronomy

Thanks to its abundant biodiversity and diverse ecosystems, Phetchaburi in southern Thailand, is one of the country's most productive provinces. Renowned for its high quality ingredients which have been refined by local artisan producers for generations, and make up the core of Phetchaburi's gastronomic excellence, the city is dedicated to protecting traditional recipes held by the local communities. Uniting tradition with modern economic development, local cuisine has been adapted for more widespread national and global engagement. With its distinctive identity, renowned 'Phetchaburi Craftsmanship', rich cultural heritage and gastronomic traditions, Phetchaburi has become a centre of tourism, helping to protect and promote its rich tangible patrimony. With the support of culinary focused Institutions, research facilities and local government organizations, the city has a clear vision to elevate its gastronomic creativity to facilitate sustainable urban development, and become a global creative economic hub in the field of gastronomy. Phetchaburi's agricultural and gastronomic sector comprises more than 500 close-knit groups of community chefs, artisans, food entrepreneurs etc., who have collaborated with a view to synchronizing their development plans towards a united goal: to improve the quality of life of the local people.

[www.phetchaburicreativecity.com](http://www.phetchaburicreativecity.com)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### U.N. DECADE OF INDIGENOUS LANGUAGES 2022-32

#### CANADA

##### First Voices

##### An Initiative of First Peoples Cultural Council

FirstVoices.com is a set of open-source software designed to record and promote Indigenous oral culture and revitalize the linguistic history of their people. FirstVoices has been in operation since 2003, and is an initiative of the First Peoples' Cultural Council.

Member groups represent over 50 Indigenous nations, bands and other non-profit organizations. The unique 'community sites' they create promote diversity of Indigenous language and culture in British Columbia. Importantly, members retain ownership of content created by them for use on their community site. The goal of FirstVoices.com is to help Indigenous languages succeed with state-of-the-art hardware, software and technical support for their communities (no matter how small).

Elders and youth team up for language preservation. Many languages are in danger of extinction as fluent speakers pass away and become honoured ancestors.

[www.firstvoices.com](http://www.firstvoices.com)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### U.N. DECADE OF INDIGENOUS LANGUAGES 2022-32

FAO

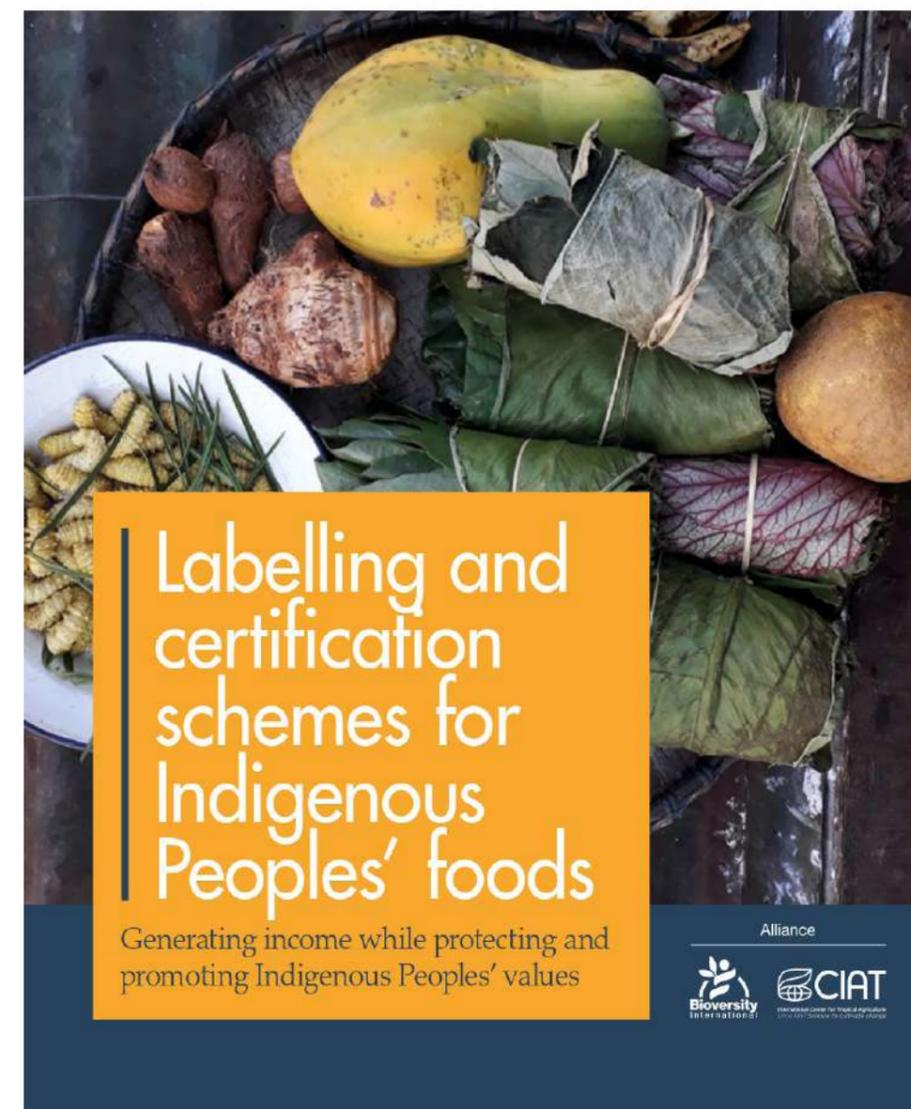
**Labelling and certification schemes for Indigenous Peoples' foods  
Generating income while protecting and promoting Indigenous Peoples' values  
FAO, Alliance of Bioversity International and CIAT**

This review, for the first time to date, analyses the potential of labelling and certification schemes for Indigenous Peoples to market their food products. Specifically, it looks at those schemes that are designed by, with and for Indigenous Peoples, and that can provide economic, social and environmental benefits while protecting and promoting their unique values centered around the respect of life and Mother Earth.

Eleven examples in this review cover innovative schemes implemented by Indigenous Peoples and practitioners in Africa, Asia, Central and South America and Oceania. They include territorial labels, geographical indications (GI), and participatory guarantee schemes (PGS), among others.

The review includes recommendations for various actors to support Indigenous Peoples in their self-determined economic development and towards the sustainable marketization of their products. The review also provides guidelines for Indigenous Peoples willing to engage in such initiative. Those are applicable to different contexts on the ground, and include good practices, and measures to mitigate risks.

Free download: [www.fao.org/documents/card/en/c/CC0155EN/](http://www.fao.org/documents/card/en/c/CC0155EN/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### U.N. DECADE OF INDIGENOUS LANGUAGES 2022-32

UNDP

#### 10 things to know about Indigenous Peoples

As the United Nations lead agency on international development, UNDP works in 170 countries and territories to eradicate poverty and reduce inequality. We help countries to develop policies, leadership skills, partnering abilities, institutional capabilities, and to build resilience to achieve the Sustainable Development Goals (SDGs).

[stories.undp.org/10-things-we-all-should-know-about-indigenous-people](https://stories.undp.org/10-things-we-all-should-know-about-indigenous-people)





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### U.N. DECADE OF INDIGENOUS LANGUAGES 2022-32

#### UNESCO

#### World Atlas of Languages

UNESCO unveils the World Atlas of Languages (WAL), an unprecedented initiative to preserve, revitalize and promote global linguistic diversity and multilingualism as a unique heritage and treasure of humanity.

The World Atlas of Languages presents basic data on the existing 8,324 languages spoken or signed in the world, in use and not in use, as well as more detailed data documenting how 1,863 languages are used in various domains at the national level, enabling the construction of linguistic country profiles for over 80 countries.

[unesdoc.unesco.org/ark:/48223/pf0000380132](https://unesdoc.unesco.org/ark:/48223/pf0000380132)

### UNESCO World Atlas of Languages: towards a comprehensive assessment framework for linguistic diversity

The UNESCO World Atlas of Languages provides a new perspective towards a multidimensional approach and **allows linguistic diversity to be illustrated in a multidimensional manner.**

The UNESCO World Atlas of Languages assessment framework builds on a large set of descriptors and indicators. The descriptors not only document general facts about single languages, but also provide information about their status and state, the users and usage, etc.

Three initial operational steps were taken to define necessary actions for the proper description, evaluation and safeguarding of **languages which are spoken and signed:**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### U.N. DECADE OF INDIGENOUS LANGUAGES 2022-32

UNITED NATIONS

[www.idil2022-2032.org](http://www.idil2022-2032.org)

The Global Action Plan of the International Decade of Indigenous Languages provides a strategic framework, outlines major actions, and guides the implementation, monitoring and evaluation of activities for UN-system entities, national governments, Indigenous peoples' organizations, civil society, academia, and the private sector.

The Global Action Plan calls for a coherent approach and for joint collaborative action on the part of all stakeholders to achieve maximal positive impact and social change with respect to Indigenous languages and those who speak and sign them. It sets the direction for joint action and has been developed to serve as a guiding framework for all stakeholders to prepare regional, national, local and/or institutional plans, adjusted to identified priorities and specificities, for the implementation of the IDIL2022-2032.



2022-2032 | INTERNATIONAL DECADE OF  
**Indigenous Languages**

# COUNTRIES & REGIONS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### LOCAL - FREE PUBLICATION

#### BRAZIL

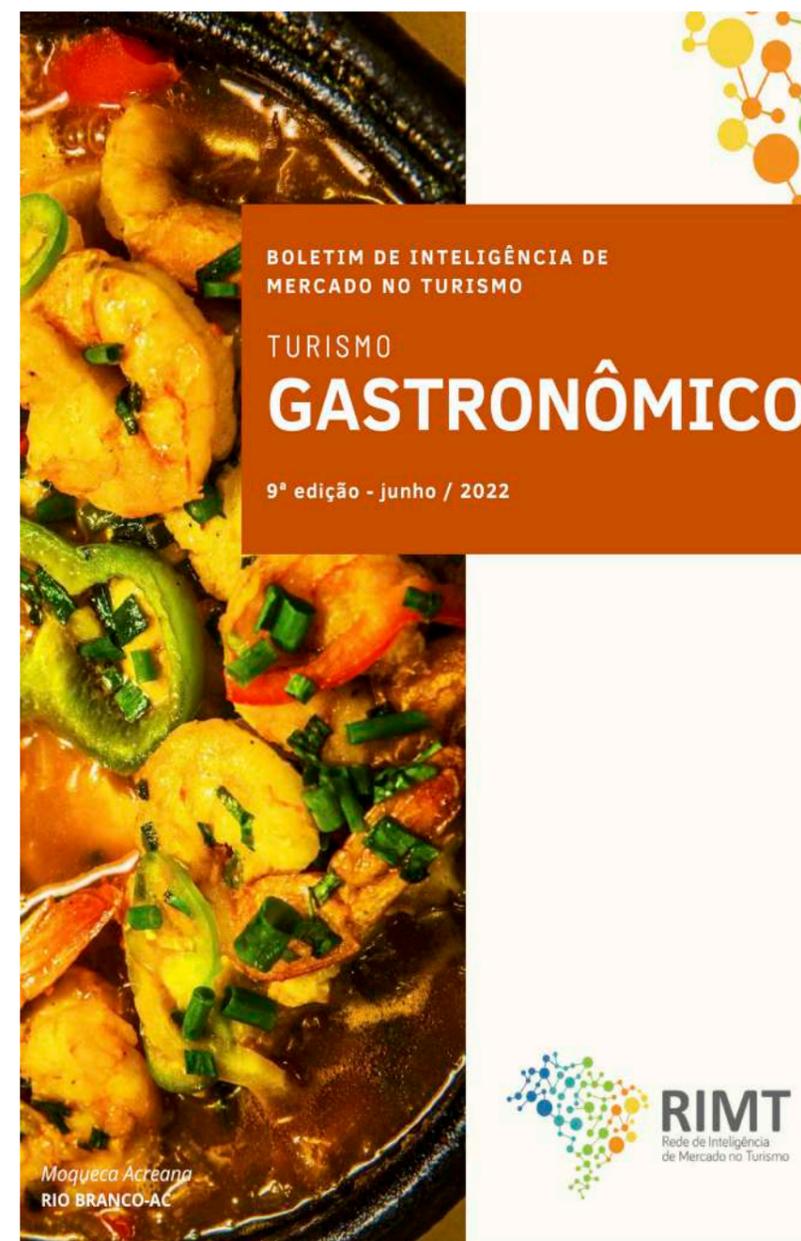
##### Turismo Gastronômico # 9

Andrea Gumaraes, Ludmila Magro, Greyce Kelly Oliveira (RIMT)

This ninth edition of the Tourism Market Intelligence Bulletin (BIMT) was perhaps the most difficult to edit and precisely because it was the most delicious. It was challenging for the team from the General Coordination of Tourism Products (CGPRO), of the Department of Market Intelligence and Tourism Competition (DIMEC), to spend weeks editing photos and information about the culinary wonders, the places and the gastronomic traditions that can be found in every corner of Brazil. Our desire was to be able to travel and experience, at that moment, each of the delicacies, to know each space, to do each of the routes listed here.

As you can imagine, besides being extensive, this BIMT does not exhaust all the diversity and variety of Brazilian gastronomic tourism. But the experiences and itineraries portrayed here, besides giving a good idea of the richness of Brazil, may serve as an example for other products and itineraries being structured. As a bonus, some recipes have been selected to be reproduced by readers at home.

136 pages, free download: [www.gov.br/turismo/pt-br/acesso-a-informacao/acoes-e-programas/programa-nacional-de-turismo-gastronomico/BIMT9TURISMOGASTRONMICO.pdf](http://www.gov.br/turismo/pt-br/acesso-a-informacao/acoes-e-programas/programa-nacional-de-turismo-gastronomico/BIMT9TURISMOGASTRONMICO.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL - FREE PUBLICATION

#### DENMARK

#### Shifting Urban Diets: Lessons from Copenhagen EAT

The 3-year project 'Shifting Urban Diets: Operationalizing Food System Targets for Health and Sustainability' is working with the City of Copenhagen and partners to translate the findings of the EAT-Lancet Commission on Food, Planet, Health into local action and interventions.

Launched in 2019 and funded by EIT Climate-KIC, Shifting Urban Diets aims to enable cities to set smarter and more ambitious food system targets with greater accountability and measurable benefits to climate, environment, public health, and societal well-being. Shifting Urban Diets is the first initiative to operationalize the EAT-Lancet science, paving the way for a Planetary Health Diet.

Four integrated work packages are leading to the development of a set of innovative approaches for urban food systems action. EAT collaborates closely with the Potsdam Institute for Climate Impact Research (PIK), the University of Copenhagen, and the World Resources Institute (WRI) to translate the global synthesis science from the EAT-Lancet report to the local Copenhagen context, establishing a baseline and science-based target for the city's food-related emissions. In parallel, Gehl and City University of London focus on how the built environment influences people's food consumption choices and habits, while City of Copenhagen implements a series of training curricula and programs to empower kitchen staff and the public to prepare healthy and sustainable meals that align with EAT-Lancet recommendations.

Free download: [eatforum.org/initiatives/cities/shifting-urban-diets](https://eatforum.org/initiatives/cities/shifting-urban-diets)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL - FREE PUBLICATION

#### JAPAN

#### Gastronomy, Usuki City, Oita Prefecture

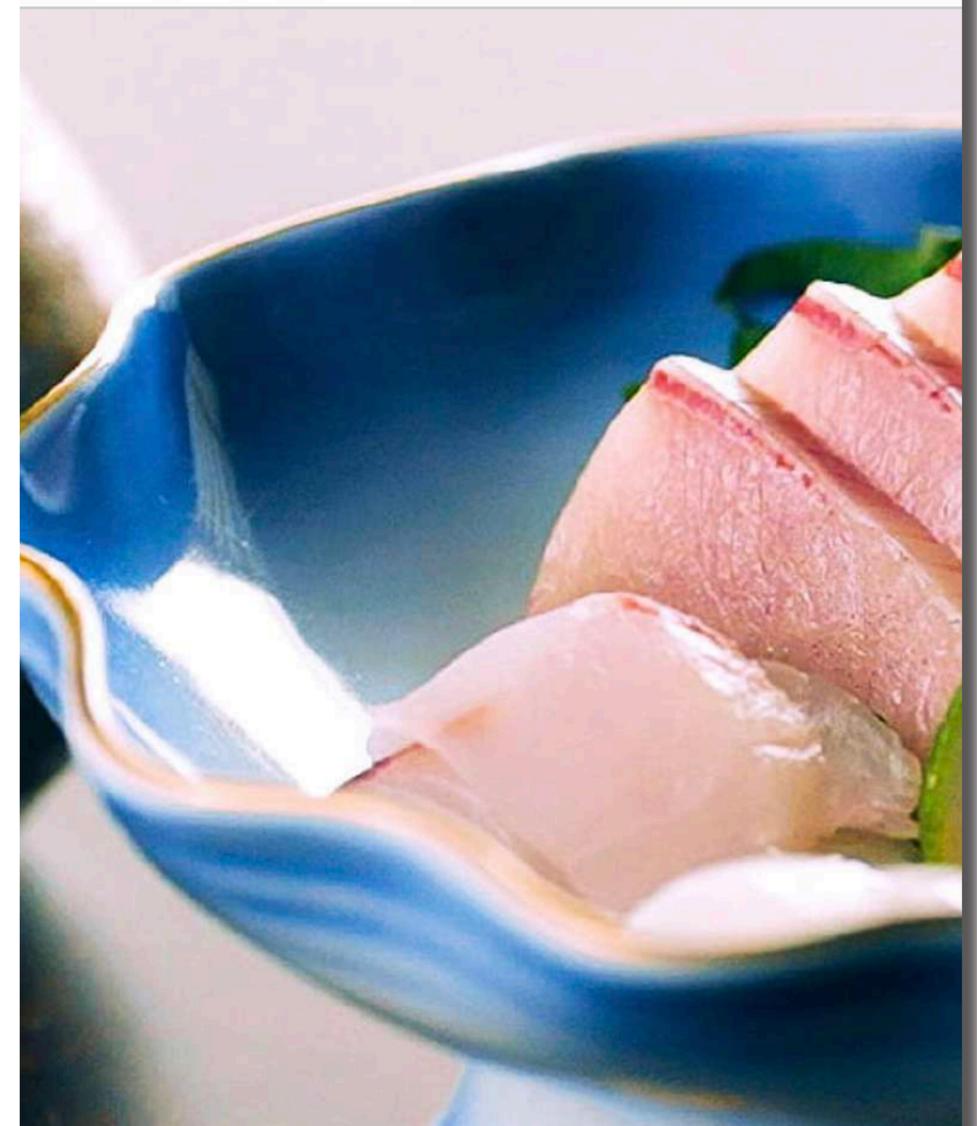
By virtue of its geography and topography, Usuki City has been blessed with soft, delicate water that has a rich, mellow flavor. Fermentation Industry, for which quality water is important, began in the area around the year 1600. The development of a diverse local food culture, including miso, soy sauce, and sake production that preserves longstanding traditions while incorporating ongoing improvements, led to the creation of distinctive local dishes that express the wisdom and frugality of the local people.

In more recent years, Usuki City has added to this local gastronomy that has been carefully cultivated by its residents the promotion of organic farming and the slow food movement. Usuki is the only municipality in Japan, for example, that produces mature compost from cut vegetation and other materials, which it then uses to develop fertile soil conditions. This practice raises awareness among both producers and consumers about the importance of quality food.

These and other municipal activities designed to promote diversity and sustainability are aligned with the aims of the Sustainable Development Goals, and help promote sustainable urban development in general.



**USUKI**  
CITY OF GASTRONOMY



37 pages, free download: [www.city.usuki.oita.jp/docs/2021062400018/file\\_contents/UsukisGastronomy.pdf](http://www.city.usuki.oita.jp/docs/2021062400018/file_contents/UsukisGastronomy.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



INITIATIVE OF  
THE EUROPEAN UNION 

### LOCAL - FREE PUBLICATION

#### EUROPEAN UNION

#### Leading examples of smart tourism practices in Europe Scholz & Friends

The European Capital of Smart Tourism is an EU initiative, currently financed under the COSME Programme. The initiative seeks to strengthen tourism-generated innovative development in European cities and their surroundings, increase their attractiveness, and foster economic growth and job creation.

The purpose of this document is to enhance and facilitate the exchange of best practices in promoting innovative and smart measures and initiatives for tourism destinations in the EU Member States. The report aims at raising awareness about smart tourism tools, measures and projects, sharing the best practices in tourism implemented by cities and strengthening peer-to-peer learning and innovative development of tourism in the EU in general.

This report has been commissioned by the European Commission and prepared by Scholz & Friends Agenda Berlin GmbH European Office.

#### LEADING EXAMPLES OF SMART TOURISM PRACTICES IN EUROPE

SmartTourismCapital.eu #EUTourismCapital



Free download: [smart-tourism-capital.ec.europa.eu/system/files/2022-05/Best%20Practice%20Report\\_2022\\_Update.pdf](https://smart-tourism-capital.ec.europa.eu/system/files/2022-05/Best%20Practice%20Report_2022_Update.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL - FREE PUBLICATION

#### FRANCE

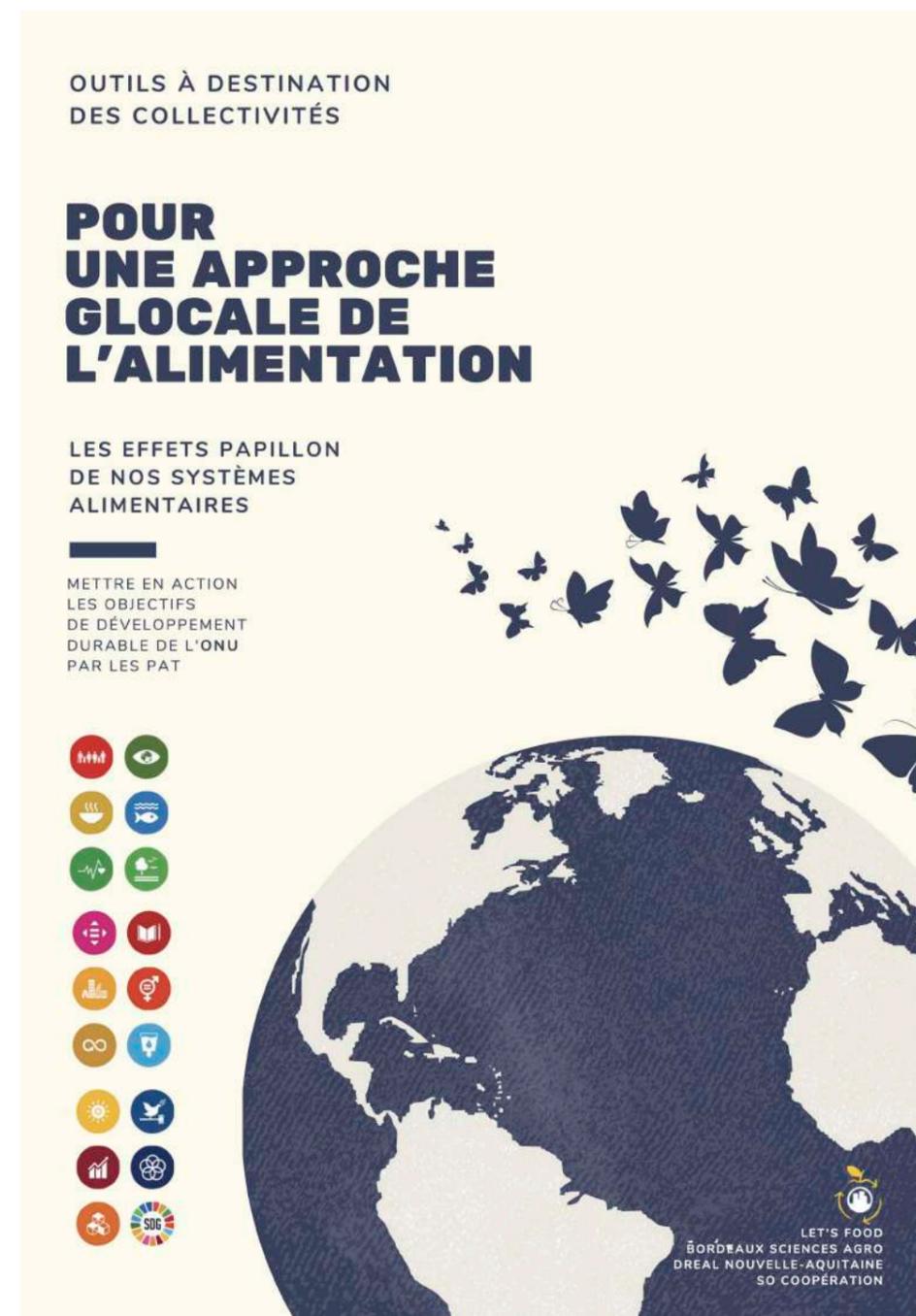
#### Guide à destination des collectivités pour une approche “glocale” de l’alimentation Let’s Food Cities

The Let’s Food association, in partnership with Bordeaux Sciences Agro and the Regional Directorate for the Environment, Planning and Housing of New Aquitaine, has created a guide for local authorities to take the global dimension into account in their local policies.

The “glocal” approach is the adaptation of the UN’s Sustainable Development Goals (SDGs) in territorial food projects. Based on the observation that there are interdependencies in our food systems, Let’s Food promotes the inclusion of the international impact in decisions taken at the local level. Through decentralized cooperation, communities inspire each other for “glocally” effective territorial food projects.

In this way, the MDG of fighting poverty is translated at the local level by the integration of precarious populations and by access to healthy food for all. This makes it possible to assess the relevance of the measures taken with the objectives of food security, economic development, environmental protection and food governance.

Free download: [calameo.com/books/0067207330b698d439e7f](https://calameo.com/books/0067207330b698d439e7f)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL - FREE PUBLICATION

#### PERU

**Sabores. Conservando la gastronomía de la Reserva Paisajística Nor Yauyos Cochas**  
**Servicio Nacional de Áreas Naturales Protegidas por el Estado**  
**Reserva Paisajística Nor Yauyos Cochas, Instituto Continental**

Nor Yauyos Cochas is the first landscape reserve of its kind in Peru. It has unique and particular landscapes, composed of glaciers, mountains, turquoise lagoons, waterfalls, forests of quinales, communities of puya settlements, the system of Andean roads (World Heritage Site) and villages; all of which are the result of the harmonious relationship between man and nature.

Gastronomy in the reserve plays a key role in developing the local economy and promoting the culture and identity of the communities in the protected natural areas (PNAs). They stand out for their fusion, for the mixture of cultures and techniques, for their diversity and climates that give rise to a great variety of products, as well as their innovation and unique flavors.

120 pages, free download: [fondoeditorial.continental.edu.pe/sabores-conservando-la-gastronomia-de-la-reserva-paisajistica-nor-yauyos-cochas/](https://fondoeditorial.continental.edu.pe/sabores-conservando-la-gastronomia-de-la-reserva-paisajistica-nor-yauyos-cochas/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL - FREE PUBLICATION

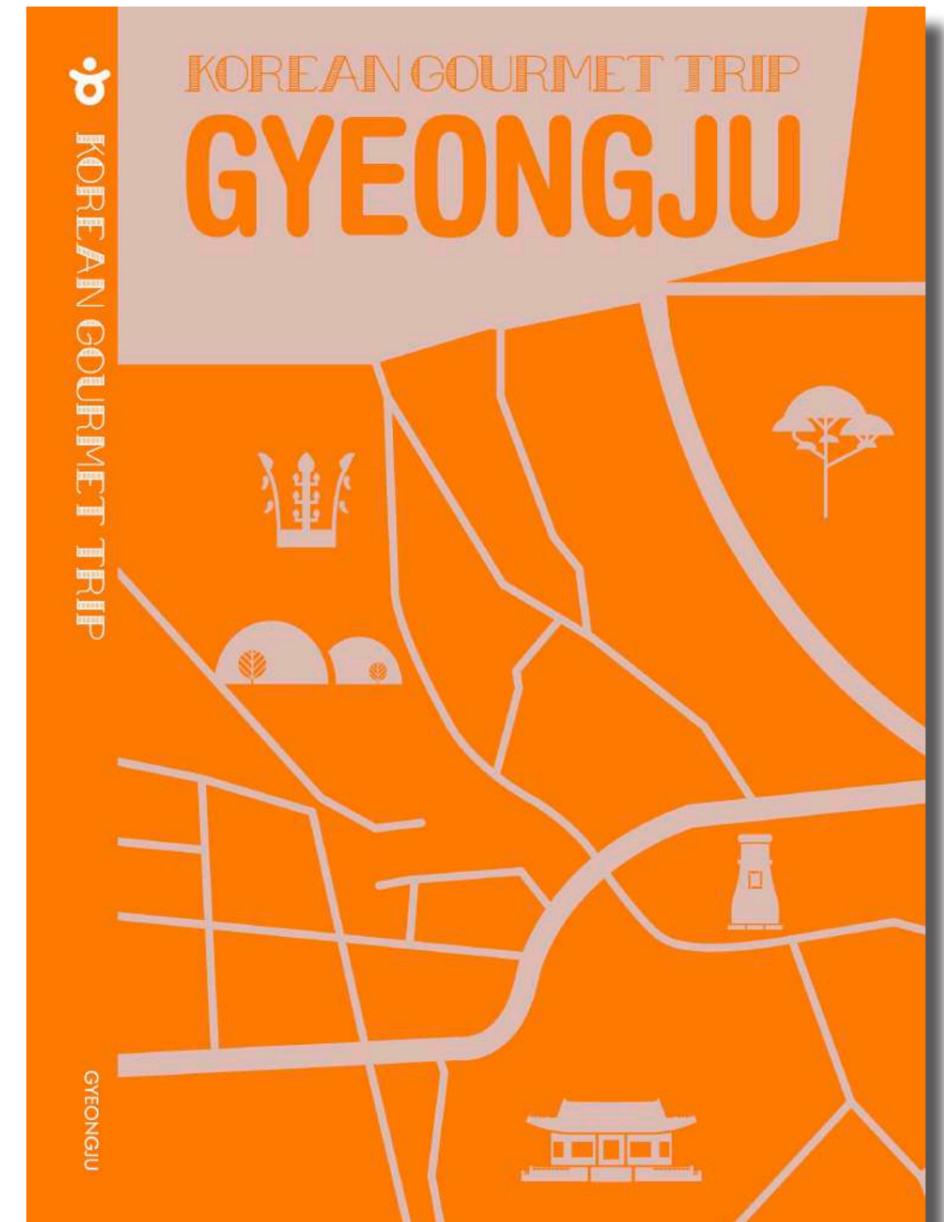
#### SOUTH KOREA

##### **Gyeongju - Korean Gourmet Trip** **Korea Tourism Organization**

Gyeongju, Korea's representative city of traditional culture. In Gyeongju, you encounter people who love their cuisine and culture. The daily lives of the people of Gyeongju through their food bring laughter and emotion through their stories.

Those who were born and raised in Gyeongju follow in the footsteps of their mothers and make traditional alcoholic beverages. They recreate and inherit the tastes of Silla food which has been forgotten.

The daily lives of people with different tastes and lifestyles using ingredients grown in the land of Gyeongju are as diverse as those of ingredients. If you take a closer look, it tells the story of their cuisine and living which showcases the daily lives of the people living in Gyeongju, a very attractive city.



Free download: [english.visitkorea.or.kr/enu/event/2021/11/0201/download\\_file/foodtrip/GyeongJu.pdf](http://english.visitkorea.or.kr/enu/event/2021/11/0201/download_file/foodtrip/GyeongJu.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL - FREE PUBLICATION

#### UNITED KINGDOM

##### Birmingham food system strategy 2022 to 2030 Birmingham Food Revolution

The Birmingham Food System Strategy is the city's ambitious eight-year approach to creating a bold, sustainable, healthy and thriving food system.

This strategy is the outcome of three years of collaboration with partners and citizens. Our key aim has been to create a whole system strategy that sets out what we need to do to transform our city's food system, and ensure it supports all our citizens, organisations and businesses.

A whole system approach means we are considering all the different elements involved with food, including food sourcing, farming, logistics, education and skills, how we buy food, cost of and availability of food, food businesses and the economy, food waste and much more. It also means considering the role of different people, organisations and businesses involved in each part of the system, and the impact that the food system has on them.

Free download: [www.birmingham.gov.uk/downloads/file/23651/birmingham\\_food\\_system\\_strategy](http://www.birmingham.gov.uk/downloads/file/23651/birmingham_food_system_strategy)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### NORDIC CUISINES - FREE PUBLICATION

#### ÅLAND

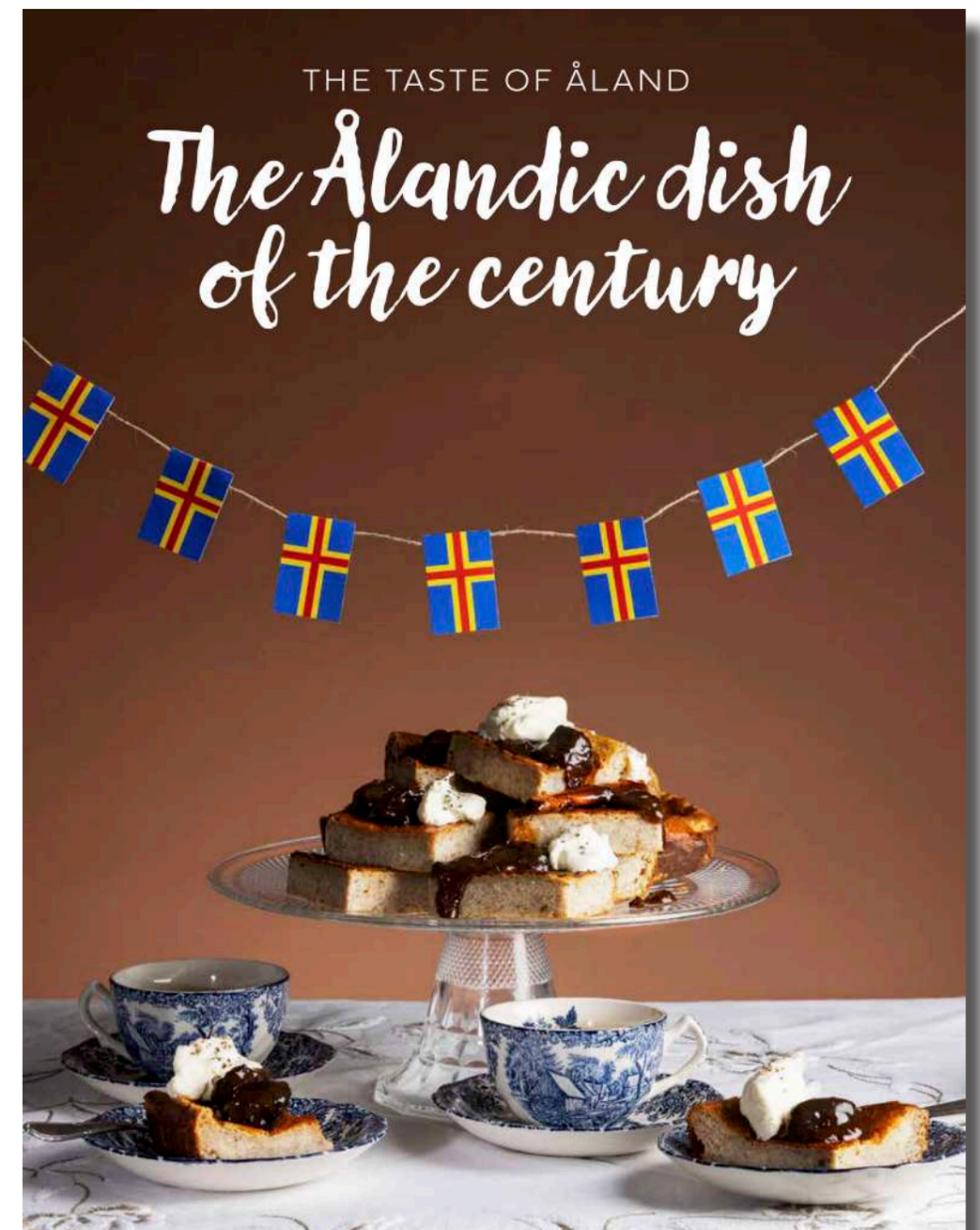
##### The Ålandic Dish of the Century The Taste of Åland

What do Ålanders consider to be the real taste of Åland? In the autumn of 2021, we searched far and wide to find the Ålandic dish of the century. Among numerous nominations, nine finalists were selected and in an open vote a true classic, the Åland Pancake, was chosen the winner. Thus Åland tastes of eggs, flour, milk, groats, sugar – and, of course, much much more.

In this pamphlet, you will find The Ålandic Dish of the Century as well as all the other finalists. Recipes seasoned with traditional food culture, useful tips from both the past and the present, the occasional scandal and a substantial amount of local pride and willfulness.

Willfulness has been an essential feature of the Ålanders for more than a century and it also characterizes the way we cherish our cultural heritage that is local food and cooking. We create unique flavours by combining old preparation techniques, tastes and food storage with influences from abroad and modern cooking methods. Traditional knowhow seasoned with contemporary curiosity, small-scale food craft alongside large-scale production industry.

Free download: [landsbygd.ax/wp-content/uploads/2022/05/Arhundradets-alandska-matratt\\_EN.pdf](https://landsbygd.ax/wp-content/uploads/2022/05/Arhundradets-alandska-matratt_EN.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ASIAN CUISINES - FREE PUBLICATION

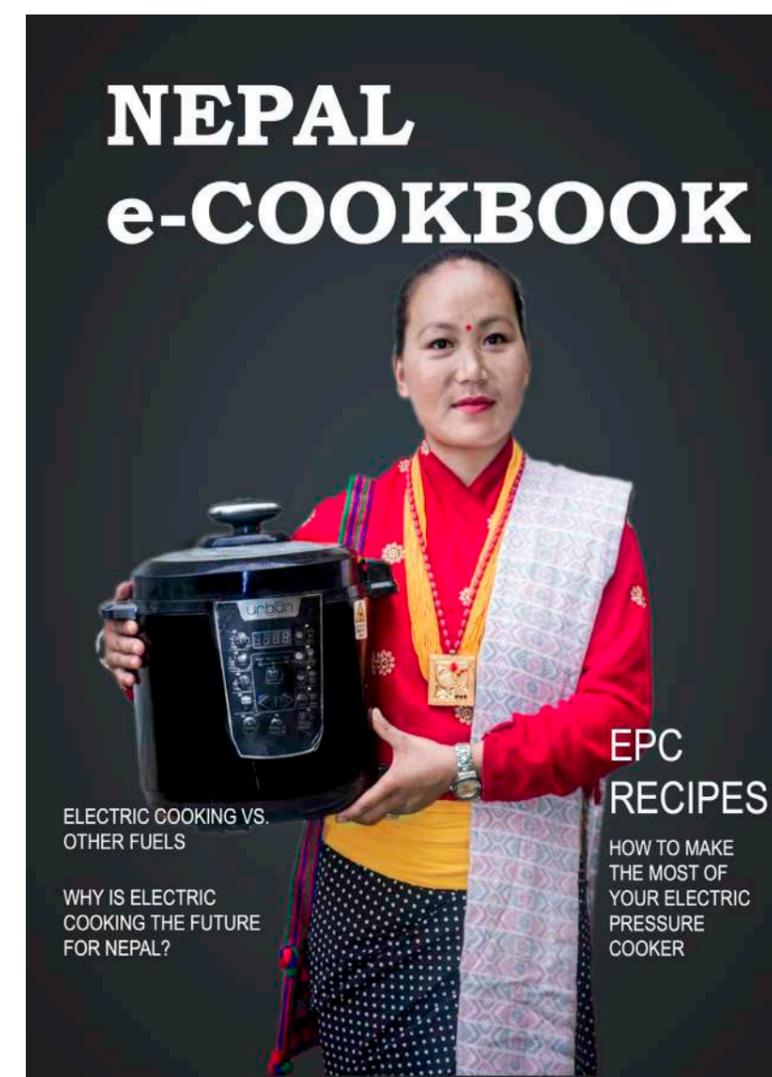
#### NEPAL

##### Nepal e-Cookbook PEEDA / MECS

Each year 24,000 Nepalis lose their lives to chronic illnesses caused by indoor air pollution. Every year, thousands more Nepalis, especially women and children, begin to suffer from these air-borne illnesses, including pneumonia, lung cancer, asthma, cardiovascular disorders, tuberculosis, acute respiratory infections, chronic obstructive pulmonary disease, etc. This is a tragedy constantly unfolding across Nepal, and every minute people suffer because of it. To address this intolerable situation, the Government of Nepal has prioritized access to clean cooking for all citizens. However, past interventions were primarily based around wood-fueled cooking, which is not as clean as was initially hoped. Therefore, efforts to promote electric cooking in the country are now beginning from the infant stage.

To support electric cooking promotion in Nepal, PEEDA - with the support from the University of Bristol and Modern Energy Cooking Services (MECS) Program, Kathmandu Alternative Power and Energy Group, and many other experts - has been conducting research to understand precisely how electric cooking should be rolled out to Nepali kitchens. This e-cookbook is one of the outputs of the aforementioned works around electric cooking.

Free download: [mecs.org.uk/wp-content/uploads/2022/05/Nepal-eCookbook.pdf](https://mecs.org.uk/wp-content/uploads/2022/05/Nepal-eCookbook.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CHINESE CUISINES - FREE PUBLICATION

#### UNITED KINGDOM

**Lost in Translation, An A to Z of Chinese Food**

**Jenny Lau**

**Celestial Peach**

At the start of 2021, I set myself one particular resolution, which was to write more, to write for myself and to write in long form. As I jotted down my motivations and inspirations, ideas started to converge and before I knew it, I had written a book proposal. The proposal itself is complex, somewhat garbled and will probably never attract the attention of a mainstream publisher.

True to its complexity, I took one of the chapter synopses and decided to explode it into its own mini-series: 26 essays on the A-Z Of Chinese Food. And since I am the executive producer of my own life, I have decided to publish those essays to a regular schedule.

How to read it? Start with the introduction below and work your way through the list. I assume you know the order of the letters of the alphabet. As I publish more, you are welcome to read the essays in any anarchic order that takes your fancy.

Free access: [www.celestialpeach.com/lost-in-translation-a-z-chinese-food](http://www.celestialpeach.com/lost-in-translation-a-z-chinese-food)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MUSLIM CUISINES - FREE PUBLICATION

#### SINGAPORE

**The New Muslim Consumer - How Rising Observance is Reshaping the Consumer Landscape in Southeast Asia and Beyond**  
**Wunderman Thompson Intelligence & VMLY&R Muslim Intel Lab**

Wunderman Thompson Intelligence presents “The New Muslim Consumer: How Rising Observance is Reshaping the Consumer Landscape in Southeast Asia and Beyond,” a new trend report that explores how rising observance influences consumer trends for the 250 million Muslims who live in Southeast Asia.

In a single generation, the idea of halal has gone from being mostly about food – namely avoiding pork and alcohol - to include travel, fashion, banking, education and more. This report draws on original survey data from 1,000 consumers in Indonesia and Malaysia as well as original case studies on luxury modest fashion, sharia fintech, Muslim dating apps, halal travel and women’s rights.

Free download: [www.wundermanthompson.com/insight/the-new-muslim-consumer](http://www.wundermanthompson.com/insight/the-new-muslim-consumer)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### AFRICAN CUISINES - FREE PUBLICATION

#### MADAGASCAR

**Analyse des labels et leur intérêt dans la valorisation des produits de Madagascar**

**Julien Gonnet**

**Nitidæ**

Study for the implementation of certifications/labels for target agricultural sectors for the World Bank's ICP (Integrated Growth Poles) in Madagascar.

Specific objectives:

- Identify, for about fifteen target commodities (tropical fruits, vanilla, cocoa, coffee, honey, cloves, pepper, pink berries, essential oils...), the types of labels and/or certifications that are relevant (organic, fair trade or sustainable...), currently used, growing or relevant to develop
- Analyze the feasibility of their implementation in Madagascar, particularly in light of the growing problems of refusal by European customs, the market's absorption capacity (demand) and the organizational and technical arrangements of professional operators
- Develop a technical roadmap and an action plan for the implementation of the proposed approaches for each proposed label/product, in line with the investment needs of companies established in the territory (ginger processing, digitization of vanilla traceability, reduction of wood consumption for Ylang-Ylang essential oil stills, support for conversion to organic farming, development of a territorial organic certification pilot, dissemination of improved stills...)

Free download: <https://www.nitidae.org/actions/madlabel-etude-des-labels-et-certifications-a-madagascar-et-plan-d-action-pour-un-soutien-a-leur-developpement-afin-de-valoriser-les-produits-et-ameliorer-la-valeur-ajoutee-sur-le-territoire>



Foire Internationale de Madagascar -  
Analyse des labels et leur intérêt dans la  
valorisation des produits de Madagascar

Julien Gonnet, mai 2022



Nitidæ - 29 rue Imbert-Colomès 69001 LYON Tel : +33 (0)9 73 66 10 17  
Mail [contact@nitidae.org](mailto:contact@nitidae.org) Website [www.nitidae.org](http://www.nitidae.org) Siret : 753 391 150 000 20

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### AFRICAN CUISINES - FREE PUBLICATION

#### MOZAMBIQUE

##### Apoio a cadeia de valor do caju Nitidae / AGAMOZ - AFD

This report intends to show the progress of the activities developed by the Nitidae organization, in partnership with IAM,IP under the ACAMOZ project related to “Supporting the Cashew Value Chain in Mozambique”.

Specific objectives:

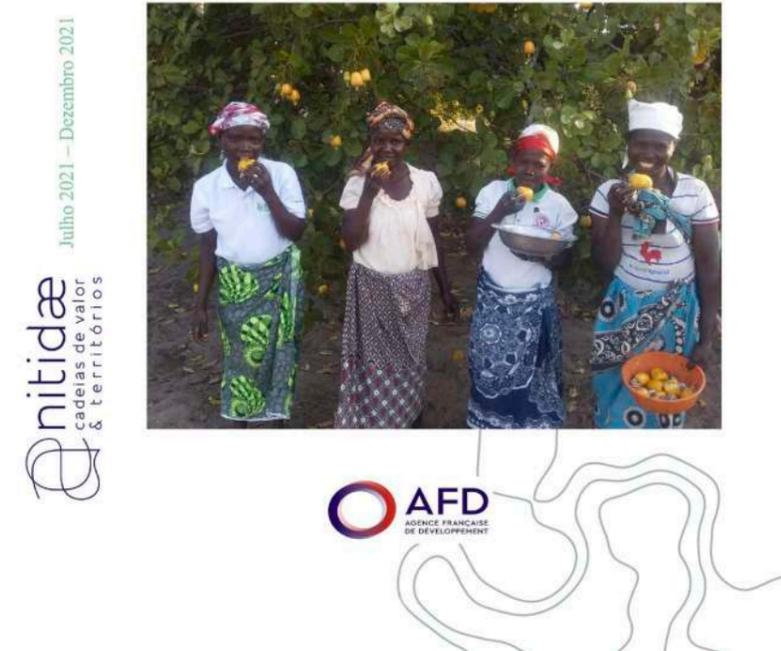
- Contribute to the strengthening of the cashew value chain for a sustainable improvement of farmers’ income and preservation of natural resources in the intervention area, as well as the institutional and technical capacities of the entity that coordinates its development
- To improve the competitiveness and economic, environmental, social and structural sustainability of cashew producers in an institutional framework that favors the transparency of market information for a better insertion in international trade

Free download: [www.nitidae.org/files/d88d5d29/rapport\\_d\\_avancement\\_acamoz\\_soutenir\\_la\\_chaine\\_de\\_valeur\\_de\\_la\\_noix\\_de\\_cajou\\_au\\_mozambique\\_decembre\\_2021.pdf](http://www.nitidae.org/files/d88d5d29/rapport_d_avancement_acamoz_soutenir_la_chaine_de_valeur_de_la_noix_de_cajou_au_mozambique_decembre_2021.pdf)



#### ACAMOZ – Apoio a cadeia de valor do caju em Moçambique

#### Relatório de progresso- Dezembro 2021



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### AFRICAN CUISINES - FREE PUBLICATION

#### UGANDA

##### Uganda eCookbook

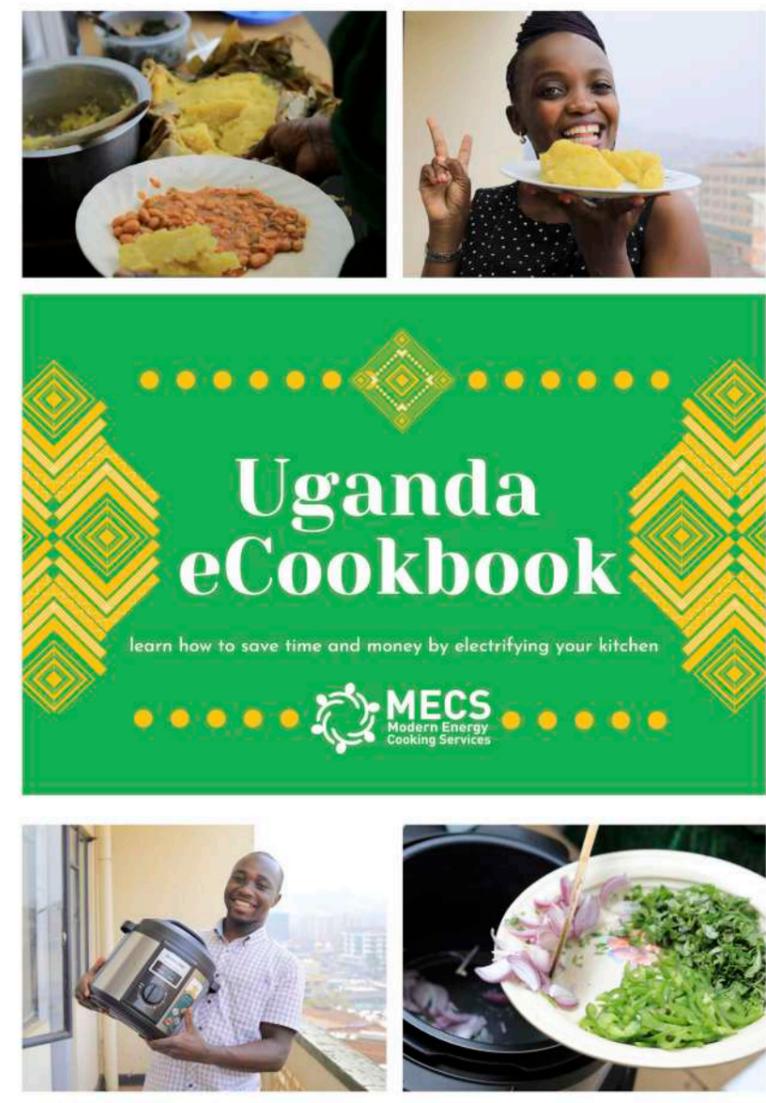
Agnes Naluwagga and Meron Tesfamichael  
MECS - Ministry of Energy

The Uganda eCookbook was developed by the Centre for Research in Energy and Energy Conservation (CREEC), the country partner for the Modern Energy Cooking Services (MECS) Programme in Uganda, and funded by UK Aid. This eCookbook is based on the findings of Cooking with Electricity in Uganda: Barriers and Opportunities.

“Firewood and charcoal remain the main source of energy for cooking in Uganda accounting for over 90% in the energy balance. The over dependency on firewood and charcoal for cooking is not only unsustainable but has negative impacts on the environment and on public health. To address this challenge, in 2013 Government put in place the Biomass Energy Strategy (BEST) for Uganda. BEST provides rational and implementable approaches to manage the biomass energy sector. The strategy has interventions to reduce the biomass demand which among others includes the use of alternative sources of energy for cooking such as electricity.”

Irene Bateebe - Permanent Secretary - Ministry of Energy

Free download: [mecs.org.uk/wp-content/uploads/2022/04/Uganda-eCookbook-.pdf](https://mecs.org.uk/wp-content/uploads/2022/04/Uganda-eCookbook-.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### AFRICAN CUISINES - FREE PUBLICATION

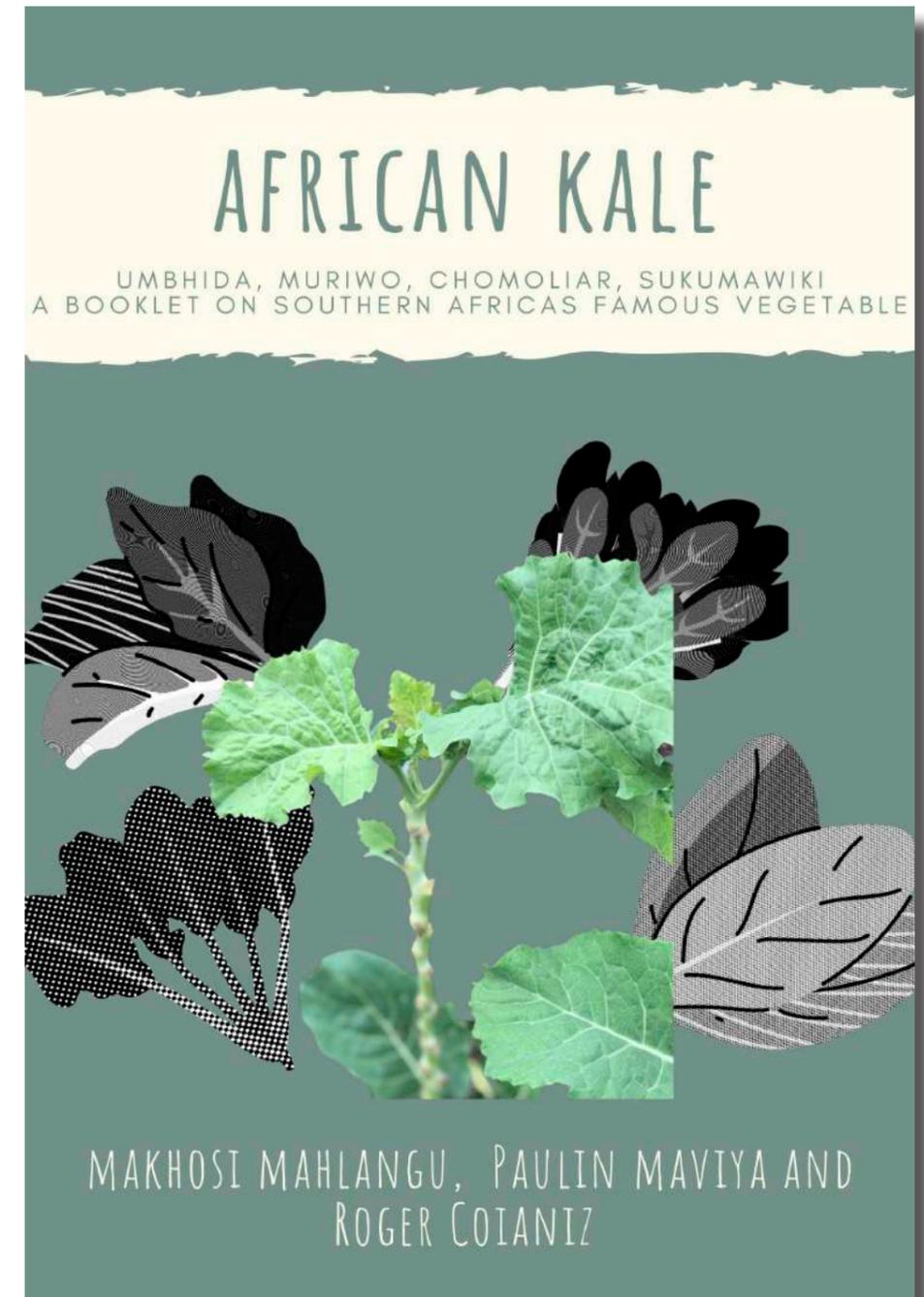
#### ZIMBABWE

**African Kale**  
**Makhosi Mahlangu, Paulin Maviya and Roger Coianiz**  
**African Food Revolution**

African Food Revolution is a Non-Governmental Organization domiciled in Africa. The African Food Revolution (AFR) provides expertise and analysis of the traditional food sectors which are mainly domiciled in rural African villages. AFR looks at food production through the promotion and consumption of local indigenous foods. We concentrate on developing the new African village which is environmentally and food sustainable through amplification of traditional food systems using scientific acumen and a futuristic view to traditional African food.

We delve into the practical solutions in developing new futuristic food systems which boost the gene base for our local indigenous foods. The whole concept encompasses animal husbandry, indigenous vegetable production, wildlife conservation and culture diversification through the concept of UBUNTU.

Free download: [africanfoodrevolution.com](http://africanfoodrevolution.com)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### LATIN AMERICAN CUISINES - FREE PUBLICATION

#### PERU

**Sabores. Conservando la gastronomía de la Reserva Paisajística Nor Yauyos Cochas**  
**Servicio Nacional de Áreas Naturales Protegidas por el Estado**  
**Reserva Paisajística Nor Yauyos Cochas, Instituto Continental**

Nor Yauyos Cochas is the first landscape reserve of its kind in Peru. It has unique and particular landscapes, composed of glaciers, mountains, turquoise lagoons, waterfalls, forests of quinales, communities of puya settlements, the system of Andean roads (World Heritage Site) and villages; all of which are the result of the harmonious relationship between man and nature.

Gastronomy in the reserve plays a key role in developing the local economy and promoting the culture and identity of the communities in the protected natural areas (PNAs). They stand out for their fusion, for the mixture of cultures and techniques, for their diversity and climates that give rise to a great variety of products, as well as their innovation and unique flavors.

120 pages, free download: [fondoeditorial.continental.edu.pe/sabores-conservando-la-gastronomia-de-la-reserva-paisajistica-nor-yauyos-cochas/](https://fondoeditorial.continental.edu.pe/sabores-conservando-la-gastronomia-de-la-reserva-paisajistica-nor-yauyos-cochas/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CARIBBEAN CUISINES - FREE PUBLICATION

#### ANGUILLA

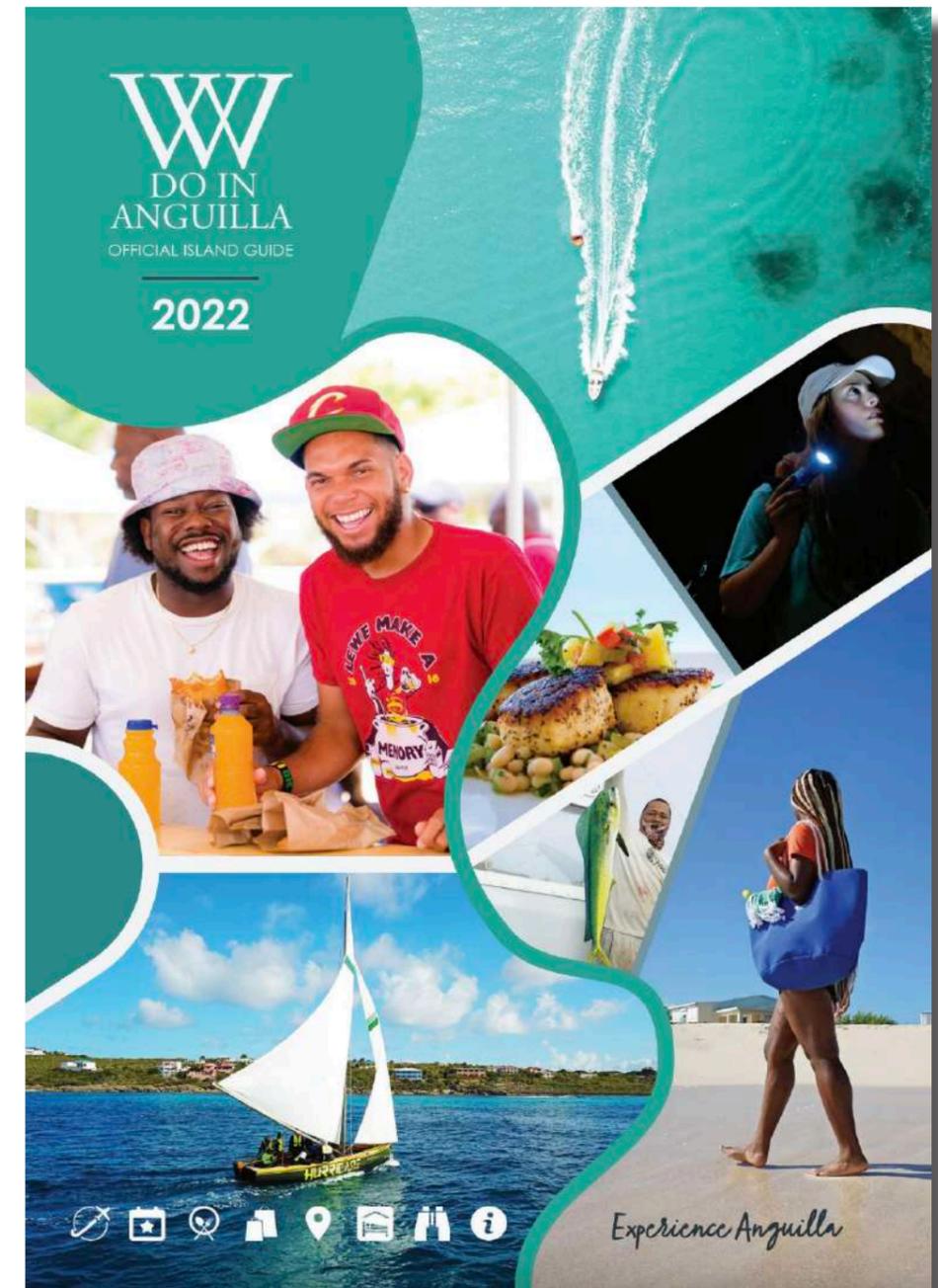
**What We Do In Anguilla**  
**Official Island Guide**  
**Clemvio Hodge**

Welcome to Anguilla! Welcome to your home away from home. Welcome to an island where the secret ingredient to the most extraordinary experience is found in getting to know the people, eating what we eat, drinking what we drink and doing what we do!

Delve into experiences made with you in mind or create your own experience that will last a lifetime. Try cooking local recipes or try as many restaurants as you can – there are over 100 ranging from street food to fine dining.

We are happy to be your guide – taking you on a quest along the roads less travelled and helping you envision a home in Anguilla. This is what we do. Experience Anguilla!

Free access: [whatwedoinanguilla.com/magazine](http://whatwedoinanguilla.com/magazine)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CARIBBEAN CUISINES - FREE PUBLICATION

#### BELIZE

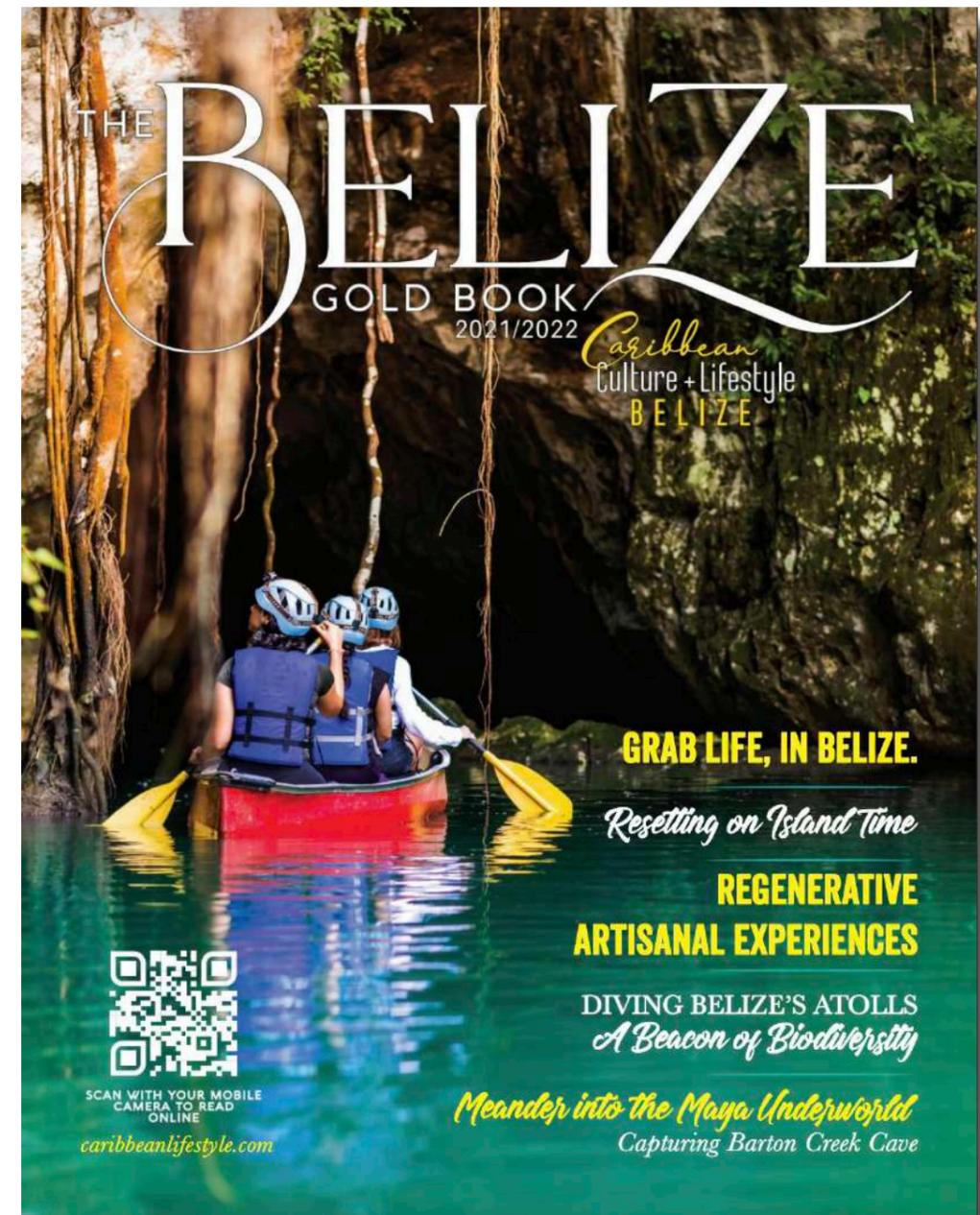
##### Belize Gold Book 2021/2022 McNab Publishing

Belize Gold Book features 90 pages of captivating photos, destination guides, editorial articles, advertorial content, and more — cultivating a one-stop guide to Belize travel.

Born and raised in Belize, Tanya McNab is an award-winning graphic designer, publisher, and visual branding expert. Her family-run enterprise and publishing house, McNab Visual Strategies, has offered design, printing, signage, and public relations services in Belize and internationally since 2007.

McNab Visual Strategies is also the force behind a handful of Belize's most important publications. The company's most innovative creations include Flavors of Belize magazine, first published in 2009, and Flavors of Belize cookbook, founded in 2012. The cookbook is the first of its kind in Belize, and now celebrates its fifth edition.

Free access: [caribbeanlifestyle.com/belizegoldbook](http://caribbeanlifestyle.com/belizegoldbook)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CARIBBEAN CUISINES - FREE PUBLICATION

#### CURAÇAO

**FoodBook Bonaire Magazine**  
**Marnix Stoorvogel**

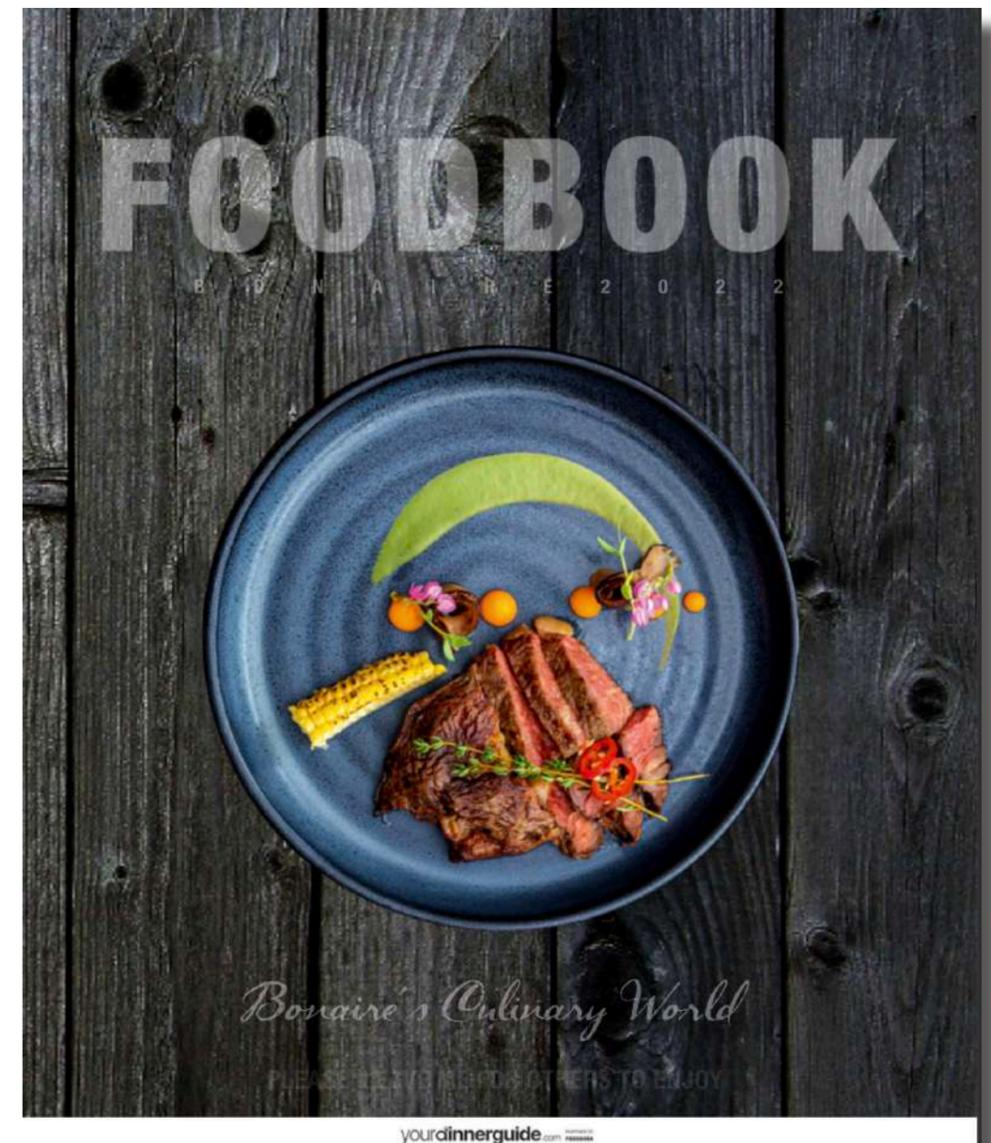
Our passion for food and the many perfect moments we share with our loved ones are the main reasons to publish FoodBook Bonaire. Since the island has so much to offer, we create the opportunity for everyone to choose their own perfect culinary moment.

FoodBook is a one-year edition (glossy) magazine that will enable the people/ tourist of Bonaire to find their favorite restaurant/spots to enjoy delicious food and/or drinks.

It will show the go-to places and provide them with the best possible choices in all that the island has to offer in a variety of international and local cuisine. The magazine is also enriched with interesting articles (in's&outs) about food/ drinks, local products and much more.

Check out FoodBook magazine Bonaire in Hotel-rooms, Resorts/B&B's and shops all over the island of Bonaire!

Free access: [www.yourdinnerguide.com/foodbook/](http://www.yourdinnerguide.com/foodbook/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CARIBBEAN CUISINES - FREE PUBLICATION

#### GUYANE - FRANCE

##### Journées Goût et Saveurs de Guyane Collectivité Territoriale de Guyane

“Taste and Flavors Days are an opportunity to unite public and private energies around the culinary heritage in several municipalities in fields as varied but complementary as culture, tourism, training, the economy, research or living together. Our know-how is a source of local development and must therefore be known, recognized and transmitted.”

Gabriel Serville - President of the Territorial Collectivity of Guyane

“I can only support the beautiful project of the brotherhood of the awara broth to lead our emblematic dish of Guyana to the international recognition of UNESCO, like the Haitian soup joumou, recently registered in the world immaterial heritage.

The Territorial Collectivity of Guyane, with the help of its partners, will continue its missions of inventorying knowledge and know-how, collecting and preserving heritage or supporting publishing in terms of culinary heritage.”

Emmanuel Prince - Vice-president of the Territorial Collectivity of Guyane

Free download: [fliphtml5.com/yxyk/fogb/basic](http://fliphtml5.com/yxyk/fogb/basic)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CARIBBEAN CUISINES - FREE PUBLICATION

#### JAMAICA

##### **Jamaica Culinary Arts Handbook 2022** **Jamaica Cultural Development Commission, Our Living Heritage**

The Jamaica Culinary Arts Competition aims at continuing the development of Jamaican Cuisine while preserving Jamaica's rich culinary heritage and promoting talents and creative abilities by stimulating an awareness of the many uses and versatility of local farm produce. This initiative is expected to generate interest and appreciation for the wide variety of Jamaican tropical agricultural products.

#### Objectives:

To unearth, develop, preserve and promote the creative talents of Jamaicans who possess culinary arts skills ; to promote wider usage of local farm produce by combining them in innovative, nutritious and attractive ways, using names descriptive of Jamaican Cuisine ; to develop partnerships and provide opportunities for exploring the economic potential of local foods especially where these can improve the nation's food security ; to promote healthy eating using creative ways to reduce the negative impact of non-communicable diseases ; to identify and develop preserves, condiments, confectionary, wines, liqueurs and other value added products with export potential ; to develop a data bank of Jamaicans who have specialized culinary arts skills ; to document the authentic ways of Jamaican traditional food and beverage.

Free download: [jcdc.gov.jm/sites/default/files/handbooks/revised\\_culinary\\_arts\\_handbook\\_2022.pdf](https://jcdc.gov.jm/sites/default/files/handbooks/revised_culinary_arts_handbook_2022.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



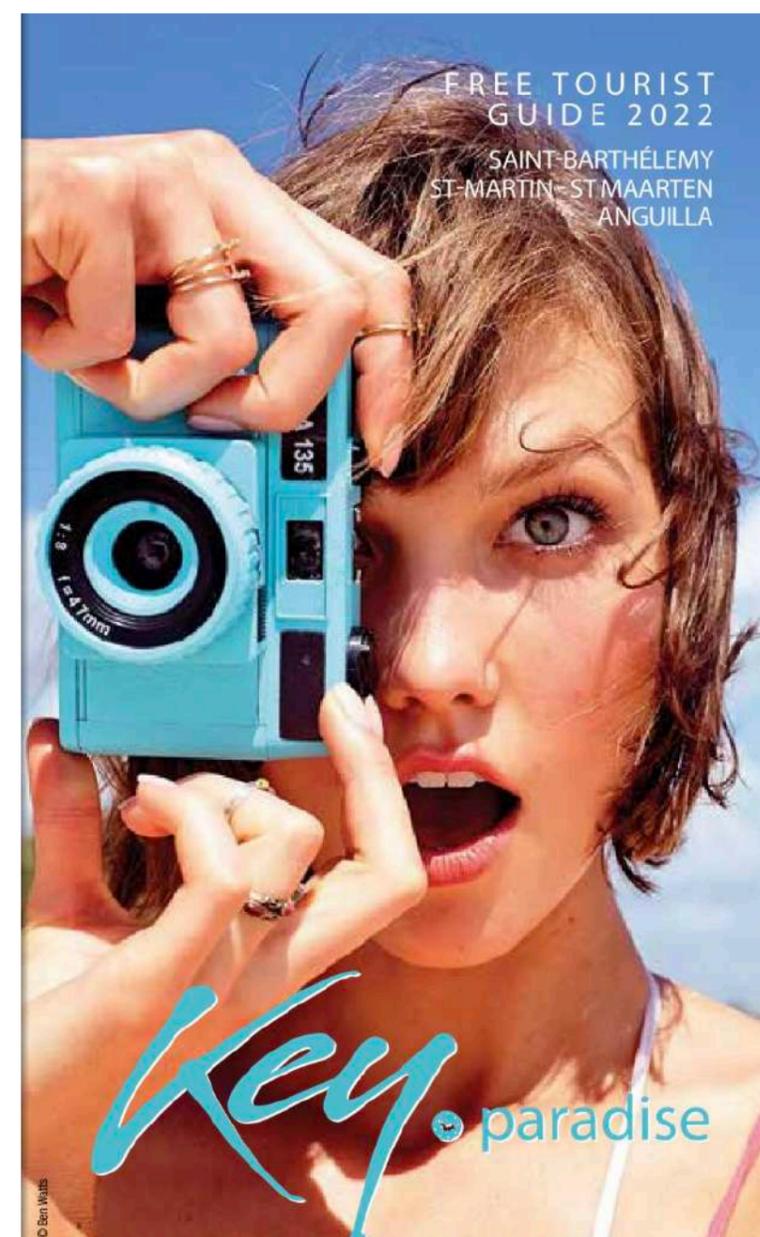
### CARIBBEAN CUISINES - FREE PUBLICATION

SAINT-BARTHÉLÉMY  
SAINT MARTIN  
ST MAARTEN  
ANGUILLA

#### Key Paradise Free Tourist Guide 2022

Key Paradise is the only tourist guide that brings together all the following islands: St Barth, Anguilla, St Martin, St Maarten, and now Guadeloupe and its dependencies. It offers all the keys for a perfect stay: practical information, sites to visit, heritage, habits and customs, flora, fauna, land and water activities, good addresses (gastronomy, shopping, hotels etc.).

Free download: [www.key-paradise.com](http://www.key-paradise.com)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CARIBBEAN CUISINES - FREE PUBLICATION

#### TRINIDAD AND TOBAGO

##### Cooking with Tropical Flours

CARDI - Caribbean Agricultural Research and Development Institute

FAO - Food and Agriculture Organization of the United Nations

A collection of 20 recipes where tropical flours made from cassava, plantain, sweet potato and breadfruit are the main ingredient. The recipes are an eclectic blend of traditional dishes and international cuisine – all with that unique Caribbean flair and flavour.

This recipe book *Cooking with Tropical Flours* was financed by the Food and Agriculture Organisation of the United Nations (FAO) under the “Support to resilience building in the productive sectors of Caribbean SIDS through the introduction of solar technologies project”.

Free download: [www.cardi.org/blog/cooking-with-tropical-flours-recipe-book](http://www.cardi.org/blog/cooking-with-tropical-flours-recipe-book)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CARIBBEAN CUISINES - FREE PUBLICATION

#### TURKS & CAICOS ISLANDS

##### Destination 2022

##### Turks & Caicos Hotel and Tourism Association

We're back! It is with a special joy in our hearts that we bring you Destination 2022. Like you, here in Turks & Caicos we feel a collective burst of excitement when pieces of our pre-COVID life are returned, as we all yearn to feel a sense of normalcy once more. The year 2020 implanted a resounding truth within us all - we are in this together, and more connected globally than we may ever have stopped to realize.

It was only fitting that we take this opportunity to pay homage to the people and the product of the Turks & Caicos Islands. We could not be prouder to provide you an intimate look at the essential players and pieces that build the puzzle of your unforgettable vacation in this coveted destination.

Free download: [turksandcaicoshta.com/wp-content/uploads/2022/02/TCHTA\\_D2022-web.pdf](https://turksandcaicoshta.com/wp-content/uploads/2022/02/TCHTA_D2022-web.pdf)

### DESTINATION



Turks & Caicos Islands



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ARCTIC CUISINES - FREE PUBLICATION

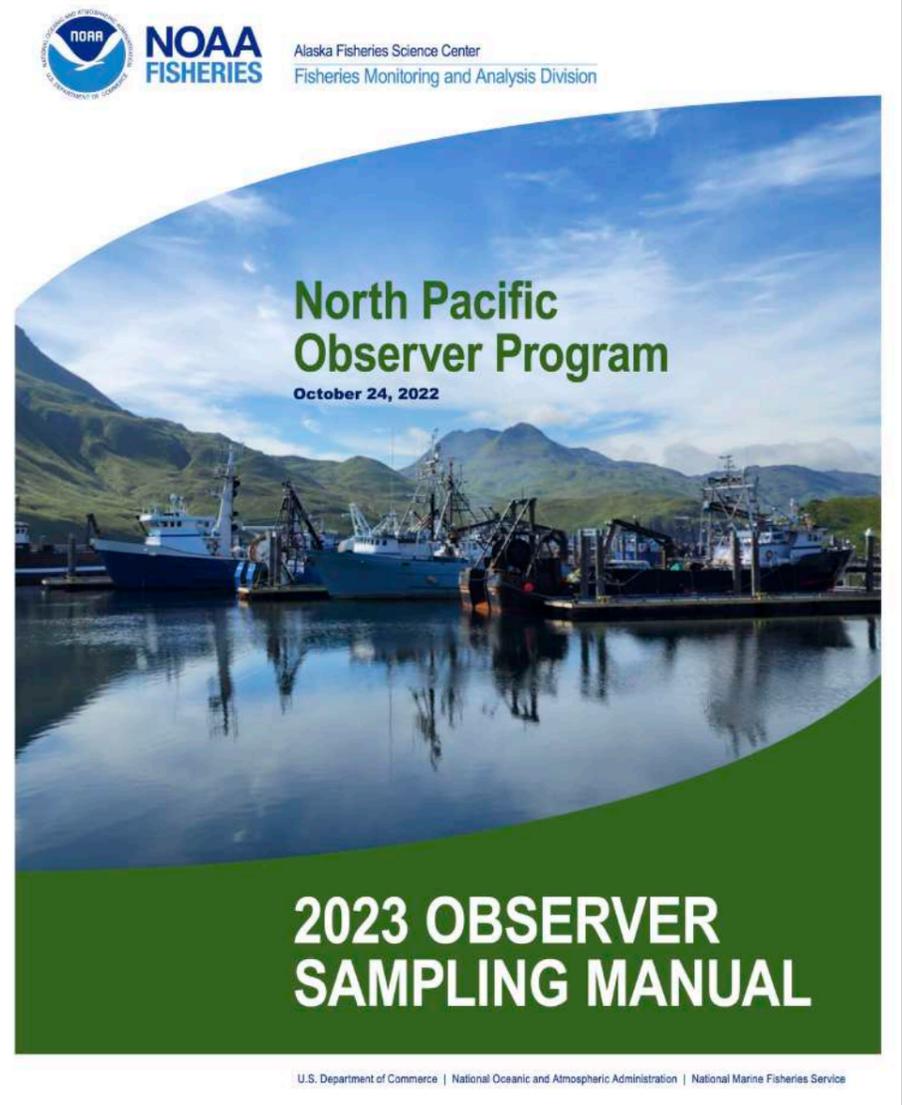
#### ALASKA

##### North Pacific Observer Program NOAA Fisheries - Sustainable Fisheries Division

The Observer Program deploys over 400 Pacific scientific observers each year on a variety of commercial fishing vessels. The observers, in turn, provide the Observer Program with over 46,000 data collection days annually.

An observer's job is unique, challenging and constantly changing. This manual is an indispensable tool both for trainees and experienced observers. It should be used as both a textbook for trainees and a field reference manual for observers at sea. It contains the background, procedures, and protocols on how to collect a wide variety of information requested; and some ideas on how to cope with specific situations. The methods described in this manual have been tested and modified throughout the twenty-five years of the North Pacific Observer Program's existence and will continue to be refined using observer feedback and suggestions.

Free download: [www.fisheries.noaa.gov/resource/document/north-pacific-observer-sampling-manual](http://www.fisheries.noaa.gov/resource/document/north-pacific-observer-sampling-manual)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ARCTIC CUISINES - FREE PUBLICATION

#### CANADA

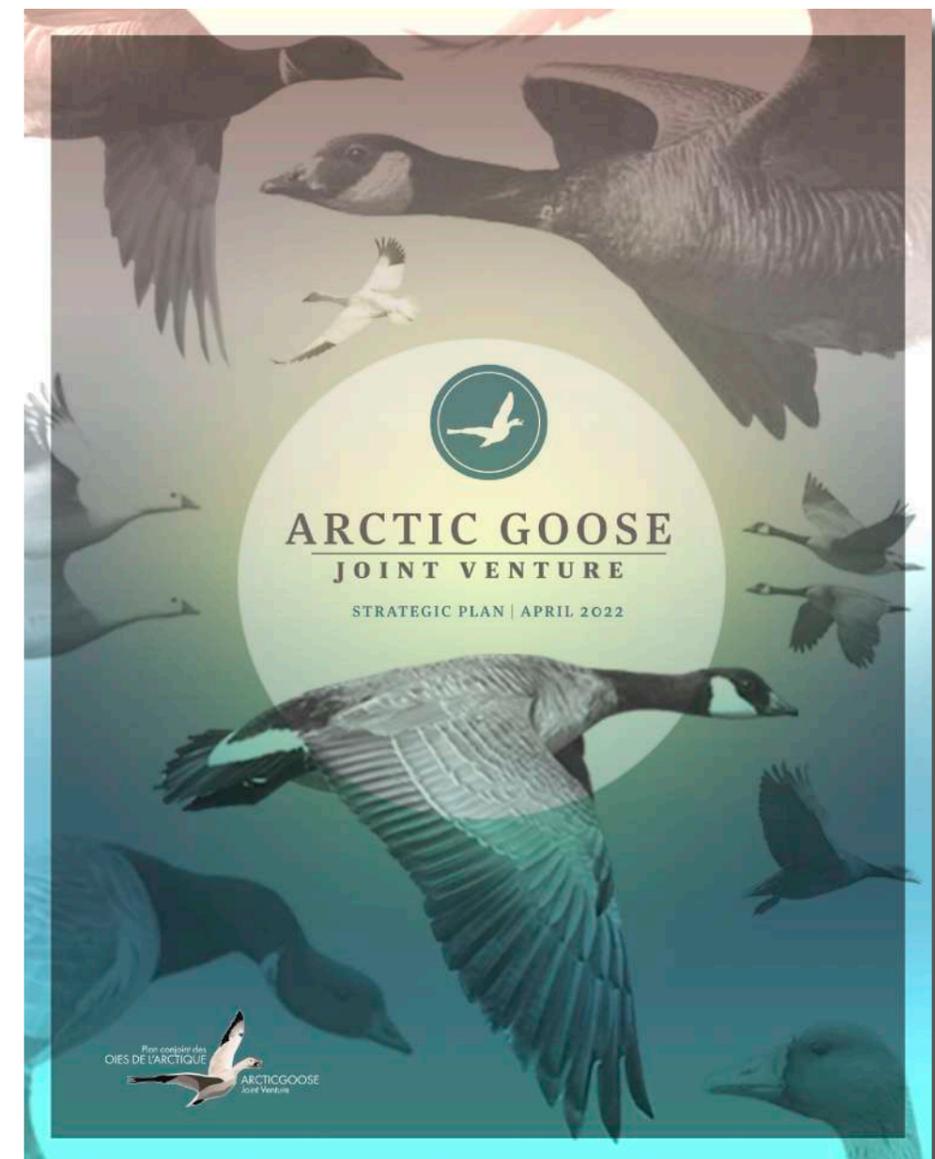
**Arctic Goose Joint Venture Strategic Plan, April 2022**  
**CWS, Edmonton, Alberta**

The Arctic Goose Joint Venture (AGJV) is one of the original joint ventures, initiated by the North American Waterfowl Management Plan (NAWMP) Committee at their inaugural meeting held in August, 1986. The AGJV was established to improve scientific understanding and management of North America's geese.

The goal of the AGJV is to foster greater research and monitoring of northern-nesting geese for the purpose of improving and refining population management from a breeding ground perspective.

The activities of the AGJV include both short-term and long-term information gathering programs directed at determining basic population parameters such as abundance and distribution, population trend, annual productivity, harvest, and survival rates.

Free download: [www.agjv.ca/publications](http://www.agjv.ca/publications)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ARCTIC CUISINES - FREE PUBLICATION

#### FINLAND

##### **Saamelaisten kotiseutualueen luonnonvarasuunnitelma 2022–2027 (Natural resources plan for the Sámi homeland) - Metsähallitus**

Natural resource planning is planning for the long-term sustainable use of state-owned land and water areas. The key difference between this natural resource plan and Metsähallitus' other natural resource plans is that here the management, use and protection of natural resources are coordinated with the goals set by the owner and local goals, while at the same time safeguarding the conditions for practicing Sámi culture. The natural resource plan for the Sámi home region was drawn up in close cooperation with a cooperation group made up of Metsähallitus' customers, partners and stakeholders, the Sámi assemblies and the village assembly of the Kolts. Separate working groups for reindeer husbandry, forestry, tourism, municipalities, herding, nature conservation and cultural heritage also participated in the planning. Through an online survey open to everyone, every citizen had the opportunity to influence the planning. Young people also participated in natural resource planning: eighth-graders living in the planning area participated in the workshop, and in addition, a hearing was organized for Sámi youth in cooperation with the youth council of the Sámi assemblies.

The plan has been published in Finnish, Northern Sámi, Inari Sámi and Koltan Sámi.

Free download: [julkaisut.metsa.fi/julkaisut/show/2649](https://julkaisut.metsa.fi/julkaisut/show/2649)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ARCTIC CUISINES - FREE PUBLICATION

#### NORWAY

##### Reindeer Husbandry & Barents 2030

Anders Oskal, Svein Disch Mathiesen, Philip Burgess, Johan Mathis Turi

International Centre For Reindeer Husbandry

Ingunn Ims Vistnes - Norut Alta - Áltá

Christian Nellemann - Unep/Grid-Arendal

The future for reindeer husbandry in the Barents region is highly dependent on the availability of grazing land. extensive oil and gas development will likely lead to loss of vital ranges, in particular coastal summer pastures and calving grounds. Reindeer husbandry and Barents 2030 presents new potential scenarios for reindeer husbandry, combining the GLOBIO methodology for mapping loss of biodiversity with the extensive oil and gas development pictured in the barlindhaug scenarios. This report was prepared by the International Centre for Reindeer Husbandry in collaboration with NORUT, UNEP-GRID Arendal and others.

“Reindeer pastoralism is a traditional livelihood that represents a model of sustainable exploitation and management of northern terrestrial ecosystems based upon generations of experience accumulated, conserved, developed and adapted to the climatic and political/economic systems of the north. Reindeer husbandry represents a complex coupled system of interchange between humans and animals in the Arctic. Any vision of sustainability that is related to the Arctic cannot but take account of the knowledge and lessons learned by those who practice reindeer husbandry and related subsistence activities in the region.”

Free download: [reindeerherding.org/projects/reindeer-husbandry-barents-2030](http://reindeerherding.org/projects/reindeer-husbandry-barents-2030)



### REINDEER HUSBANDRY AND BARENTS 2030

IMPACTS OF FUTURE PETROLEUM DEVELOPMENT  
ON REINDEER HUSBANDRY IN THE BARENTS REGION

A REPORT PREPARED FOR STATOILHYDRO BY THE INTERNATIONAL CENTRE FOR REINDEER HUSBANDRY

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ARCTIC CUISINES - FREE PUBLICATION

#### NUNANGAT - CANADA

##### **Inuit Nunangat Food Security Strategy Inuit Tapiriit Kanatami**

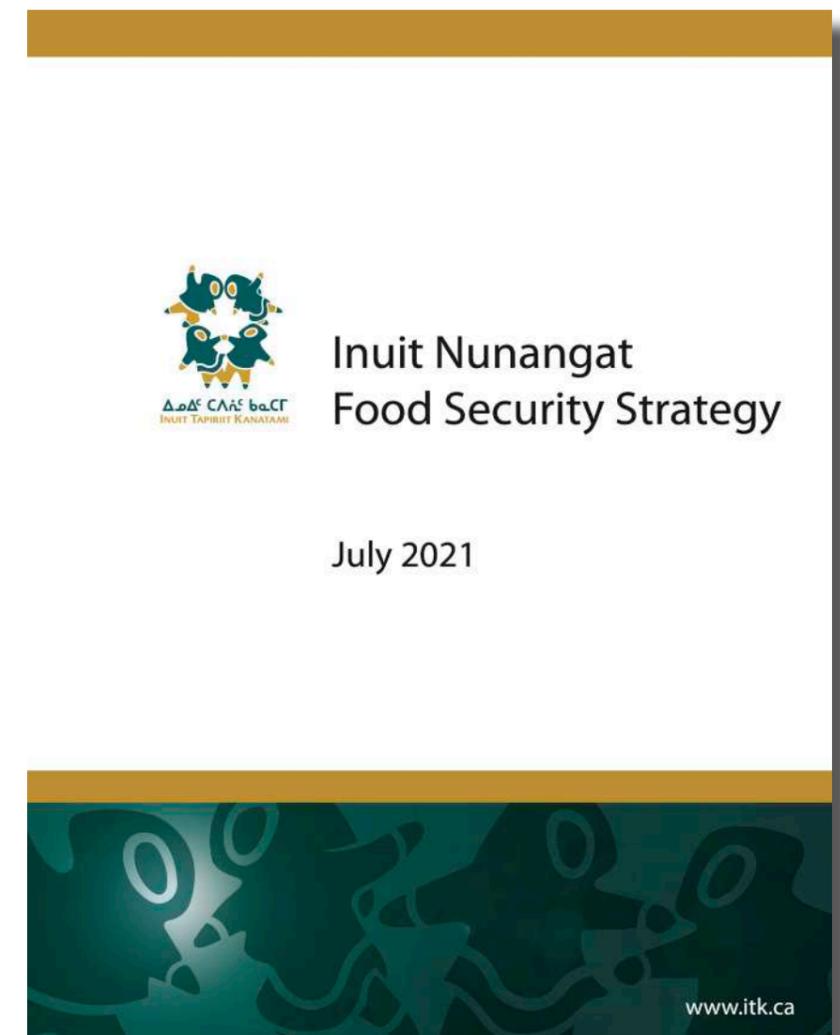
The Inuit Nunangat Food Security Strategy is the first road map ever developed for improving Inuit food security in Inuit Nunangat, the homeland of Canadian Inuit.

A person is food insecure if they do not have access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. This could mean that they can't afford a balanced diet, they miss meals or do not eat for days at a time. For Inuit, it can also mean that they don't have access to country foods from the land which are central to our culture and way of life.

The Strategy is based on an Inuit vision for ending hunger and advancing food sovereignty. It outlines actions for creating a self-determined and sustainable food system in Inuit Nunangat that: Reflects Inuit societal values, supports Inuit well-being, ensures Inuit access to affordable, nutritious, safe, and culturally preferred foods.

The Strategy creates a common national understanding of the high prevalence of Inuit food insecurity, factors driving Inuit food insecurity, coordinated Inuit-driven solutions to address food insecurity in Inuit Nunangat.

Free download: [www.itk.ca/projects/inuit-nunangat-food-security-strategy](http://www.itk.ca/projects/inuit-nunangat-food-security-strategy)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ARCTIC CUISINES - FREE PUBLICATION

#### SWITZERLAND

##### Reindeer Husbandry

##### Adaptation to the Changing Arctic

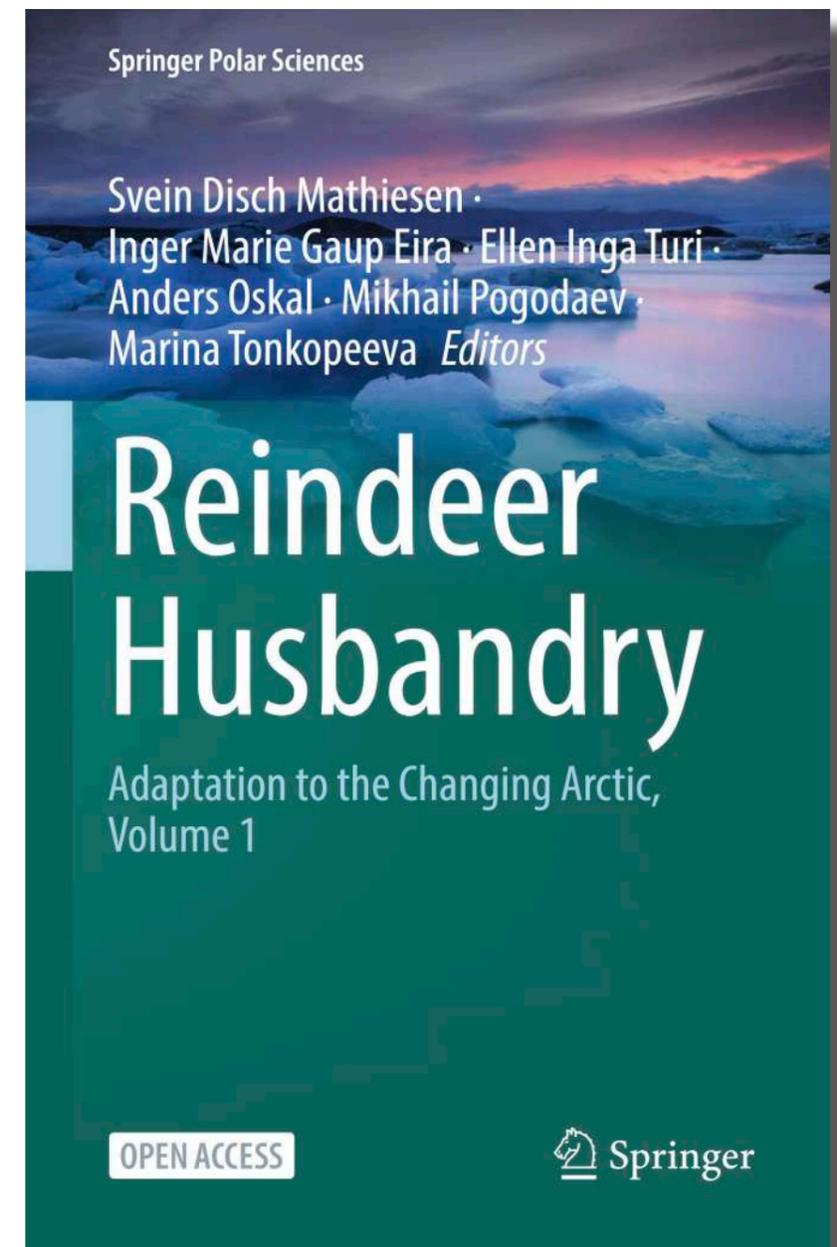
**Editors: Svein Disch Mathiesen, Inger Marie Gaup Eira, Ellen Inga Turi, Anders Oskal, Mikhail Pogodaev, Marina Tonkopeeva**  
**Springer**

This open access book focuses on climate change, Indigenous reindeer husbandry, and the underlying concept of connecting the traditional knowledge of Indigenous reindeer herders in the Arctic with the latest research findings of the world's leading academics.

The Arctic and sub-Arctic environment, climate, and biodiversity are changing in ways unprecedented in the long histories of the north, challenging traditional ways of life, well-being, and food security with legitimate concerns for the future of traditional Indigenous livelihoods.

The book provides a clear and thorough overview of the potential problems caused by a warming climate on reindeer husbandry and how reindeer herders' knowledge should be brought to action. In particular, the predicted impacts of global warming on winter climate and the resilience of the reindeer herding communities are thoroughly discussed.

Free download: <https://link.springer.com/book/10.1007/978-3-031-17625-8#about-this-book>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

FAO

**FAO in the Pacific**  
**Annual report of FAO Subregional Office for the Pacific Islands**  
**FAO - Apia, Samoa**

'FAO in the Pacific: 2021 Annual Report' presents the results that FAO-led projects and programmes contributed to the timely and effective joint response by the United Nations family, governments and other partners under various thematic clusters including climate change, emergencies, fisheries and aquaculture.

It also looks at longer-term gains made in forestry, livestock, and nutrition and food safety work and highlights how statistics and policy programmes supported key data, reporting, planning and decision-making, including assisting several nations to develop various national censuses.

Free download: [www.fao.org/documents/card/en/c/cc0061en](http://www.fao.org/documents/card/en/c/cc0061en)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

#### KIRIBATI

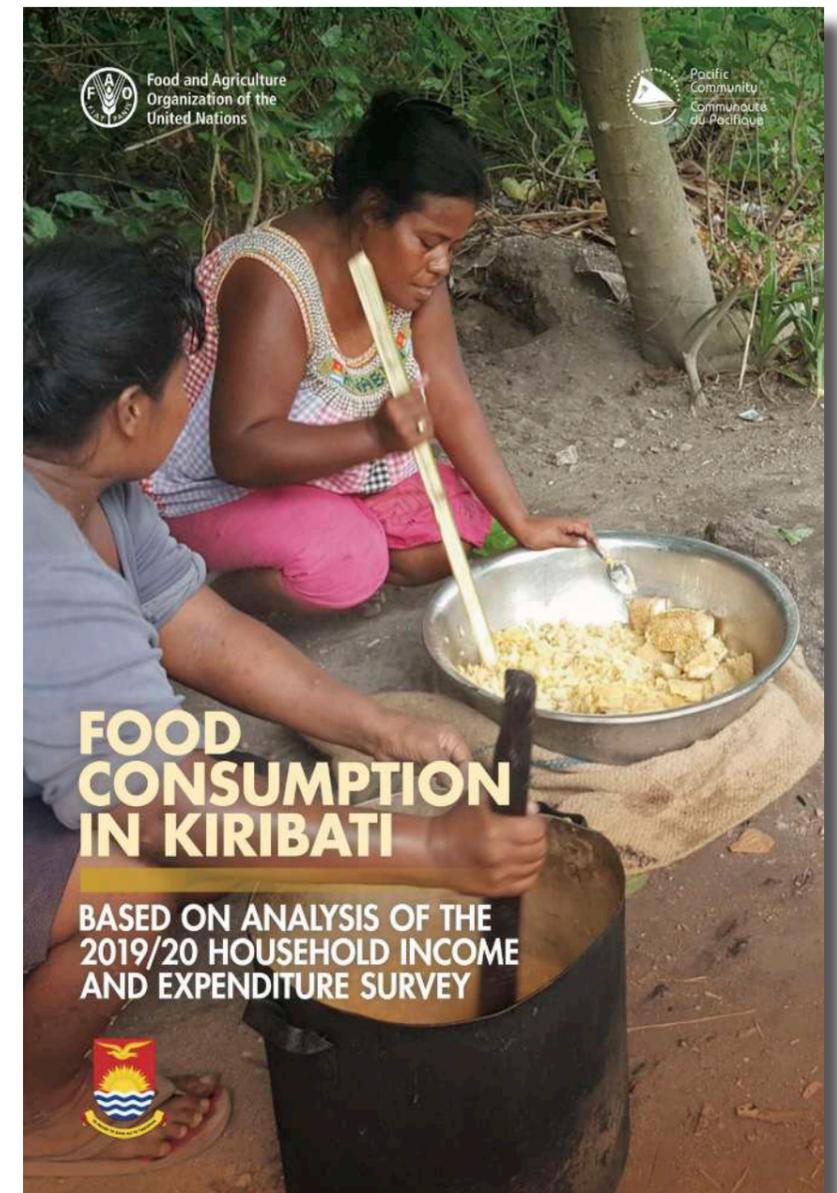
**Food consumption in Kiribati**  
**Troubat, N. and Sharp, M.K -**  
**Tarawa, FAO and SPC.**

This report presents the main results derived from the analysis of the food data collected in the 2019/20 HIES to inform current patterns on food and nutrient consumption in Kiribati. Based on this analysis around one I-Kiribati in 12 does not have access to the amount of dietary energy needed to maintain a normal, active and healthy life.

This prevalence is further confirmed by the analysis of the food insecurity experience scale data collected in the KHIES, which found that one I-Kiribati in 12 spent a whole day without eating in the last 12 months. The data further reveals that one I-Kiribati in three had to compromise on the quality of the food they could access because of a lack of money or other resources.

To develop the policies that will be needed to guide the country through the achievement of the Sustainable Development Goals, data are needed. Whenever possible, indicators are given at national level and for sub-groups of the population.

Free download: [www.fao.org/3/cb6579en/cb6579en.pdf](http://www.fao.org/3/cb6579en/cb6579en.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

#### MARSHALL ISLANDS

**Food Consumption in the Marshall Islands**  
**Nathalie Troubat (FAO) & Michael K. Sharp (Pacific Community)**  
**Majuro, FAO and SPC.**

This report presents the main results derived from the analysis of the food data collected in the 2019/20 HIES to inform current patterns on food and nutrient consumption in Marshall Islands.

The analysis of the food insecurity experience scale data collected in the 2019/20 HIES reveals that more than one household in three is experiencing moderate or severe levels of food insecurity, which means they are lacking money or other resources to access foods in enough quantity or of good quality.

The further analysis of the food data collected in the same survey finds that for around 5 percent of Marshallese, their dietary intake is lower than their basic dietary needs to maintain a normal active and healthy life.

Free download: [www.fao.org/3/cb7583en/cb7583en.pdf](http://www.fao.org/3/cb7583en/cb7583en.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

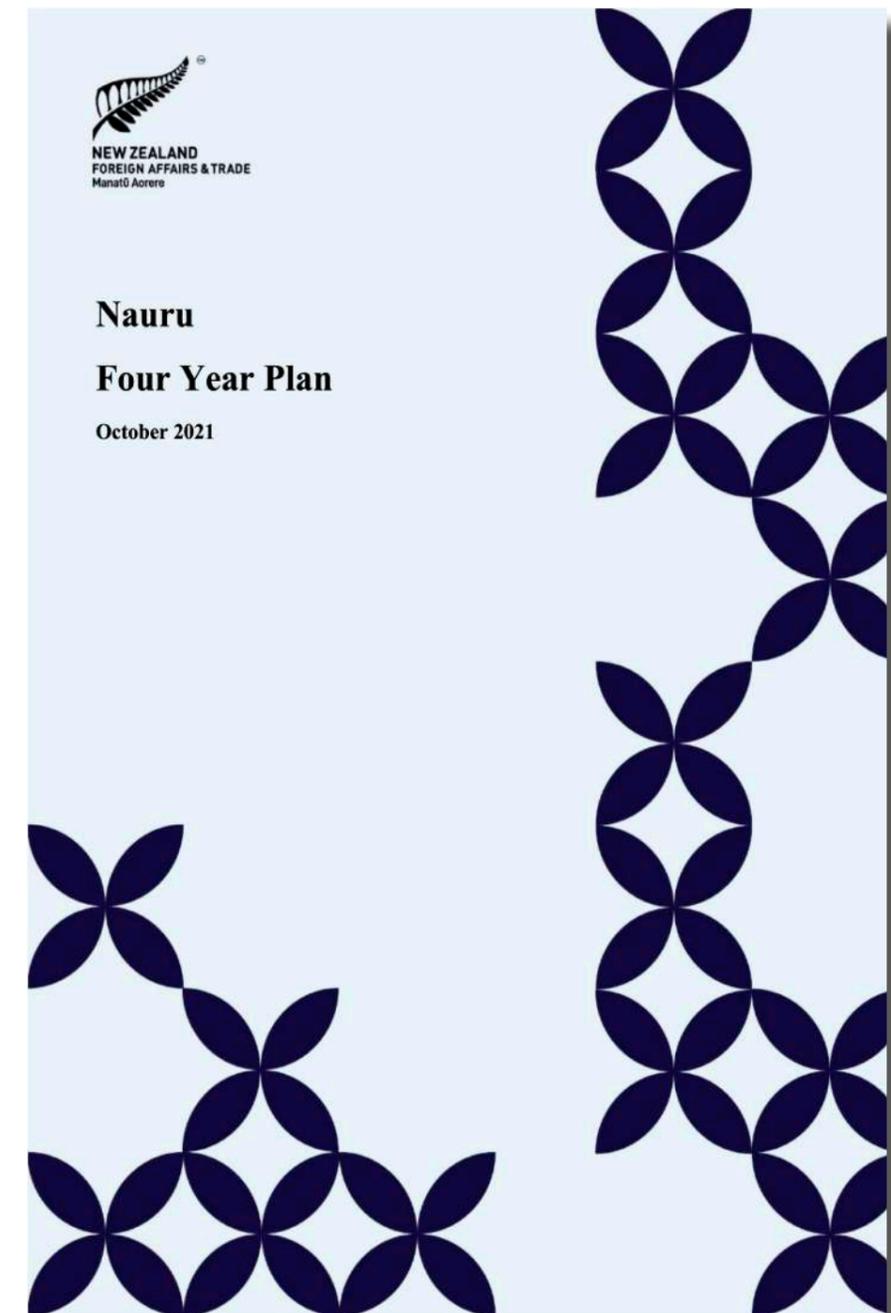
#### NAURU

##### **Nauru Four Year Plan** **New Zealand Ministry of Foreign Affairs and Trade**

The New Zealand Ministry of Foreign Affairs and Trade (MFAT) has developed this Four Year Plan (4YP) to guide the planning and management of New Zealand's overall engagement with Nauru, and as a platform for dialogue. The 4YP is used to bring clarity to what work should be prioritised and to help monitor progress to achieve shared outcomes and strategic goals. This is a living document that will be refreshed annually to ensure it responds to changes in country context, including impacts of external shocks such as COVID-19.

Nauru's National Sustainable Development Strategy 2019-2030 highlights the country's key challenges as: geo-political tension; the impact of climate change on oceans and land; coastal inundation due to sea-level rise; and changes to the main sources of government revenue. The National Vision is 'A future where individual, community, business and government partnerships contribute to a sustainable quality of life for all Nauruans'.

Free download: [www.mfat.govt.nz/assets/Aid/4YPs-2021-24/Nauru-4YP.pdf](http://www.mfat.govt.nz/assets/Aid/4YPs-2021-24/Nauru-4YP.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

#### NIUE

##### Waste audit report Niue

##### Apia, Samoa: SPREP

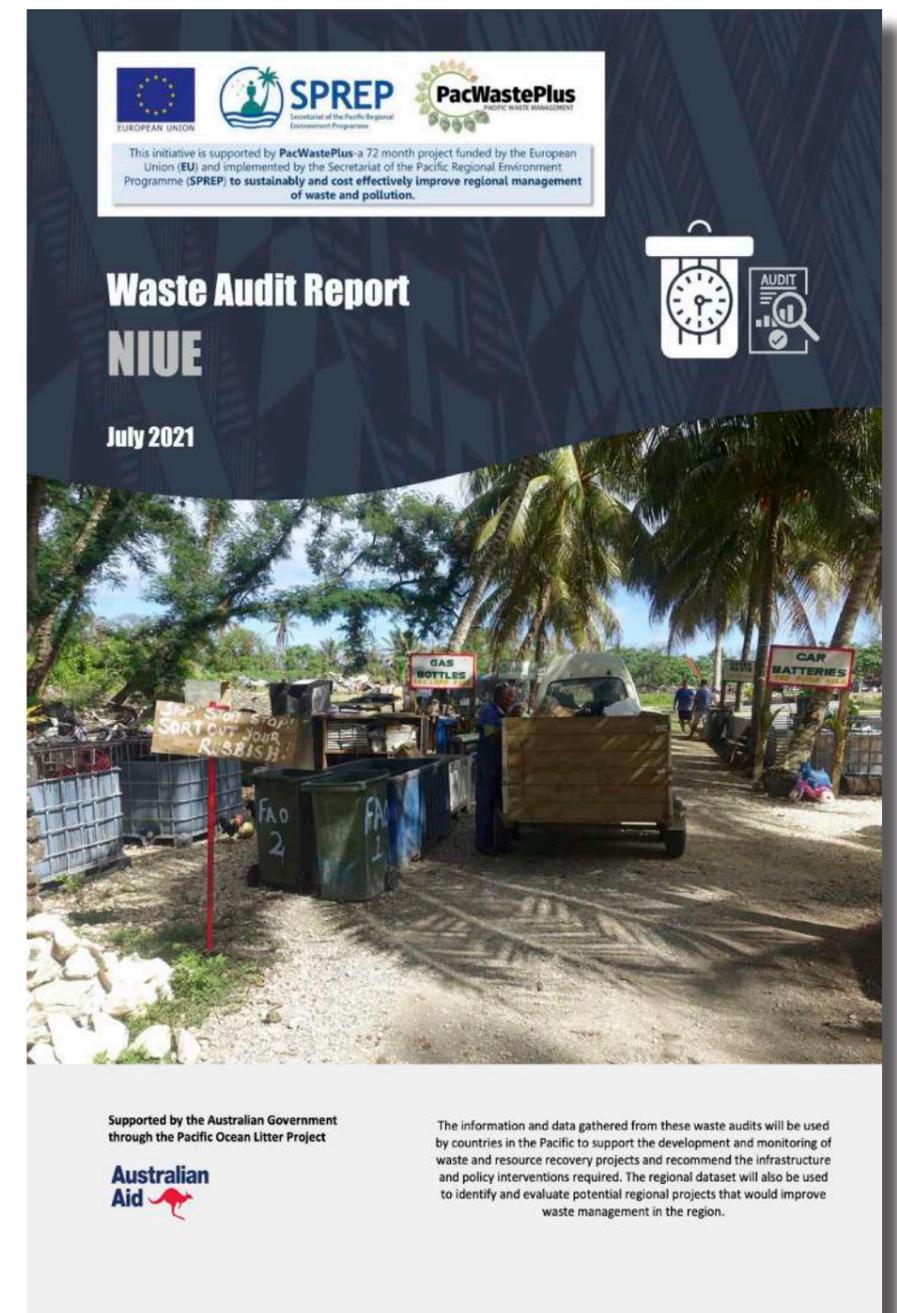
##### Supported by the Australian Government through the Pacific Ocean Litter Project

SPREP, through the PacWastePlus programme engaged Tonkin & Taylor International Limited (T+TI) to undertake a waste audit in five Pacific Island countries. This report presents the findings of the waste audit undertaken for Niue.

The results from the Niue waste audit are part of a Pacific wide audit programme being implemented by the SPREP and other agencies. This audit is funded by SPREP through the EU-funded PacWaste Plus programme and with support from the Australian-funded Pacific Ocean Litter Project. Other audits in the region are funded by the United Nations Environment Programme (UNEP), the World Bank and the Pacific Regional Infrastructure Facility (PRIF).

The information and data gathered from the waste audits will be used by countries in the Pacific to support the development and monitoring of waste and resource recovery projects and recommend the infrastructure and policy interventions required. The regional dataset will also be used to identify and evaluate potential regional projects that would improve waste management in the region

Free download: [www.sprep.org/pacwaste-plus](http://www.sprep.org/pacwaste-plus)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

#### PALAU / JAPAN

##### Japan Palau Cookbook Palau Embassy in Japan

This cookbook was made for the 25th Anniversary diplomatic relations between Palau and Japan. In this book, there are 5 traditional recipes each from Palau and Japan, and 9 new recipes from the cooking events. The cooking events were held in 2 cities in Japan and Koror, Palau, the students from both countries had made innovative recipes based on both countries' techniques.

This book is reversible. From the front page, it starts Palau traditional recipes and from Back page, Japanese traditional recipes. Then in the center of pages there are new recipes. Japanese style books are bound on the right side. Actually there are no front and back.



Free download: [www.palau.emb-japan.go.jp/itprtop\\_en/index.html](http://www.palau.emb-japan.go.jp/itprtop_en/index.html)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

#### SOLOMON ISLANDS

**Food consumption in Solomon Islands**  
**Troubat, N., Sharp, M.K. and Andrew, N.L.**  
**Honiara, FAO and SPC**

This report presents the main results derived from the analysis of the food data collected in the 2012/13 HIES to inform current patterns on food and nutrient consumption in Solomon Islands. Based on this analysis around one person out of 10 was undernourished in Solomon Islands. That is, their habitual food consumption is insufficient to provide, on average, the amount of dietary energy required to maintain a normal, active, healthy life.

This result is not surprising in a country where 13% of the population is living in poverty, more than 30% of children younger than five are stunted, 41% of women are anaemic and 70% of the population do not have to access safe sanitation. In contrast, 47% of women and 30% of men are overweight or obese. Together, these patterns characterise a population experiencing a triple burden of malnutrition.

Free download: [www.fao.org/publications/card/fr/c/CB4459EN/](http://www.fao.org/publications/card/fr/c/CB4459EN/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

#### TOKELAU

##### **Tokelau CCA** **United Nations Pacific**

Tokelau, known previously as Tokelau Islands, is a small country in the South Pacific Ocean comprised of three coral atolls: Atafu, Nukunonu, and Fakaofu, with a combined land area of nearly 10 square kilometres. Tokelau is a Polynesian word meaning “North Wind”. The total population of Tokelau is estimated to be over 1,600 individuals, making it one of the smallest countries, in terms of population, in the world.

This report has been prepared by the United Nations Resident Coordinator Office (UNRCO) for Samoa, Cook Islands, Niue and Tokelau, with contributions from participating UN agencies.

Tokelau has been at the forefront of calls to reduce global CO2 emissions. In 2015, a national Climate Change Program Manager was appointed to realign national sustainable development priorities with the climate change agenda. In addition, a national waste management strategy is also in place. Tokelau is also a leader in renewable energy, being the first 100% solar-powered nation in the world since 2012. Continued loss of biodiversity is also a major risk to the Tokelauan natural environment and traditional lifestyles and culture. The atolls of Tokelau provide habitat for 38 indigenous plant species, over 150 insect species and 10 land crab species.

Free download: [minio.dev.devqube.io/uninfo-production-main/a7e25241-00be-494c-abf3-4fa3573905d1\\_Tokelau\\_CCA\\_2021\\_Final.pdf](https://minio.dev.devqube.io/uninfo-production-main/a7e25241-00be-494c-abf3-4fa3573905d1_Tokelau_CCA_2021_Final.pdf)



##### **Tokelau CCA** First conducted in November 2021



V. 8.0  
Reviewed 20/12/2021

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SOUTH PACIFIC CUISINES - FREE PUBLICATION

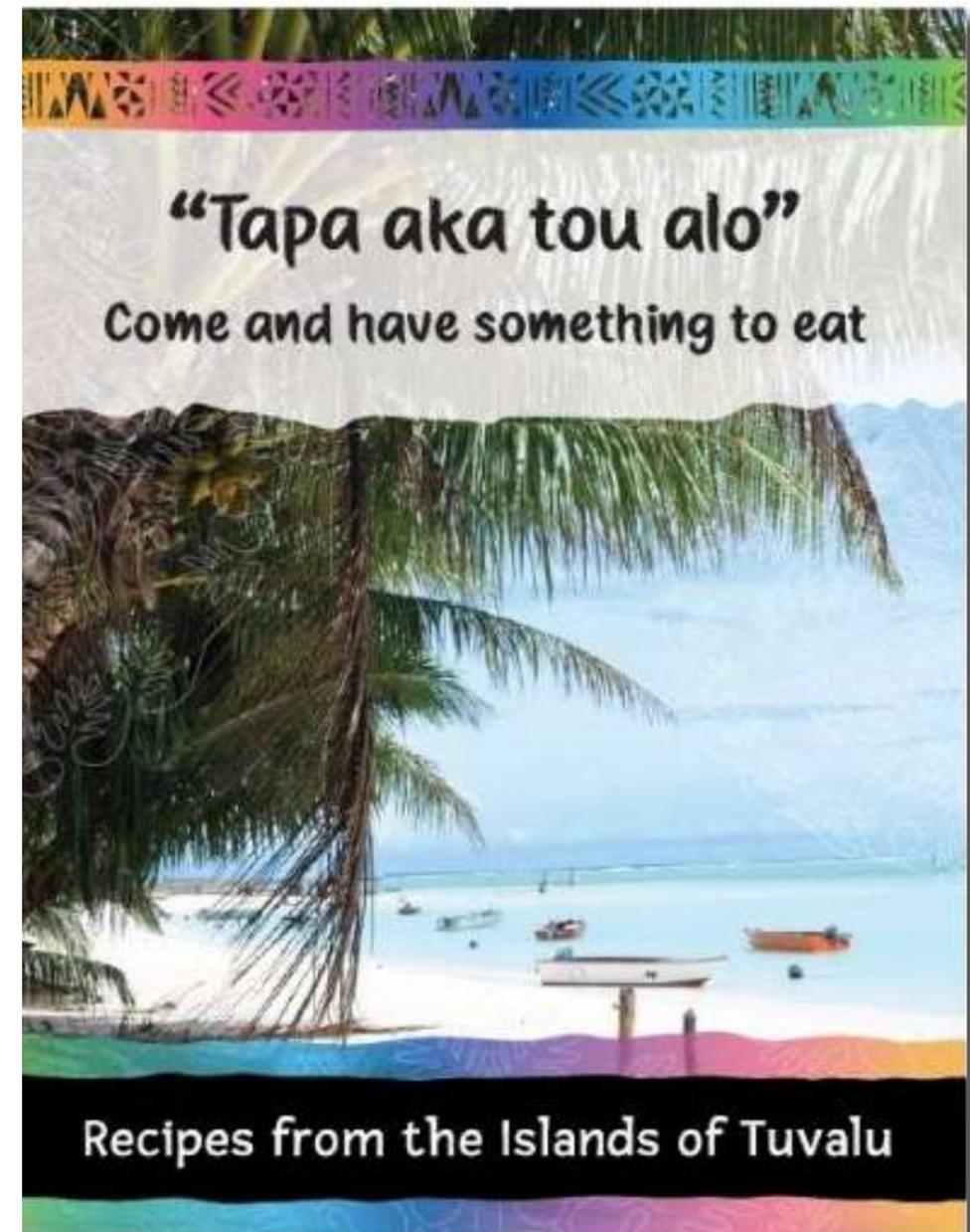
#### TUVALU

##### **Tapa Aka Tou Alo** **Come and have something to eat**

Tapa Aka Tou Alo offers a selection of delicious and traditional dishes made with regional produce. This resource is a reflection of indigenous food knowledge and cultural identity.

This cookbook was created as part of the Food Futures project, an initiative funded by the Australian Department of Foreign Affairs and Trade and implemented by Live & Learn Tuvalu. Recipes in this book were provided by local women from eight of Tuvalu's nine islands. Tuvalu's first international cookbook is a celebration of culture, highlighting the link between food, environment and human connection.

Tapa aka tou alo means 'come and have something to eat', symbolising the connection between community and family. By preserving these traditional recipes for future generations Tuvalu can build resilience to climate change and continue to thrive.



Free download: [livelearn.org/assets/media/docs/resources/Tuvalu\\_Cookbook\\_Final\\_LR.pdf](https://livelearn.org/assets/media/docs/resources/Tuvalu_Cookbook_Final_LR.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MIGRANTS & DIASPORA FREE PUBLICATION

#### CANADA

#### Tous à la même table: Recettes du monde de La Matanie SANAM

La Matanie is a regional county municipality, located in the Bas-Saint-Laurent region of Quebec. The objective of the book is to encourage the discovery of others through cooking, to create bridges between people and to promote intercultural exchanges between the inhabitants of La Matanie.

The idea of a book of recipes from around the world has come a long way since Mélanie Gagné's French classes. The idea was born in these classes because she used to discuss cooking and even do cooking workshops with students from all over the world. The idea evolved and took off after many discussions with Fanny Allaire-Poliquin, SANAM's executive director. Both had in common the desire to share this richness and diversity with all the inhabitants of La Matanie. As the title says, their wish is to encourage gathering around a table by sharing recipes from around the world.



Free download: [sanamatanie.files.wordpress.com/2022/05/sanam-livre-recettes-9-web.pdf](https://sanamatanie.files.wordpress.com/2022/05/sanam-livre-recettes-9-web.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MIGRANTS & DIASPORA FREE PUBLICATION

#### CZECH REPUBLIC

**Join the table**  
**Marek Hadrbolec**  
**Nesehnutí**

The cookbook was created as part of the Join the table project, and thanks to the determination and creative commitment of a collective of women, it presents the readers with recipes from people who found their home in Brno, but have roots in other countries and cultures. Some of the foreign recipes remind their authors of their families and homeland while others are already influenced by Czech ingredients and flavors. The project was implemented by NESEHNUTÍ and supported by DEAR as part of I Am European: Migration Stories & Facts for the 21st Century project.

NESEHNUTI is a socio-environmental non-governmental organisation focused on social and environmental issues. We support communities, groups and individuals striving for creating a fair world. We lead civic campaigns, raise public awareness and educate the public as well as activists. NESEHNUTI has over 15 years of experience working with migrant and refugee communities as well as local communities in Brno, creating opportunities for mutual understanding.

Free download: [nesehnuti.cz/join-the-table-nesehnutti-vydava-kucharku-what-we-bring-along-our-recipes-and-stories](https://nesehnuti.cz/join-the-table-nesehnutti-vydava-kucharku-what-we-bring-along-our-recipes-and-stories)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MIGRANTS & DIASPORA FREE PUBLICATION

#### GREECE

**Cookbook: Recipes from home**

**Martha Roussou**

**IRC - International Rescue Committee**

In 2021 the IRC held cooking workshops for refugee and Greek women living on the Island of Lesbos in Greece. The workshops became a meeting point for different people, cultures, stories and memories. It promoted common experiences and mutual understanding through the universal language of food.

The recipes shared, personal to the women who took part in the workshops, have been collected together as part of this cookbook. We hope you find a special recipe in this cookbook, from Afghanistan, Burundi, Cameroon, Greece, Iran, South Africa or Syria. They are all Recipes from Home.



Free download: [www.rescue-uk.org/sites/default/files/document/2681/recipesforhomefinalweb.pdf](http://www.rescue-uk.org/sites/default/files/document/2681/recipesforhomefinalweb.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MIGRANTS & DIASPORA FREE PUBLICATION

#### KYRGYZSTAN

**Migration, Food Security and Nutrition in the Kyrgyz Republic**  
**World Food Programme (WFP)**  
**International Organization for Migration (IOM)**

This brief aims to illustrate the linkages between migration, food security and nutrition by highlighting the importance of remittances in relieving poverty and food insecurity and the impact on nutrition.

The Kyrgyz Republic is a landlocked country in Central Asia, with an economy heavily reliant on labour migration and remittances, which in turn impact the poverty and food security situation in the country through several channels. Besides remittances, migration contributes to communities' resilience and development, and is also an important strategy used by households to cope with income uncertainty and food insecurity risks.

Free download: [www.wfp.org/publications/migration-food-security-and-nutrition-kyrgyz-republic-december-2021](http://www.wfp.org/publications/migration-food-security-and-nutrition-kyrgyz-republic-december-2021)



**Migration, Food Security and  
Nutrition in the Kyrgyz Republic**

December, 2021

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### SILK ROAD CUISINES FREE PUBLICATION

#### TAJIKISTAN

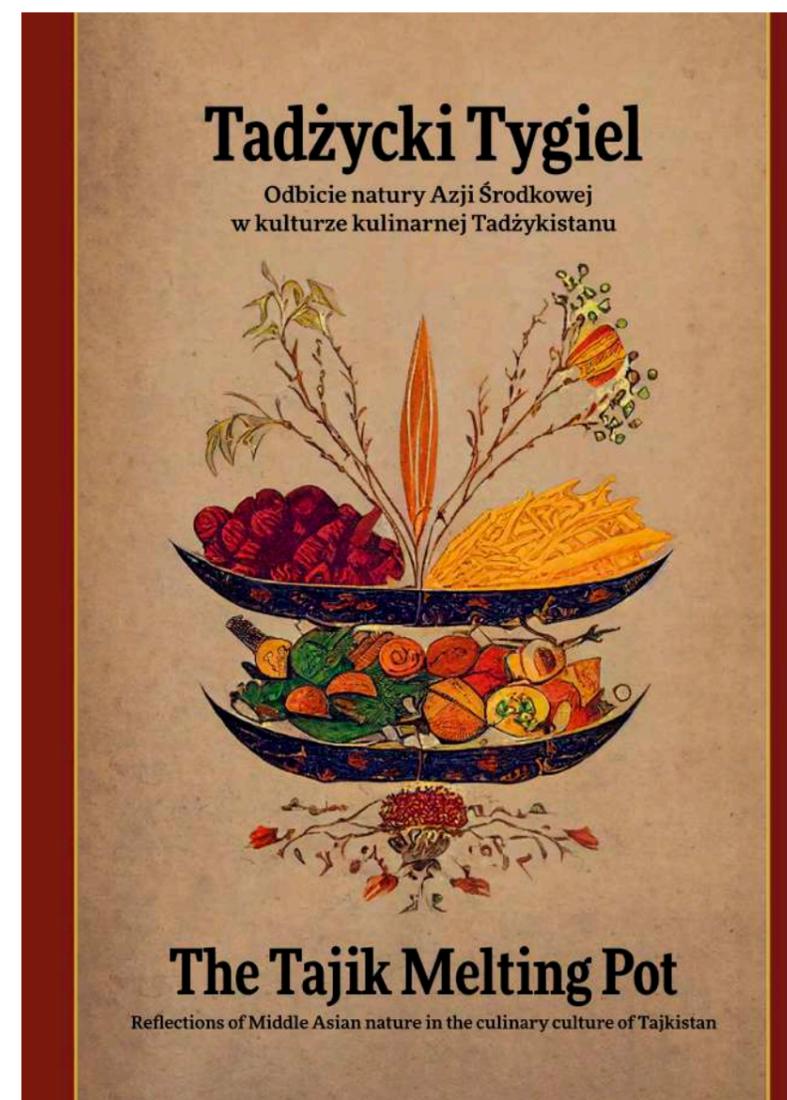
##### Tajik Melting Pot

Reflections of Middle Asian nature in the culinary culture of Tajkistan

Marcin Kotowski (Polish Academy of Sciences), Murodbek Laldjebaev, Barfiya Palavonshanbieva & Alidovar Parpishoevich Sodatsairov (University of Central Asia)  
Polish Academy of Sciences

This work, taking the form of a culinary book, is at the same time the result of ethnobotanical and botanical research conducted by members of the BG PAS conservation botany team - Dr Marcin Kotowski, Alidovar Sodatsairov and the director of BG PAS, Prof. Arkadiusz Nowak, in cooperation with Tajik scientists - Dr Murodbek Laldjebaev and Barfiya Palavonshanbieva. In this book, the authors aim to bring both Polish- and English-speaking readers a picture of the nature of Central Asia through the prism of local culinary culture and related folk beliefs. The publication was funded by the Activity of Dissemination of Science of the Polish Academy of Sciences.

Free download: [www.researchgate.net/publication/366192376\\_Tajik\\_Melting\\_Pot\\_-\\_Reflections\\_of\\_Middle\\_Asian\\_nature\\_in\\_the\\_culinary\\_culture\\_of\\_Tajkistan](http://www.researchgate.net/publication/366192376_Tajik_Melting_Pot_-_Reflections_of_Middle_Asian_nature_in_the_culinary_culture_of_Tajkistan)





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### MIGRANTS & DIASPORA FREE PUBLICATION

#### UNITED KINGDOM

##### What Makes a Home?

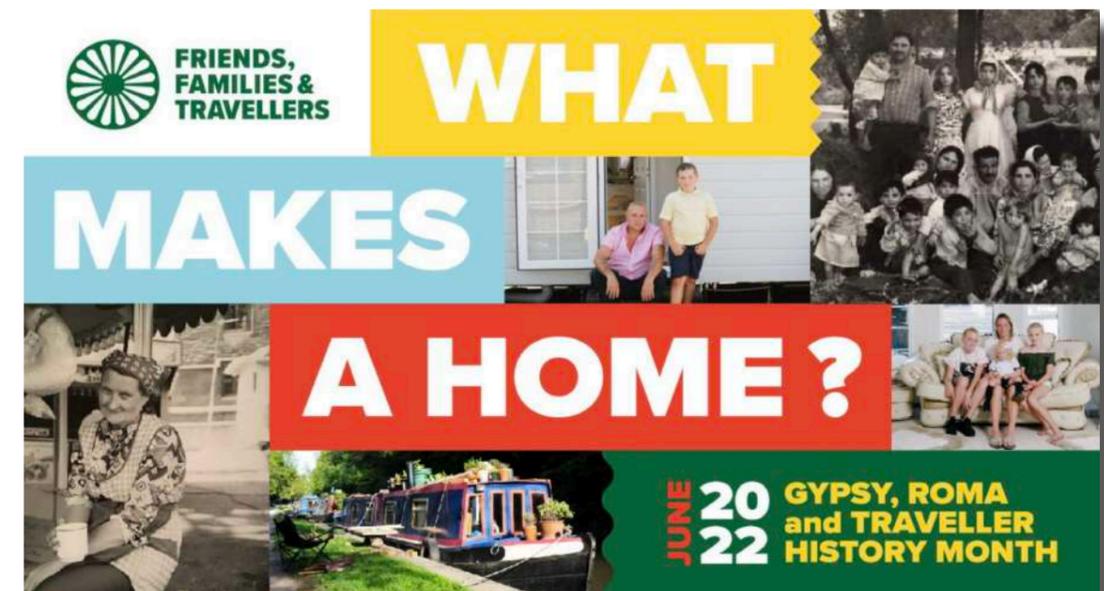
FFT theme for Gypsy, Roma and Traveller History Month 2022  
Friends, Families & Travellers

We asked Gypsy, Roma, Traveller and nomadic people across the UK to tell us what they think of, when they think of home. We heard that home means family, acceptance, food, historic places, heirlooms, community and much more.

This year, the Government will implement new laws, which will criminalise the nomadic way of life. For many Gypsy and Traveller families in England and Ireland, home and nomadism are weaved together. Nomadism, a way of living that is over 500 years old, bonded families and communities together, through travel, celebration, community care and collaboration with settled people. The new laws within the Police, Crime, Sentencing and Courts Bill threaten to crush the centuries-old, nomadic way of life.

For Gypsy, Roma and Traveller History Month, we are asking organisations to consider whether your services are open and inclusive to Gypsy, Roma and Traveller people; local authorities to consider whether your local area has sufficient accommodation for Gypsies and Travellers; and for schools to consider whether Gypsy, Roma and Traveller students will feel at home in your learning environment.

Free download: [www.gypsy-traveller.org/wp-content/uploads/2022/05/FFT\\_GRTHM\\_2022\\_Traveller-stories.pdf](http://www.gypsy-traveller.org/wp-content/uploads/2022/05/FFT_GRTHM_2022_Traveller-stories.pdf)



# FOOD RESEARCH



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

#### ÅLAND

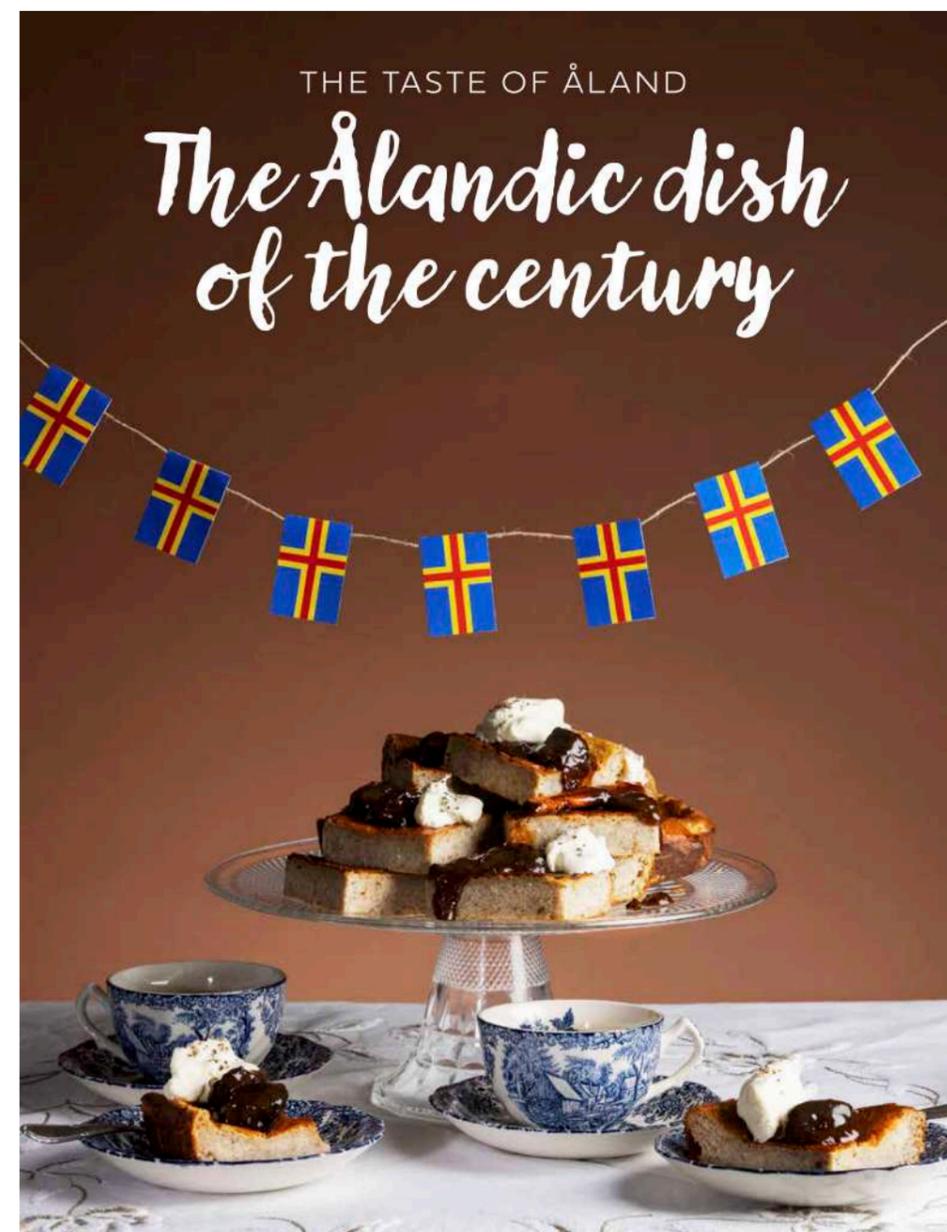
##### The Ålandic Dish of the Century The Taste of Åland

What do Ålanders consider to be the real taste of Åland? In the autumn of 2021, we searched far and wide to find the Ålandic dish of the century. Among numerous nominations, nine finalists were selected and in an open vote a true classic, the Åland Pancake, was chosen the winner. Thus Åland tastes of eggs, flour, milk, groats, sugar – and, of course, much much more.

In this pamphlet, you will find The Ålandic Dish of the Century as well as all the other finalists. Recipes seasoned with traditional food culture, useful tips from both the past and the present, the occasional scandal and a substantial amount of local pride and willfulness.

Willfulness has been an essential feature of the Ålanders for more than a century and it also characterizes the way we cherish our cultural heritage that is local food and cooking. We create unique flavours by combining old preparation techniques, tastes and food storage with influences from abroad and modern cooking methods. Traditional knowhow seasoned with contemporary curiosity, small-scale food craft alongside large-scale production industry.

Free download: [landsbygd.ax/wp-content/uploads/2022/05/Arhundradets-alandska-matratt\\_EN.pdf](https://landsbygd.ax/wp-content/uploads/2022/05/Arhundradets-alandska-matratt_EN.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### FREE PUBLICATION WITH RECIPES

#### BRAZIL

**Butiá para todos os gostos**  
**Embrapa Clima Temperado**  
**Ministério da Agricultura, Pecuária e Abastecimento**

This book brings traditional recipes and new culinary creations with butia, telling a little of the history of those who made them. It seeks to draw attention to the wealth of popular knowledge and the many possibilities for use of these native fruits. The recipes were developed by lovers of butia, gastronomy courses and chefs in Brazil, Uruguay and Argentina.

The publication is a product of the Rota dos Butiazais/Red Palmar, an international network that connects three countries around the sustainable use of biodiversity, in a large territory where there is a cultural link with the butia. The Butia Route is coordinated by Embrapa Clima Temperado, and has the partnership of many institutions and organizations, including the Slow Food Movement.

320 pages, free download  
[www.embrapa.br/busca-de-publicacoes/-/publicacao/1139773/butia-para-todos-os-gostos](http://www.embrapa.br/busca-de-publicacoes/-/publicacao/1139773/butia-para-todos-os-gostos)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

#### CZECH REPUBLIC

**Join the table**  
**Marek Hadrbolec**  
**Nesehnutí**

The cookbook was created as part of the Join the table project, and thanks to the determination and creative commitment of a collective of women, it presents the readers with recipes from people who found their home in Brno, but have roots in other countries and cultures. Some of the foreign recipes remind their authors of their families and homeland while others are already influenced by Czech ingredients and flavors. The project was implemented by NESEHNUTÍ and supported by DEAR as part of I Am European: Migration Stories & Facts for the 21st Century project.

NESEHNUTI is a socio-environmental non-governmental organisation focused on social and environmental issues. We support communities, groups and individuals striving for creating a fair world. We lead civic campaigns, raise public awareness and educate the public as well as activists. NESEHNUTI has over 15 years of experience working with migrant and refugee communities as well as local communities in Brno, creating opportunities for mutual understanding.

Free download: [nesehnuti.cz/join-the-table-nesehnutti-vydava-kucharku-what-we-bring-along-our-recipes-and-stories](https://nesehnuti.cz/join-the-table-nesehnutti-vydava-kucharku-what-we-bring-along-our-recipes-and-stories)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

#### GREECE

**Cookbook: Recipes from home**

**Martha Roussou**

**IRC - International Rescue Committee**

In 2021 the IRC held cooking workshops for refugee and Greek women living on the Island of Lesbos in Greece. The workshops became a meeting point for different people, cultures, stories and memories. It promoted common experiences and mutual understanding through the universal language of food.

The recipes shared, personal to the women who took part in the workshops, have been collected together as part of this cookbook. We hope you find a special recipe in this cookbook, from Afghanistan, Burundi, Cameroon, Greece, Iran, South Africa or Syria. They are all Recipes from Home.



Free download: [www.rescue-uk.org/sites/default/files/document/2681/recipesforhomefinalweb.pdf](http://www.rescue-uk.org/sites/default/files/document/2681/recipesforhomefinalweb.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

#### INDIA

##### **Millet Recipes - A Healthy Choice** **ICAR- Indian Institute Of Millets Research**

“Millets are important crops for dryland farmers; they are highly nutritious and are climate-compliant crops. But overall millet consumption in India has declined over the years. In order to revive the demand of millets in India, the IIMR has made attempts to innovate technologies that enable in developing sorghum/millet based value added products through NAIP sub project, ‘Creation of Demand through PCS Millets Value Chain’.

This book comprehensively deals with the millet based ready to cook products, methods of recipe preparation and nutritive value of the respective products. Most of compilation of nutritional studies is of the successful sorghum value chain interventions under the NAIP sub project. This publication, hopefully would be used by households and food entrepreneurs as it includes both traditional and non-traditional food items that can replace regular rice and wheat recipes. Particularly in urban areas where there is considerable demand for nutrient rich and ready to cook foods, this publication may be valuable.”

Tonapi VA Director, ICAR - IIMR

75 pages, free download

[www.millets.res.in/m\\_recipes/Millets\\_Recipes-A\\_Healthy\\_choice.pdf](http://www.millets.res.in/m_recipes/Millets_Recipes-A_Healthy_choice.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

IRAQ / UNDP

**United Through Food**

**Raghad Al Safi, Mohammed Ghazi Al-Akhras**

**UNDP**

United Through Food is not just a cookbook, but a tribute to the rich tapestry of diversity that is Iraqi culture. With ancient Mesopotamia at its heart, Iraq is home to a multitude of ethnic groups and religions. Home-cooked food is a one of life's staples that brings Iraqis together and underpins their national identity.

Hospitality, generosity, and community are a vital component of Iraqi culture. Mealtimes are shared experiences where family and friends prepare food and join together to eat. Communal meals are a daily affair, driven by rich, culinary traditions.

Raghad Al Safi, a Baghdad native, is a civil engineer, interior designer, and food stylist. She is author of "The Iraqi Table" cookbook, winner of Gourmand World Cookbook Award 2017. Mohammed Ghazi Al-Akhras, PhD in Arabic literature, is a Baghdad native and author of seven books. He won a creativity award in Iraq in 2017 for his book Qaskhoon al-Gharam.

65 pages, free download: [www.undp.org/iraq/publications/united-through-food](http://www.undp.org/iraq/publications/united-through-food)

**UNITED THROUGH**

**FOOD**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

#### KUWAIT

##### **A Union of European Flavours** **EU Delegation to Kuwait & Qatar**

To prepare this cookbook, we invited every EU Member States' Ambassador to Kuwait to share a recipe, which they consider the most representative for their own country or which they like the most.

The result is "A Union Of European Flavours", comprising 27 exquisite meals with detailed cooking directions. The common denominators between all these recipes are creativity and excellence. Europe has an abundant and varied culinary history and heritage thanks to the traditions passed down from generation to generation. All the different regions of Europe display an impressive, yet distinct gastronomic culture.

This book is more than a mere collection of recipes; it is equally a symbol of how the EU stands "United in Diversity" and an invitation to use gastronomy to build new inter-cultural bridges, especially between Europeans and our Kuwaiti friends.

Free download: <https://bit.ly/3b6uiiE>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

#### SCOTLAND - UNITED KINGDOM

##### **Fun First Foods** **Public Health Scotland**

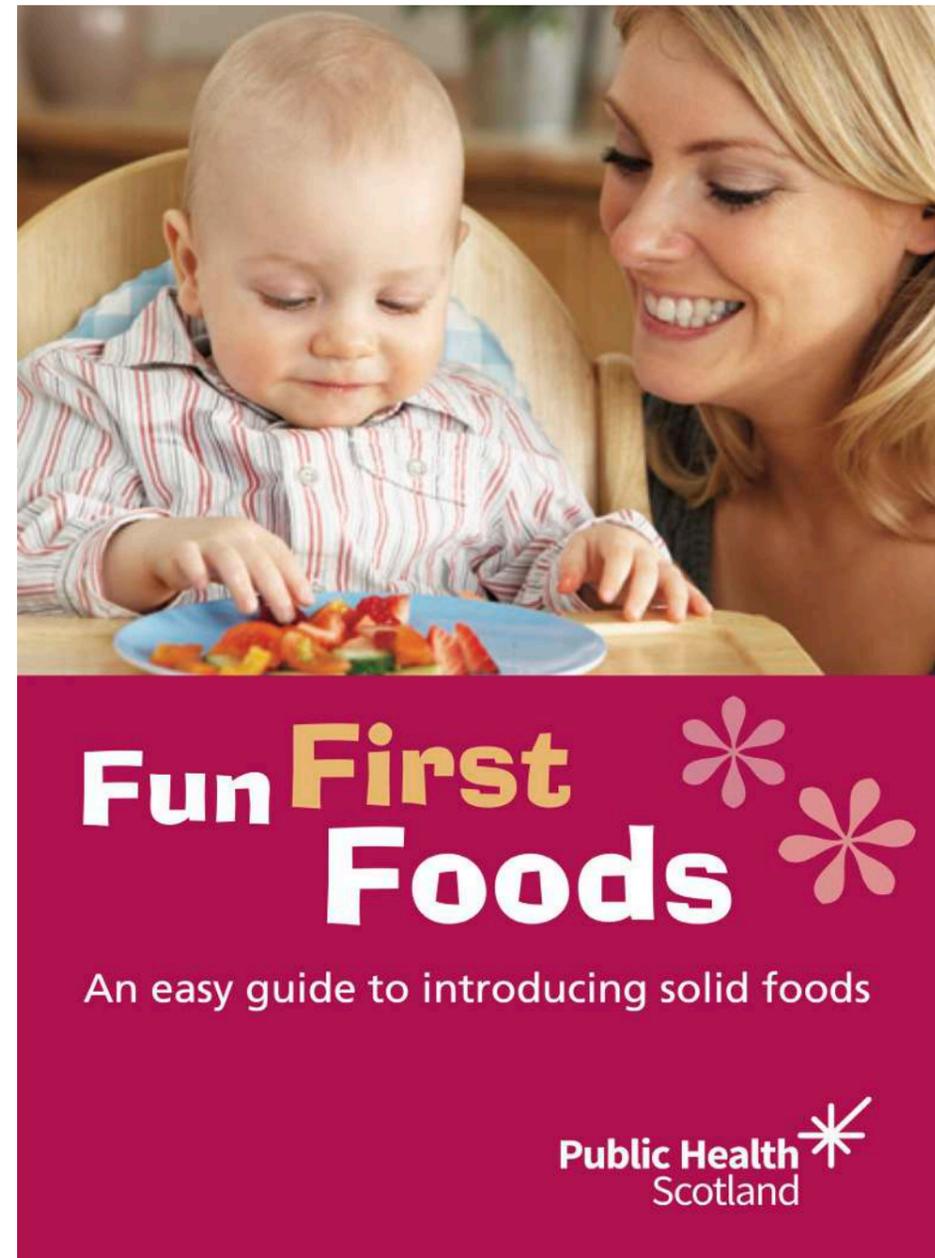
As a parent, you want the best start for your baby. What your baby eats and drinks is important for their health now and in the future.

The information in this booklet may be quite different from what you have read before, or from what your friends and family may tell you. New research is always being carried out into feeding babies and the information and advice in this leaflet is based on the most recent findings. It will help your baby to get the best possible start.

Public Health Scotland is Scotland's national agency for improving and protecting the health and wellbeing of Scotland's people.

Free download:

[www.healthscotland.com/uploads/documents/303-\\_\\_Fun%20first%20foods-January2022-English.pdf](http://www.healthscotland.com/uploads/documents/303-__Fun%20first%20foods-January2022-English.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION WITH RECIPES

#### TRINIDAD AND TOBAGO

##### **Cooking with Tropical Flours**

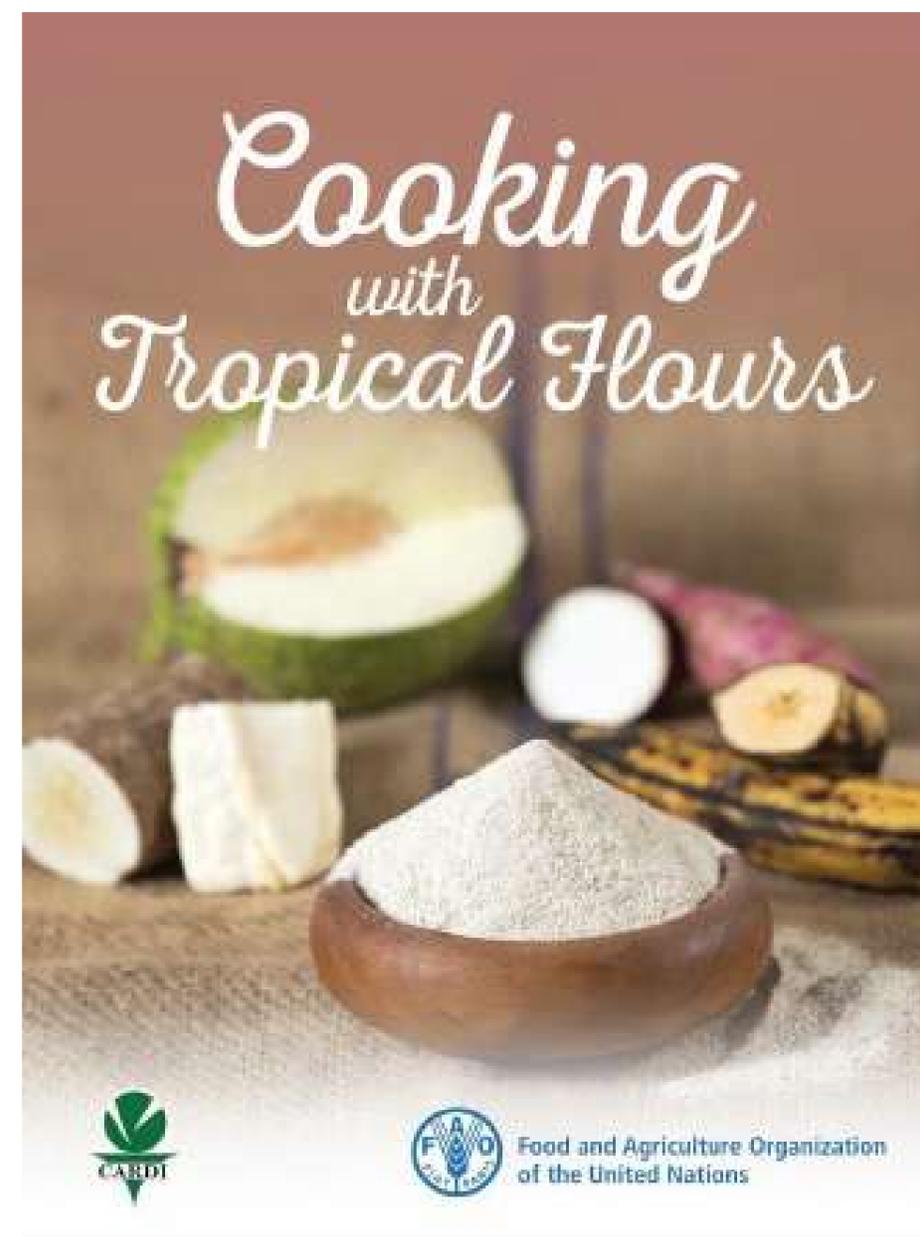
**CARDI - Caribbean Agricultural Research and Development Institute**

**FAO - Food and Agriculture Organization of the United Nations**

A collection of 20 recipes where tropical flours made from cassava, plantain, sweet potato and breadfruit are the main ingredient. The recipes are an eclectic blend of traditional dishes and international cuisine – all with that unique Caribbean flair and flavour.

This recipe book *Cooking with Tropical Flours* was financed by the Food and Agriculture Organisation of the United Nations (FAO) under the “Support to resilience building in the productive sectors of Caribbean SIDS through the introduction of solar technologies project”.

Free download: [www.cardi.org/blog/cooking-with-tropical-flours-recipe-book](http://www.cardi.org/blog/cooking-with-tropical-flours-recipe-book)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FREE PUBLICATION FOR CHILDREN

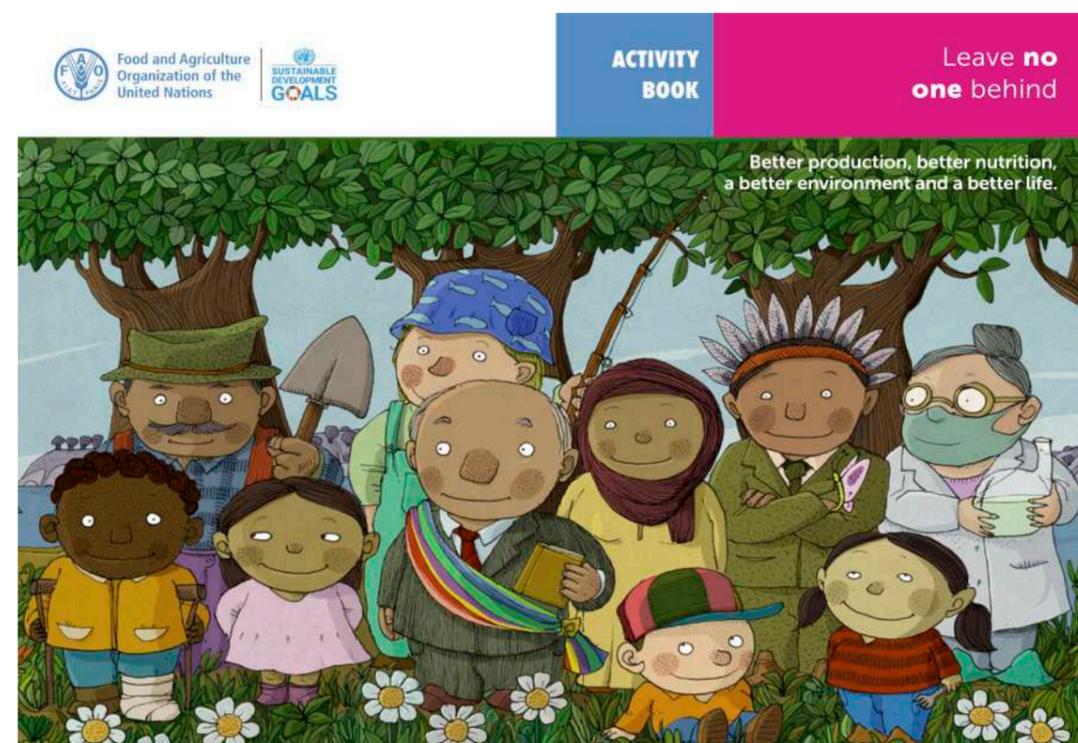
FAO

**Activity Book - Leave no one behind**  
**Better production, better nutrition, a better environment and a better life**  
**FAO - Rome**

We are all connected! From our food to our cultures, environment and economies, we live in a globalized world. Climate change, conflict and inequality can often leave groups of people behind because of who they are or where they live. Building a better, more sustainable future for all means no one can be left behind. Find out how you can take action and be part of the change with the World Food Day Activity Book.

FAO is working to ensure that no one in the world is left behind. In more than 130 countries the Organization is helping to take actions that improve the conditions of the smallest and most vulnerable farmers, making them more efficient and resilient to crises.

Free download: [www.fao.org/documents/card/en/c/cc0239en/](http://www.fao.org/documents/card/en/c/cc0239en/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

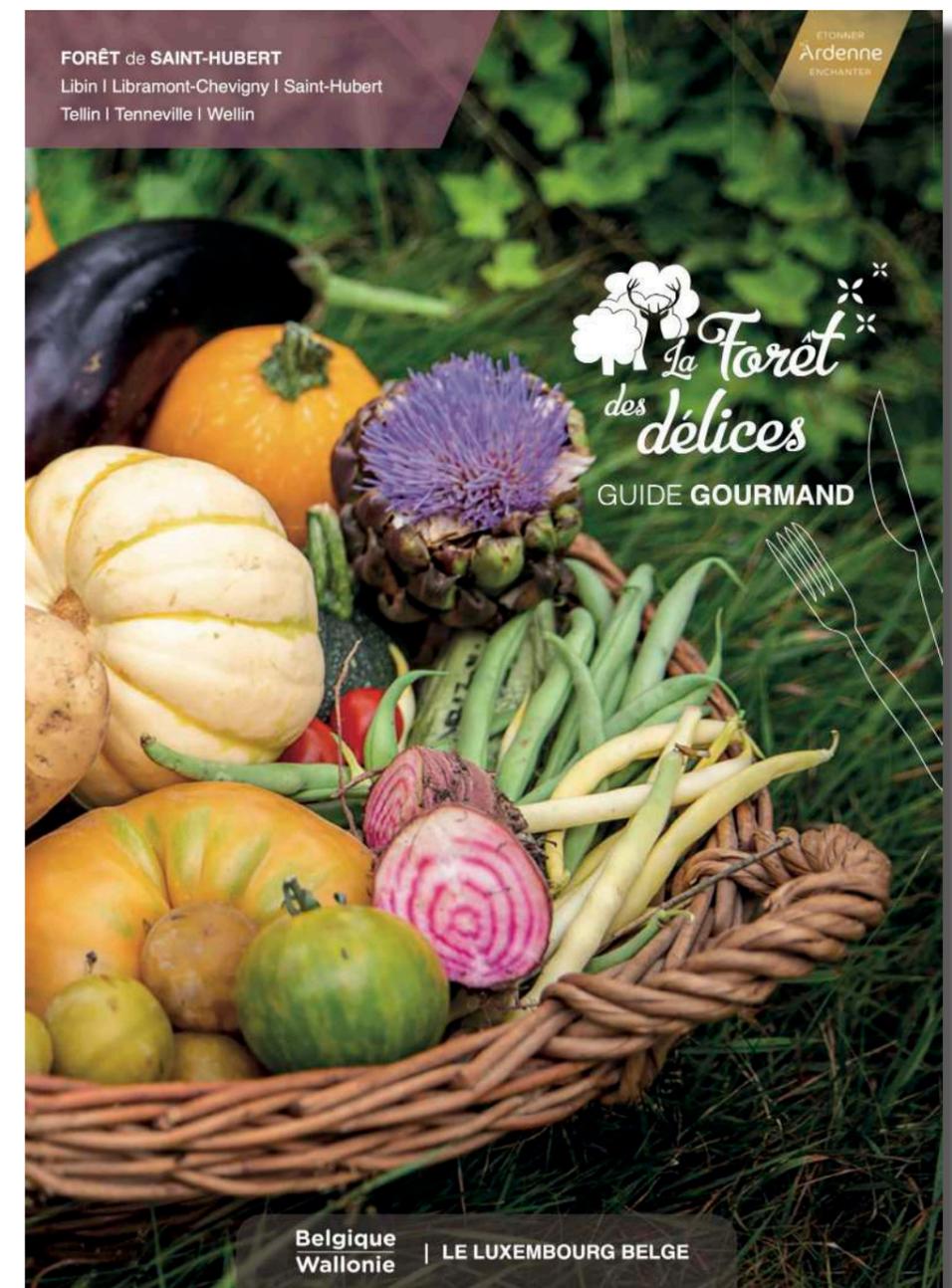
#### BELGIUM

##### La Forêt des délices - Guide Gourmand Forêt de Saint-Hubert Tourisme

Saint-Hubert Forest is undoubtedly a paradise for outdoor activities, but also a favourite destination for gourmets and fine food lovers.

This guide is an invitation to discover more (and better!) the flavors of our Ardennes region. Because to stay in such a rural and forested region without tasting its cold meats and cured meats, its game in season and its local beers would be sacrilege. The same would apply to other local products, as the region has so many delicious addresses.

Free download: [www.foretdesainthubert-tourisme.be/brochures/](http://www.foretdesainthubert-tourisme.be/brochures/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### FOOD TOURISM FREE PUBLICATION

#### BRAZIL

##### Gosto pelo Brasil

Programa Nacional de Turismo Gastronômico

Ministério do Turismo / UNESCO

Data from the World Tourism Organization (WTO) reveal that gastronomy is the third largest driver of travel in the world. In Brazil, gastronomy moves around R\$ 250 billion per year, according to calculations from the Brazilian Association of Bars and Restaurants (Abrasel). And it is one of the most highly rated items by foreigners visiting our country: 8 out of 10 international tourists approved of Brazilian gastronomy in 2019, according to a study conducted by the Ministry of Tourism with international visitors.

Within this scenario, Brazil wants to guarantee the professionalization of this entire segment, and support the development and strengthening of Brazilian gastronomy, guaranteeing that it continues to be a cultural element of pride and identification of the Brazilian people, besides enabling its strengthening as an economic activity.

Free download: [www.gov.br/turismo/pt-br/aceso-a-informacao/acoes-e-programas/programa-nacional-de-turismo-gastronomico/CartilhaGostopeloBrasil2022.pdf](http://www.gov.br/turismo/pt-br/aceso-a-informacao/acoes-e-programas/programa-nacional-de-turismo-gastronomico/CartilhaGostopeloBrasil2022.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### CANADA

#### **Peterborough & the Kawarthas Culinary Tourism Strategy Culinary Tourism Alliance**

In Peterborough & the Kawarthas, there is a diversity of culinary tourism assets that are complemented by the many natural and cultural assets in the area. Peterborough & the Kawarthas' foodways are informed by ongoing relationship of Indigenous peoples to the area's land, rivers, and lakes, as well as to the ingredients that are grown, harvested, hunted, and consumed on the land, the area's rich agricultural histories, landscapes, and range of products from the production of dairy, beef, corn, poultry, berries, and red fife wheat. Additionally, the area's proximity to major urban centres in the Greater Toronto Area and Ottawa, and connection to major roads and waterways give the destination a positive edge to developing culinary tourism that is accessible to major visitor markets.

The Culinary Tourism Alliance is a not-for-profit industry organization dedicated to bridging the gap between the food & drink and tourism industries. This report was prepared by James Arteaga, Martin Lacelle, Camilo Montoya-Guevara, and Caroline Morrow.

Free download: [ecephub.tiac-aitc.ca/wp-content/uploads/2021/11/PK\\_Eng\\_04.pdf](https://ecephub.tiac-aitc.ca/wp-content/uploads/2021/11/PK_Eng_04.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### COLOMBIA

##### **Manual ilustrado para guías de turismo de naturaleza en Colombia** **Procolombia**

Although Colombia is a melting pot of cultures, its cuisine is little influenced by foreign gastronomy, and is distinguished by a large number of special dishes from each region throughout the national territory. This means that there is not one typical Colombian dish, but many typical regional dishes.

Aimed at guides, but open to a multitude of readers, the Manual seeks to gather the stories of the natural history of one of the most biodiverse nations on the planet. We hope that its reading and use as a tool will contribute to quality, sustainable and transformative tourism, and at the same time inspire many people to learn about and love the extraordinary natural treasure that is Colombia.

Free download: [guianaturaleza.colombia.travel/manual](http://guianaturaleza.colombia.travel/manual)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### ESTONIA

##### Experience-led travel

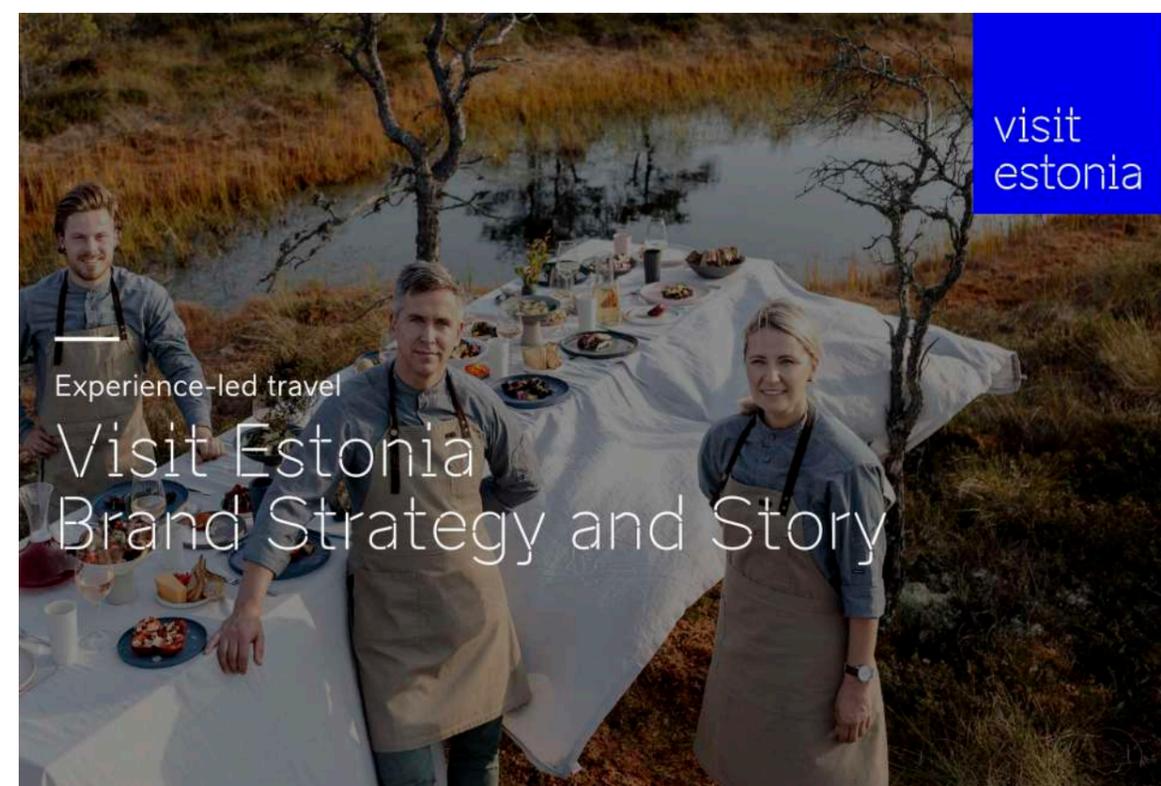
##### Visit Estonia - Brand Strategy and Story

This document is designed to summarise the brand strategy for Visit Estonia and its three passions; Nature, Culture and Food.

Although Estonia is one of the most naturally spellbinding, culturally alive and gastronomically diverse countries in Europe, research suggests that the nation itself – and many of the places within it – are relatively unknown to most travellers.

Self-styled as Europe's best-kept secret, now is the time to shout about that secret and provide this small nation with a big story to tell. Whereas once this was about our destinations, now we will speak to those with a passion for nature, culture and food, with compelling and emotive reasons to visit and experience what our nation has to offer. This document contains the elements that help to form the DNA of travel experiences in Estonia.

Free download: [brand.estonia.ee/wp-content/uploads/2022/05/VisitEstonia\\_Brand\\_Strategy\\_Story\\_Sustainability\\_Document.pdf](https://brand.estonia.ee/wp-content/uploads/2022/05/VisitEstonia_Brand_Strategy_Story_Sustainability_Document.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

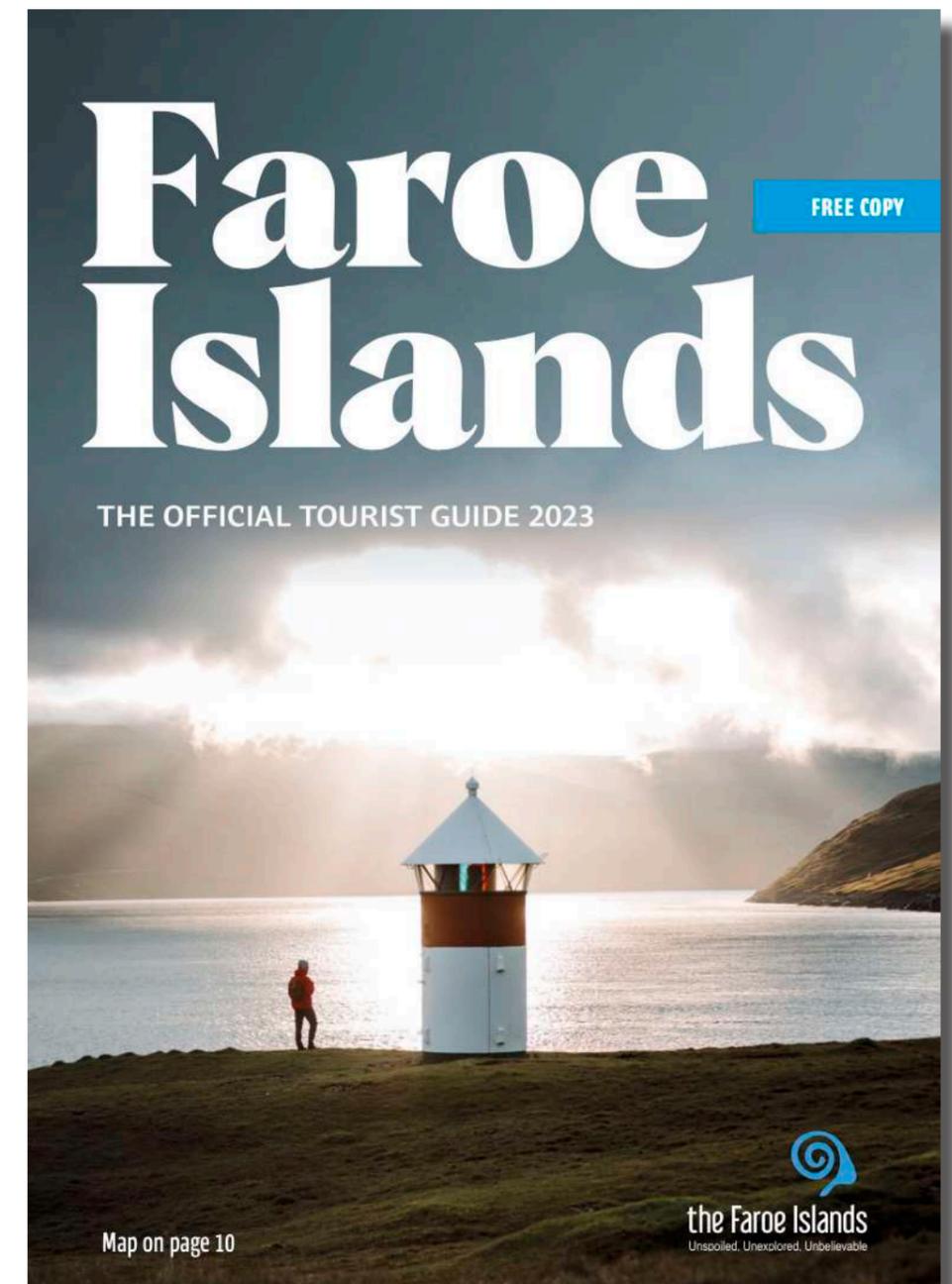
#### FAROE ISLANDS

##### The Official Tourist Guide 2023

The high quality of many Faroese ingredients is due, in large part, to the slow growing conditions that prevail so far north. A cold climate allows vegetation to draw every last nutrient from the soil before being consumed by the islands' sheep. This helps to produce particularly flavoursome organic meat, some of which is air-dried to become the Faroese delicacy, skerpikjøt. Faroese cod, for example, is renowned across the world for its succulent texture. The islands also produce a large amount of cultivated salmon and a limited amount of shellfish and lobster for export.

A number of Faroese restaurants are active participants in the successful initiative known as New Nordic Food – an innovative approach to traditional foods combined with a strong focus on health and ethical production methods. Top quality Faroese ingredients fit perfectly in this philosophy. Here, in the world's smallest capital, you'll find world class sushi, famous far and wide, for its taste and quality. There is traditional home cooking, too, given a modern spin, alongside top-notch gourmet cuisine of the very highest standards.

Free download: [issuu.com/visitfaroeislands/docs/tg2023\\_uk\\_issuu](https://issuu.com/visitfaroeislands/docs/tg2023_uk_issuu)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### FRANCE

#### Vallée de la Gastronomie - Le Magazine

From Dijon to Marseille, a 620-kilometers gourmet trip for taste explorers. The Valley of Gastronomy offers a great diversity of landscapes where vineyards, orchards and pastures follow one another. Come and share unique experiences with talented men and women who reveal exceptional products. Dive into our terroirs from Dijon and its continental influences to the Mediterranean Provence, via Lyon, the Saône and the Rhône.

La Vallée de la Gastronomie invites you to meet the men and women who cultivate, develop and cook these exceptional products. They will share their passion with you. They will make you discover the history of their know-how. They will share some of their secrets with you during one of the remarkable experiences offered by La Vallée de la Gastronomie. Learn how to work the vine with a winegrower, go truffle hunting in the early morning, take a cooking class with a chef...



Free download: [www.valleedelagastronomie.com/sites/default/files/files/VG\\_Brochure\\_Maquette\\_V10\\_28p\\_Exe.pdf](http://www.valleedelagastronomie.com/sites/default/files/files/VG_Brochure_Maquette_V10_28p_Exe.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

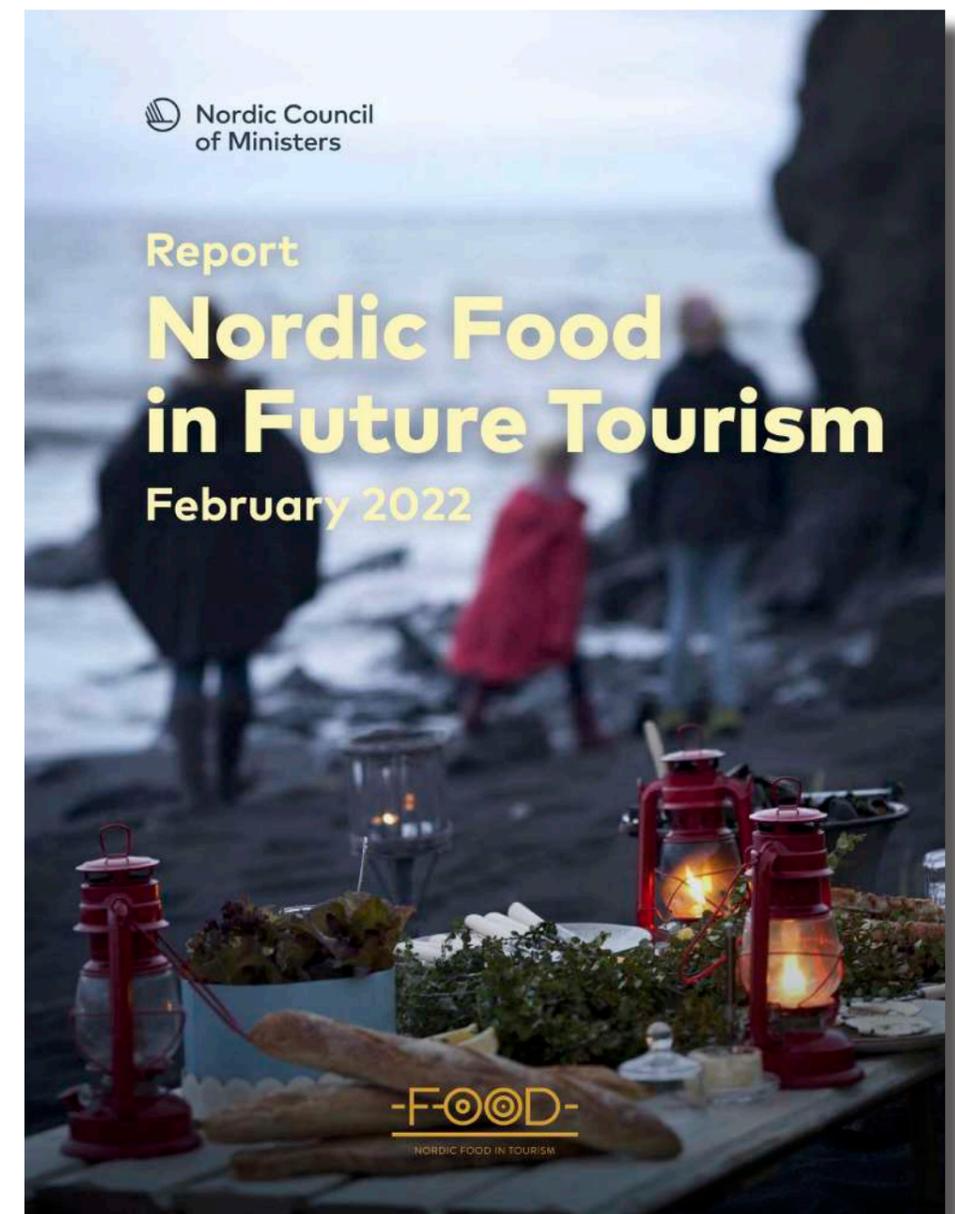
#### ICELAND

##### **Nordic Food in Future Tourism** **Nordic Council of Ministers**

Under the Icelandic Presidency of the Nordic Council of Ministers in 2019 the priority was set on youth, sustainable tourism, and the marine environment. This 3-year project is a contribution to sustainable tourism. The project aims to understand the perception of Nordic food, highlight the importance of local food in sustainable tourism, and gain insight into how climate change and trends can shape our future of food in tourism.

The objective is to raise awareness of future challenges and opportunities related to food in tourism and provide strategic guidelines that support future actions and policymaking. Our vision is that visiting the Nordics should be about experiencing a place where people and the planet prosper in sustainable harmony and economic growth. Where eating and traveling in harmony with nature and local culture is a desirable lifestyle. Our contribution is not about the competitive advantage but about our drive for a sustainable future.

Free download: [zenodo.org/record/6322798#.Y6nSTuxuceV](https://zenodo.org/record/6322798#.Y6nSTuxuceV)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### IRELAND

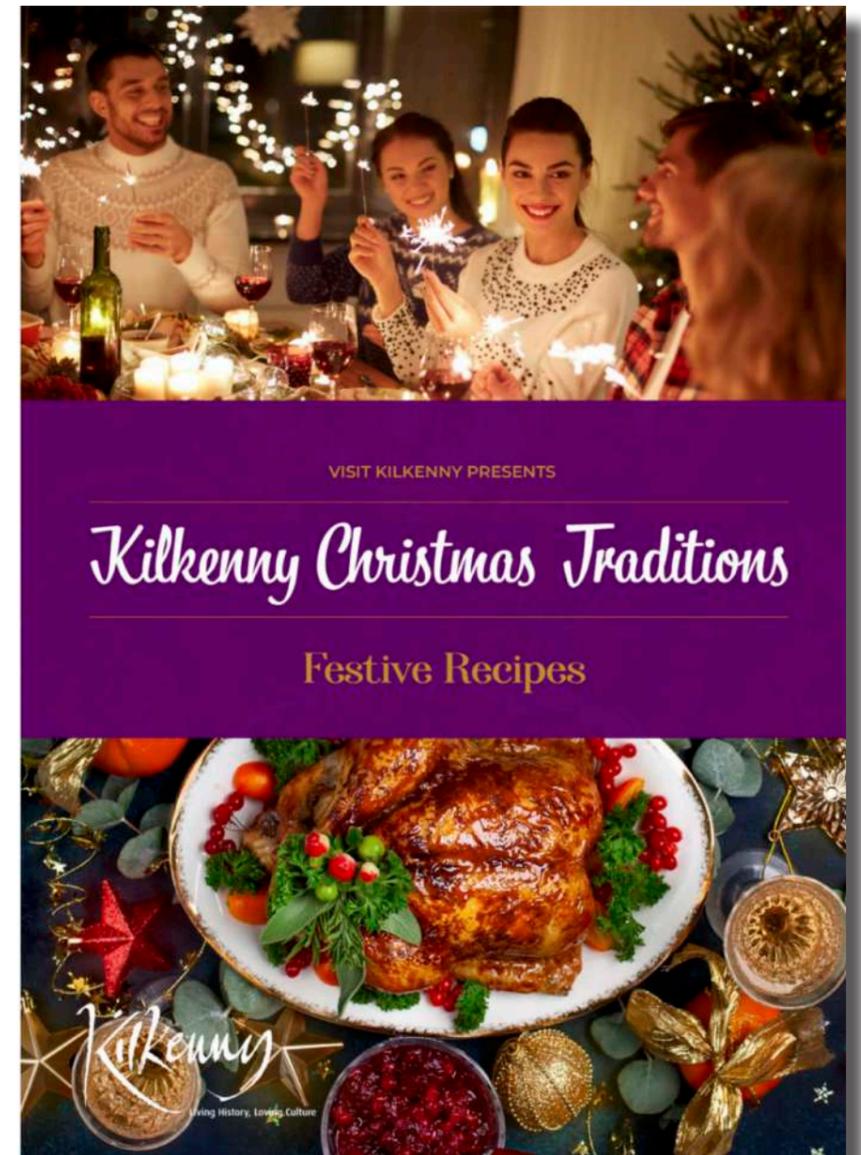
#### Kilkenny Christmas Traditions Visit Kilkenny

As a shared collective, Kilkenny Tourism strives to increase the economic impact of continued investment in Kilkenny's tourism sector and maximize the audience reach. This is a voluntary group of nominated sectoral representatives who work together to enhance the tourist experience.

“Kilkenny Tourism are delighted to bring some festive spirit into your home this Christmas with our newly updated Christmas Recipe book. We have worked with the best restaurants and food producers in Kilkenny to bring you our favourite Christmas traditions and recipes.

Thanks to our contributors: Goatsbridge Trout Farm, Butler House, Helen Costelloe Food Producer, Kilkenny Hibernian Hotel, Arán Artisan Bakery & Bistro, Mount Juliet Estate, Lyrath Estate Kilkenny, Kilkenny River Court Hotel, Fennellys of Callan, Cakeface Patisserie, Muse coffee+food, Rive Gauche, Pembroke Kilkenny Hotel, Edward Hayden Cookery School, Kilkenny Ormonde Hotel and Avalon House Hotel.”

Free download: [visitkilkenny.ie/3d-flip-book/christmas-traditions-cookbook/](https://visitkilkenny.ie/3d-flip-book/christmas-traditions-cookbook/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### MADEIRA - PORTUGAL

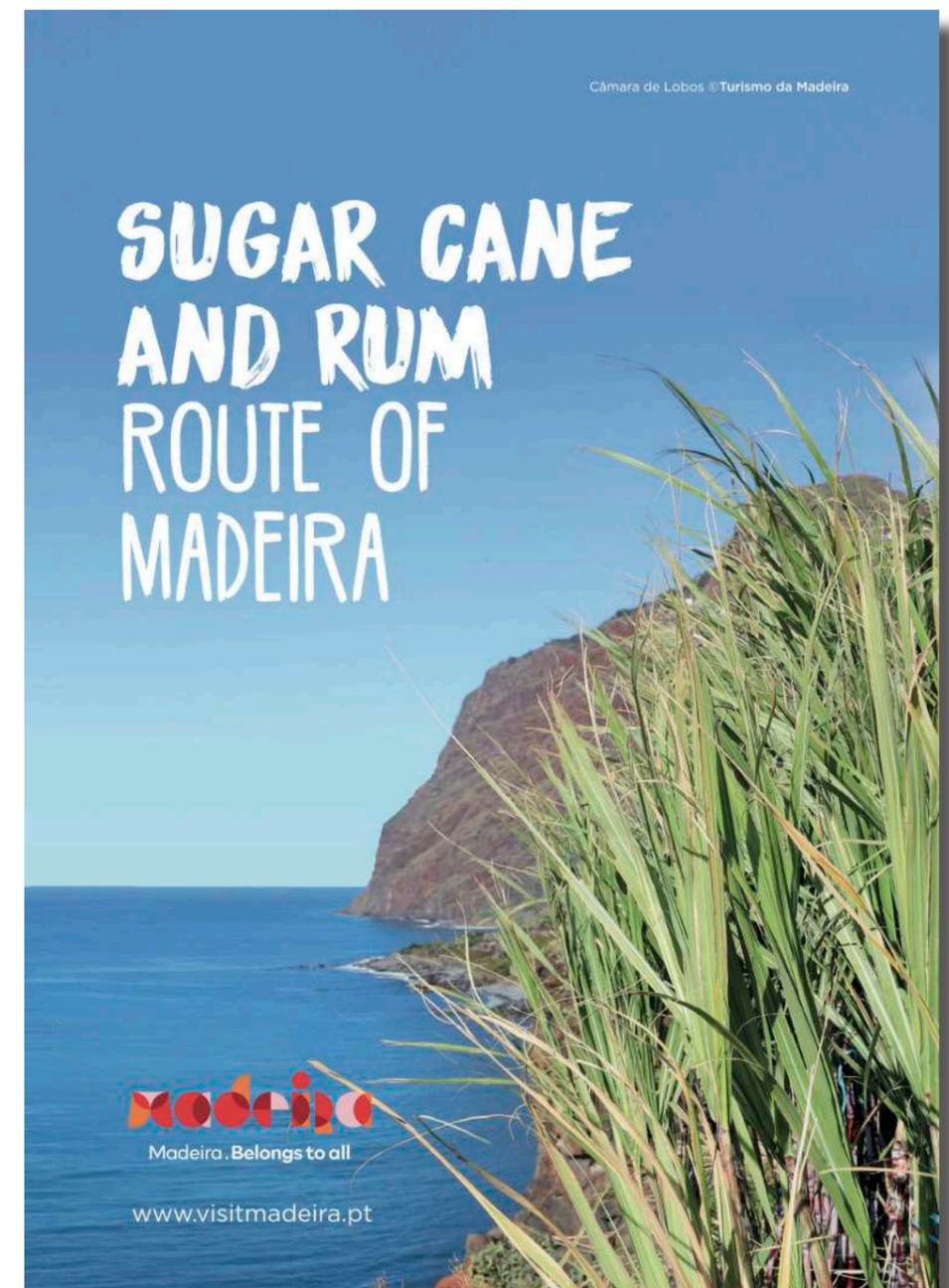
##### **Sugar Cane and Rum Route of Madeira Visit Madeira**

The Sugar Cane and Madeira Rum Route Guide is translated into five languages and traces a route from the production, processing, and marketing of sugar cane and rum.

Sugar Cane is cultivated in Madeira since its colonization and contributed for the exponential economic, social and cultural development of the island and of the then kingdom of Portugal.

The Cane Aguardente, as the Agricultural Rum in Madeira is known, is exclusively obtained from the alcoholic fermentation and distillation of the sugar cane juice, being the only agricultural rum produced in Europe.

Free download: [https://issuu.com/apmadeirapt/docs/guia\\_cana\\_acucar\\_en](https://issuu.com/apmadeirapt/docs/guia_cana_acucar_en)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### MALAYSIA

##### Tourism Malaysia Marketing Plan 2022-2026

“It gives me great pleasure to present Tourism Malaysia Marketing Plan for 2022-2026, which is an initiative to create integrated and holistic strategies to boost both supply and demand in our tourism industry.”

Dato’ Haji Zainuddin Abdul Wahab - Director-General of Tourism Malaysia

The Tourist Development Corporation of Malaysia (TDC) was established on 10 August 1972 as an agency under the former Ministry of Trade and Industry by an Act of Parliament.

With the inception of the Ministry of Culture, Arts and Tourism on 20 May 1987, TDC was moved to this new ministry; and became the Malaysia Tourism Promotion Board (MTPB) through the Malaysia Tourism Promotion Board Act 1992. Popularly known as Tourism Malaysia, its full focus is on promoting Malaysia domestically and internationally.



Free download: [www.tourism.gov.my/files/uploads/TM\\_Marketing\\_Plan\\_2022\\_2026.pdf](http://www.tourism.gov.my/files/uploads/TM_Marketing_Plan_2022_2026.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### NEW ZEALAND

##### Southland Murihiku Food Tourism Strategy Great South

Food is an integral part of the Southland story. Home to icons like the Bluff oyster and the cheese roll, the region is well known for its unique food and food production stories. Agriculture, fishing, and aquaculture are all significant industries, with product that has a remarkable reputation for quality. The colder conditions, fertile plains, and pristine ocean waters of the region are often reasons attributed to this, and as such many of the key foods produced in Southland have become iconic to the region.

“Connecting New Zealand’s two biggest sectors, food and tourism, would create new opportunities for everyone.”

Angela Clifford - Eat New Zealand Chief Executive

“We have a reputation for our high-quality primary produce and kaimoana direct from the region’s pristine ocean waters. There is real opportunity for Southland to share its food, food culture and food production stories.”

Amie Young - Great South Destination Development Manager

Free download: [greatsouth.nz/storage/app/media/Publications/Southland%20Murihiku%20Food%20Tourism%20Strategy%20-%20A4%20Booklet%20-%20COMPRESSED.pdf](https://greatsouth.nz/storage/app/media/Publications/Southland%20Murihiku%20Food%20Tourism%20Strategy%20-%20A4%20Booklet%20-%20COMPRESSED.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### NORWAY

##### The Norwegian Cookbook Visit Norway

Check out our Norwegian Cookbook, where we have collected recipes for some of our most beloved and traditional Norwegian dishes, as well as heavenly recipes from some of Norway's best chefs and food producers. From delicious lamb stew and reindeer tenderloin to sweet, fluffy Norwegian boller, you are sure to find something for every taste.

Although you can find most of the ingredients in your home country, you should of course plan a trip to Norway, where you can find the best and freshest ingredients and sample delicious Norwegian food at the source!

Warm up for your tasty holiday by trying out some delicious recipes from the Norwegian Cookbook. Our comprehensive lists of ingredients and step-by-step methods will make you feel like a pro in your own kitchen. More recipes will be added every month.

Free download: [www.visitnorway.com/things-to-do/food-and-drink/the-norwegian-cookbook/](http://www.visitnorway.com/things-to-do/food-and-drink/the-norwegian-cookbook/)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### SOUTH KOREA

##### **Kimchi - A Trip to the Magical World** **Visit Korea - Korea Tourism Organization**

Kimchi is a traditional Korean food, recognized for its universal values to mankind, and was enlisted as UNESCO Intangible Cultural Heritage of Humanity in 2013 under Kimjang, making and sharing Kimchi.

The taste, aroma, and benefits of Kimchi vary depending on its vegetable ingredients, type and combination of seasoning, and the degree of fermentation. Kimchi is best in taste and nutrition when it is aged in the best of conditions. The magic begins in Onggi (earthen pot), Kimjangdok (Kimchi jar) and the Kimchi fridge, containers optimally designed to best preserve its taste.

The spicy chili is what determines the color of Kimchi. Water Kimchi, White Kimchi, and Dongchimi (Radish Water Kimchi) are made without chili powder, so they have a clear color with clean and cool taste. Kimchi has been developed over the decades in its use, storage, and maturation of numerous ingredients. Meet this all-rounder that helps build your health and immunity!

Free download: [english1.visitkorea.or.kr/e\\_book/ecatalog5.jsp?Dir=846&catimage=](http://english1.visitkorea.or.kr/e_book/ecatalog5.jsp?Dir=846&catimage=)



## KIMCHI

### A Trip to the Magical World



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD TOURISM FREE PUBLICATION

#### SPAIN

#### World Region of Gastronomy IGCAT

“The World Region of Gastronomy programme aims to empower communities, support biodiversity, safeguard intangible heritage and innovate to ensure that foods, recipes and cultural traditions stay alive and continue to enrich our shared world.

Through strengthening the creative potential of people in regions across the globe our underlining principles are to achieve access to healthy food and foster an active cultural life for everyone`s well-being, as well as support economic growth and environmental sustainability.

We invite you to join our growing world movement so that together we can make a positive difference through the celebration of our rich food and cultural diversity.”

Diane Dodd PhD - President, IGCAT



Free download: [www.visitnorway.com/things-to-do/food-and-drink/the-norwegian-cookbook/](http://www.visitnorway.com/things-to-do/food-and-drink/the-norwegian-cookbook/)

# FOOD SECURITY



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### AFGHANISTAN

##### World Vision Afghanistan - Annual Report FY2021

“In 2021, World Vision in Afghanistan has managed to work in 3,061 villages in 46 districts spread over four north-western provinces in sectors such as food and livelihoods, health and nutrition, education, water and sanitation, as well as protection. We are made up of approximately 500 people, whose commitment and dedication have been exemplary, not only to the World Vision Partnership but also to the world.

Our achievements included:

- 770,780 people benefited directly from World Vision Afghanistan’s services
- 286,215 people reached with COVID-19 risk reduction interventions
- 120,421 people provided with cash and voucher assistance.”

Asuntha Charles - National Director - World Vision Afghanistan



Free download: [www.wvi.org/sites/default/files/2022-04/World%20Vision%20Afghanistan%20Annual%20Report-2021.pdf](http://www.wvi.org/sites/default/files/2022-04/World%20Vision%20Afghanistan%20Annual%20Report-2021.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### FOOD SECURITY FREE PUBLICATION

#### AUSTRALIA

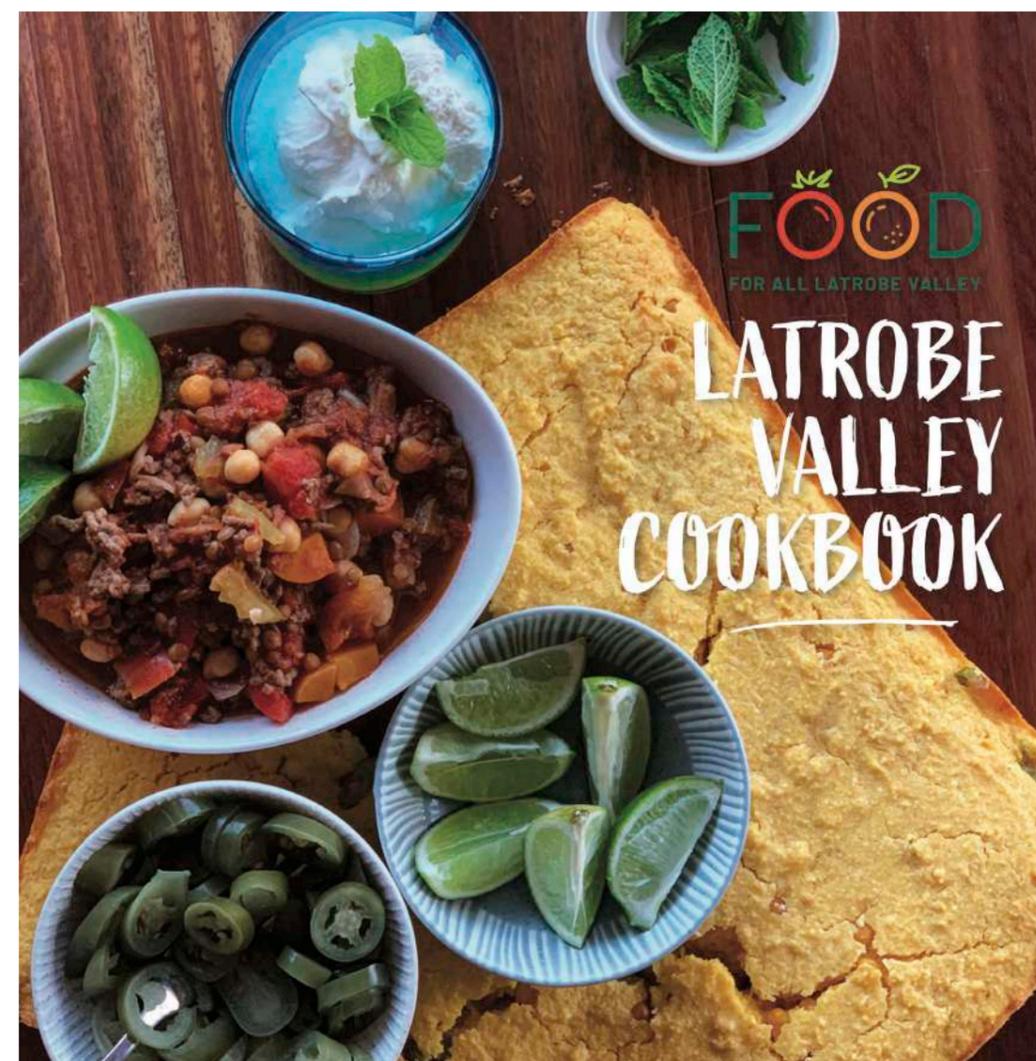
##### Food For All - Latrobe Valley Community Cookbook Latrobe Health Assembly

Food For All Latrobe Valley (FFALV) is a community led, and community owned initiative.

“Sharing the love of food is close to the hearts of many and FFALV is thrilled to be able to gift you with our community cookbook. A special thank you to Jaci Hicken for all her time and effort in capturing some of the stories and recipes featured in the cookbook. We would also like to acknowledge the support and guidance of the Central West Gippsland Primary Care Partnership and Latrobe Community Health Service.

We acknowledge the Braiakaulung people of the Gunaikurnai nation as the traditional custodians of the land now known as Latrobe Valley. We pay our respects to elders past and present, and future generations.”

Free download: <https://www.healthassembly.org.au/slug/food-for-all-latrobe-valley-community-cookbook/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### FOOD SECURITY FREE PUBLICATION

#### BANGLADESH

#### Bangladesh country strategic plan (2022–2026) WFP

Bangladesh will graduate from the least-developed country category during the period of this country strategic plan, having made significant progress towards zero hunger: the country is self-sufficient in production of rice, meat and fish and is on track to meet high-level targets for reduced stunting and wasting.

Nevertheless, Bangladesh faces an emerging “triple burden” of malnutrition. Interventions are required throughout food systems to enhance the availability of, access to and utilization of nutritious diets. Despite the progress towards gender equality evidenced in women’s participation in the garment sector, progressive legislation and policies and near parity in primary education, gender inequality persists, with an array of consequences for food security and nutrition.

To contribute to the strategic outcomes, WFP will adopt four cross-cutting themes: country capacity strengthening, food systems, nutrition and digital innovation.

Free download: <https://www.healthassembly.org.au/slug/food-for-all-latrobe-valley-community-cookbook/>



World Food Programme  
Programme Alimentaire Mondial  
Programa Mundial de Alimentos  
برنامج الأغذية العالمي

**Executive Board**  
Second regular session  
Rome, 15–18 November 2021

---

Distribution: General  
Date: 4 October 2021  
Original: English

Agenda item 7  
WFP/EB.2/2021/7-A/1  
Operational matters – Country strategic plans  
For approval

Executive Board documents are available on WFP's website (<https://executiveboard.wfp.org>).

---

**Bangladesh country strategic plan (2022–2026)**

Duration	January 2022–December 2026
Total cost to WFP	USD 1,620,221,970
Gender and age marker*	4

\* <https://gender.manuals.wfp.org/en/gender-toolkit/gender-in-programming/gender-and-age-marker/>.

**Executive summary**

Bangladesh will graduate from the least-developed country category during the period of this country strategic plan, having made significant progress towards zero hunger: the country is self-sufficient in production of rice, meat and fish and is on track to meet high-level targets for reduced stunting and wasting.

Nevertheless, Bangladesh faces an emerging “triple burden” of malnutrition. Interventions are required throughout food systems to enhance the availability of, access to and utilization of nutritious diets. Despite the progress towards gender equality evidenced in women’s participation in the garment sector, progressive legislation and policies and near parity in primary education, gender inequality persists, with an array of consequences for food security and nutrition.

The coronavirus disease 2019 pandemic has created a new group of poor and vulnerable Bangladeshis, disproportionately in urban areas, and may result in increases in poverty, inequality, early marriage and malnutrition. The pandemic comes at a time when severe climate-induced shocks, including historic flooding and cyclones, already call for urgent action. Shock-responsive social protection is increasingly recognized as a crucial intervention for meeting these challenges.

---

**Focal points:**

Mr J. Aylieff  
Regional Director  
Asia and the Pacific  
email: [john.aylieff@wfp.org](mailto:john.aylieff@wfp.org)

Mr R. Ragan  
Country Director  
email: [richard.ragan@wfp.org](mailto:richard.ragan@wfp.org)

---

World Food Programme, Via Cesare Giulio Viola, 68/70, 00148 Rome, Italy

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### BELGIUM

##### Another Perfect Storm?

**How the failure to reform food systems has allowed the war in Ukraine to spark a third global food price crisis in 15 years, and what can be done to prevent the next one**  
IPES Food

This Special Report takes stock of the impacts of the Ukraine crisis on global food security. It identifies underlying vulnerabilities and rigidities in terms of food production patterns and import dependencies, in a context of declining international solidarity and systematic climate-induced supply strains. It also identifies grain hoarding and commodity speculation as key factors in turning the current shocks into a full-blown food price crisis. A number of these structural weaknesses were already identified following the 2007-2008 food price crisis, but were essentially left unaddressed. The Special Report warns against opportunistic and short-sighted responses to the crisis, including backsliding on food system reform commitments. Although the Special Report does not discuss in detail the critical food security situation within Ukraine or in the world's many conflict zones, it highlights the vicious cycles of climate change, conflict, poverty, and food insecurity that are leaving millions of people highly vulnerable to shocks.

Free download: [https://ipes-food.org/\\_img/upload/files/AnotherPerfectStorm.pdf](https://ipes-food.org/_img/upload/files/AnotherPerfectStorm.pdf)



##### ANOTHER PERFECT STORM?

**How the failure to reform food systems has allowed the war in Ukraine to spark a third global food price crisis in 15 years, and what can be done to prevent the next one**

A special report by IPES-Food, May 2022

##### TABLE OF CONTENTS

1. A rapidly unfolding food security crisis	2
2. Four structural weaknesses that are leaving food systems vulnerable to price shocks	4
2.1 Food import dependencies	5
2.2 Path dependencies in production systems	8
2.3 Opaque, dysfunctional, and speculation-prone grain markets	10
2.4 Vicious cycles of conflict, climate change, poverty and food insecurity	15
3. The dangers of ignoring the structural flaws and adopting short-sighted solutions	17
4. Avoiding the next 'perfect storm': actions that can address immediate needs and kick-start food system transformation	20

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### CAMBODIA

##### Scaling Up Nutrition SUN Business Network Cambodia Strategy 2021 - 2025 WFP

The SUN Business Network Cambodia Strategy 2021 – 2025 sets the strategic direction, vision, mission and priority actions for the SUN Business Network Cambodia and guides its operationalization for the next five years.

The strategy identified five strategic pillars, namely: 1) Develop a satisfied, supportive, and active membership base that includes SMEs and women-led businesses; 2) Increase consumer demand for nutritious foods and awareness of healthy diets and practices for improved nutrition; 3) Increase the supply of nutritious foods and fortified products available to consumers; 4) Strengthen the enabling environment for nutrition through improved standards, regulation, laws, and policy; and 5) promote health and nutrition in communities and in the workplace through workforce nutrition programmes and better access to safe, nutritious and affordable foods.

Free download: <https://www.wfp.org/publications/sun-business-network-cambodia-strategy-2021-2025>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### CUBA

#### Soberanía Alimentaria, Seguridad Alimentaria y Nutricional Asamblea Nacional del Poder Popular

The Cuban Law of Food Sovereignty and Food and Nutritional Security was approved after a process of consultation and popular participation, and the advice and support of international organizations such as the Food and Agriculture Organization of the United Nations (FAO).

This law supports access to sufficient, diverse, balanced, nutritious, safe and healthy food without depending on external means and inputs, with respect for cultural diversity and environmental responsibility. It includes the protection of the right to food of people in vulnerable situations, and as a novelty, it regulates food waste and losses in the agrifood chain. It also promotes the mobilization of local resources in a rational manner and the use of the circular economy, as well as foreign investment modalities aimed at food production to boost exports and replace imports. This legal instrument will also serve to encourage food and nutrition education with an agroecological, sustainable and value formation approach.

Free download: [https://www.redisla.gob.cu/images/jdownloads/Documentos/goc-2022-o77\\_Ley\\_de\\_soberana\\_alimentaria.pdf](https://www.redisla.gob.cu/images/jdownloads/Documentos/goc-2022-o77_Ley_de_soberana_alimentaria.pdf)

ISSN 1682-7511



GOC-2022-754-O77

JUAN ESTEBAN LAZO HERNÁNDEZ, Presidente de la Asamblea Nacional del Poder Popular de la República de Cuba.

HAGO SABER: Que la Asamblea Nacional del Poder Popular, en su sesión celebrada el día 14 de mayo de 2022, correspondiente al quinto Período Extraordinario de Sesiones de la IX Legislatura, ha aprobado lo siguiente:

POR CUANTO: La Constitución de la República de Cuba, en sus artículos 77 y 78, establece que todas las personas tienen derecho a la alimentación sana y adecuada, a consumir bienes y servicios de calidad que no sean atentatorios a su salud, a acceder a información precisa y veraz sobre los mismos y a recibir un trato equitativo y digno, conforme a la ley y, en consecuencia, el Estado crea las condiciones para fortalecer la seguridad alimentaria de toda la población.

POR CUANTO: La Agenda 2030 para el Desarrollo Sostenible aprobada por la Asamblea General de las Naciones Unidas en septiembre de 2015 establece, entre sus objetivos, poner fin al hambre, lograr la seguridad alimentaria y mejorar la nutrición, así como promover la agricultura sostenible, ello con la premisa de alcanzar la sostenibilidad económica, social y ambiental de sus Estados Miembros, entre los que se encuentra Cuba.

POR CUANTO: Por ser la protección del derecho a la alimentación sana y adecuada de las personas y la consecuente producción de alimentos una prioridad del Estado y del Gobierno cubanos, fue aprobado el 22 de julio de 2020, por el Consejo de Ministros de la República de Cuba, el Plan de Soberanía Alimentaria y Educación Nutricional de Cuba como plataforma nacional para una plena seguridad alimentaria.

POR CUANTO: En atención a los problemas existentes en cuanto a la disponibilidad, acceso, estabilidad y utilización biológica de los alimentos y a la ausencia de un marco regulatorio específico para alcanzar la soberanía alimentaria y salvaguardar la seguridad alimentaria y nutricional, y el derecho a la alimentación sana y adecuada de la población en Cuba y que, a su vez, pauten un sistema de educación nacional relativo a las buenas

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

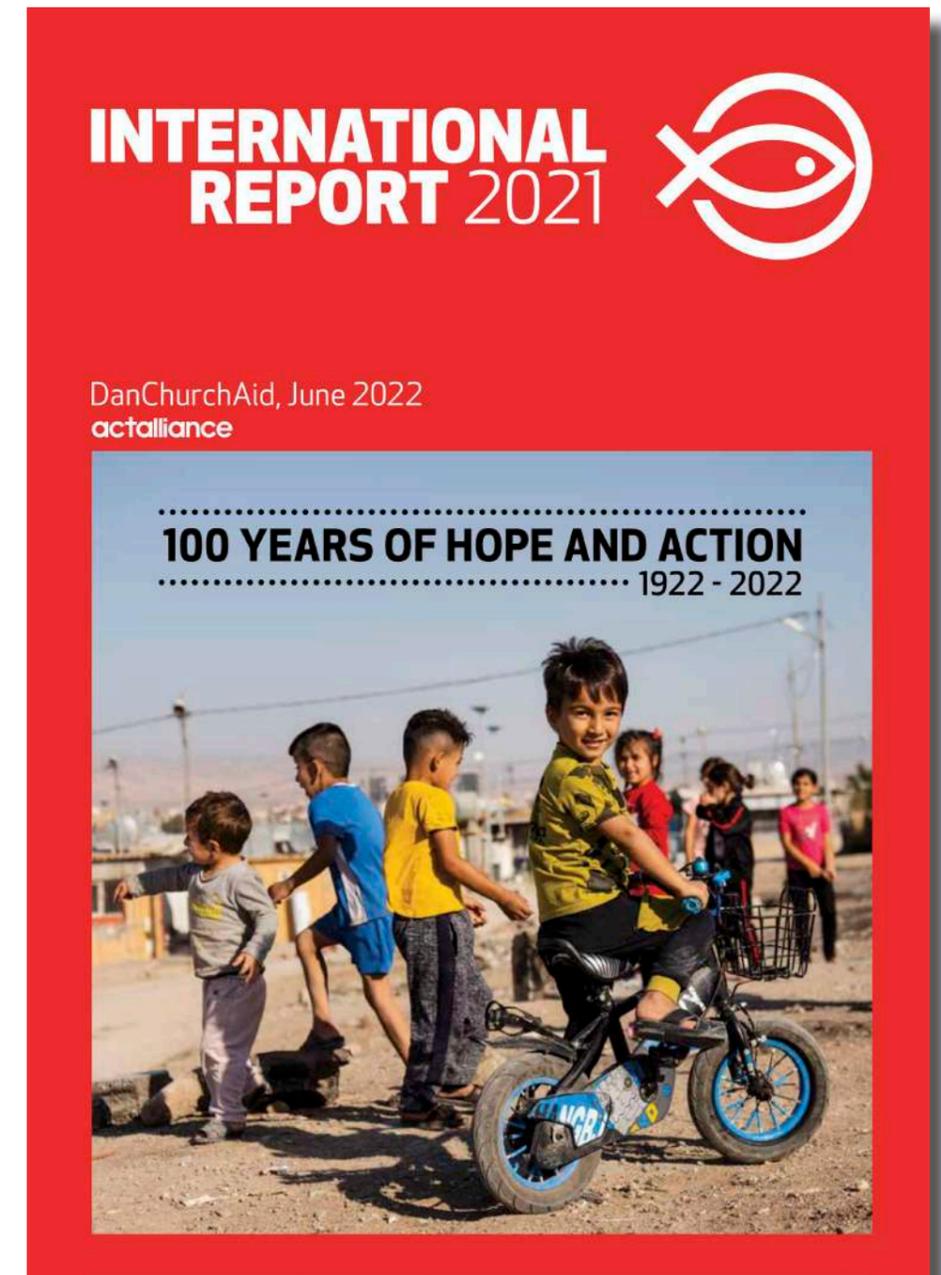
#### DENMARK

**International Report 2021**  
**100 years of hope and action 1922 - 2022**  
**DanChurchAid, June 2022**

DanChurchAid (DCA) celebrated its 100th anniversary (1922-2022) as the oldest aid organisation originating in Denmark. Over the last 100 years, DCA evolved from a volunteer missionary entity into a global organisation.

The need for DCA's international efforts and its work to raise support in Denmark had never been greater. In 2021, DCA supported over 5 million people across Africa, Asia, and the Middle East – representing an increase of one million people compared to the previous year.

The following report provides a small glimpse into the enormous diversity of exciting results and achievements of DCA and its many partners.



Free download: <https://www.noedhjaelp.dk/wp-content/uploads/sites/2/2022/06/dca-internationalreport-2022.pdf>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### FIJI

#### Policy for Gender in Agriculture in Fiji (2022-2027) Addressing Gender Gap for Agriculture in Fiji

“The 2022-2027 Gender in Agriculture Policy compliments Fiji’s commitment to 2030 Agenda for Sustainable Development Goal 5, Convention of all forms of discrimination against women (CEDAW), Beijing Platform of Action (BPFA), 2014 National Gender Policy and 5-20 Year National Development Plan.

The policy targets women’s full and effective participation, equal opportunities for leadership, decision making, equal rights to economic resources and financial services, and use of enabling technology in the Agriculture sector. The Gender Policy equitable outcomes will be influenced by both men and women’s knowledge in ensuring Agriculture productivity through climate and disaster resilience.

There is a need to accurately identify Women contribution to Fiji’s Agriculture sector and Gender inequality has always been an obstacle to Women’s capacity to develop their full potential. It limits agricultural productivity and efficiency and in doing so, undermine development of the 2030 Agenda, thus, the need to design a Gender in Agriculture Policy to address existing Gaps is long overdue.”

Hon. Dr. Mahendra Reddy - Minister for Agriculture, Waterways and Environment



Free download: <https://www.noedhjaelp.dk/wp-content/uploads/sites/2/2022/06/dca-internationalreport-2022.pdf>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### FOOD SECURITY FREE PUBLICATION

#### FRANCE

##### Qui veille au grain ?

Felix Lallemand, Arthur Grimonpont

Les Greniers d'Abondance

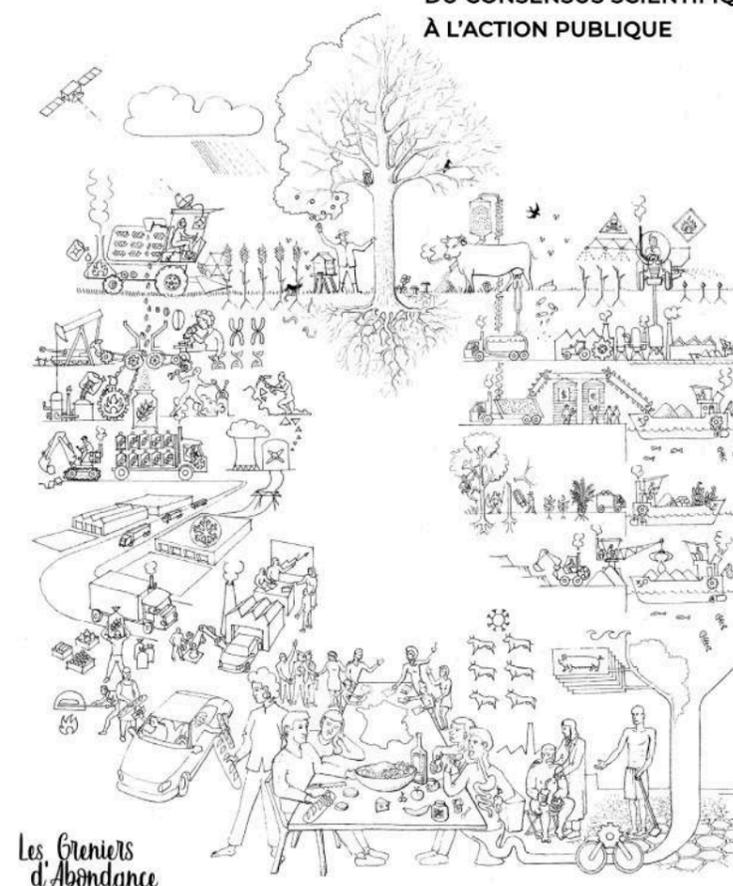
In France, as in most industrialized countries, food security is often taken for granted. The history of our food supply is one of continuous technical and material progress that has taken us from a time of scarcity and famine to a state of profusion. However, several major facts challenge this narrative. Our food system has moved away from its nourishing vocation, so much so that our food security is in fact far from being achieved and could even be definitively compromised without a rapid change of trajectory.

This report has a triple objective. To understand the problems posed by the current organization of the food system, through the synthesis of numerous research studies in the natural sciences and the humanities showing the failures and vulnerabilities of the agro-industrial model. To set a course for the reorientation of the food system by presenting the main characteristics of an alternative model capable of guaranteeing sustainable food security. Identify the obstacles and propose a path to achieve this goal by detailing some major policy measures that can be implemented today at the national and European levels.

Free download: <https://resiliencealimentaire.org/wp-content/uploads/2022/02/Livre-Qui-veille-au-grain-3.pdf>

## Qui veille au grain ?

DU CONSENSUS SCIENTIFIQUE  
À L'ACTION PUBLIQUE



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### KYRGYZSTAN

**Migration, Food Security and Nutrition in the Kyrgyz Republic**  
**World Food Programme (WFP)**  
**International Organization for Migration (IOM)**

This brief aims to illustrate the linkages between migration, food security and nutrition by highlighting the importance of remittances in relieving poverty and food insecurity and the impact on nutrition.

The Kyrgyz Republic is a landlocked country in Central Asia, with an economy heavily reliant on labour migration and remittances, which in turn impact the poverty and food security situation in the country through several channels. Besides remittances, migration contributes to communities' resilience and development, and is also an important strategy used by households to cope with income uncertainty and food insecurity risks.

Free download: [www.wfp.org/publications/migration-food-security-and-nutrition-kyrgyz-republic-december-2021](http://www.wfp.org/publications/migration-food-security-and-nutrition-kyrgyz-republic-december-2021)



**Migration, Food Security and  
Nutrition in the Kyrgyz Republic**

December, 2021

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### SWEDEN

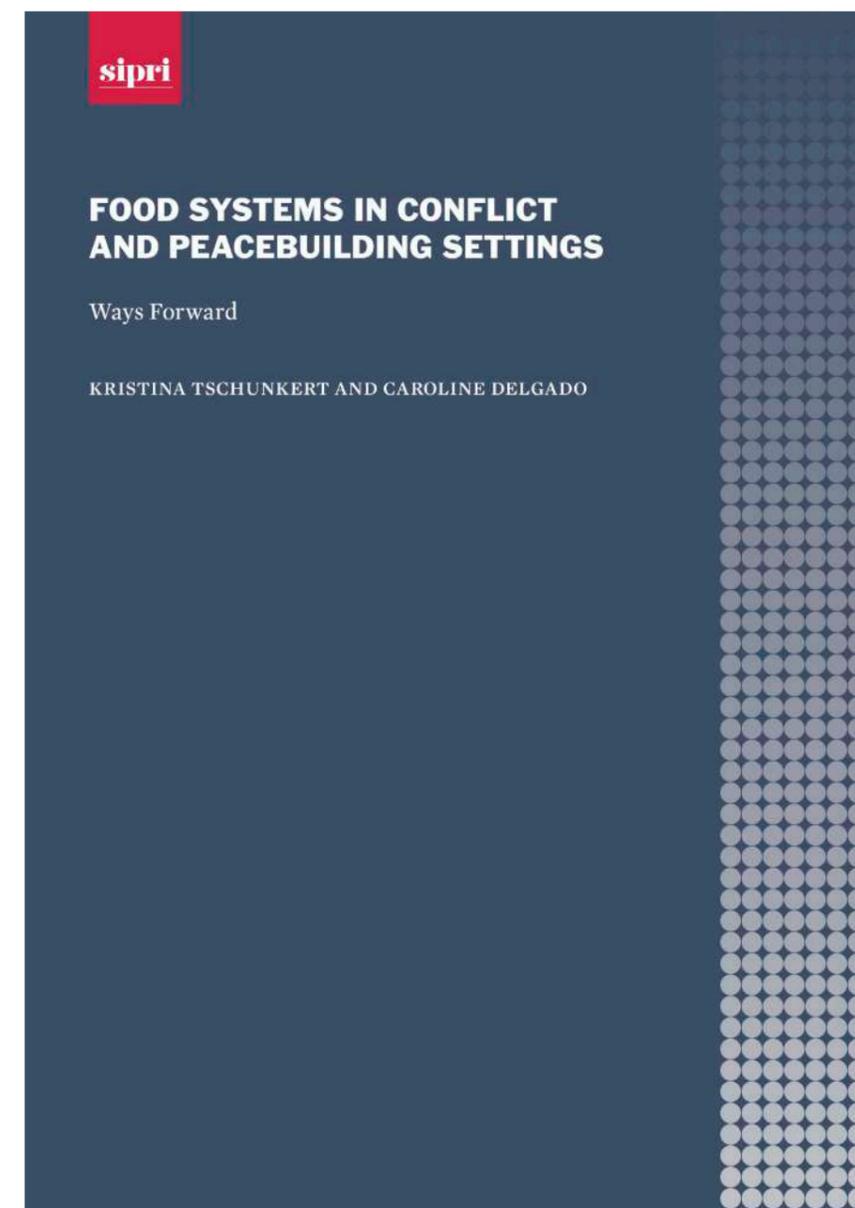
**Food Systems in Conflict and Peacebuilding Settings: Ways Forward**  
**Dr Kristina Tschunkert and Dr Caroline Delgado**  
**SIPRI (Stockholm International Peace Research Institute)**

This policy paper is the third and final paper of a three-part series on food systems in conflict and peacebuilding settings. The objectives of the series are to emphasize the urgency of addressing the relationship between conflict and food insecurity and to point out existing opportunities to do so.

The first paper outlined the pathways and interconnections between violent conflict and food insecurity, which have a two-way relationship. The second paper contextualized these pathways and interconnections with case studies of Venezuela and Yemen.

This paper explores the opportunities for breaking the vicious cycle between food insecurity and violent conflict. For food system transformation and food security activities in conflict and peacebuilding settings to create conditions conducive to peace, it is important to apply a peacebuilding lens to food security interventions and a food security lens to peacebuilding efforts.

Free download: <https://doi.org/10.55163/SSKG9519>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### SYRIA

#### **2022 Humanitarian Needs Overview: Syrian Arab Republic** **UN Office for the Coordination of Humanitarian Affairs**

Syria remains a complex humanitarian and protection emergency characterized by over 10 years of ongoing hostilities and their long-term consequences including widespread destruction of civilian infrastructure, explosive ordnance contamination and the largest number of internally displaced people in the world.

More than ten years of crisis have inflicted immense suffering on the civilian population, who have been subject to massive and systematic violations of international humanitarian and human rights law. More recently, the accelerating economic deterioration and impacts of climate change have increasingly become additional key drivers of needs, compounding vulnerabilities even further.

In 2022, 14.6 million people are in need of humanitarian assistance, an increase of 1.2 million from 2021. Despite receiving only 46 per cent of the required funds for the 2021 HRP, Syria remains one of the largest humanitarian responses in the world, with assistance delivered to 6.8 million people per month in the past year.

Free download:

<https://reliefweb.int/report/syrian-arab-republic/2022-humanitarian-needs-overview-syrian-arab-republic-february-2022>

#### HUMANITARIAN NEEDS OVERVIEW SYRIAN ARAB REPUBLIC

HUMANITARIAN  
PROGRAMME CYCLE  
2022  
ISSUED FEBRUARY 2022



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

#### UNITED KINGDOM

**Government food strategy Presented to Parliament by the Secretary of State for Environment, Food and Rural Affairs by Command of Her Majesty Department for Environment, Food and Rural Affairs**

“Our future agriculture policy will seek to financially reward sustainable farming practices, make space for nature within the farmed landscape, and help farmers reduce their costs. From precision breeding techniques that reduce the need for pesticides, to tractors fuelled by methane captured from slurry stores, and new feed additives that can significantly reduce methane emissions from ruminants, technological solutions are developing at pace.

Our future farming policy will support innovative solutions to the environmental challenges we face.”

Rt Hon George Eustice  
MP Secretary of State for Environment, Food and Rural Affairs



### Government food strategy

Presented to Parliament  
by the Secretary of State for Environment, Food and Rural Affairs  
by Command of Her Majesty

June 2022

CP 698

Free download: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1082026/government-food-strategy.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1082026/government-food-strategy.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY FREE PUBLICATION

FAO

**Tracking progress on food and agriculture-related SDG indicators 2022**  
FAO - Rome

“While the world was off track from meeting the Sustainable Development Goals (SDGs) even prior to 2020, the pandemic has compounded that trend, taking a devastating toll on people’s lives and livelihoods and on global efforts to realize the SDGs. To ensure progress, it is essential to improve data capabilities. While considerable progress has been made towards building stronger data and statistical systems for SDG monitoring, significant data gaps still exist. It difficult to effectively measure the pace of progress across different regions and socioeconomic groups in the absence of data with comprehensive disaggregation levels.

Greater investments to improve data collection and strengthen data capabilities are also crucial to trigger earlier responses to crises, anticipate future needs and design the urgent actions needed to realize the 2030 Agenda.”

Pietro Gennari, Chief Statistician



Tracking progress on food and agriculture-related SDG indicators 2022



Free download: <https://www.fao.org/3/cc1403en/online/cc1403en.html>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY AFRICA - FREE PUBLICATION

#### ESWATINI

**Annual Country Report 2021**  
**Country Strategic Plan 2020 - 2025**  
**FAO - Rome**

Food insecurity in Eswatini was aggravated in 2021 by the COVID-19 pandemic, a poor harvest, escalating food prices, limited income-earning opportunities, deepening poverty and civil unrest - all contributing to a tougher operating environment for WFP. WFP continued to contribute to the 2021-25 UN Sustainable Development Cooperation Framework. In line with the Sustainable Development Goals and the Eswatini Zero Hunger Strategic Review, it identified gender equality as a key priority, enhancing its staffing capacity to improve gender mainstreaming across all activities.

Under strategic outcome 3, WFP supported national social protection system actors in identifying and assisting the most food insecure and nutritionally vulnerable populations. The support included nutritious meals for 55,000 orphans and vulnerable children in pre-primary NCPs and meals for 24,392 children in primary and secondary school. A total of 232 households with people living with HIV participated in livelihood activities. Capacity strengthening support was also provided to the Government and NGOs for the generation, management and use of food security monitoring and analysis.

Free download: [https://docs.wfp.org/api/documents/WFP-0000137810/download/?\\_ga=2.165601276.255060087.1672144404-47753148.1668973688](https://docs.wfp.org/api/documents/WFP-0000137810/download/?_ga=2.165601276.255060087.1672144404-47753148.1668973688)



**Eswatini**  
**Annual Country Report 2021**

Country Strategic Plan  
2020 - 2025

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY AFRICA - FREE PUBLICATION

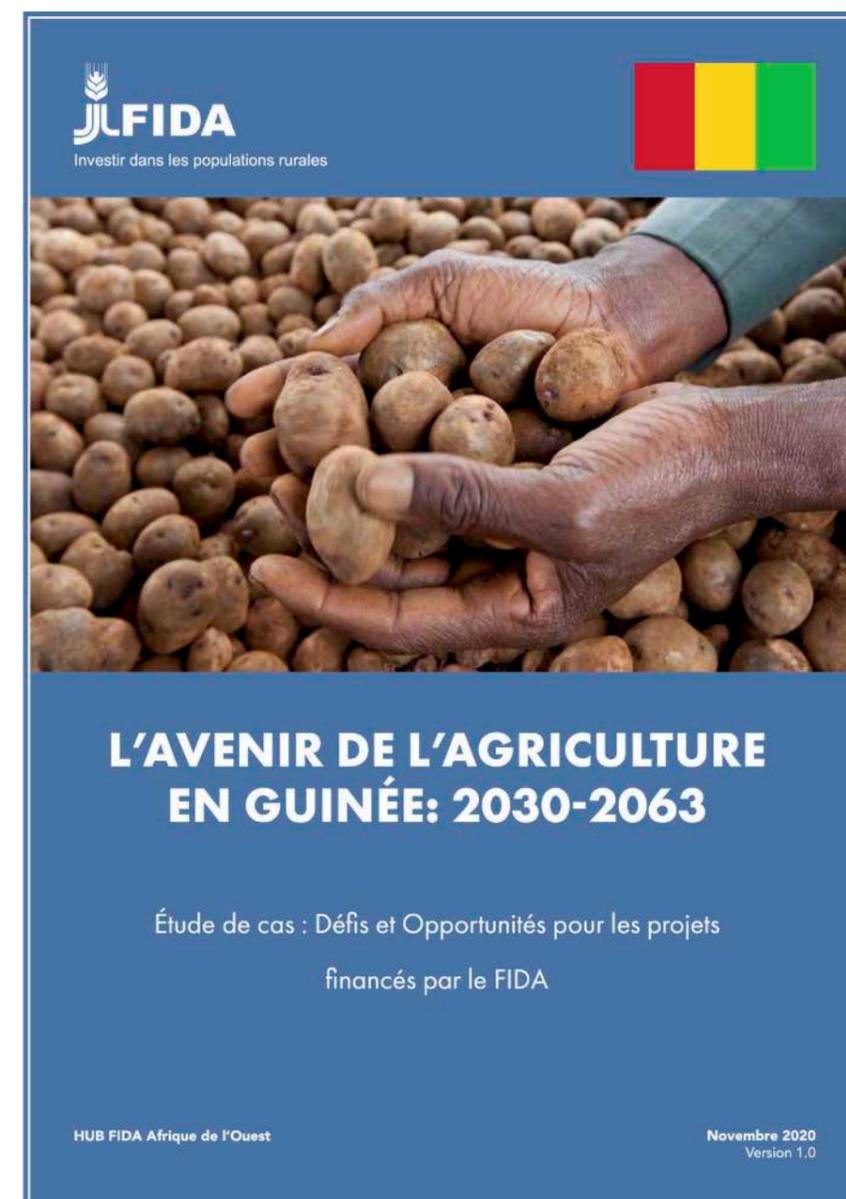
#### GUINEA

##### **L'Avenir de l'agriculture en Guinée: 2030-2063** **International Fund for Agricultural Development (IFAD)**

The reflection is organized around the following questions:

- What are the prospects for increasing food production given the current agricultural growth, demographic changes, accelerated urbanization, new food practices with a view to improving incomes?
- What should be the objectives for increasing agricultural production to meet the growing demand for food, given the growing pressures and hazards on natural resources?
- Which employment reservoirs can constitute the rural sector with all its economic activities: infrastructures, services, agricultural and silvo-pastoral production, value chains, etc., and allow for the best use of the demographic dividend in the countries that will benefit from it.
- What investment policy framework should be put in place involving all the sectors concerned, in a context of structural transformation of the demand and supply of food products?

Free download: [https://www.ifad.org/documents/38714170/43334911/Guin%C3%A9e\\_IFAD+Futur+de+l%27agri.pdf/b7c23d4c-bf5c-0218-955f-7bf9da974885?t=1625228849351](https://www.ifad.org/documents/38714170/43334911/Guin%C3%A9e_IFAD+Futur+de+l%27agri.pdf/b7c23d4c-bf5c-0218-955f-7bf9da974885?t=1625228849351)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY AFRICA - FREE PUBLICATION

#### GUINEA-BISSAU

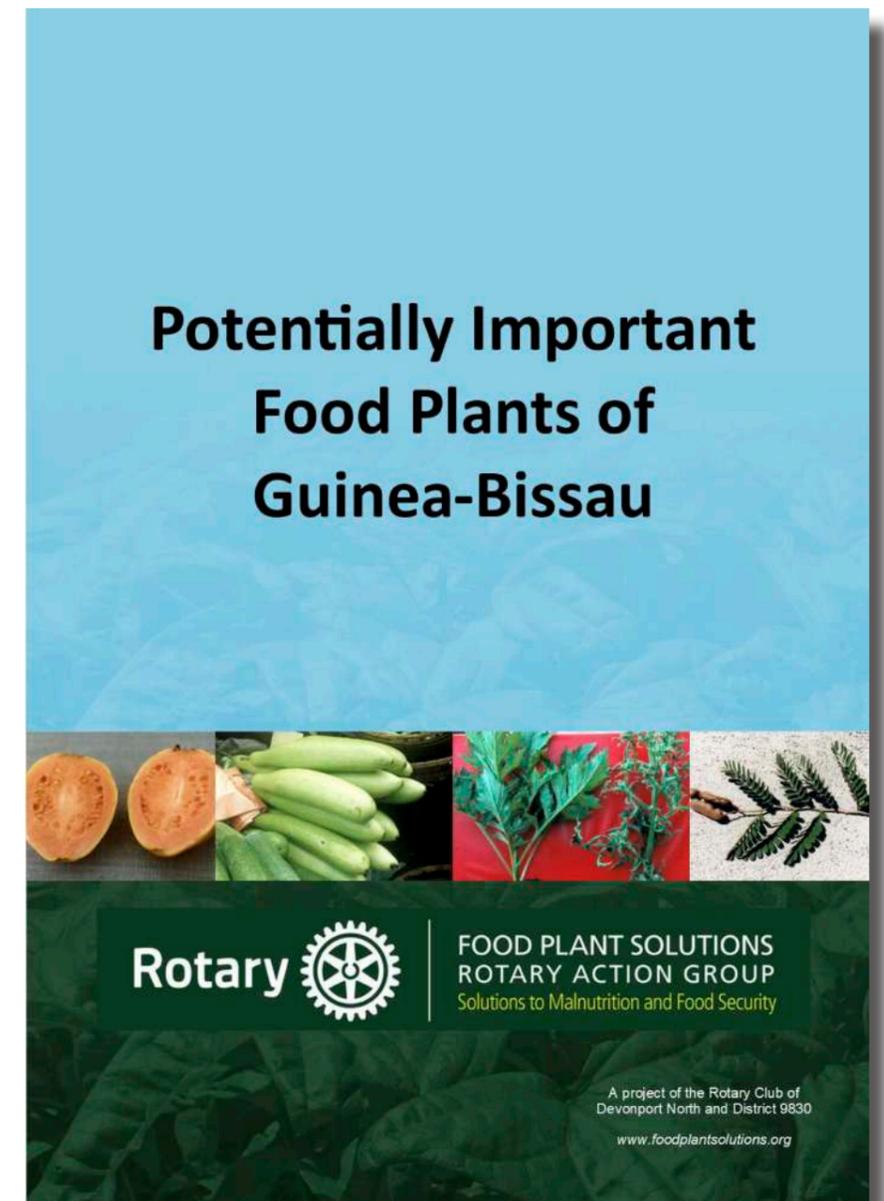
##### Potentially Important Food Plants of Guinea Bissau Rotary Club of Devonport North

This guide is based on information from the Food Plants International (FPI) database developed by Tasmanian agricultural scientist Bruce French. The source material and guidance for the preparation of the book has been made possible through the support of Food Plants International, the Rotary Clubs of District 9830, particularly the Rotary Club of Devonport North who founded Food Plant Solutions, (previously the Learn&Grow project), and many volunteers who have assisted in various ways.

Food Plant Solutions was initiated by the Rotary Club of Devonport North to assist in creating awareness of the edible plant database developed by Food Plants International, and its potential in addressing malnutrition and food security in any country of the world.

This guide has been developed with the best intention to create interest and improve understanding of the important local food plants of Guinea Bissau and on the understanding that it will be further edited and augmented by local specialists with appropriate knowledge and understanding of local food plants.

Free download: <https://foodplantsolutions.org/wp-content/uploads/2022/01/Guinea-Bissau-Field-Guide-V2.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



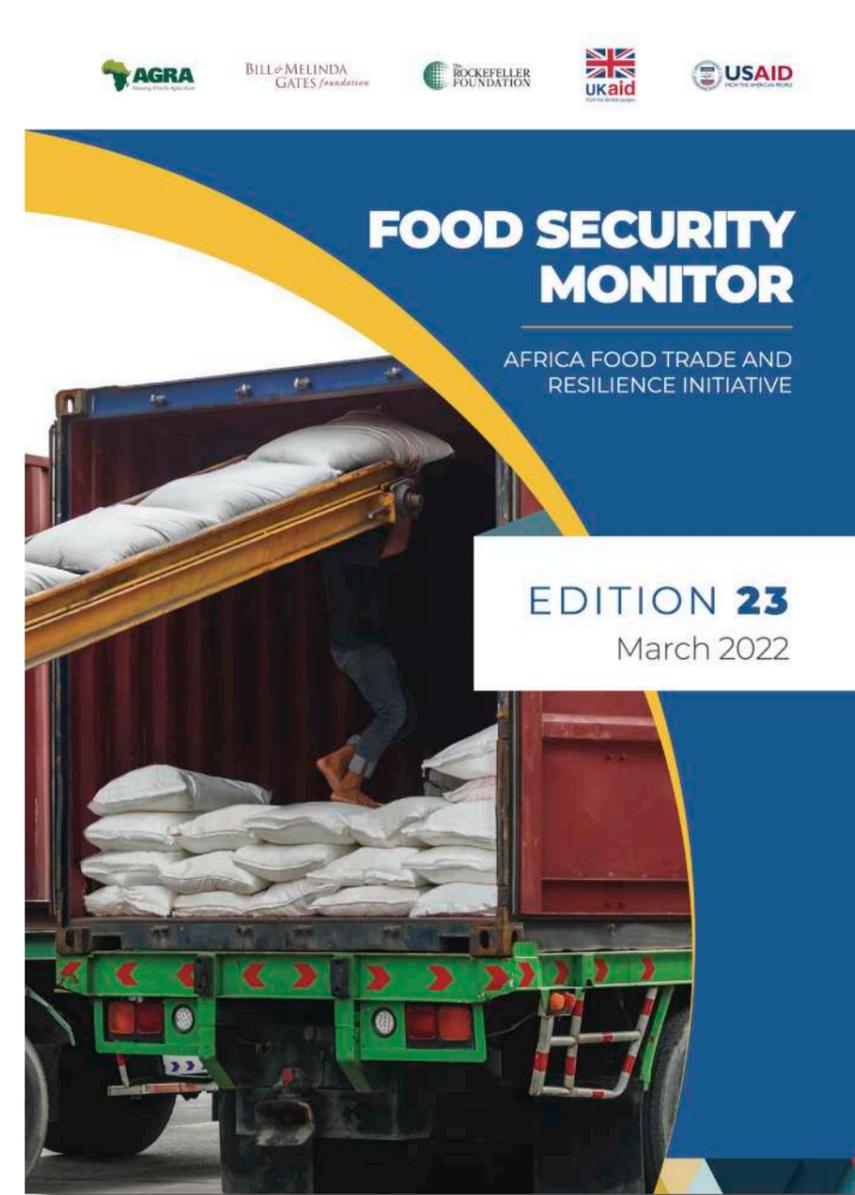
### FOOD SECURITY AFRICA - FREE PUBLICATION

#### KENYA

#### Food Security Monitor AGRA

AGRA's Food Security Monitor provides an overview assessment of the food security outlook in AGRA focus countries in East, West and Southern Africa, considering the movement of prices of main food staples and government interventions that impact on domestic and regional food trade alongside the impact of forecast weather changes and environmental conditions on food security.

The discussions presented here focus on selected countries of interest to the AGRA Regional Food Trade and Resilience Initiative: East Africa (Ethiopia, Kenya, South Sudan, Rwanda, Tanzania and Uganda), Southern Africa (Malawi, Mozambique, Zambia and Zimbabwe), and West Africa (Burkina Faso, Côte d'Ivoire, Ghana, Mali, Niger, Nigeria and Togo).



Free download: [https://agra.org/wp-content/uploads/2022/04/Food-Security-Monitor-March-2022\\_2.pdf](https://agra.org/wp-content/uploads/2022/04/Food-Security-Monitor-March-2022_2.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### FOOD SECURITY AFRICA - FREE PUBLICATION

#### LIBERIA

**Assessing the Socioeconomic Impact of COVID-19 on Agriculture, Food Security, Livelihood and Food Systems in Liberia**

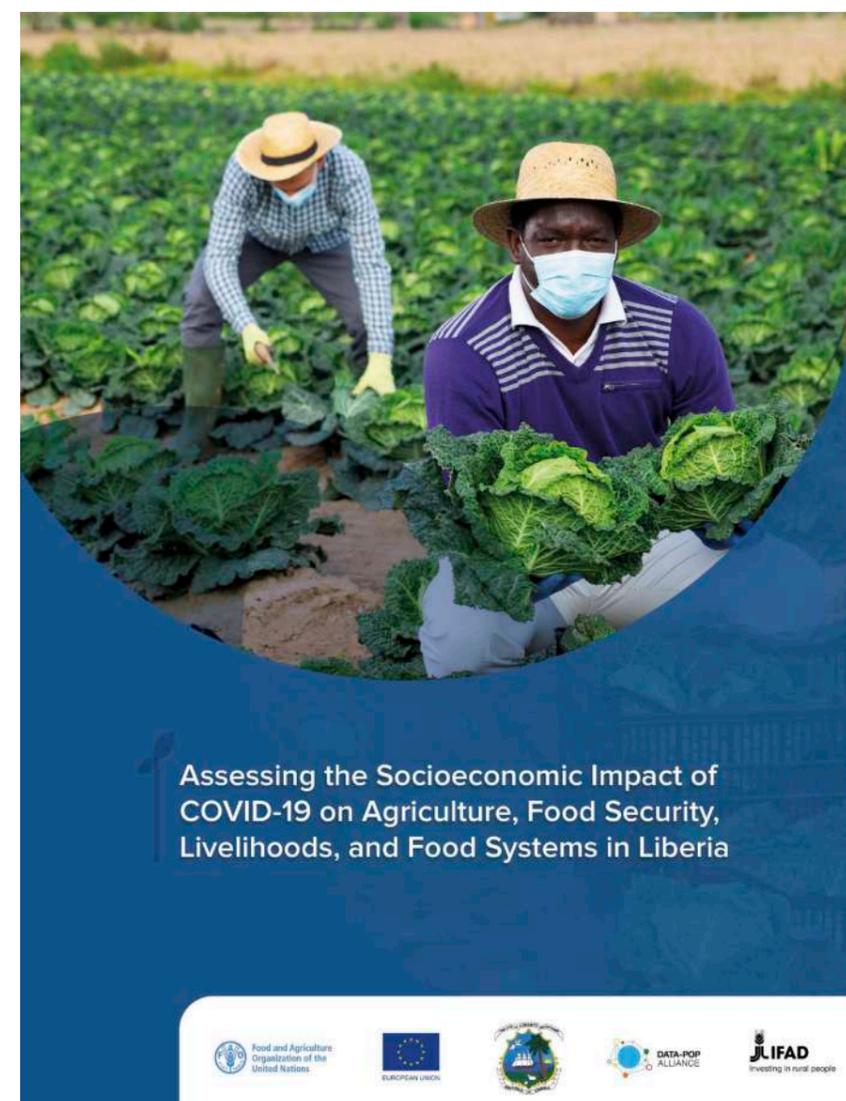
**Emmanuel Letouzé, Elena Serfilippi, Anna Spinardi, Andrés Lozano, Guillermo Romero, Nelson Papi Kolliesuah, Jeremy Titoe, Togba Sumo**  
**Data-Pop Alliance**

This study carried out by Data-Pop Alliance with guidance from the Food and Agriculture Organization in Liberia and with support from the European Union (EU), the International Fund for Agricultural Development (IFAD) and the Government of Liberia, provides evidence on the socioeconomic impacts of COVID-19 on agriculture, food security, livelihoods, and food systems in Liberia.

By combining the insights emerging from the literature with the analysis of secondary and primary data sources, the scope of this study focuses on the pandemic's effects on the demand side, supply side, and with regard to governance.

The evidence gathered allowed the authors to provide targeted policy recommendations to alleviate the pandemic's negative effects on agriculture, food security, and nutrition.

Free download: <https://datapopalliance.org/publications/assessing-the-socioeconomic-impact-of-covid-19-on-agriculture-food-security-livelihood-and-food-systems-in-liberia/>



Assessing the Socioeconomic Impact of  
COVID-19 on Agriculture, Food Security,  
Livelihoods, and Food Systems in Liberia



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



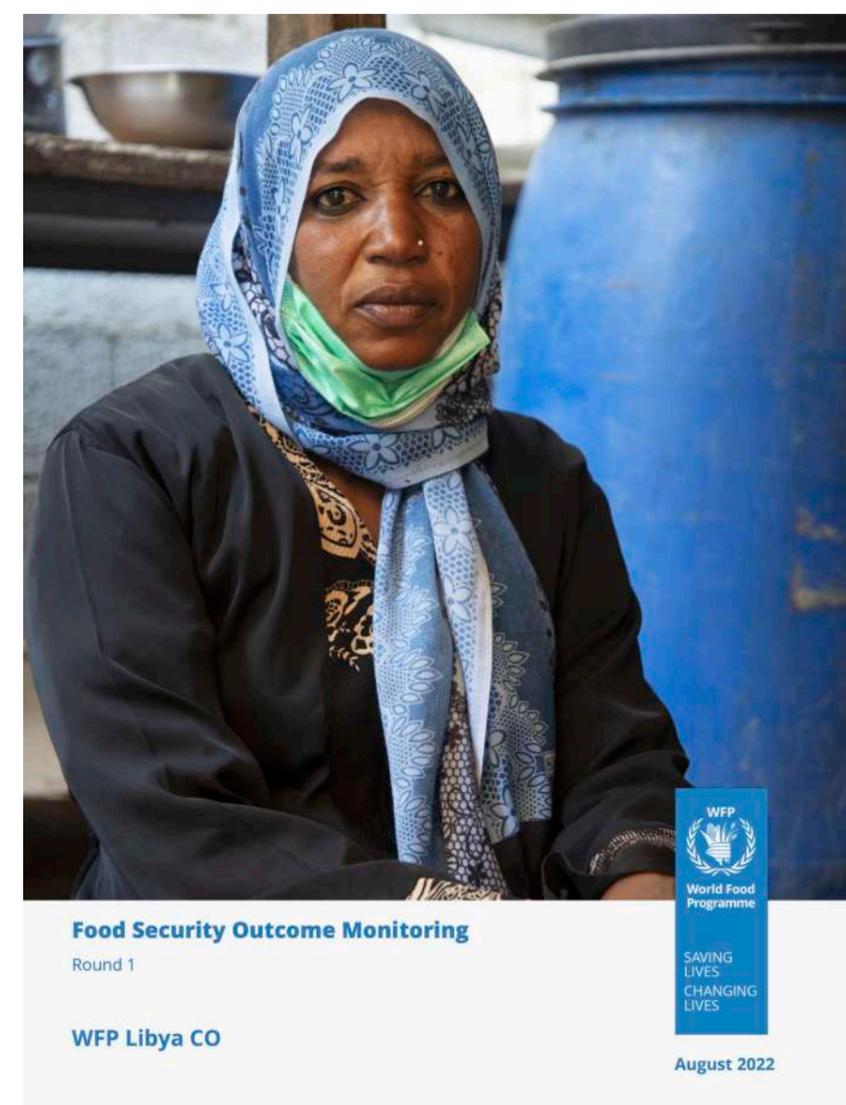
### FOOD SECURITY AFRICA - FREE PUBLICATION

#### LIBYA

#### Food Security Outcome Monitoring: Round 1, August 2022 WFP Lybia CO

Given the prolonged ongoing economic crisis in Libya, the recurrent conflict, and impact of COVID-19 pandemic it is becoming ever more essential to monitor and track the food security situation among Libyan and non-Libyan households. In addition, due to the increased pressure to target food assistance to those most vulnerable it is ever more critical to assess the food security of WFP beneficiaries and non-beneficiaries to better identify the assistance effect and refine targeting criteria.

WFP was able to reach 6,239 respondents to this survey over the phone via the partner call centre based in Tunisia. Yet, non-response rate in Libya for mobile surveys is relatively high, it reached 11% for this survey. Hence, analysis was conducted for a final sample of 5,549 respondents including 38% assisted households and 62% formerly assisted households.



Free download: <https://reliefweb.int/report/libya/libya-food-security-outcome-monitoring-round-1-august-2022>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY AFRICA - FREE PUBLICATION

#### MAURITANIA

**L'Avenir de l'agriculture en Mauritanie: 2030-2063**

**FIDA Mauritania : Takuro Harada & Assefa Woldeyes**

**Direction by Benoit Thierry - FIDA Afrique de l'Ouest, & Joelle Onimus-Pfortner**

In Mauritania, food consumption projections indicate exponential growth, but at different growth rates. Between 2020 and 2100 the growth in cereal consumption will have quadrupled, that of red meat multiplied by six and that of vegetables multiplied by 20. During the same period, consumption needs should mobilize an area of 3,359,000 ha of arable land for cereal production, 478,000 ha and 565,000 ha respectively for vegetables and fruits.

With the demand for meat reaching 602 thousand tons by the end of this century, the total investment required for the agro-pastoral sector would amount to 107 million USD by 2030, 4.2 billion USD by 2050 and finally 9.6 billion USD by 2100. These amounts required would be equivalent to 1% of projected GDP in 2030, 19% in 2050 and 4% in 2100 respectively.

Free download: [https://www.ifad.org/documents/38714170/43334911/Mauritanie\\_IFAD+Futur+de+l%27agri.pdf/070677b1-5f0b-7830-7bbd-df1d7ce6c04a?t=1625228833236](https://www.ifad.org/documents/38714170/43334911/Mauritanie_IFAD+Futur+de+l%27agri.pdf/070677b1-5f0b-7830-7bbd-df1d7ce6c04a?t=1625228833236)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY AFRICA - FREE PUBLICATION

#### NIGER

#### Niger Crisis Response Plan 2022 IOM - UN Migration

In Niger, IOM seeks to provide lifesaving assistance to crisis-affected populations in the southern regions of Niger, as well as to vulnerable Nigerien migrants within Niger or stranded abroad, as well as to foreign migrants, the majority from Economic Community of West African States - ECOWAS - countries, stranded in Niger (mainly in the Agadez region) who have expressed their willingness to return to their countries of origin.

This is complemented by the promotion of social cohesion and peaceful coexistence between host communities, IDPs and migrants and reduction of factors of instability that could lead to irregular and forced migration through community stabilization and peacebuilding interventions in regions affected by displacement and migration. IOM Niger further envisions to scale up its level of assistance in crisis-prone areas to foster enhanced resilience to shocks.

Free download: <https://crisisresponse.iom.int/response/niger-crisis-response-plan-2022>

**IOM**  
UN MIGRATION

**Niger Crisis Response Plan 2022**

IOM conducting community-based activities in a displacement site. © IOM Niger/Monica Chiriac, 2020

**IOM VISION** **\$115,038,000**  
Funding Required 2022

In Niger, IOM seeks to provide lifesaving assistance to crisis-affected populations in the southern regions of Niger, as well as to vulnerable Nigerien migrants within Niger or stranded abroad, as well as to foreign migrants, the majority from Economic Community of West African States - ECOWAS - countries, stranded in Niger (mainly in the Agadez region) who have expressed their willingness to return to their countries of origin.

**1,588,500**  
People Targeted

**56**  
Entities Targeted

**CONTACT INFORMATION**  
IOM Niger :&nbspiomniger@iom.int  
Programme Support  
Unit:&nbsppsuniger@iom.int

OBJECTIVE	FUNDING REQUIRED	FUNDING CONFIRMED
Save lives and respond to needs through humanitarian assistance and protection	59,933,000	7,883,740
Address the drivers and longer term impacts of crises and displacement through investments in recovery and crisis prevention	42,915,000	25,321,125
Strengthen preparedness and reduce disaster risk	10,780,000	700,932
Contribute to an Evidence Based and Efficient Crisis Response System	1,410,000	0

**PRIMARY TARGET GROUPS**

1. Internal migrant
2. Internally displaced person
3. International migrant
4. Local population / community
5. Refugee
6. Former combatant / fighter

Page 1 View the [Niger Crisis Response Plan 2022](#)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY AFRICA - FREE PUBLICATION

#### SAO TOME AND PRINCIPE

**Evaluation of capacity strengthening activities to government and local communities in Sao Tome and Principe from July 2019 to December 2022**

**WFP Sao Tome & Principe Country Office**

The Democratic Republic of Sao Tome and Principe (STP) is a lower-middle-income island state situated in the Gulf of Guinea, off the western coast of Central Africa. The country consists of two main islands (Sao Tome and Principe), located about 140 km apart with a land area of just over 1,000 km. As a small island developing state, the country faces various challenges. Due to its insularity and geographical location, Sao Tome and Principe is prone to climatic shocks and natural disasters and is vulnerable to market price fluctuation, which negatively impacts the subsistence conditions of its population and further increases their food insecurity.

In 2019, Sao Tome and Principe Government has integrated the 2030 Agenda and has adopted the zero-hunger strategic review (ZHSR) report in April 2018 as a road map for achieving zero hunger in the country.

**Evaluation of capacity strengthening activities to government and local communities in Sao Tome and Principe from July 2019 to December 2022**



Decentralized Evaluation Terms of Reference

WFP Sao Tome & Principe Country Office

June 2022

Free download: <https://www.wfp.org/publications/sao-tome-and-principe-capacity-strengthening-activities-government-and-local>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### FOOD SECURITY AFRICA - FREE PUBLICATION

#### SOMALIA

#### Somalia country strategic plan (2022–2025) World Food Programme

Despite measurable progress, Somalia continues to grapple with successive shocks, concurrent crises and multiple development challenges, both natural and human-made, that constrain its capacity to achieve sustainable food and nutrition security.

After two decades of protracted conflict, Somalia adopted a provisional constitution in 2012, establishing a parliament and a federal political system. The country's ninth national development plan, for the period 2020–2024, aligns and mainstreams the Sustainable Development Goals across the Government's agenda and reflects the principles of the 2030 Agenda for Sustainable Development.

To support the Government's ambition, the United Nations has matched the four strategic pillars of the national development plan against the four strategic priorities of the Somalia United Nations sustainable development cooperation framework for 2021-2025: inclusive politics and reconciliation (strategic priority 1); security and rule of law (strategic priority 2); economic development (strategic priority 3); and social development (strategic priority 4). WFP was a key contributor in developing the evidence base for the Somalia United Nations sustainable development cooperation framework (through the United Nations common country analysis process) and participated in defining its theory of change for developing pathways to peace and sustainable, inclusive development.

Free download: [https://executiveboard.wfp.org/document\\_download/WFP-0000129739](https://executiveboard.wfp.org/document_download/WFP-0000129739)

The screenshot shows the header and metadata of a document from the WFP Executive Board. It includes the WFP logo, the board's name in multiple languages, and the session details. Below this is a table with distribution information and a table with key metrics for the Somalia country strategic plan (2022-2025), such as duration, total cost, and gender/age markers. The document also includes an executive summary and focal points.

World Food Programme Programme Alimentaire Mondial Programa Mundial de Alimentos برنامج الأغذية العالمي		Executive Board Second regular session Rome, 15–18 November 2021
Distribution: General	Agenda item 7	
Date: 4 October 2021	WFP/EB.2/2021/7-A/3	
Original: English	Operational matters – Country strategic plans For approval	

Executive Board documents are available on WFP's website (<https://executiveboard.wfp.org>).

Somalia country strategic plan (2022–2025)	
Duration	1 January 2022–31 December 2025
Total cost to WFP	USD 1,941,288,739
Gender and age marker*	3

\* <https://gender.manuals.wfp.org/env/gender-toolkit/gender-in-programming/gender-and-age-marker/>.

**Executive summary**  
Despite measurable progress, Somalia continues to grapple with successive shocks, concurrent crises and multiple development challenges, both natural and human-made, that constrain its capacity to achieve sustainable food and nutrition security.  
After two decades of protracted conflict, Somalis adopted a provisional constitution in 2012, establishing a parliament and a federal political system. The country's ninth national development plan, for the period 2020–2024, aligns and mainstreams the Sustainable Development Goals across the Government's agenda and reflects the principles of the 2030 Agenda for Sustainable Development.  
To support the Government's ambition, the United Nations has matched the four strategic pillars of the national development plan against the four strategic priorities of the Somalia United Nations sustainable development cooperation framework for 2021–2025: inclusive politics and reconciliation (strategic priority 1); security and rule of law (strategic priority 2); economic development (strategic priority 3); and social development (strategic priority 4). WFP was a key contributor in developing the evidence base for the Somalia United Nations sustainable development cooperation framework (through the United Nations common country analysis process) and participated in defining its theory of change for developing pathways to peace and sustainable, inclusive development.

**Focal points:**  
Mr M. Dunford  
Regional Director  
Eastern Africa  
email: [michael.dunford@wfp.org](mailto:michael.dunford@wfp.org)  
Mr C. Arroyo  
Country Director  
email: [cesar.arroyo@wfp.org](mailto:cesar.arroyo@wfp.org)

World Food Programme, Via Cesare Giulio Viola, 58/70, 00148 Rome, Italy

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SECURITY AFRICA - FREE PUBLICATION

#### ZAMBIA

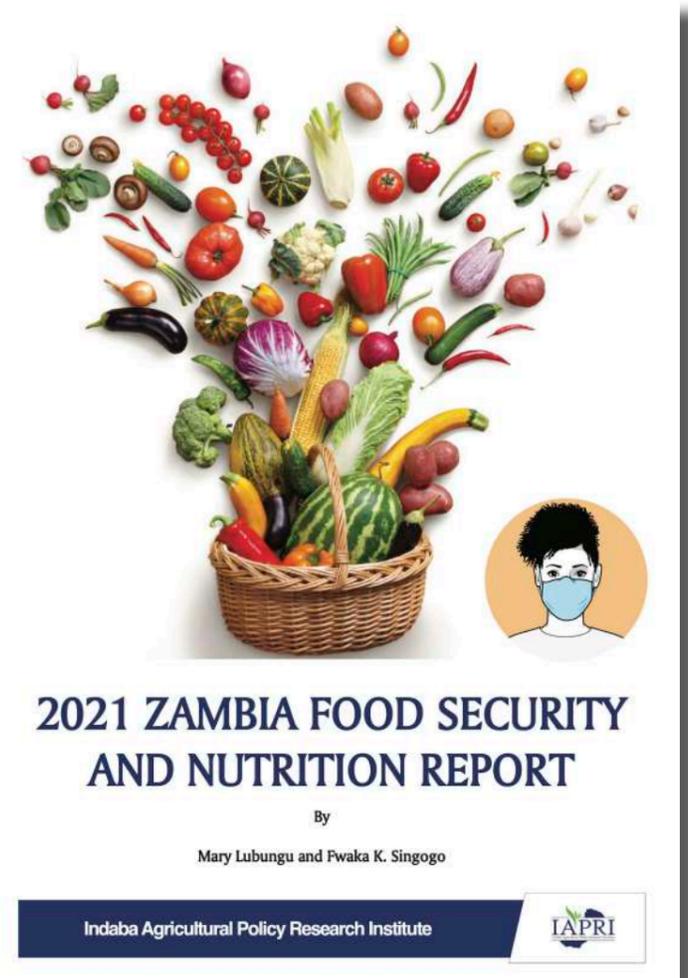
**Zambia Food Security and Nutrition Report**  
**Mary Lubungu and Fwaka K. Singogo**  
**Indaba Agricultural Policy Research Institute**

Established in 2011, Indaba Agricultural Policy Research Institute (IAPRI) is Zambia's first indigenous policy research institute dedicated to policy analysis of the agricultural and environmental sectors. IAPRI is a non-profit company limited by guarantee and collaboratively works with public and private sector stakeholders. The Institute's vision is; "A Zambia free of hunger, malnutrition, and poverty through sustainable agricultural transformation".

IAPRI's mandate is to utilise empirical evidence to advise and guide the Government of Zambia and other stakeholders on agricultural investments and policies. The overarching goal of IAPRI's policy analysis and outreach efforts is to identify policies and investments in the agricultural sector that can effectively stimulate inclusive economic growth and poverty reduction. This is achieved through three core operational activities:

- Producing authentic, impartial, and high-quality research on agricultural, food, and natural resource policy issues in Zambia and the wider southern African region;
- Integrating research findings into national, regional, and international programs and policy strategies, to promote sustainable agricultural growth and alleviate hunger and poverty in Zambia; and
- Supporting the development and strengthening of capacity for policy research, analysis, and outreach of public and private institutions

Free download: [https://www.iapri.org.zm/wp-content/uploads/2022/04/2021\\_Zambia\\_food\\_security\\_and\\_nutrition.pdf](https://www.iapri.org.zm/wp-content/uploads/2022/04/2021_Zambia_food_security_and_nutrition.pdf)



# SCHOOL & CHILDREN FOOD SECURITY



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

#### AFRICAN UNION

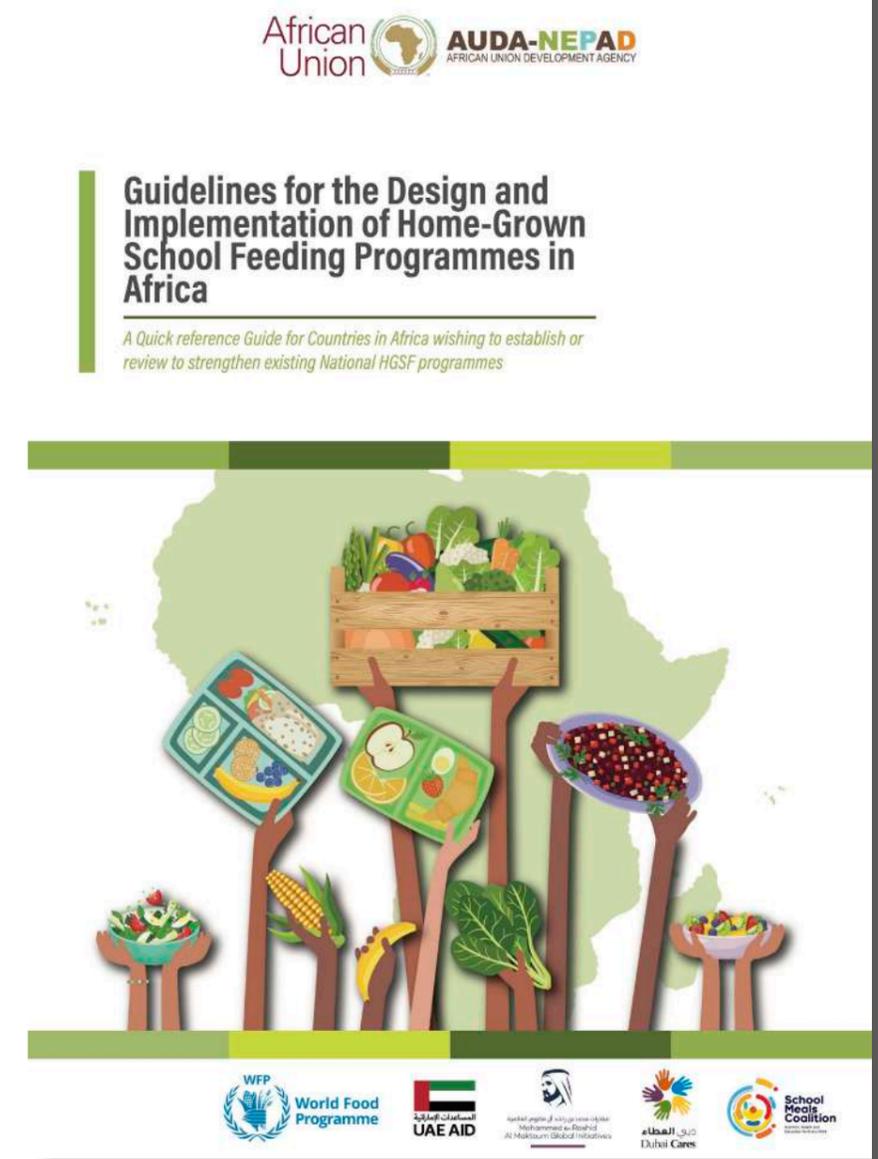
#### Guidelines for the Design and Implementation of Home-Grown School Feeding Programmes in Africa

African Union Commission and African Union Development Agency - NEPAD

Our experience at AUDA-NEPAD shows that School Meals are a huge game changer with multiple benefits cutting across a myriad of sectors. The growing interest in Home Grown School Feeding (HGSF) years after its endorsement in 2003 by the then NEPAD Secretariat under the Comprehensive Africa Agriculture Development Programme (CAADP), clearly illustrates that moving from an idea to a project, proof of concept to a full-fledged programme takes concerted planning, resourcing and time. Home-Grown School Feeding (HGSF), as one of the strategic programmes of AUDA-NEPAD, aims to link school feeding to agricultural development through the production and procurement of locally diverse foods, especially by small holder farmers.

This way, HGSF fulfils multiple objectives, local agriculture, community engagement and economic development, food security, child nutrition, health and development, as well as better school attendance, retention and educability.

Free download: <https://www.nepad.org/file-download/download/public/133914>





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

#### AUSTRALIA

#### Stephanie Alexander Kitchen Garden Program Independent academic evaluation summary Stephanie Alexander Kitchen Garden Foundation

The Stephanie Alexander Kitchen Garden Foundation provides the inspiration, information, professional development and support for educators to deliver pleasurable food education to children and young people in Australia. Pleasurable food education is a fun, hands-on approach to teaching children and young people about fresh, seasonal, delicious food so they form positive food habits for life. Delivered through a kitchen garden program, pleasurable food education has an array of health, wellbeing, education and community benefits.

Stephanie Alexander AO, one of Australia's most recognised cooks, food educators and authors, established the Kitchen Garden Foundation in 2004, following the success of the first kitchen garden program piloted in 2001. The motivation for this work came from Stephanie's awareness of the growing childhood obesity problem in Australia. The Stephanie Alexander Kitchen Garden Foundation supports early childhood services, primary schools and secondary schools across Australia, and our community is growing.

Free download:

[treasury.gov.au/sites/default/files/2022-03/258735\\_stephanie\\_alexander\\_kitchen\\_garden\\_foundation\\_supporting\\_document.pdf](https://treasury.gov.au/sites/default/files/2022-03/258735_stephanie_alexander_kitchen_garden_foundation_supporting_document.pdf)



#### Stephanie Alexander Kitchen Garden Program: Independent academic evaluation summary



#### University of Melbourne/Deakin University evaluation 2009<sup>1</sup>

An evaluation of the Stephanie Alexander Kitchen Garden Program was undertaken between 2007 and 2009, by a joint research team from the Faculty of Health, Medicine, Nursing & Behavioural Sciences, Deakin University and the McCaughey Centre: VicHealth Centre for the Promotion of Mental Health and Community Wellbeing, University of Melbourne. The findings were extremely positive and demonstrated that the Kitchen Garden Program is encouraging positive health behaviour change in participating children. The evaluation also showcased the transfer of benefits to the home and the broader community.

The key findings of the evaluation are as follows:

- There was strong evidence of increased child willingness to try new foods including a significant difference between program and comparison schools.
- There was evidence of statistically significant increases in child knowledge, confidence and skills in cooking and gardening.
- The kitchen classes were greatly enjoyed by children, and the children at program schools were significantly more likely than children from comparison schools to report that they liked cooking 'a lot'.
- Children's competent use of knives in the kitchen appeared to be particularly valued by all stakeholders as evidence of skill but also as a symbol of trust.

<sup>1</sup> Block K, Johnson B, Gibbs L, Staiger P, Townsend M, Macfarlane S, Gold L, Long C, Kulas J, Okoumunne OC, Waters E, (2009) Evaluation of the Stephanie Alexander Kitchen Garden Program: Final Report. Melbourne: McCaughey Centre. Full report available: <https://mispgh.unimelb.edu.au/centres-institutes/centre-for-health-equity/research-group/jack-brockhoff-child-health-wellbeing-program/research/physical-health-and-wellbeing/evaluation-of-the-stephanie-alexander-kitchen-garden-program>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

#### BHUTAN

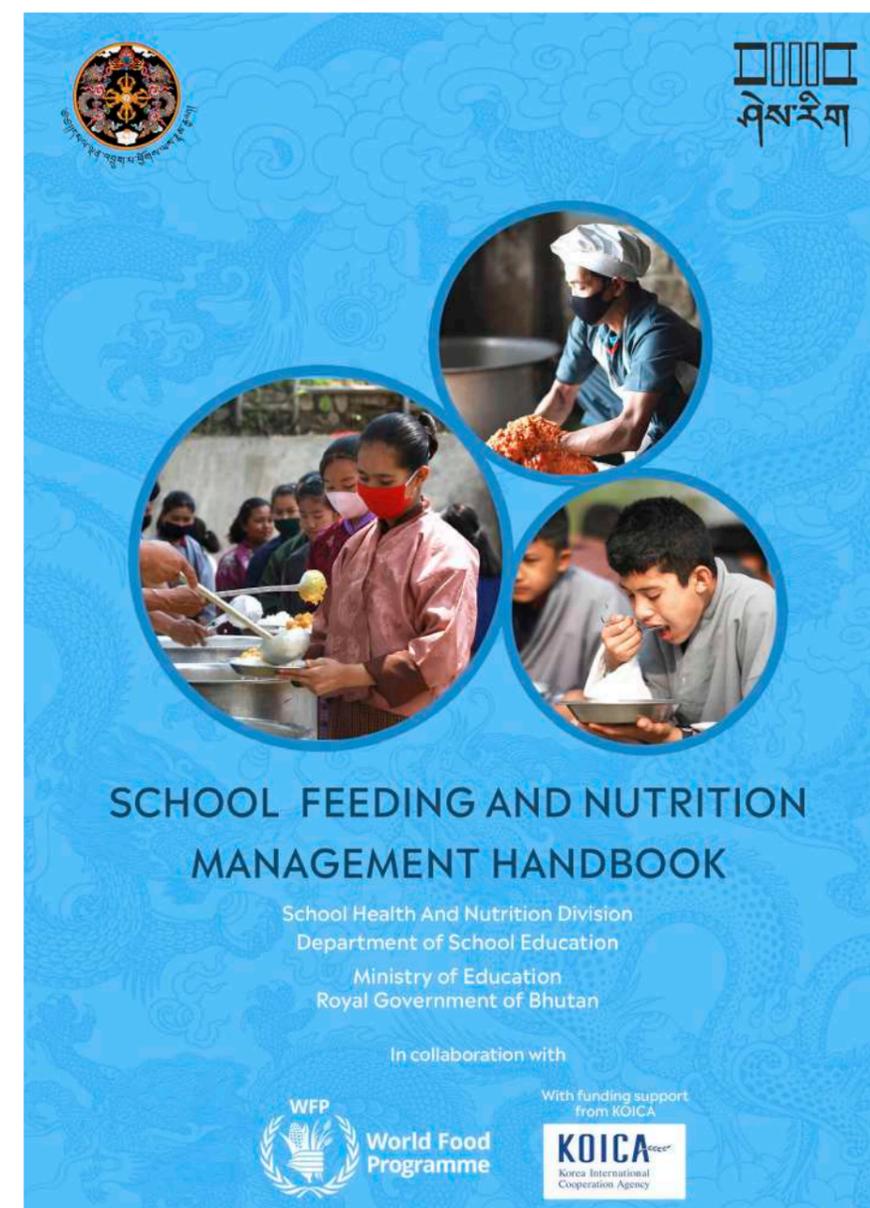
##### School feeding & nutrition management handbook Ministry of Education - WFP

The National School Feeding and Nutrition Programme (NSFNP) is deeply embedded within Bhutan's education system. The National Education Policy (draft) 2018 recognises the role of school feeding as a strategy to support children to complete basic education. School meals started in the country in the 1960s with the objective to attract and retain children in school. With the arrival of the UN World Food Programme (WFP) in 1974, a school feeding programme was established and scaled-up to become one of the driving factors in achieving the current high net primary enrolment rate of 95 percent.

The Handbook aims to become a quick reference document for all stakeholders involved in the National School Feeding and Nutrition Programme in the management and implementation of the programme. It establishes the principles to be adhered to in planning, implementing and managing the programme and sets out the roles and responsibilities of the various national and international stakeholders. It can further be used as a resource for training members of School Management Committees, cooks, parents, teachers and students.

Free download:

<http://www.education.gov.bt/wp-content/uploads/2022/01/SFNP.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

#### CHINA

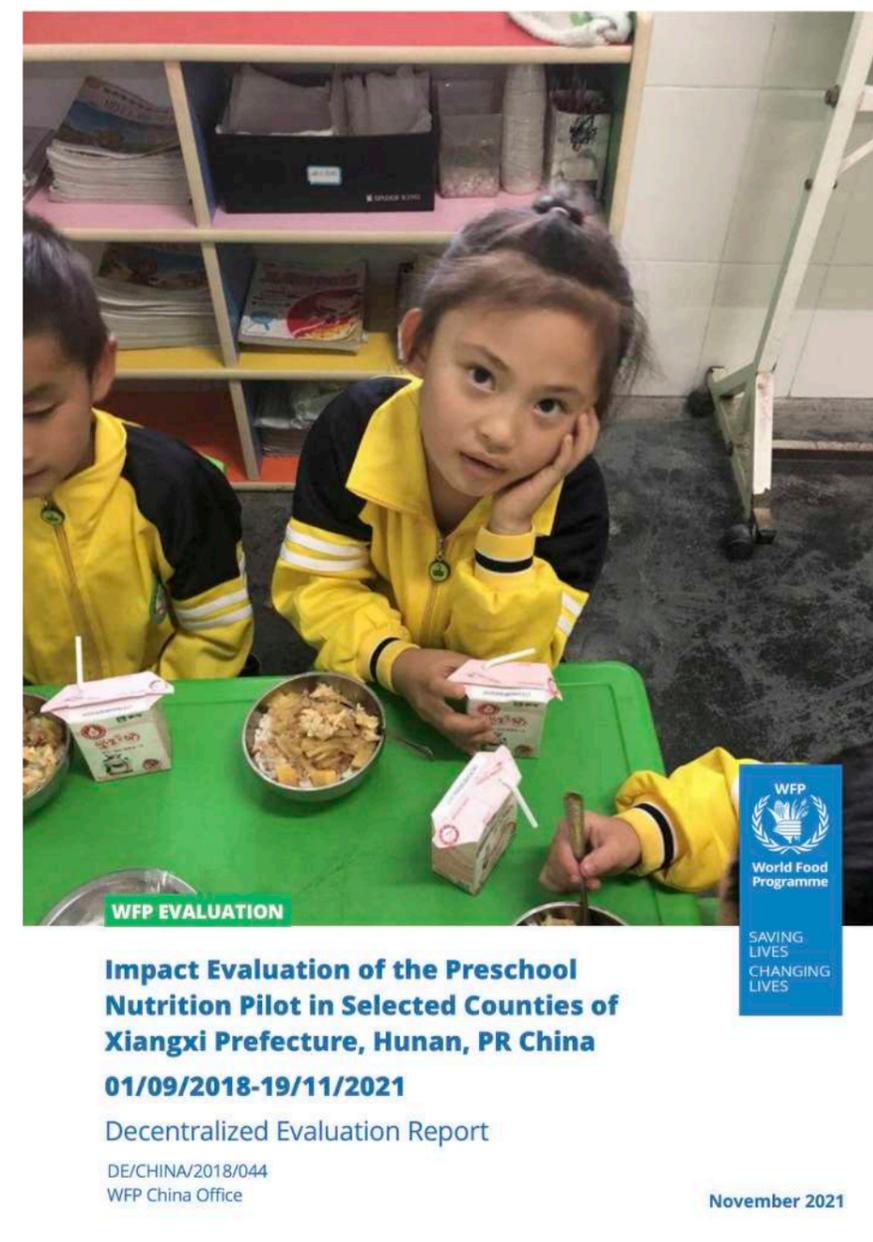
#### **Impact Evaluation of the Preschool Nutrition Pilot in Selected Counties of Xiangxi Prefecture, Hunan, PR China** **WFP China Office**

This is the Endline Report for the impact evaluation of WFP's Preschool Nutrition Pilot Program in selected counties of Hunan province in Central South China, a project that aims to improve nutrition, cognitive, and socio-emotional conditions of preschool children and to increase smallholders' agricultural production and income through providing school meal subsidy, upgrading kitchen facilities, enhancing nutrition education of caregivers and preschool personnel and involving local poor smallholder farmers in the preschool food supply chain.

WFP China Country Strategic Plan (CSP) 2017-2021 commits to assist the country to achieve the national SDG target, which is reducing the stunting rate of children under 5 to below 7% and reducing anemia prevalence to less than 12% by 2020. Hunan province is prioritized in the CSP, given the concentration of poverty and prevalence of malnutrition there. Since 1980s, WFP has implemented three assistance programs in 12 counties/districts in Hunan province, and played an important role in rural infrastructure improvement and poverty alleviation in western Hunan.

Free download:

<https://www.wfp.org/publications/china-preschool-nutrition-pilot-selected-countries-china-feb-2018-jan-2021-evaluation-baseli>



#### **Impact Evaluation of the Preschool Nutrition Pilot in Selected Counties of Xiangxi Prefecture, Hunan, PR China**

**01/09/2018-19/11/2021**

Decentralized Evaluation Report

DE/CHINA/2018/044  
WFP China Office

November 2021

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

#### PARAGUAY

#### **Alimentación escolar en Paraguay y el desafío de una adecuada implementación**

**Fernando Gabriel Ovando Rivarola**

**International Budget Partnership**

**Centro de Análisis y Difusión de la Economía Paraguaya, CADEP**

Budget credibility refers to the ability of governments to accurately and consistently meet initial budget targets for expenditures and revenues. But when they fail to meet budget targets, they are expected to provide valid justifications.

Prior to the present research, the Paraguayan School Feeding Program (PAEP) and the level of execution of its budget were analyzed to determine if there were any justifications and/or reasons that explain when the budget is not fully executed.

In order to better understand the reasons for non-compliance with the program's objectives and the link with the executed budget, this second phase of the research was carried out. During this phase, contact was made with four Governorates (Central, Caaguazú, Misiones, Cordillera), the Ministry of Education and Science (MEC) and the National Directorate of Public Contracting (DNCP).

Free download:

[http://www.cadep.org.py/uploads/2022/05/Alimentaci%C3%B3n\\_Escolar\\_en\\_Paraguay.pdf](http://www.cadep.org.py/uploads/2022/05/Alimentaci%C3%B3n_Escolar_en_Paraguay.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

#### UNITED KINGDOM

#### 2022 School Meals Report From ParentPay, Cypad and LACA

The aim of this research is to understand the parental view of the school meal service and offering available to their children. Building on the success of the 2021 survey, ParentPay, Cypad and LACA have again conducted one of the largest studies ever undertaken with parents on school meal provision in the UK. The survey attracted an overwhelmingly positive response and totalled 306,354 respondents, providing an extremely robust overall sample size across England, Scotland, Wales and Northern Ireland, as well as within the regions of England.

As an organisation in its 31st year, LACA has long been recognised as an association representing and supporting school catering organisations and teams across the country, with 80% of school catering services being delivered by its members. Assist FM have also contributed to the report and gave their full support for the responses from parents across Scotland.

This study helps us to understand what caterers and school leadership teams need to do to ensure their customers and families are happy with the service provided. Comparing the results to the previous survey and other pieces of research will provide an ongoing understanding of the needs of parents/guardians, school leadership and catering teams.

Free download: [www.parentpay.com/cypad/wp-content/uploads/sites/7/2022/07/2022-School-Meal-ReportCypadParentpay.pdf](http://www.parentpay.com/cypad/wp-content/uploads/sites/7/2022/07/2022-School-Meal-ReportCypadParentpay.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

#### UNITED STATES OF AMERICA

#### **The Reach of Breakfast & Lunch: A Look at Pandemic & Pre-Pandemic Participation** Food Research & Action Center (FRAC)

In March 2020, schools across the country shuttered in response to the pandemic, and a majority of school districts provided instruction virtually or through a hybrid model for part or all of the 2020-2021 school year. FRAC's new report provides a comprehensive analysis of the impact of the pandemic on participation in both breakfast and lunch across three school years: 2018-2019, 2019-2020, and 2020-2021. Key findings include:

- Nearly 14 million children received breakfast and 19.8 million children received lunch on an average school day during the 2020–2021 school year, a decrease of 4.7 percent and 30.7 percent, respectively, compared to breakfast and lunch participation rates in the 2018–2019 school year — the last full school year prior to the pandemic.
- During the 2020–2021 school year, the first full year of the COVID-19 pandemic, more than 2.1 billion breakfasts were served through the Summer Food Service Program (SFSP), Seamless Summer Option (SSO), and the School Breakfast Program combined, a decrease of 102.9 million, or 4.6 percent, when compared to 2.2 billion in the 2018–2019 school year.
- Lunch saw an even more dramatic drop: During the 2020–2021 school year, almost 3.0 billion lunches were served through SFSP, SSO, and the National School Lunch Program combined, a decrease of 1.4 billion, or 32.4 percent, when compared to 4.4 billion in the 2018–2019 school year.
- A gap in participation between breakfast and lunch remained but decreased during the pandemic. This was driven by the 30.7 percent decrease in lunch participation in the 2020–2021 school year compared to the 2018–2019 school year.

Free download: <https://frac.org/blog/the-reach-of-breakfast-and-lunch-report>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SCHOOL & CHILDREN FOOD SECURITY - FREE PUBLICATION

WFP

#### School Meals Coalition

In early 2020, school feeding programmes delivered more meals than ever before, to 388 million children, or one out of every two primary school children worldwide. This historic progress was the culmination of a decade of action by governments and their partners. However, there was still work to be done with 73 million of the most vulnerable girls and boys without access to school meals.



**School  
Meals  
Coalition**  
Nutrition, Health and  
Education for Every Child

The COVID-19 pandemic brought this progress to a sudden halt. In April 2020, during the height of the pandemic, almost all countries closed their schools, leaving 370 million school children without access to the one meal a day they could rely on.

To ensure that every child has the opportunity to grow, learn and thrive, a group of member states and partners are forming an international School Meals Coalition.

The Coalition will support governments and their partners to improve the quality of school meals and strengthen school meal systems globally, in a manner which is tailored to local contexts and which promotes the sharing of international best practices.

Free access: <https://schoolmealscoalition.org/>

# FOOD SAFETY FREE PUBLICATIONS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SAFETY FREE PUBLICATION

#### BELGIUM

#### Guidance on Food Allergen Management for Food Manufacturers - Version 2 Food Drink Europe

This document aims to provide sound, evidence-based and consistent guidance on good practice in risk management of allergenic foods and certain food intolerances (hereafter referred to as 'allergen management') for food producers of foodstuffs intended for sale to the general population.

By harmonising and disseminating good practice across the European food industry at all levels, this guidance will ensure a consistent understanding of, and approach to, managing allergens and certain food causing intolerances to a high standard throughout the European food industry.

This will help minimise the risk to allergic consumers and enable them to make informed product choices.



Free download: <https://www.fooddrinkeurope.eu/resource/guidance-on-food-allergen-management-for-food-manufacturers/>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SAFETY FREE PUBLICATION

#### DENMARK

#### Calidad y seguridad de los alimentos (Spanish version of White Paper Food & Quality Safety) Food Nation

This white paper is about Denmark's contribution to solving this challenge and to creating new business opportunities for international partners in the process.

The Danish food cluster stands out for its culture of collaborative innovation. Primary producers work together to produce the very best raw materials for food production. Through their best practices, new international standards for quality and safety are often set. Danish quality assurance systems are also continuously improved. Today, they secure full traceability and transparency in the food value chain, enabling a fast response to any food safety threat.

Continuous research and development is key to maintaining Denmark's leading position on the international stage. With this in mind, a vision for world-class innovation has been set for 2030. The aim is to continue building on the strong foundations for producing safe, high-quality food – to the benefit of the country's international business partners and to consumers the world over.

Free download: [https://foodnationdenmark.com/wp-content/uploads/White-paper-Quality\\_SPANISH\\_WEB.pdf](https://foodnationdenmark.com/wp-content/uploads/White-paper-Quality_SPANISH_WEB.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SAFETY FREE PUBLICATION

#### GABON

**Manuel d'hygiène pour les métiers de l'alimentation de rue**  
**AGASA - Agence Gabonaise de Sécurité Alimentaire**  
**Ministère de l'agriculture, de l'élevage, de la pêche et de l'alimentation**

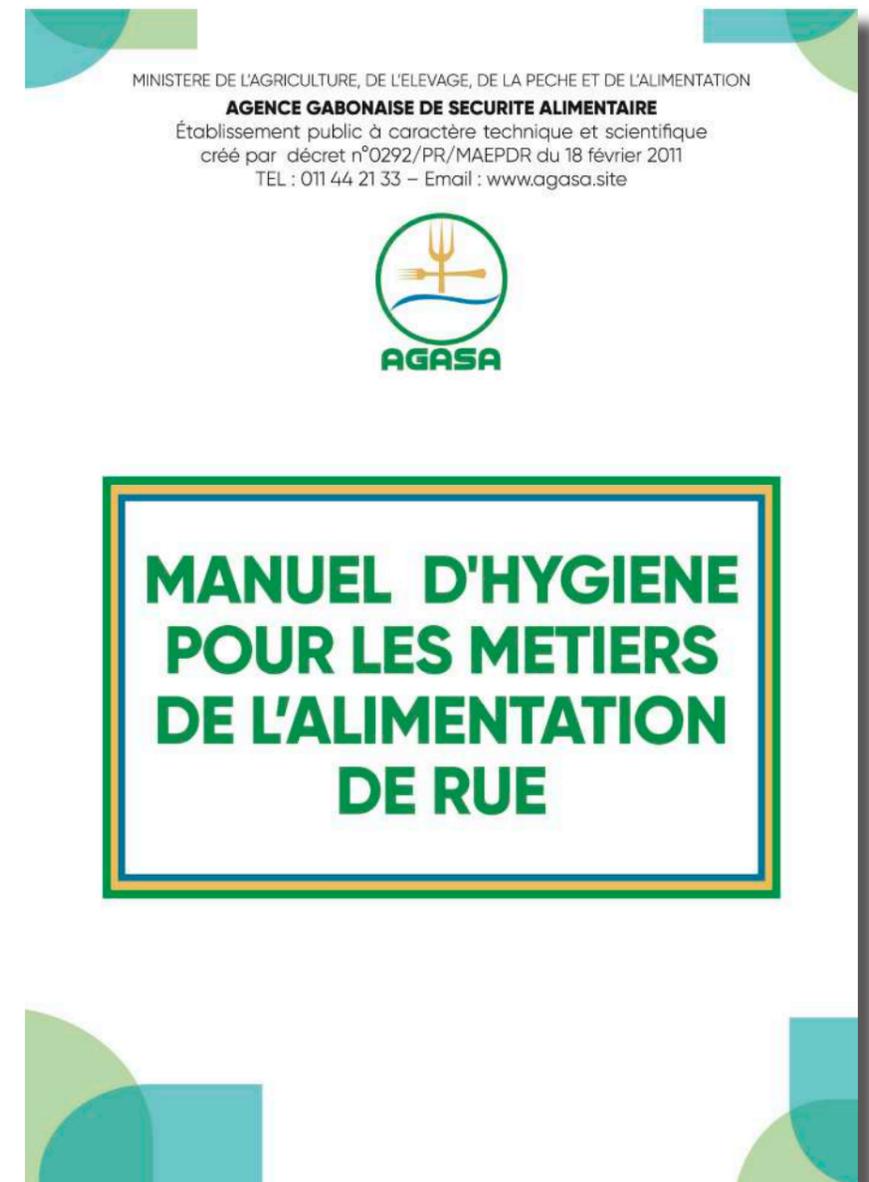
The purpose of this document is to provide guidance to those working in the street food industry to help control the safety of foodstuffs. The economic operator must therefore :

- know and be able to implement the Good Hygiene Practices appropriate to his workstation;
- integrate the Good Hygiene Practices as measures to control food risks.

All food industry professionals are encouraged to develop, disseminate and assist in the implementation of guides to good hygiene practices and to apply the principles of Hazard Analysis Critical Control Point.

It is thus for them, to work for the sanitary safety of the by the marketing of products without danger for the consumer. This is a major concern of public authorities and consumers.

Free download: [https://www.agasa.site/first/wp-content/uploads/2021/05/CODE\\_DHYGIENE\\_POUR\\_LES\\_METIERS\\_DE\\_L%E2%80%99ALIMENTATION\\_DE\\_RUE.pdf](https://www.agasa.site/first/wp-content/uploads/2021/05/CODE_DHYGIENE_POUR_LES_METIERS_DE_L%E2%80%99ALIMENTATION_DE_RUE.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### FOOD SAFETY FREE PUBLICATION

FAO

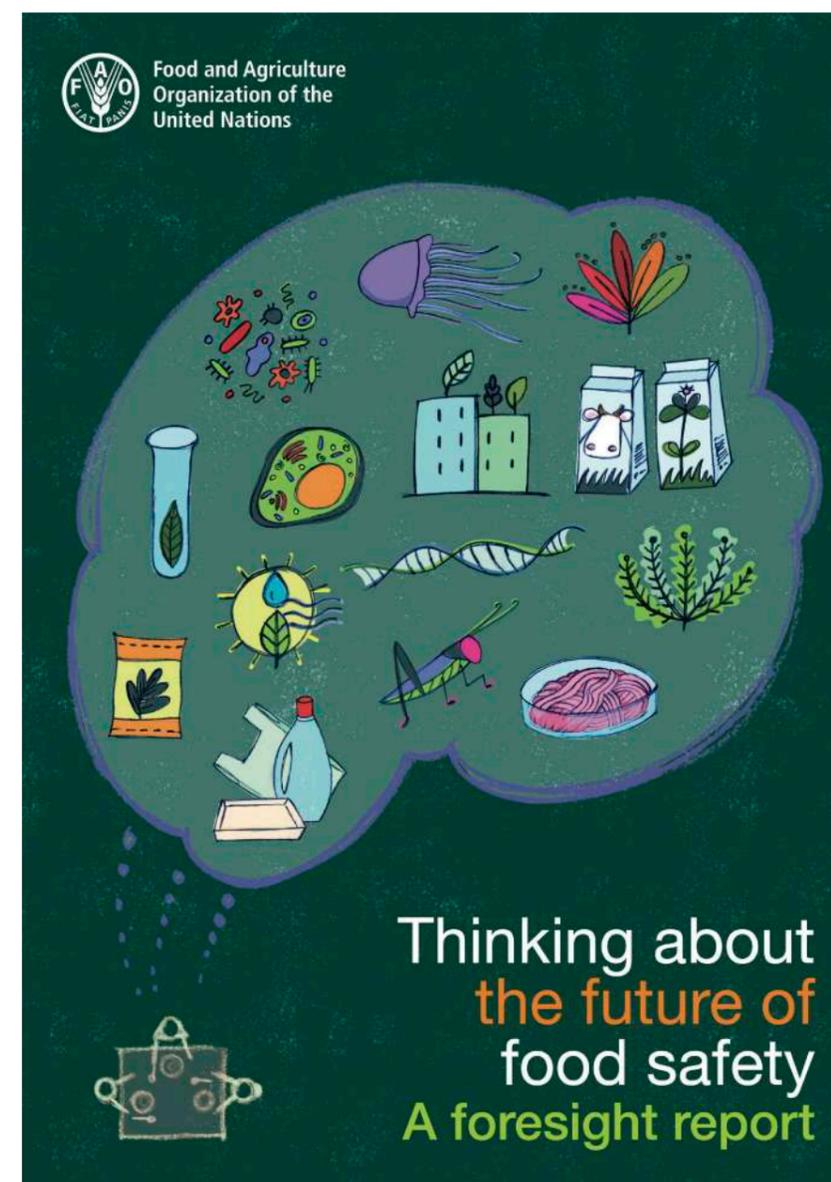
#### Thinking about the future of food safety - A foresight report

FAO - Rome

Food safety is a keystone to agrifood systems and all food safety actors need to keep pace with the ongoing transformation while preparing to navigate the potential threats, disruptions, and challenges that may arise. Foresight in food safety facilitates the proactive identification of drivers and related trends, both within and outside agrifood systems, that have implications for food safety and therefore also for consumer health, the national economy, and international trade. Early identification and evaluation of drivers and trends promote strategic planning and preparedness to take advantage of emerging opportunities and address challenges in food safety.

In this publication, the FAO Food Safety Foresight programme provides an overview of the major global drivers and trends by describing their implications for food safety in particular and for agrifood systems by extrapolation. The various drivers and trends reported include climate change, changing consumer behaviour and preferences, new food sources and production systems, technological advances, microbiome, circular economy, food fraud, among others.

Free download: <https://www.fao.org/documents/card/en/c/cb8667en/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SAFETY FREE PUBLICATION

#### FINLAND

##### **Finnish Grain Quality in 2021**

**Trilingual Finnish, Swedish, English**

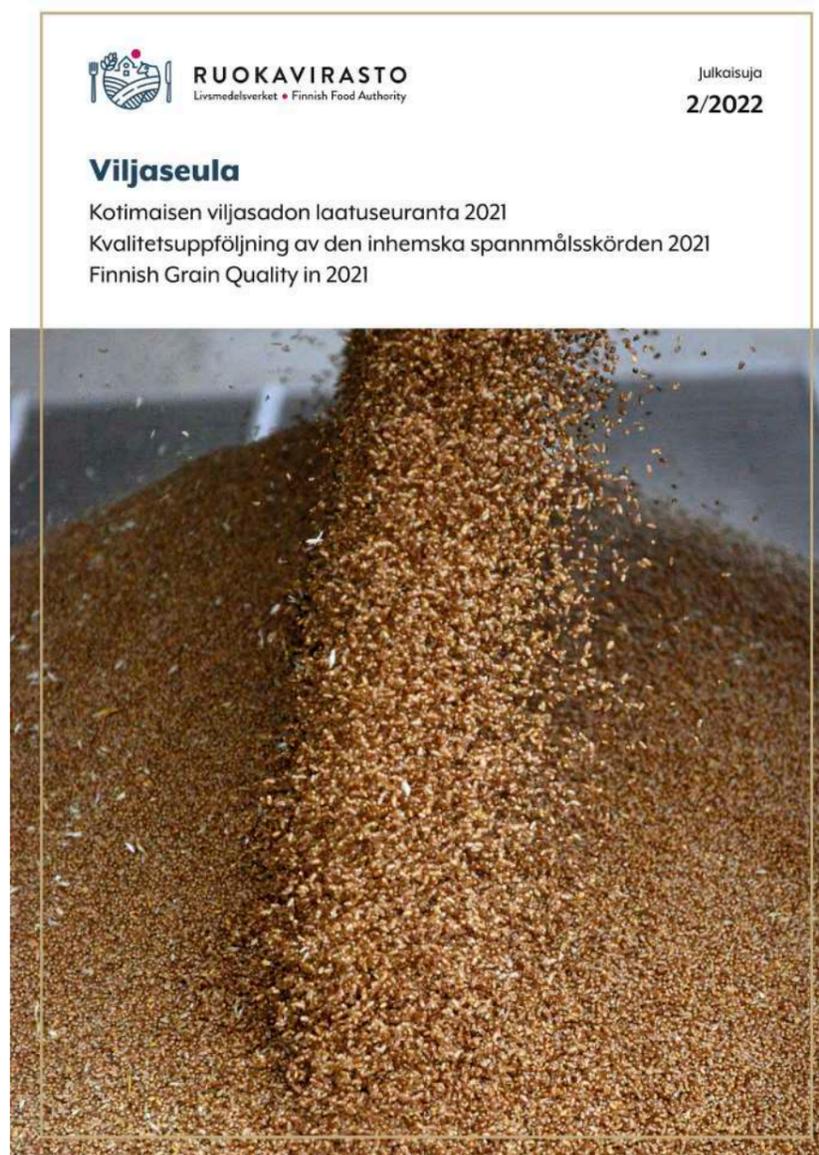
**Finnish Food Authority, Plant Analytics Unit, Plant Pest and Grain Section**

Finland is the world's northernmost agricultural country, which brings its own climate challenges. No two growing seasons are the same in Finland and the climate is also changing.

The Viljaseula 2021 publication contains key data on the quality and safety monitoring of the Finnish cereal harvest carried out by the Plant Analysis laboratory at the Finnish Food Authority. Information on the quality of cereals from the 2021 harvest is shown by region based on the regional division of ELY centres and by grain variety. Regional and varietal information may have been provided where there were enough samples.

Quality information has also been provided for organic grain where there were at least 20 samples. The information is provided in the form of brief texts for each grain variety and supplemented with tables, graphs and maps. The publication also has growers' yield forecasts for all grain varieties.

Free download: [https://www.ruokavirasto.fi/globalassets/laboratoriopalvelut/kasvitutkimukset/viljan-laatu/viljaseula\\_2021.pdf](https://www.ruokavirasto.fi/globalassets/laboratoriopalvelut/kasvitutkimukset/viljan-laatu/viljaseula_2021.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SAFETY FREE PUBLICATION

#### LUXEMBOURG

**Guide de bonnes pratiques d'hygiène pour les entreprises du secteur Horeca**  
**Save to Serve Horeca, Horesca Luxembourg, Chamber of Commerce Luxembourg**

“These guides are particularly useful for companies, and especially for small because they allow professionals to share the first steps of the HACCP method by developing the first steps of the HACCP method by developing concrete elements of specific to the HORECA sector and adapted to their company structure.”

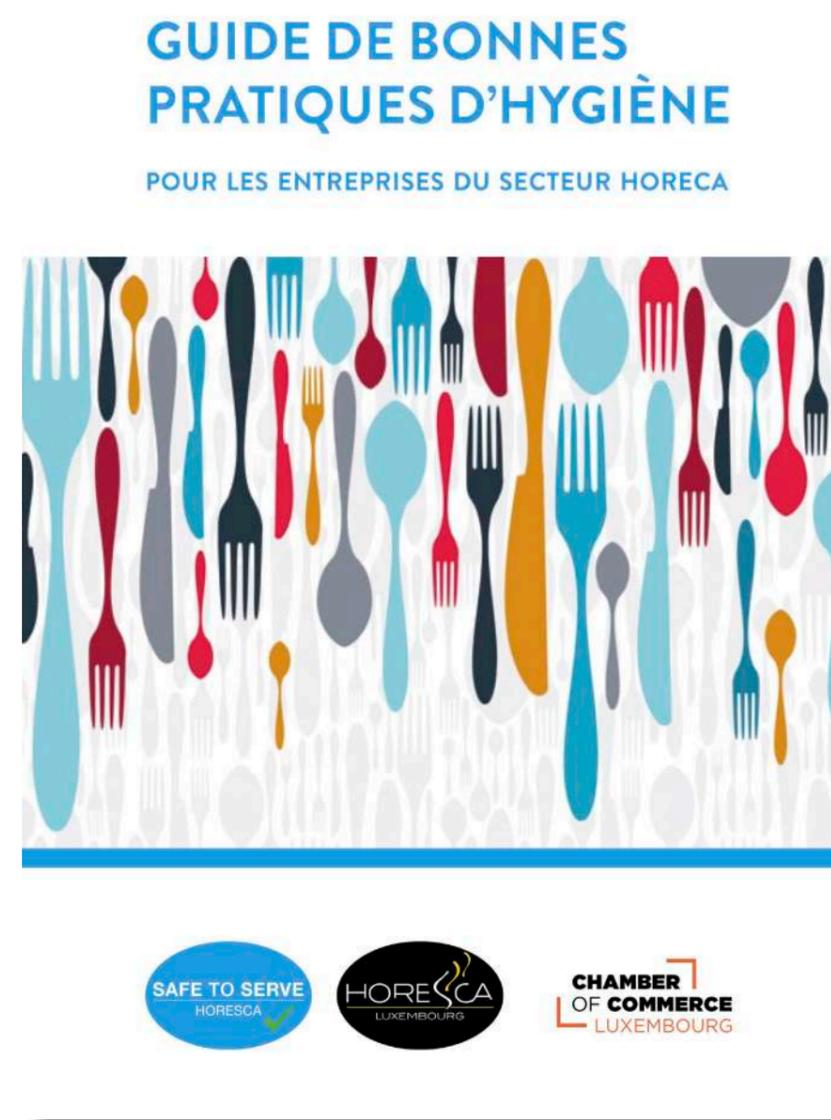
Paulette Lenert - Minister of Consumer Protection

“Easy to use, the guide goes from the mandatory registration of each establishment with the with the competent authority for food hygiene, from labelling, allergens, hazards to general information including QR codes to scan with a mobile phone. This new practical hygiene guide is in line with our mission to support professionals in the daily management of their task of the legal obligations legal obligations in the field of food safety in Luxembourg.”

François Koepp - Horesca Secretary General

Free download:

[https://www.horesca.lu/sites/default/files/2022-06/HORESCA\\_guide%20hygiene%202022\\_07-06\\_WEB%5B1%5D.pdf](https://www.horesca.lu/sites/default/files/2022-06/HORESCA_guide%20hygiene%202022_07-06_WEB%5B1%5D.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD SAFETY FREE PUBLICATION

#### UNITED KINGDOM

##### Food you can trust FSA Strategy 2022 - 2027

“The Food Standards Agency (FSA) works to protect public health and consumers’ wider interests in relation to food in England, Wales and Northern Ireland. Our work protects people’s health, reduces the economic burden of foodborne disease and supports the UK economy and trade by ensuring – together with Food Standards Scotland – that our food has a strong reputation for safety and authenticity in the UK and abroad.

This strategy describes what we will do. We will continue to protect consumers by ensuring that food is safe and is what it says it is. We will also play our part in helping to make food healthier and more sustainable for everyone. These are outcomes we want for everyone, wherever they live in the UK and whatever their personal circumstances. Issues like affordability, and the information given to consumers so they can make informed decisions, cut across our entire mission.”

Professor Susan Jebb - Chair  
Emily Miles - CEO

Free download:

<https://www.food.gov.uk/document/food-you-can-trust-fsa-strategy-2022-2027>

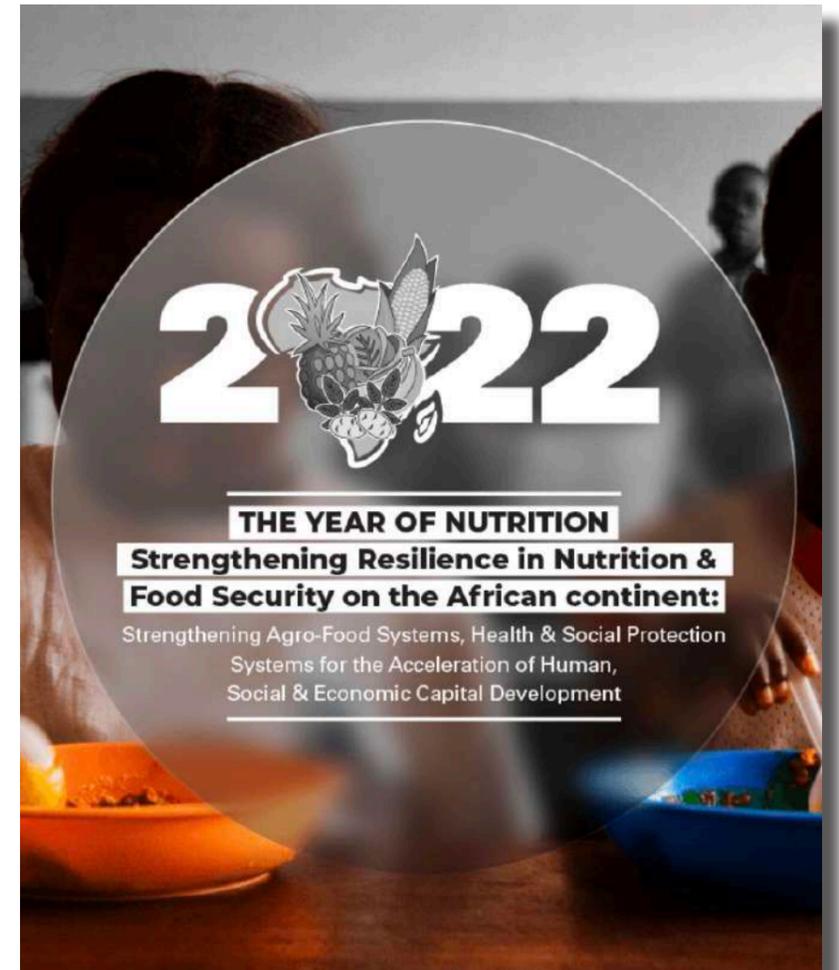


# HEALTH & NUTRITION FOR PROFESSIONALS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



## HEALTH & NUTRITION FOR PROFESSIONALS

### AFRICAN UNION

#### 2022 - The Year of Nutrition

#### **Strengthening Resilience in Nutrition and Food Security on the African Continent: Strengthening Agro-Food Systems, Health and Social Protection Systems for the Acceleration of Human, Social and Economic Capital Development African Union**

As part of the long-term vision set out in Agenda 2063, the Assembly of Heads of State and Government of the African Union has adopted common African aspirations, drawing on the potential of its populations, in particular, a human capital well-nourished citizens and in good health with a particular emphasis on women, adolescents and children. Human capital is key for development as it leads to improved lives for individuals, higher earnings and improved incomes for countries.

Africa was estimated to have a population of 1.25 billion in 2018 and is the fastest urbanizing continent, with a growth rate of more than 2.6 percent. The large youth population presents a potential demographic dividend that, if adequately leveraged with the right investments, could contribute to accelerating sustainable and equitable development. Over the years, the under-5 mortality has reduced by more than 50 percent between 1994 to 2019; fertility rates have declined from 6 to 4 children per women. However, compared to the rest of the world, the malnutrition remains high in the continent and undernutrition is particularly an underlying cause of almost half of child deaths.

Free access: <https://au.int/en/theme/2022/year-nutrition>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### HEALTH & NUTRITION FOR PROFESSIONALS

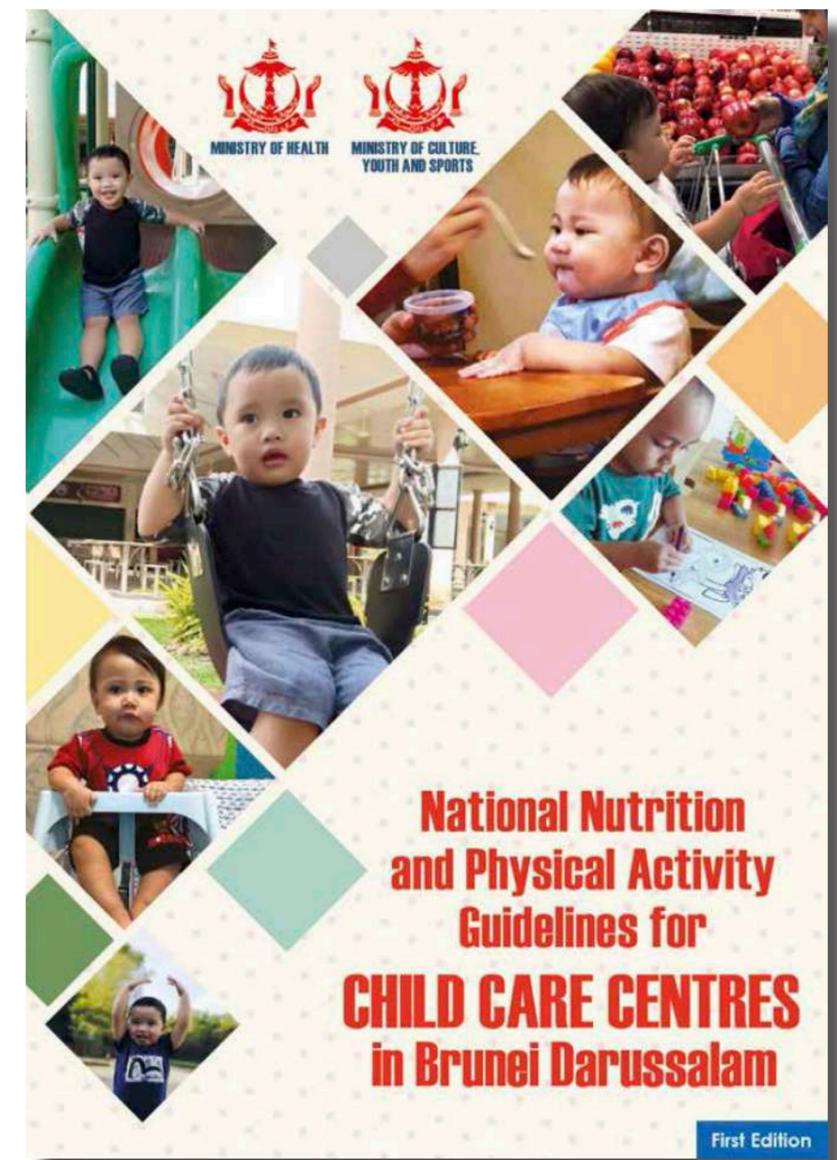
#### BRUNEI

##### National Nutrition and Physical Activity Guidelines for Child Care Centres Ministry of Health

“The Ministry of Health recognizes the need for a life course approach to inculcate healthy behaviours and lifestyles among the population, particularly, among the younger years. Our children’s early years are arguably their most important in shaping their formative years and fostering, empowering and supporting healthy lifestyle practices from an early age will lay the foundation for lifelong effects on many aspects of health and well-being. Nutritious food, regular physical activity and avoidance of other health risks are crucial for normal growth and development of children as well as reduces the risk of developing unhealthy behaviours and chronic lifestyle-related diseases later in life.

The National Nutrition and Physical Activity Guidelines for Child Care Centres in Brunei Darussalam serves as guidance for all local child care centre providers to consider when establishing their centres and in ensuring an optimum, supportive environment for infants and young children’s nutrition and activity needs.”

Awang Haji Abdul Manap Bin Othman - Permanent Secretary Ministry Of Health



Free download: <https://www.moh.gov.bn/Shared%20Documents/Child%20Care%20Centre%20Guideline/Nutrition%20and%20Physical%20Activity%20Guideline%20for%20Child%20Care%20Centre.pdf>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



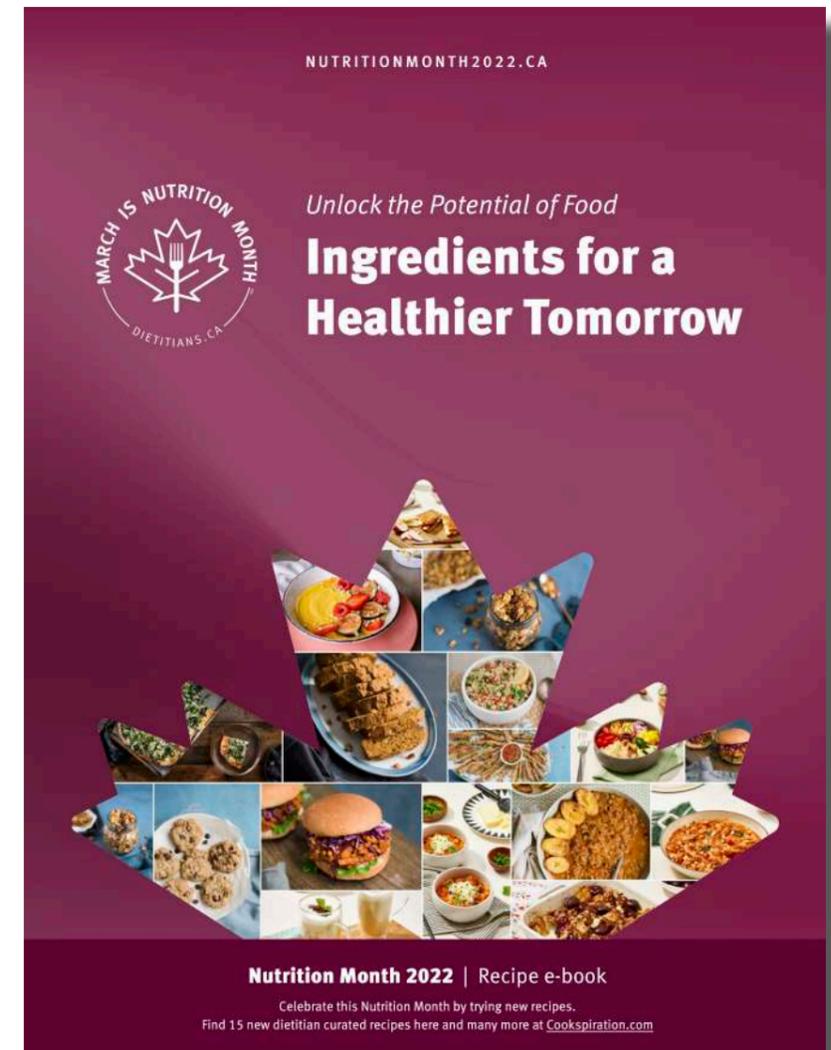
### HEALTH & NUTRITION FOR PROFESSIONALS

#### CANADA

#### Unlock the Potential of Food - Ingredients for a Healthier Tomorrow Dietitians.ca

Dietitians are working hard across all areas of the food system to help create a healthier future for all Canadians. They are regulated health professionals, University trained, and always learning to look beyond diets and meal plans to work with individuals, groups and communities to address the many diverse challenges they face in living a healthier tomorrow.

This recipe e-book contains 15 recipes curated by dietitians from across Canada to help you celebrate Nutrition Month 2022 with your family, friends and colleagues. The factors that influence your future health and the health of Canadians are challenging and complex. Dietitians value the importance of creating a healthier tomorrow by acting on the key ingredients needed today. Ingredients like healthy sustainable food choices, food skills, nutrition education, access to nutritious food, and disease prevention are important to dietitians and the work they do.



Free download:

[https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/NM22-Recipe-eBook-EN-Final.pdf?utm\\_source=website&utm\\_medium=ebook&utm\\_campaign=nm\\_202](https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/NM22-Recipe-eBook-EN-Final.pdf?utm_source=website&utm_medium=ebook&utm_campaign=nm_202)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### HEALTH & NUTRITION FOR PROFESSIONALS

#### CHILE

##### **Recetario País** **Colegio de Nutricionistas Universitarios de Chile / FAO**

Food is a human right, which is fully realized when every man, woman, girl or boy has physical and economic access, at all times, to nutritious and culturally appropriate food, or the means to obtain it. The objective of this cookbook, in addition to contributing to the life and health of people, is to rescue and value Chilean gastronomy, reinforcing the right to access culturally appropriate food for those who live in Chile and making the most of the nutritional value of the food produced in our country. We seek to rescue preparations with roots in indigenous peoples and the syncretism that characterizes Chilean cuisine, in turn, gives us a moment to feel those flavors and aromas that take us to the deepest heart of its culinary traditions.

The College of Nutritionists of Chile and the Food and Agriculture Organization of the United Nations (FAO), through these recipes, want to contribute with a little inspiration to cook with healthy and affordable food, according to the area in which you live and respecting the seasons, using seasonal products for a healthy diet.



Free download:  
<https://www.fao.org/publications/card/es/c/CB5960ES/>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### HEALTH & NUTRITION FOR PROFESSIONALS

#### ITALY

##### **Our Food, Our Health**

**Curated by Eleonora Lano**

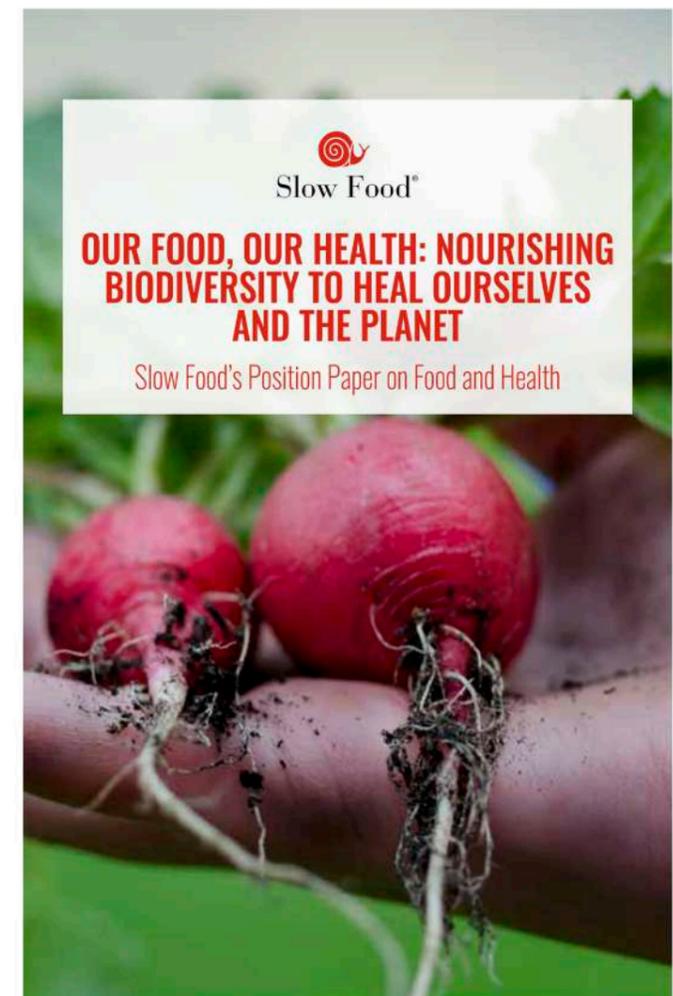
**Inputs, texts and editing from Madeleine Coste, Jacopo Goracci, Francesco Sottile**  
**Slow Food**

Slow Food's Position Paper on Food and Health is divided into three sections:

- Section 1 examines the current state of our global food systems, and the ways in which Slow Food works to promote healthy diets. After looking at the underlying trends that are shaping diets across the world and driving diet-related illnesses and malnutrition, it shows how a One Health approach can offer an understanding of how the way food is produced can directly impact human, animal, plant and planetary health.
- Section 2 presents original research conducted by Slow Food to analyze the nutritional content of Slow Food products as well as describing the main Slow Food initiatives, such as food gardens and local markets, that support local communities and ensure healthy and sustainable diets by protecting biodiversity.
- Section 3 discusses the way our food systems are being governed today and the need for better policymaking in the food and health field, concluding with Slow Food's recommendations for European policymakers.

Free download:

[https://www.slowfood.com/wp-content/uploads/2022/04/EN\\_position\\_cibo\\_e\\_salute\\_COMPLETO.pdf](https://www.slowfood.com/wp-content/uploads/2022/04/EN_position_cibo_e_salute_COMPLETO.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### HEALTH & NUTRITION FOR PROFESSIONALS

#### PORTUGAL

**Programa Nacional para a Promoção da Alimentação Saudável 2022-2030**  
**Coordination by Maria da Graça Freitas and Ricardo Mestre**  
**Ministério da Saúde - Direção-Geral da Saúde**

With the second phase of the National Program for the Promotion of Healthy Eating (PNPAS) 2017-2020 concluded, this document presents the new strategic guidelines of the PNPAS, which were developed in the context of the new National Health Plan 2021-2030 and are framed within one of the milestones of the Recovery and Resilience Plan as part of the Primary Health Care Reform.

The promotion of healthy eating and the prevention and control of all forms of malnutrition, particularly overweight and obesity, is a health priority at the national level, in line with the strategic priorities in the European Union and other international strategies such as those of the World Health Organization (WHO).

Free download: <https://alimentacaosaudavel.dgs.pt/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### HEALTH & NUTRITION FOR PROFESSIONALS

#### SWEDEN

##### Swedish Dietary Guidelines

##### Healthy and sustainable diets

Anna-Karin Johansson

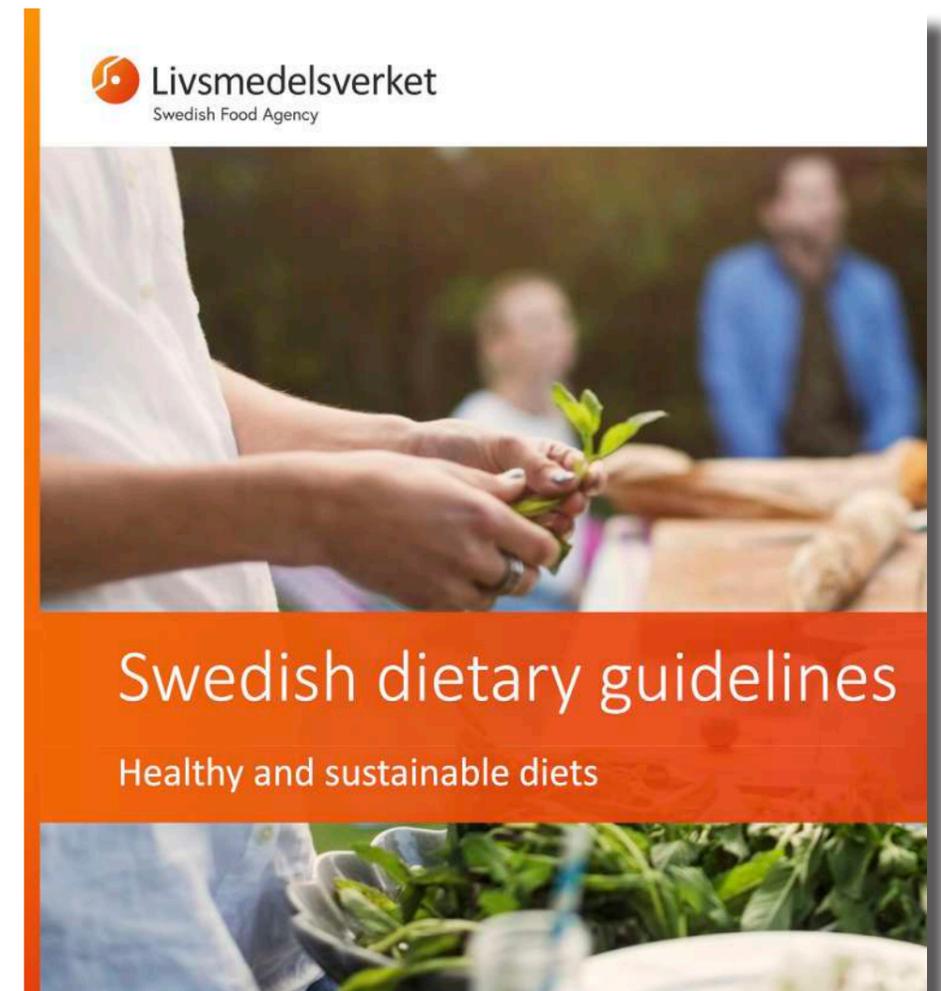
Livsmedelsverket (Swedish Food Agency)

The overall goal of Swedish environmental policy is to hand over to the next generation a society in which the major environmental problems in Sweden have been solved, without increasing environmental and health problems outside Sweden's borders.

Research into food and sustainability is being conducted all of the time. It is important to conduct systematic reviews of the knowledge we possess in the field so that we can have a scientific basis for our work.

Free download:

<https://www.helsedirektoratet.no/english/nordic-nutrition-recommendations-2022/Anna-Karin%20Johansson%20PDF.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### HEALTH & NUTRITION FOR PROFESSIONALS

#### UNITED KINGDOM

##### World Obesity Atlas 2022

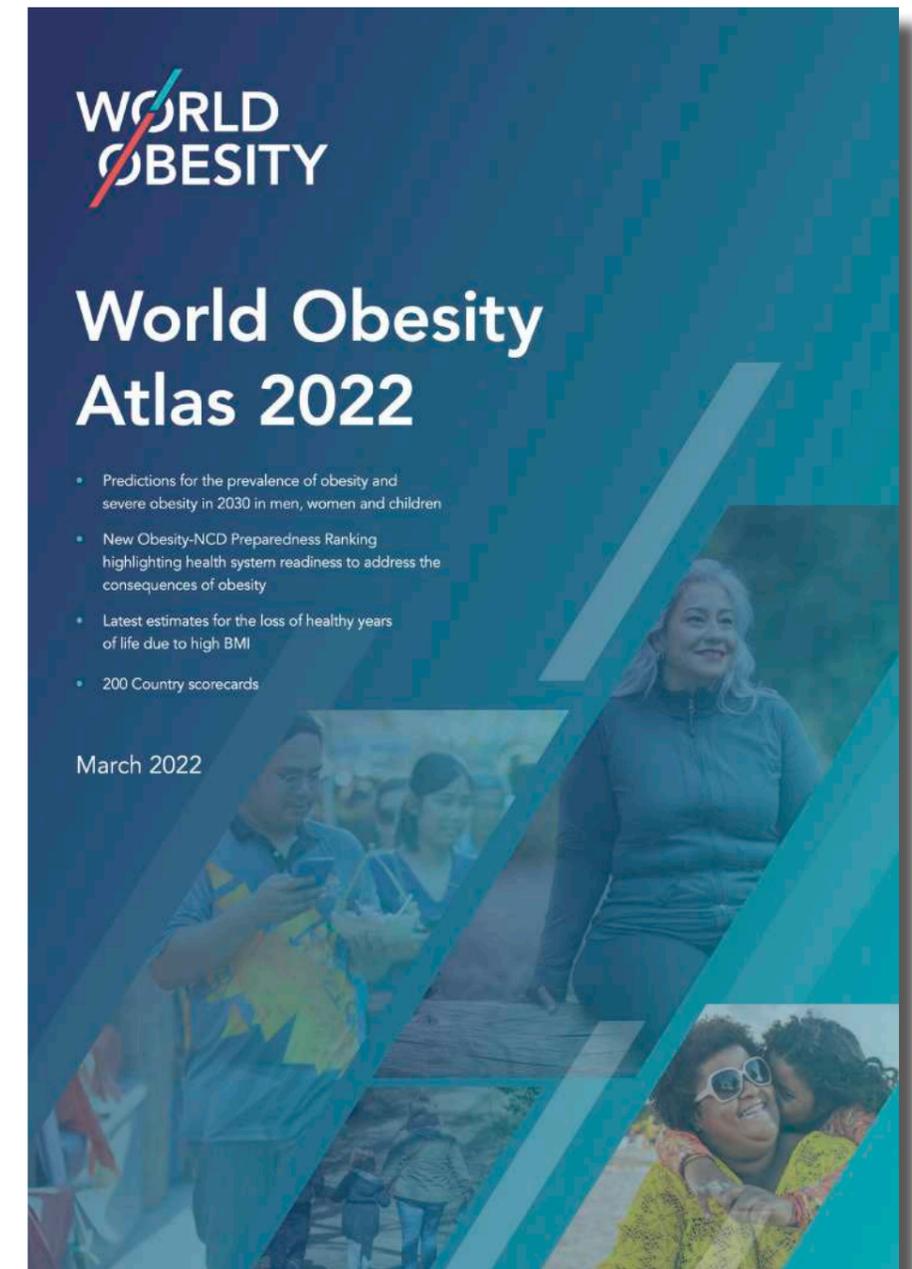
Compiled by Tim Lobstein, Hannah Brinsden and Margot Neveux

World Obesity Federation

“What gets measured gets done” is commonly cited as a justification for monitoring progress and underlies our Global Obesity Atlas 2022. There is no doubt that a lack of measurement makes it very hard to assess the impact of any interventions, and may lead to nothing being done. But equally, measurement alone is no guarantee of progress: it is the first step to demonstrating need and managing the response.

The second step is to ensure that national governments can assess their progress, both in absolute terms and in comparison with other national governments. Our fourth Global Obesity Atlas features tables comparing countries, region by region, for the projected levels of obesity and severe obesity in 2025 and 2030, for the effect that high BMI is having on years spent in poor health and impact on deaths, and for countries’ readiness for dealing with obesity.

John Wilding - President & Johanna Ralston - Chief Executive



Free download: [https://www.worldobesityday.org/assets/downloads/World\\_Obesity\\_Atlas\\_2022\\_WEB.pdf](https://www.worldobesityday.org/assets/downloads/World_Obesity_Atlas_2022_WEB.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### HEALTH & NUTRITION FOR PROFESSIONALS

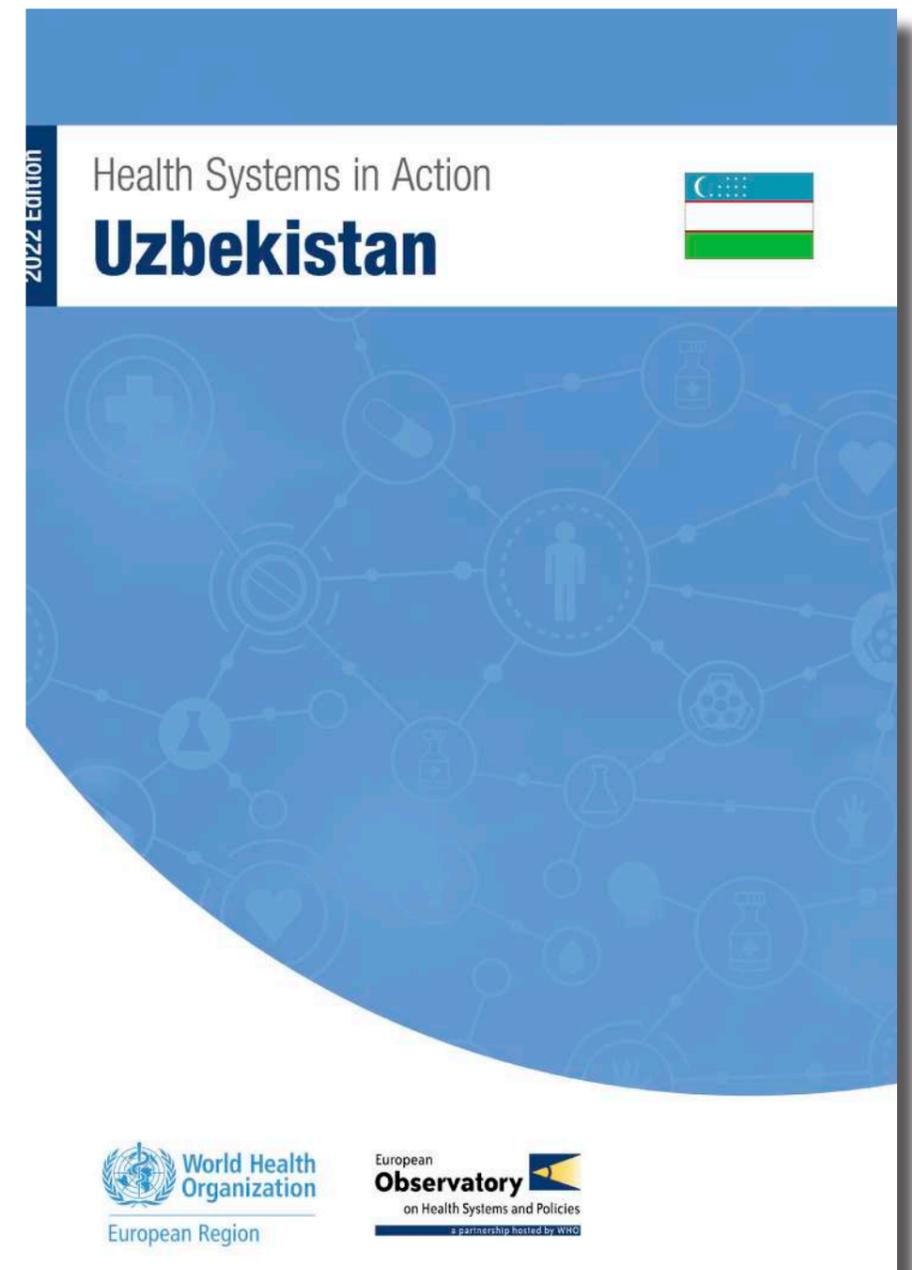
#### UZBEKISTAN

**Health Systems in Action**  
**Susannah Robinson**  
**European Observatory on Health Systems and Policies / WHO Europe**

Uzbekistan's health system provides a publicly financed package of services, but, for most of the population, many health services (including a large number of primary, secondary and tertiary services) fall outside the scope of this package. Between 2017 and 2019 government spending on health increased quite significantly, but so did out-of-pocket (OOP) expenditure. OOP expenditure now accounts for over half of health spending, with consequences for financial protection and access to services.

Life expectancy had improved prior to the COVID-19 pandemic and was the second highest among Central Asian countries. Noncommunicable diseases are the main cause of mortality and morbidity in Uzbekistan, with female mortality rates from noncommunicable diseases the highest in the WHO European Region. During the COVID-19 pandemic Uzbekistan has focused on improving surveillance capabilities and expanding hospital capacity and rates of excess mortality are estimated to have been much lower than in the WHO European Region overall.

Free download: <https://eurohealthobservatory.who.int/publications/i/health-systems-in-action-uzbekistan-2022>



**FAMILY**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FAMILY

#### CANADA

##### Canada's Food Price Report 2022

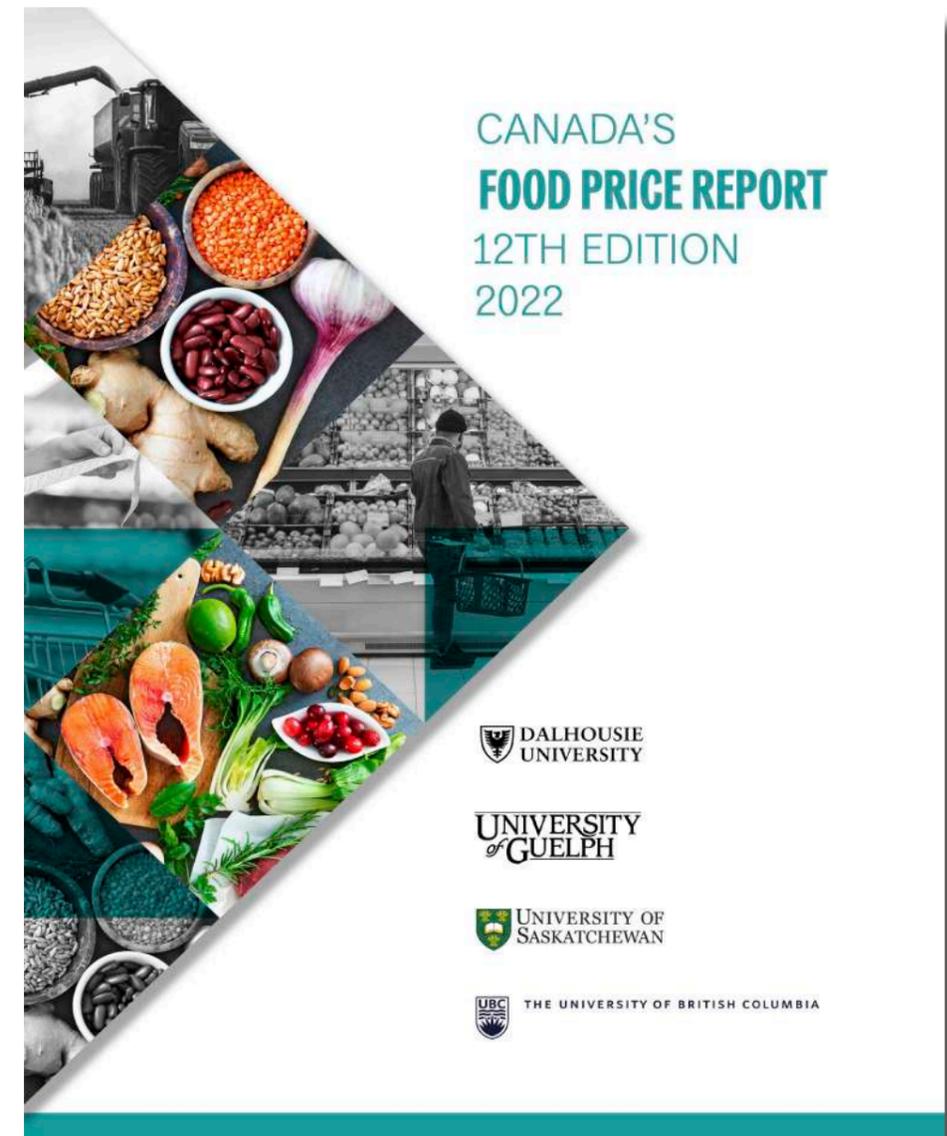
Dalhousie University, University of Guelph, University of Saskatchewan  
University of British Columbia

In last year's report, our models predicted an overall food price increase of 3% to 5% in 2021. Once again, our overall forecast for 2021 was accurate in predicting price increases. It was also accurate in several food categories including fruits, restaurants and seafood. However, for some food categories our predictions were either higher or lower than the observed price change in 2021.

In recognition of the increasing diversity of Canadian families, in the 2021 report we also estimated annual food expenditures for individual consumers based on their age and gender. This approach allowed readers to construct the household and corresponding predicted annual food expenditure that best reflected their reality

26 pages, free download

[www.dal.ca/sites/agri-food/research/canada-s-food-price-report-2022.html](http://www.dal.ca/sites/agri-food/research/canada-s-food-price-report-2022.html)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FAMILY

#### SCOTLAND - UNITED KINGDOM

##### Fun First Foods

An Easy guide to introducing solid foods

Public Health Scotland

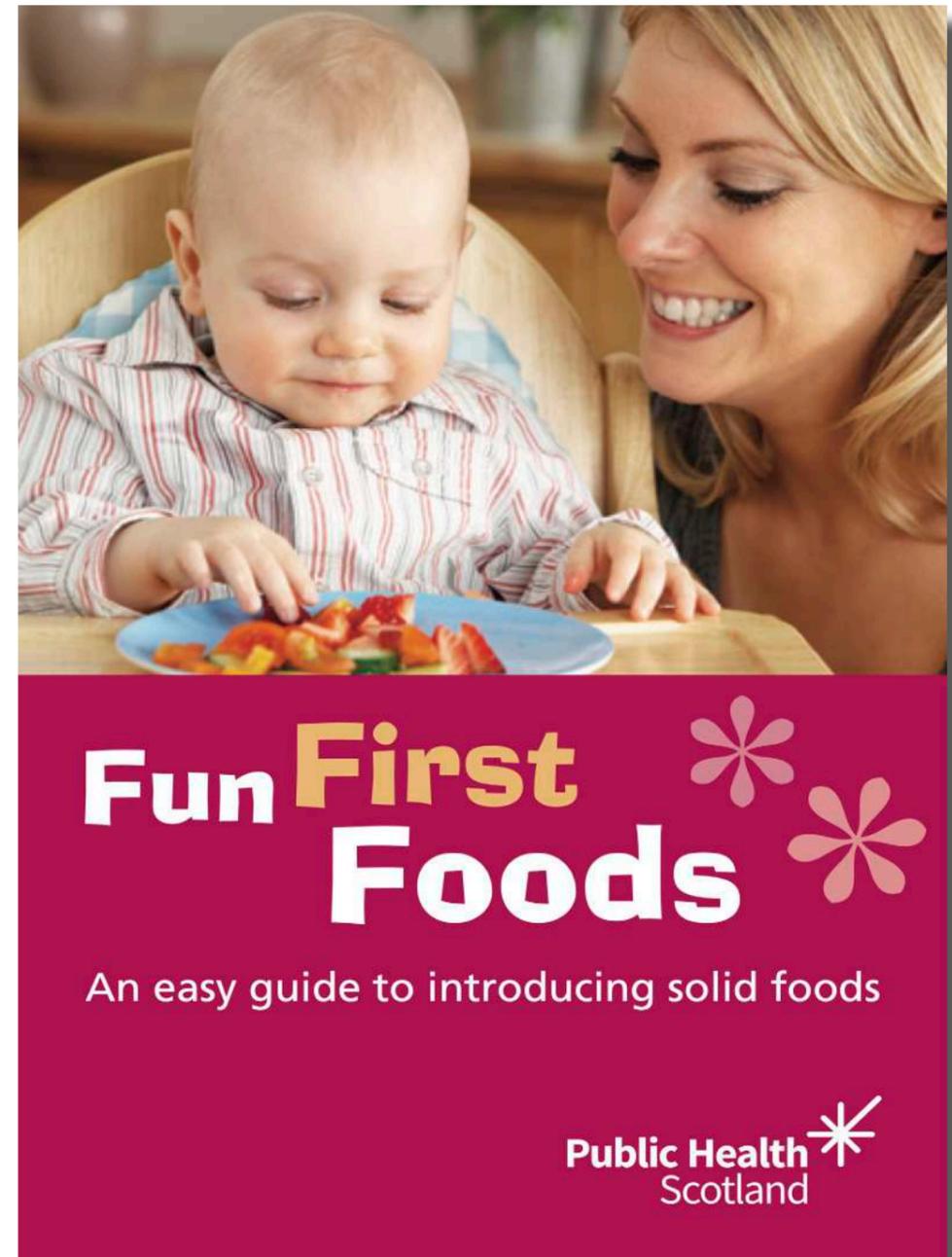
Public Health Scotland is Scotland's national agency for improving and protecting the health and wellbeing of Scotland's people.

As a parent, you want the best start for your baby. What your baby eats and drinks is important for their health now and in the future.

The information in this booklet may be quite different from what you have read before, or from what your friends and family may tell you. New research is always being carried out into feeding babies and the information and advice in this leaflet is based on the most recent findings. It will help your baby to get the best possible start. Weaning means introducing a variety of foods gradually to your baby alongside breast milk or infant formula until they are eating the same healthy foods as the rest of the family. Sometimes this is called 'starting solids'.

40 pages, 12 languages, free download:

[www.healthscotland.com/documents/303.aspx](http://www.healthscotland.com/documents/303.aspx)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



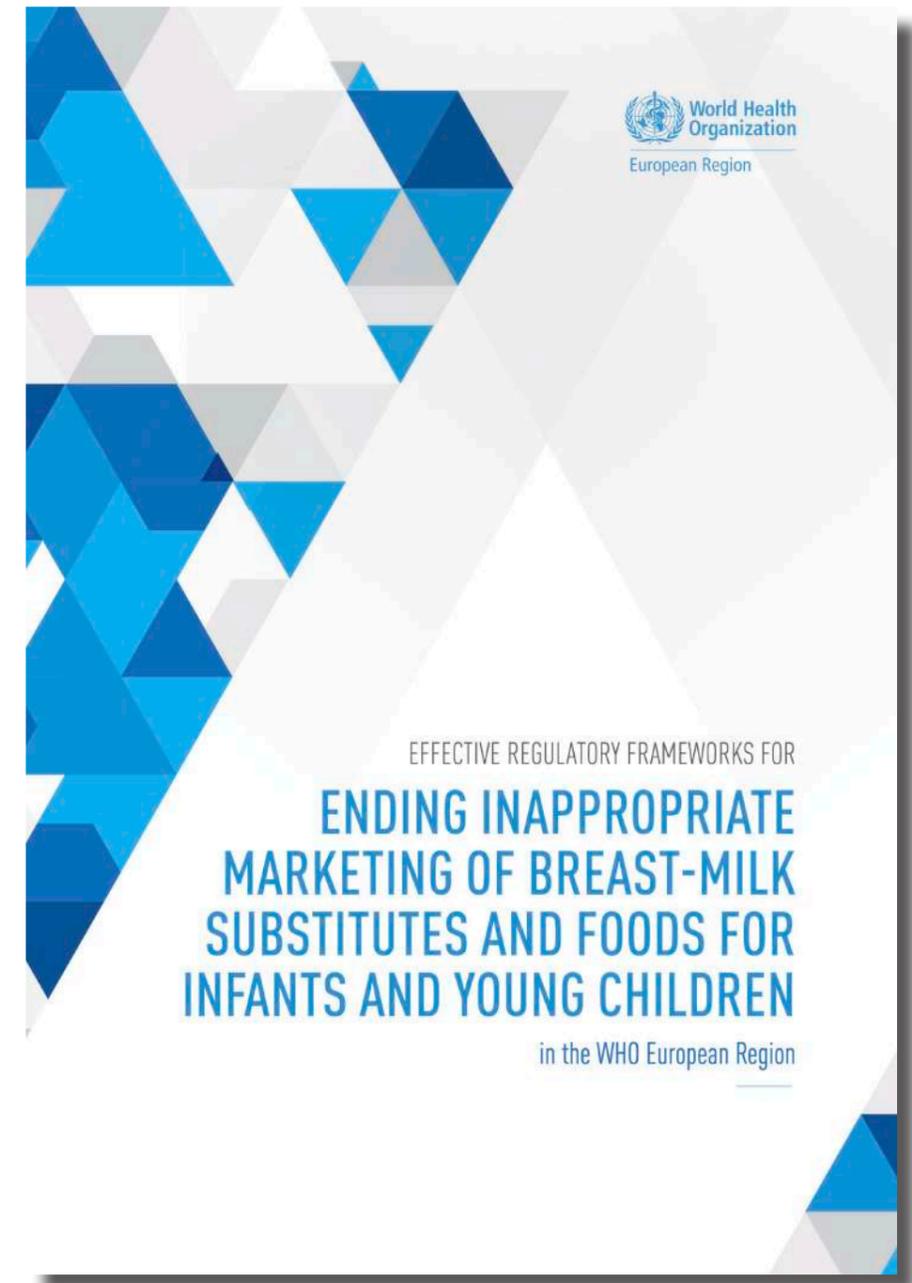
### FAMILY

### WHO

#### **Effective regulatory frameworks for ending inappropriate marketing of breast-milk substitutes and foods for infants and young children in the Who European Region World Health Organization**

This Policy Brief is intended to guide Member States in the WHO European Region as they embark on the vital task of safeguarding parents and caregivers from all forms of promotion of breastmilk substitutes (BMS) and the inappropriate promotion of foods for infants and young children (FIYC).

Such promotion undermines optimal infant and young child feeding practices, including breastfeeding and safe and appropriate complementary feeding, placing a child's survival, growth and development at risk. It can also contribute to the growing public health problem of childhood overweight and obesity, which can lead not only to premature mortality from non-communicable diseases (NCDs), but also to adverse health outcomes throughout life. In Eastern Europe and Central Asia, the number of children under five with overweight has increased from 1.6 million in 2000 to 4.5 million in 2016.



Free download: <https://apps.who.int/iris/bitstream/handle/10665/352003/WHO-EURO-2022-4885-44648-63367-eng.pdf>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SENIORS

#### UNITED STATES OF AMERICA

##### A Taste of Jasa JASAEats 2022 Recipe Book

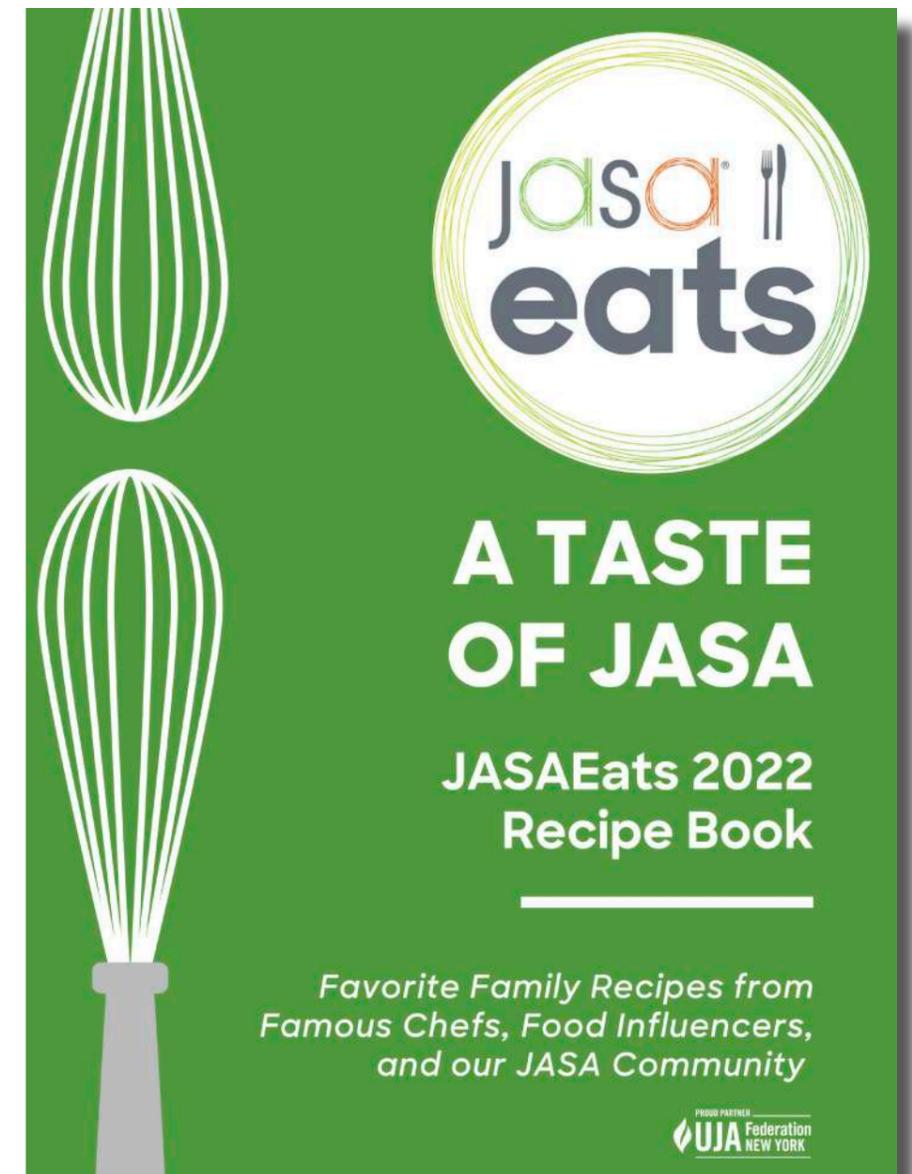
As the go-to non-profit serving older New Yorkers, JASA supports and partners with 40,000 seniors and their families each year. JASA's 20+ life-changing support services, interventions, and partnerships promote aging with a purpose and provide autonomy for older adults to remain in their homes and communities.

JASA provides over 1 million meals to seniors every year- however food insecurity is still rising, with roughly 7.3 million older Americans unable to access the food they need. Through our JASAEats Recipe Book, we raise awareness of food insecurity and brighten up the holidays with favorite family recipes submitted by JASA seniors, staff, volunteers, and famous chefs!

JASA's programs include:

Home-Delivered Meals, Legal Services, Older Adult Centers, Mental Health Support, Home Care, Affordable Senior Housing. Elder Abuse Prevention. Adult Protective Services, Art and Education, and so much more.

Free download: <https://www.jasa.org/eats/recipebook2022>



# INDIGENOUS PEOPLES FOOD RESEARCH



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### INDIGENOUS PEOPLES FOOD RESEARCH

#### AUSTRALIA

##### Impact Report - Indigenous Literacy Foundation

The ILF was founded by Suzy Wilson, a former teacher and education consultant who owns Riverbend Books. We are a not-for-profit charity which respects the unique place of Australia's First People and draws on the expertise of the Australian book industry.

Since 2011, the Indigenous Literacy Foundation has worked with over 400 remote communities, gifted 636,000 books, supplied 83 playgroups with early literacy Book Buzz resources, and published 143 books reflecting 26 Aboriginal and Torres Strait Islander languages.

“Our Communities are vibrant, strong, and highly intelligent. We have this literacy around culture, Land and Community, but how Communities engage with a highly Western concept of literacy is different. I want to engage Communities in those conversations around literacy so they can redefine that space themselves. My vision for the ILF is for the organisation to support remote Communities to engage in literacy in the way they wish.”

Ben Bowen, ILF Chief Executive Officer



Free download: [https://issuu.com/indigenousliteracyfoundation/docs/ir21\\_design\\_final\\_digi\\_issuu?e=0](https://issuu.com/indigenousliteracyfoundation/docs/ir21_design_final_digi_issuu?e=0)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### INDIGENOUS PEOPLES FOOD RESEARCH

#### CANADA

**Cultural resurgence through indigenous food systems**  
**Tricia O'Meara and Shayna Cacciotti**  
**University of Ottawa**

Indigenous Food Sovereignty can be reached through knowledge and education offered at indigenous friendships centers. It is also a “safe” space for indigenous people to feel free to be proud of who they are and their identity. Often these urban centers offer programs to revive cultural values, they are culture based and a feast is always shared.

“Land, air, water, soil and culturally important plant, animal and fungi species that have sustained Indigenous peoples over thousands of years. All parts of Indigenous food systems are inseparable and ideally function in healthy interdependent relationships [and are] best described in ecological rather than neoclassical economic terms. [Indigenous foods are] cultivated, taken care of, harvested, prepared, preserved, shared, or traded within the boundaries of our respective territories based on values of interdependency, respect, reciprocity, and ecological sensibility,” (Powlowska-Mainville, 2020).

Free download:

[https://www.uottawa.ca/faculty-arts/sites/g/files/bhrs kd366/files/2022-06/Cultural%20Resurgence%20Indigenous%20Foodways\\_Omeara\\_Cacciotti.pdf](https://www.uottawa.ca/faculty-arts/sites/g/files/bhrs kd366/files/2022-06/Cultural%20Resurgence%20Indigenous%20Foodways_Omeara_Cacciotti.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### INDIGENOUS PEOPLES FOOD RESEARCH

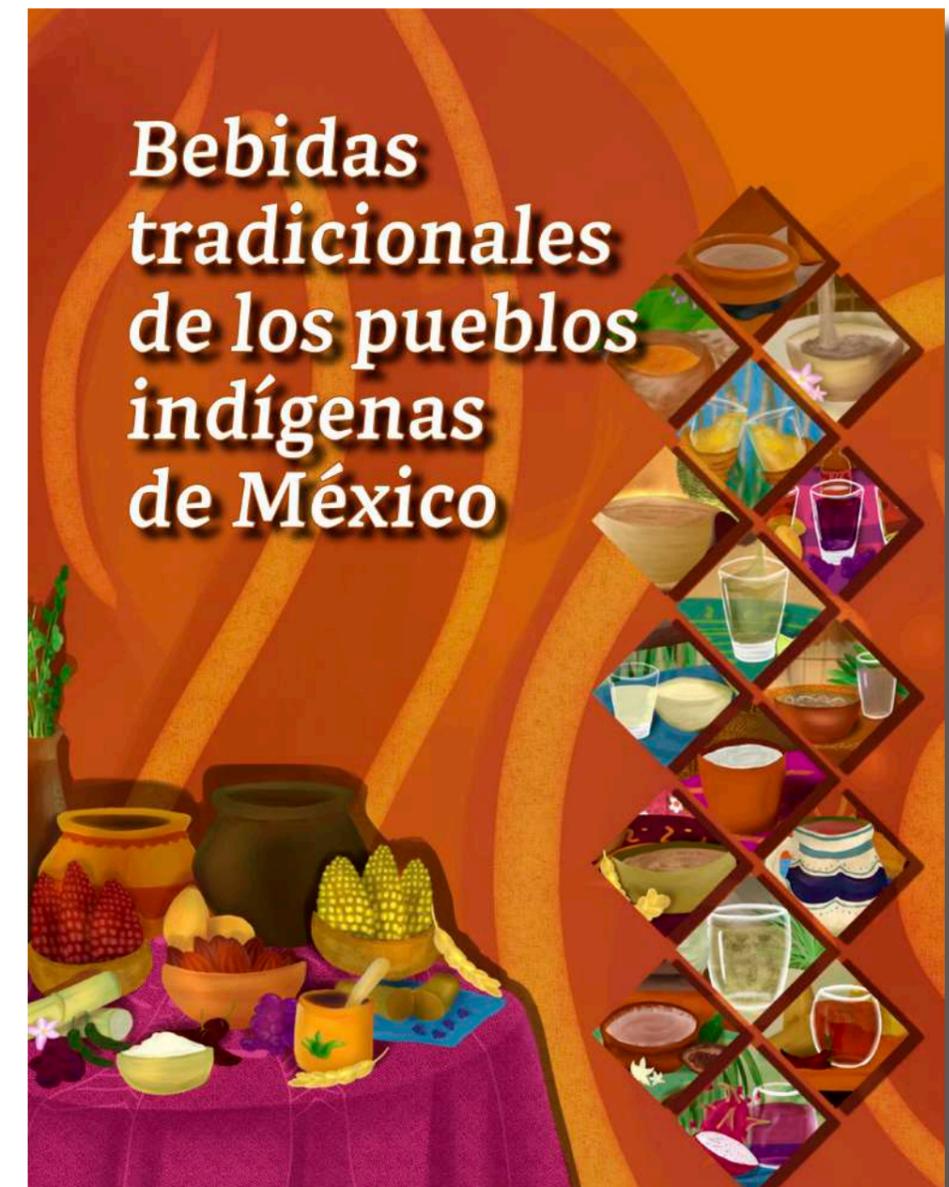
#### MEXICO

**Bebidas tradicionales de los pueblos indígenas de México**  
**Instituto Nacional de los Pueblos Indígenas**  
**Gobierno de México**

In Mexico there are more than sixty different indigenous peoples, each one heir and possessor of a great cultural wealth, in which it is possible to find a peculiar social and religious organization, in addition to diverse productive practices, knowledge, festivals and ceremonies, among many other traditions; but, without a doubt, among the most notorious are food and beverages, since they show the wise use of the elements provided by their environment.

One aspect to highlight is that traditional beverages are not limited to accompanying a meal, but also play a certain role in ceremonial contexts. However, despite the cultural importance of traditional beverages, few studies have been published on the subject.

The purpose of this publication is to share some conclusions of the research work carried out since 2011 on traditional beverages.



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### INDIGENOUS PEOPLES FOOD RESEARCH

FAO

**Labelling and certification schemes for Indigenous Peoples' foods  
Generating income while protecting and promoting Indigenous Peoples' values  
FAO, Alliance of Bioversity International and CIAT**

This review, for the first time to date, analyses the potential of labelling and certification schemes for Indigenous Peoples to market their food products. Specifically, it looks at those schemes that are designed by, with and for Indigenous Peoples, and that can provide economic, social and environmental benefits while protecting and promoting their unique values centered around the respect of life and Mother Earth.

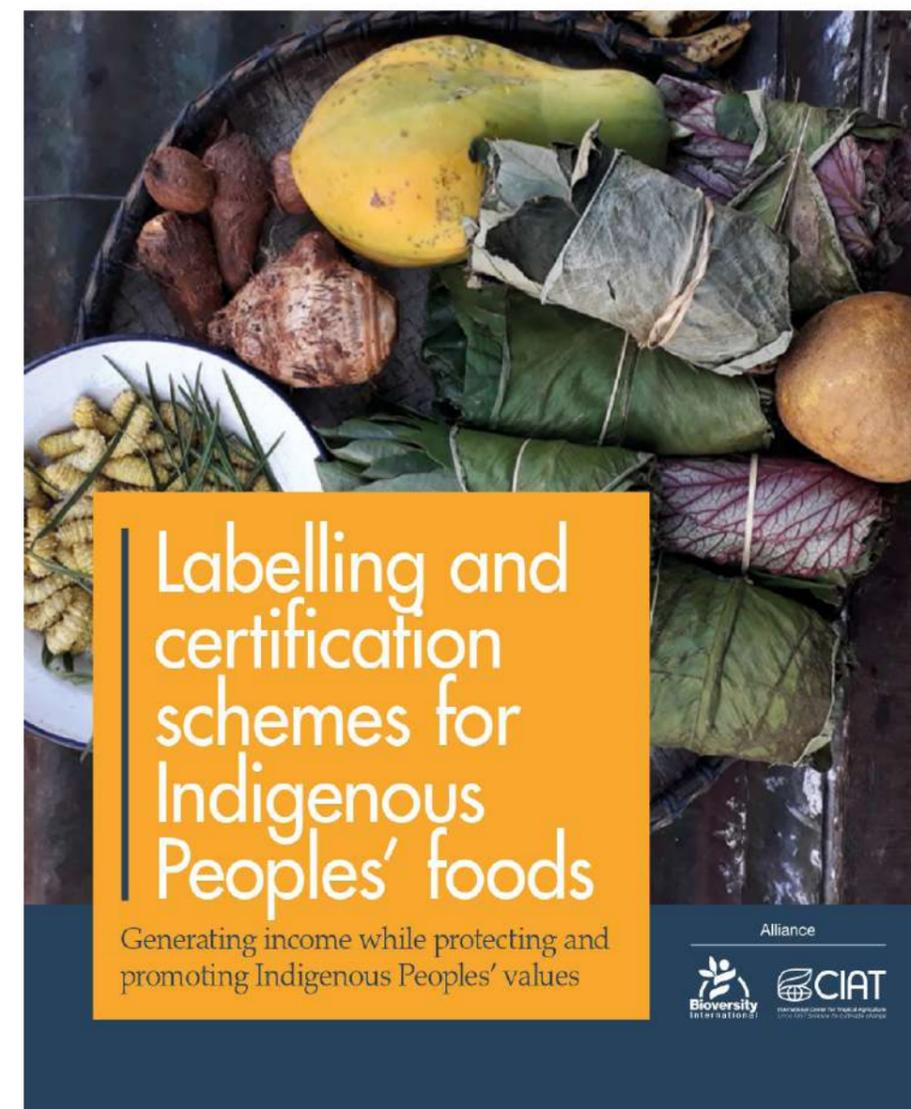
Eleven examples in this review cover innovative schemes implemented by Indigenous Peoples and practitioners in Africa, Asia, Central and South America and Oceania. They include territorial labels, geographical indications (GI), and participatory guarantee schemes (PGS), among others.

The review includes recommendations for various actors to support Indigenous Peoples in their self-determined economic development and towards the sustainable marketization of their products. The review also provides guidelines for Indigenous Peoples willing to engage in such initiative. Those are applicable to different contexts on the ground, and include good practices, and measures to mitigate risks.

Free download: [www.fao.org/documents/card/en/c/CC0155EN/](http://www.fao.org/documents/card/en/c/CC0155EN/)



Food and Agriculture  
Organization of the  
United Nations



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### INDIGENOUS PEOPLES FOOD RESEARCH

UNDP

#### 10 things to know about Indigenous Peoples

As the United Nations lead agency on international development, UNDP works in 170 countries and territories to eradicate poverty and reduce inequality. We help countries to develop policies, leadership skills, partnering abilities, institutional capabilities, and to build resilience to achieve the Sustainable Development Goals (SDGs).



**SUSTAINABILITY**  
**FREE PUBLICATIONS**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WORLD FOOD SYSTEMS

#### BELGIUM

##### L'Europe dévore la planète

Jabier Ruiz Mirazo

WWF European Policy Office - Brussels

“To strengthen European and global food security, the EU must not seek to produce more, but to produce and consume differently. We must do less and better: on the one hand, reduce our excessive consumption of animal products, and on the other hand, move away from the intensive production model, which devotes most of our production and food imports to feeding livestock, and support the development of ecological farming. This transition will allow us to reduce our environmental footprint and our dependence, but also to maximize socio-economic benefits and improve human health.”

Foreword by Véronique Andrieux - Director General of WWF France

Food consumption policies must focus on ambitious and strategic interventions to reshape the context in which food choices are made. Several public policies are expected and can contribute to creating the conditions for a faster and deeper evolution of our diets by playing on key levers such as food prices, public procurement, advertising, environmental labelling, etc. The upcoming new legislative framework on sustainable food systems is also an opportunity to establish more inclusive and participatory policy-making processes.

Free download:

[www.wwf.fr/sites/default/files/doc-2022-05/20220523\\_Rapport\\_Europe-d%C3%A9vore-la-plan%C3%A8te\\_WWFFrance.pdf](http://www.wwf.fr/sites/default/files/doc-2022-05/20220523_Rapport_Europe-d%C3%A9vore-la-plan%C3%A8te_WWFFrance.pdf)





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### WORLD FOOD SYSTEMS

#### CANADA

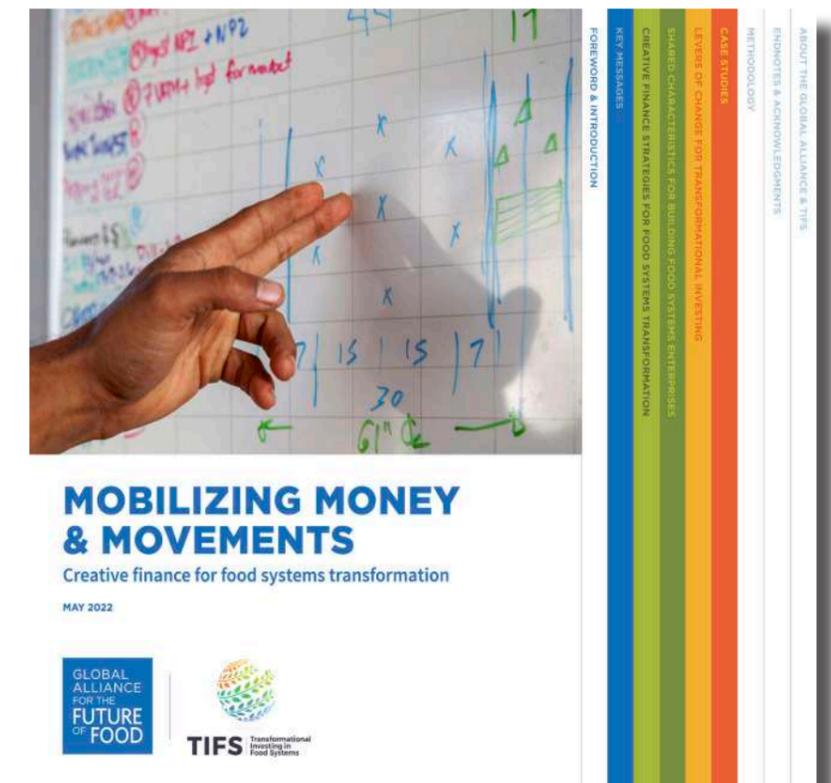
##### Mobilizing Money and Movements

##### Creative finance for food systems transformation

##### Global Alliance for the Future of Food

##### Transformational Investing in Food Systems Initiative (TIFS)

This work was commissioned by the Global Alliance for the Future of Food, for use by Global Alliance members and partners to stimulate discussion about critical issues related to food systems transformation and to help guide collective action. The Global Alliance has chosen to make it available to the broader community to contribute to the discussion about sustainable food systems reform.



“Now, more than ever, we need to elevate stories of hope, action, and possibility. As the world faces conflict, climate change, biodiversity loss, and food insecurity, we must be brave enough to reckon with the systems failures that trigger these inter related crises. We need to start thinking differently about pathways to action. Old ideas and ways of working are no longer effective — they are not fit for purpose.

These stories illustrate the nature of investments that can create systems of healthy nutrition and food, promote soil health, and curb climate change. They urge us to ensure financial flows and investment dollars prioritize holistic and cooperative approaches that meaningfully engage all actors in food production, distribution, and consumption.”

Ruth Richardson - Executive Director, Global Alliance for the Future of Food  
Rex Raimond - Director, Transformational Investing in Food Systems Initiative

Free download: <https://futureoffood.org/insights/mobilizing-money-and-movements/>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WORLD FOOD SYSTEMS

#### FAO

##### World Food Forum 2021 Year In Review

“The ingenuity and energy of global youth are one of our biggest resources. Tapping into this potential energy through initiatives like the World Food Forum, is essential to overcoming global hunger and achieving the Sustainable Development Goals.” - Máximo Torero, FAO Chief Economist and Youth Committee Chair

In witnessing the growth of the WFF this year, we are reminded of the wise words of the entrepreneur Derek Sivers: “If you really care about starting a movement, have the courage to follow and show others how to follow.” Speaking from our perspectives as an older (but still young at heart!) generation, let us follow and support the lead of young people everywhere.

Let’s listen to the many diverse youth voices, united by the common goal of a better food future for all and heed their calls for action in the areas of better production, better nutrition, better environment and a better life, to achieve the SDGs and ensure a better food future for all and achieve the SDGs.

Free download: <https://www.world-food-forum.org/2021-year-in-review/en>



### World Food Forum 2021 Year In Review

#worldfoodforum



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### IMPARARE, AGIRE, (per) CAMBIARE



10 PAROLE PER LO SVILUPPO SOSTENIBILE



## WORLD FOOD SYSTEMS

### ITALY

Imparare, agire, (per) cambiare - 10 parole per lo sviluppo sostenibile

Elena Cadel

Marta Antonelli & Sonia Massari

Fondazione Barilla Center for Food & Nutrition

Learn, act, change is an educational tool for teachers and educators, created to stimulate action, starting with knowledge:

1. Learn: I understand words and concepts related to food sustainability
2. Act: I identify a series of useful actions to generate change
3. Change: now that I understand, I implement small daily actions that can have a big and real impact on Agenda 2030, for my health and the health of the planet.

Barilla Foundation has decided to interpret scientific studies and research into short, useful and interesting contents (food facts), to promote the concept that a healthier future, in balance with the planet, also depends on our small daily choices, whether we make at the table, at the restaurant or when we go shopping.

Free download: <https://www.fondazionebarilla.com/publications/imparare-agire-per-cambiare/>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WORLD FOOD SYSTEMS

#### NETHERLANDS

##### In action

**Joining forces to shape a resilient, sustainable, safe & healthy food system!**  
**Foreword by Chairman Stéphane Layani**  
**World Union of Wholesale Markets (WUWM)**

In the reference newsletter for wholesale professionals, WUWM details important trends and studies for the present and future of food around the world.

“It is expected that fresh food consumption grows with about 23% from 2020 to 2025, along with increasing importance of emerging markets in mega cities as demand centers. Sustainability is becoming imperative: 60% of consumers say it is important for them to know that their food is produced sustainably. This trend will be accelerated after the COVID-19 pandemic. Shifting patterns: Go green, go local! As a result of the coronavirus, the demand for organic products and local products has significantly grown the previous year in high-income countries. By 2050, 68% of the world’s population will be urban. Over the next 10 years, food consumption will rise by 27% in urban areas.”

12 pages, free download: [wuwmm.org/wp-content/uploads/2021/07/WUWM\\_Newsletter\\_July\\_2021\\_English.pdf](https://wuwmm.org/wp-content/uploads/2021/07/WUWM_Newsletter_July_2021_English.pdf)



##### In a foreword

Dear readers,

Access to healthy and equilibrated diets will be a key challenge in the forthcoming decades. Our world is composed by a mosaic of food systems, with cultures expressing their own identities, diversified production, shopping and eating patterns rather than a standardized one food system.

In order to achieve equal access to fresh, healthy, sustainable and affordable diets, it is crucial to adopt a comprehensive and systemic approach that takes into account regional singularities.

WUWM organized four insightful outlooks on Africa, Asia Pacific, Europe and Latin America from which the outcomes are portrayed in the reports submitted to the Food System Summit secretariat, that we hope will significantly contribute to identify regional challenges and propose game changing solutions to ensure a sustainable food sector by 2030.

The COVID-19 outbreak changed the way citizens around the world buy and eat food. WUWM will be holding its Global Conference in Florence, Italy in June 25th about this topic. Focusing in fresh food distribution in the post Covid-19 world, and the challenges, opportunities and pathways to ensure resilient and sustainable food systems.

We are therefore delighted to inform you more about our conference in this June edition. It represents an opportunity for fresh food actors to join forces and reflect on the current challenges that they are facing and determine the best way to tackle those through innovative and multi-sectorial approaches.



With high-ranked experts speaking at this occasion, we hope that it will allow the sharing of experiences and knowledge, connecting people despite the pandemic.

In these particularly uncertain times, wholesale markets are at the cornerstone of the food supply chain transition, as they are not only the direct meeting point between supply and demand, but also have the capacity to structure the agri-food sector and articulate changes towards more resilient, sustainable, fairer and healthier systems.

Beyond the challenging spin-offs it has generated, Covid-19 has also highlighted, more than ever, the importance of revisiting our systems by having an inclusive and participatory food system conducive to making stakeholders' voices heard at all scales. WUWM is deeply committed to connecting stakeholders able to address persisting loopholes regarding food safety, urban planning and to build adaptive and resilient food supply chain together.

We look forward to your continued support, commitment and valuable partnership!

Your sincerely,

Stéphane Layani, WUWM Acting Chairman

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WORLD FOOD SYSTEMS

#### UNITED KINGDOM

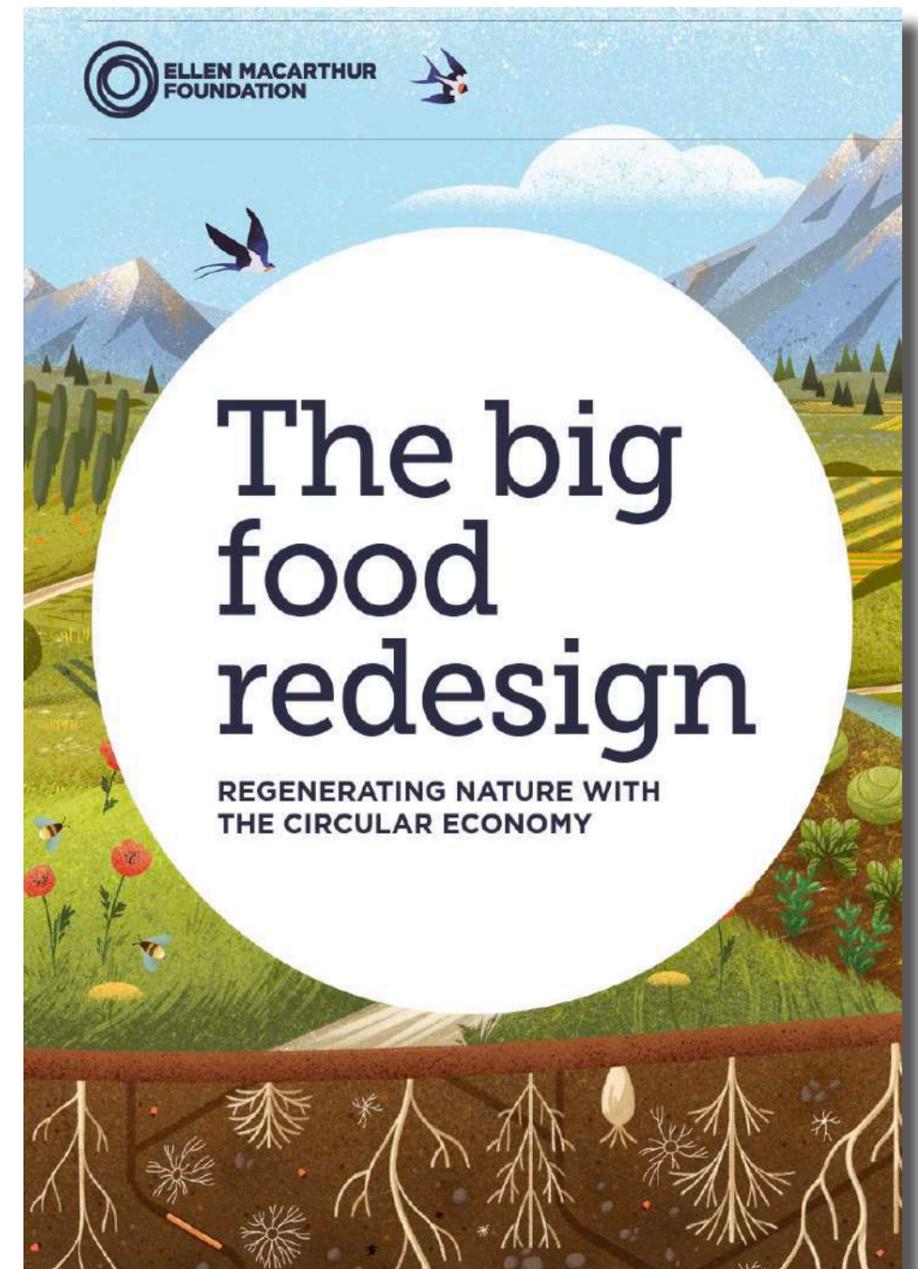
##### The big food redesign Ellen MacArthur Foundation

Leading FMCGs and retailers have substantial influence on the food system. In the EU and UK, for example, 40% of agricultural land is influenced by the top 10 FMCGs and retailers. Many of these players are currently part of the problem, but given their size and influence they can be, and need to be, part of the solution.

FMCGs and retailers design what we eat – how it looks, how it tastes, and how good it is for us and for nature. Combining the principles of circular economy with food design, they can design food for nature to thrive.

The big food redesign, shows that combining four ingredient selection and sourcing opportunities unlocks substantial environmental, economic, and yield benefits. It shows that circular design for food – which involves fundamentally redesigning product portfolios to use all the diverse food outputs of a nature-positive food system – offers significantly greater benefits than using the same ingredients as today, but sourcing them better through regenerative production.

Free read: <https://ellenmacarthurfoundation.org/resources/food-redesign/overview>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

#### BHUTAN

##### Food Systems for Gross National Happiness Transformative Pathways for Bhutan Bhutan National Pathways

“Bhutan’s difficult terrain means that only 7 percent or 664,000 acres of our total land is usable. We must ensure that this small amount of land is put to the best use for the benefit of our people.”

His Majesty the King of Bhutan

“The fractures within our food systems have painfully come to the fore during the on-going COVID-19 crisis. Now is the time to reflect and reconsider the many ways in which we produce, process, deliver, trade and consume food. We need a food system, which works for all and not for the few. We need a system which nurtures nature and not otherwise. We need a system, which is resilient and delivers in the face of a rapidly warming world. And we need a system which empowers women and ensures that the children of the world get the nutrition they deserve.”

Dr. Lotay Tshering - Prime Minister & Mr. Yeshey Penjor - Minister of Agriculture

Free download:

[summitdialogues.org/wp-content/uploads/2021/09/1.-BhutanFoodSystemsPathways\\_UN\\_FoodSystemsSummit\\_2021.pdf](https://summitdialogues.org/wp-content/uploads/2021/09/1.-BhutanFoodSystemsPathways_UN_FoodSystemsSummit_2021.pdf)

#### BHUTAN NATIONAL PATHWAYS



#### FOOD SYSTEMS FOR GROSS NATIONAL HAPPINESS TRANSFORMATIVE PATHWAYS FOR BHUTAN



Ministry of Agriculture and Forests  
Royal Government of Bhutan  
August – September 2021



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

#### CAMBODIA

##### Cambodia's Roadmap for Food Systems for Sustainable Development 2030

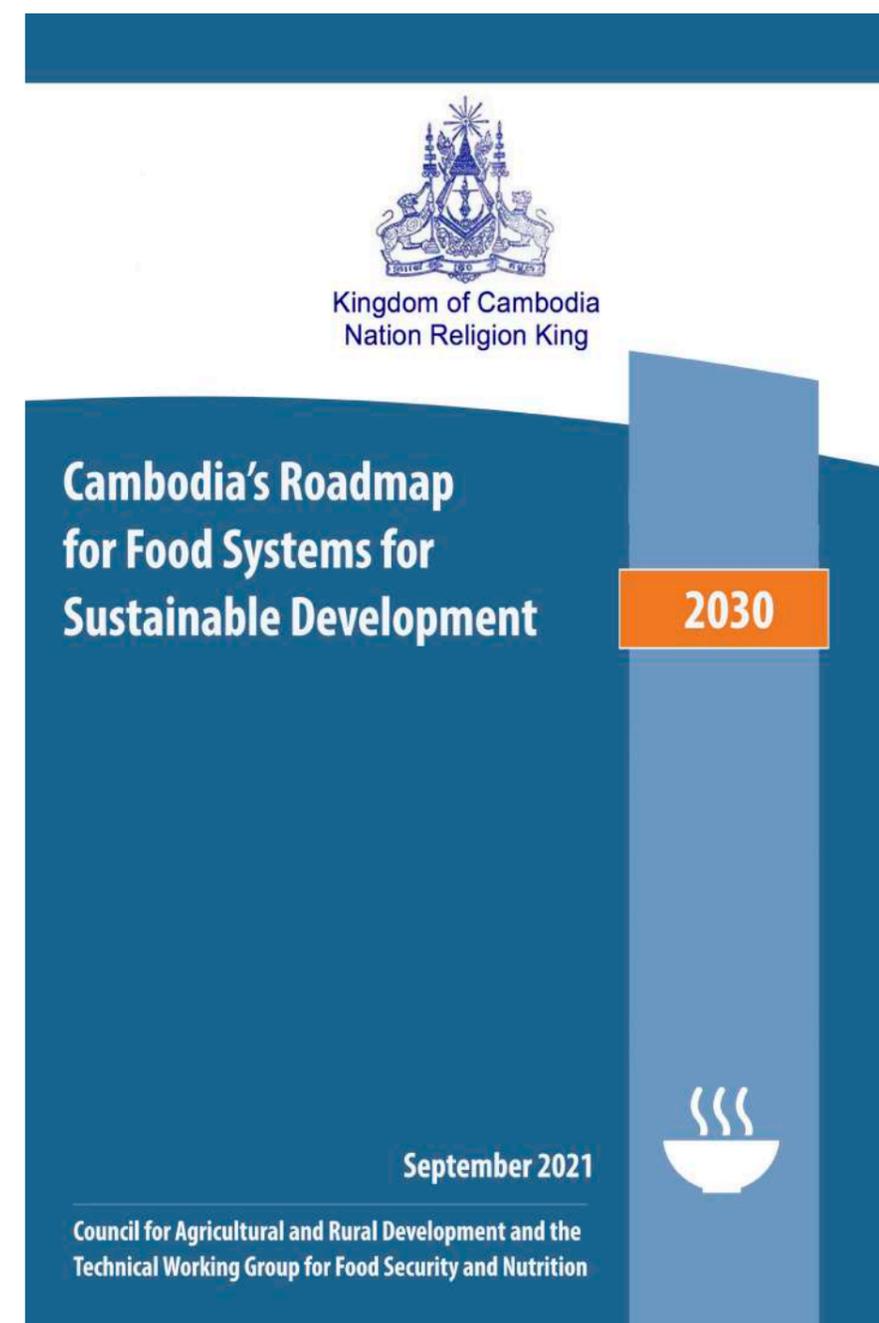
By 2030, all Cambodians will have access to healthy diets and safe food, with an initial focus on women and children, to break the intergenerational cycle of malnutrition and address the nutrition transition.

Food systems will nourish Cambodia's population, strengthen local production and distribution, generate domestic and international opportunities for trade and enterprise, offer equitable livelihoods especially for youth, be resilient to vulnerabilities, shocks and stresses, steward the environment, and help mitigate and adapt to climate change by shifting the food system towards green growth.

This roadmap is the product of extensive policy dialogue and analysis. In 2021, thirty dialogue events were conducted in Cambodia, with almost 2000 participants. Good progress was made possible under the leadership of the Royal Government of Cambodia (RGC).

Free download:

[https://summitdialogues.org/wp-content/uploads/2021/09/FS-Roadmap\\_Cambodia\\_Final-for-submission-1.pdf](https://summitdialogues.org/wp-content/uploads/2021/09/FS-Roadmap_Cambodia_Final-for-submission-1.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### LOCAL FOOD SYSTEMS

#### FRENCH POLYNESIA - FRANCE

**Impact environnemental de l'alimentation en Outre-Mer - Polynésie française**  
**ADEME - Agence de la transition écologique**

This study, which complements those conducted in mainland France on the GHG footprint of food, meets the following objectives for the Overseas Territories:

- To carry out an inventory of the food sector
- Assess the carbon and energy footprint of food
- To propose a common definition and ways of thinking adapted to the overseas territories, taking into account the specificity of each one.

The study identified the level of food dependence of the DROM-COM on imports and the carbon footprint of food in each territory. It has produced new data on the impact of food and recommendations for further study.

Free download:

[bibliothèque.ademe.fr/consommer-autrement/5675-impact-environnemental-de-l-alimentation-en-outre-mer-polynesie-francaise.html](http://bibliothèque.ademe.fr/consommer-autrement/5675-impact-environnemental-de-l-alimentation-en-outre-mer-polynesie-francaise.html)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



Food and Agriculture  
Organization of the  
United Nations



European Union



## LOCAL FOOD SYSTEMS

### GAMBIA

#### Food Systems Profile - The Gambia Catalysing the sustainable and inclusive transformation of food systems FAO, European Union and CIRAD

Food systems are intimately linked to our lives – through the food we eat, our nutrition and health, our livelihoods, jobs, and the environment and natural resources of the planet. The main challenge for food systems is to produce nutritious food for all while preserving our biodiversity and environment and ensuring equitable distribution of wealth.

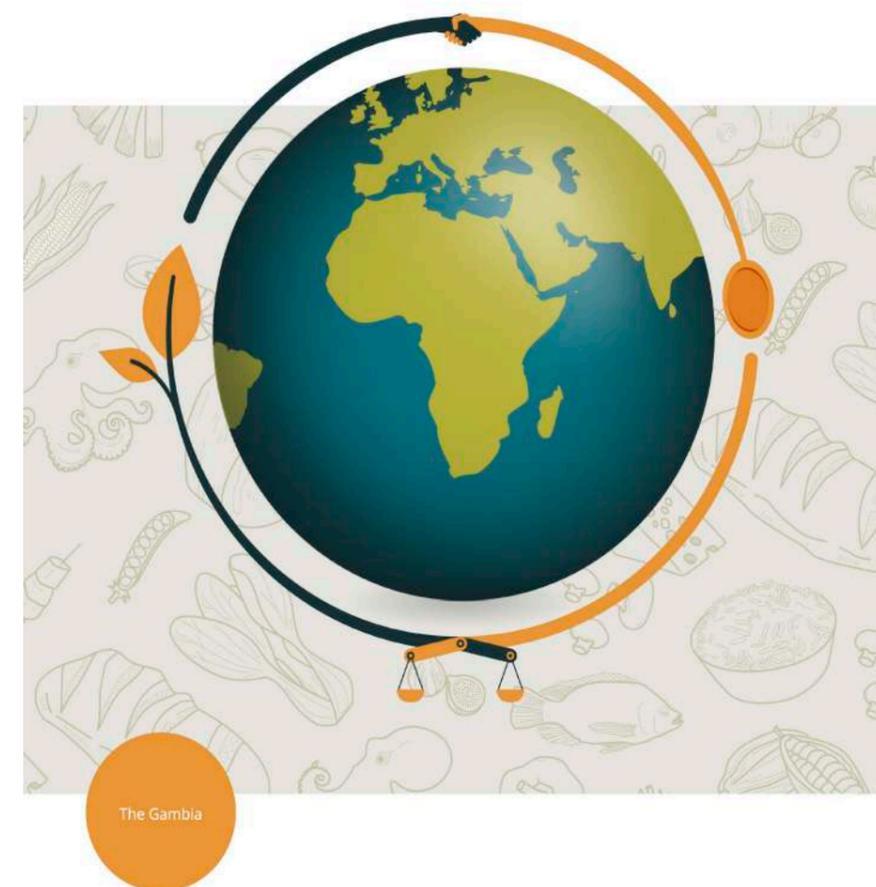
This Food Systems Profile provides a summary of the main food system issues in The Gambia and highlights potential solutions for their sustainable and inclusive transformation. It is the result of a systemic analysis and stakeholders consultation that was part of a global assessment of food systems in over 50 countries, following a joint initiative by the EU, FAO, and CIRAD which aims at catalyzing the sustainable and inclusive transformation of food systems.

Free download:

<https://www.fao.org/documents/card/en/c/cb9542en>

#### FOOD SYSTEMS PROFILE - THE GAMBIA

Catalysing the sustainable and inclusive  
transformation of food systems



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

#### GHANA

##### **Accelerating Ghana's Food System Transformation Diagnostic and Landscaping Analysis Food Systems Transformative Integrated Policy**

The FS-TIP Food Systems Analysis Toolkit helps users conduct a landscaping and diagnostic analysis of a country's food system. It contains guidance, tools, and templates to enable the generation of a systematic, thorough and comprehensive picture of a national food system. Such a picture provides a solid fact base foundation from which country policy-makers and stakeholders can advance their food systems transformation journey by bringing together policy, programs, and investments.

This analysis has been developed with contributions from: African Population and Health Research Center, AKADEMIYA2063, Alliance for a Green Revolution in Africa, Boston Consulting Group, International Food Policy Research Institute, International Development Research Centre, Rockefeller Foundation, Tony Blair Institute for Global Change and the World Food Programme. This work was carried out with the aid of a grant from the International Development Research Centre, Ottawa, Canada and partly funded by the Rockefeller Foundation.

Free download:

<https://www.rockefellerfoundation.org/wp-content/uploads/2022/02/Accelerating-Ghanas-Food-System-Transformation.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

#### IRELAND

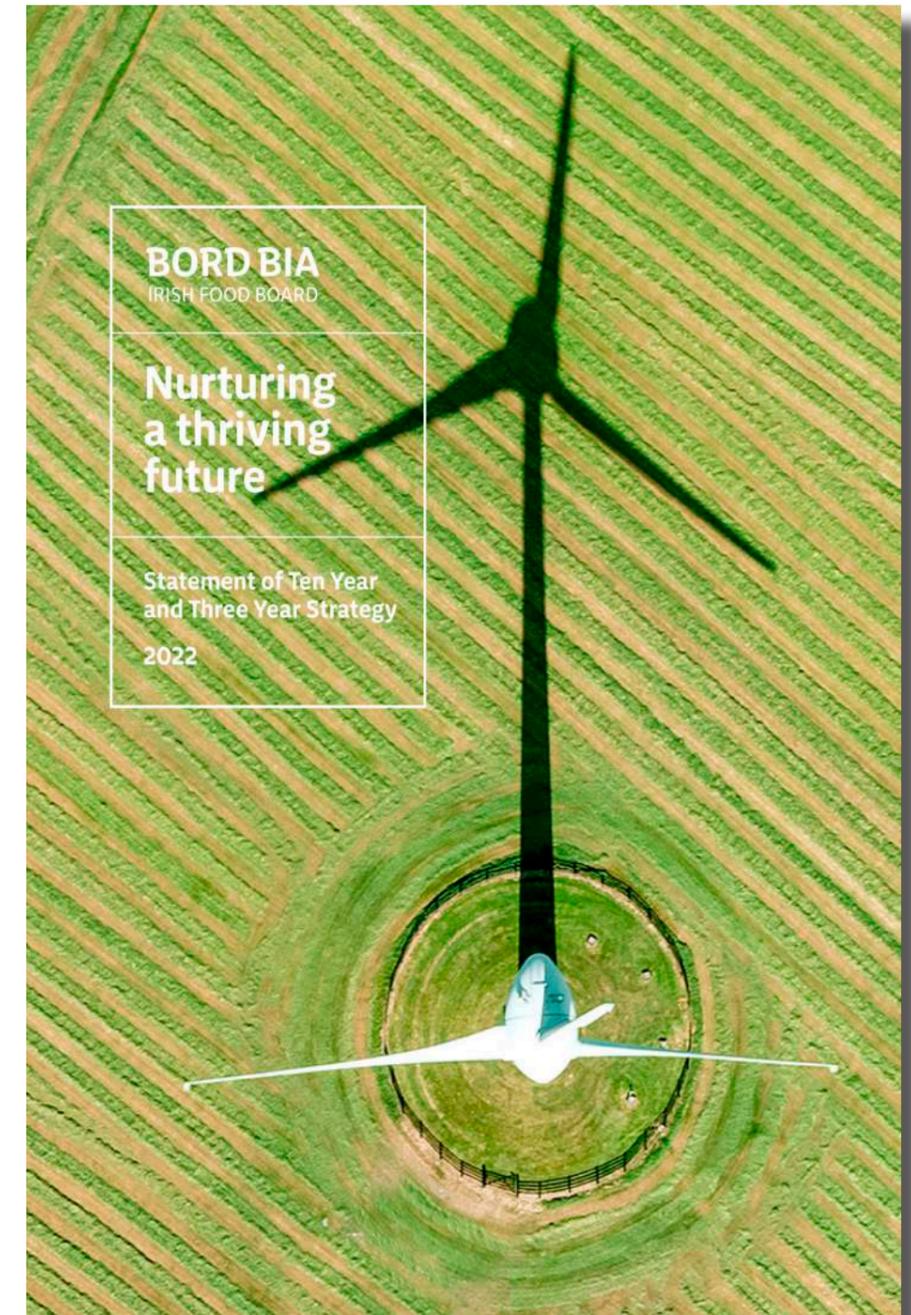
##### **Nurturing a thriving future Statement of Ten Year and Three Year Strategy Bord Bia - Irish Food Board**

“Our new three year strategy for Bord Bia has been developed in the context of the wider policy ambitions set out in Food Vision 2030 – it provides Bord Bia with a roadmap of activities that align to wider more long term ambitions for Ireland.

Food Vision 2030 emphasises the need to strengthen and invest in Origin Green and other sustainability supports, to reflect the higher level of environmental ambition for the agri-food sector. Food Vision also proposes expansion in nature- based production systems, tillage, horticulture and organic production; and Bord Bia will be central to the delivery of that vision for the country.”

Dan MacSweeney - Bord Bia - Chair  
Tara McCarthy - Bord Bia - CEO

Free download:  
<https://www.bordbia.ie/globalassets/bordbia.ie/about/statement-of-strategy-2022.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### LOCAL FOOD SYSTEMS

#### KOSOVO

##### **Kosovo's Food System: Its Sustainability and Missing Policies**

Dardan Abazi, Dora Musa

INDEP and Konrad-Adenauer-Stiftung

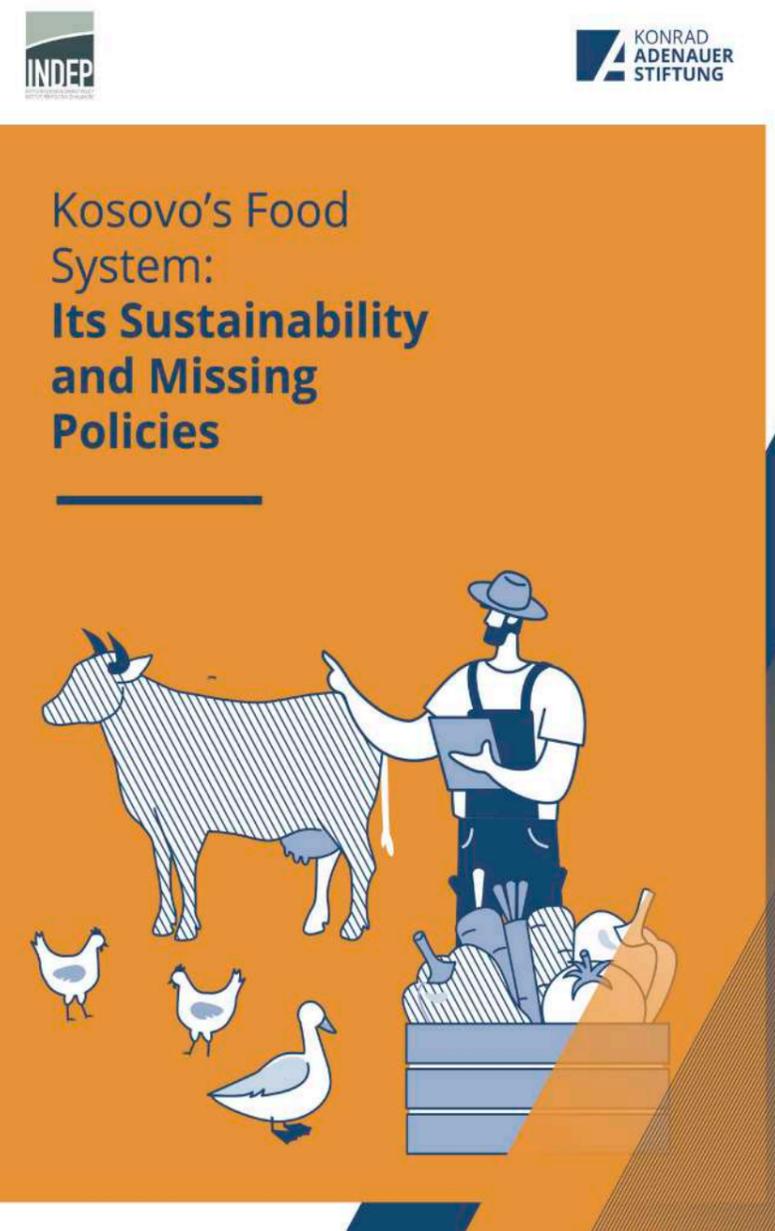
Kosovo's food system is faced with many obstacles, as such lack of monitoring of food production, highly processed food items that do not promote healthy and nutritious diet, poor food waste management, to name a few. This imposes problems in 3 dimensions, such as social, economic and environmental.

Sustainable food production and consumption, alongside the development of rural areas and farmers, are also foreseen in the regional agreements and declarations for the Western Balkans in which case Kosovo is involved too.

This publication will analyze the problems and challenges of Kosovo in this regard and will give recommendations on what can be done to advance this matter.

Free download:

<https://www.bordbia.ie/globalassets/bordbia.ie/about/statement-of-strategy-2022.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

#### NEPAL

##### Food Systems Profile - Nepal

##### Catalysing the sustainable and inclusive transformation of food systems

FAO, European Union and CIRAD

The results of the assessment and participatory consultations suggest that Nepal's transition to a sustainable food system will need to address multiple issues, including low productivity, low competitiveness of the food trade system, inadequate infrastructure, labour migration, insufficient services, gender inequity and persistent nutrition problems. The main levers identified during consultations with stakeholders were:

1. Improving the efficiency of value chains to enhance distribution of quality food and limit post-harvest losses, by optimizing processing, storage and marketing practices and strategies;
2. implementing livelihood support strategies for the poorest
3. reinforcing the legal framework and capacities of local authorities during federalization;
4. improving land-use planning to strengthen supply chains and food security;
5. promoting small-scale mechanization in order to support women in rural areas to keep cultivating and prevent land being left fallow;
6. improving capacity of storage and processing to raise competitiveness of local products compared to those from India.

Free download: <https://www.fao.org/3/cb7653en/cb7653en.pdf>



##### FOOD SYSTEMS PROFILE - NEPAL

Catalysing the sustainable and inclusive transformation of food systems



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

#### NUNANGAT - CANADA

##### **Inuit Nunangat Food Security Strategy Inuit Tapiriit Kanatami**

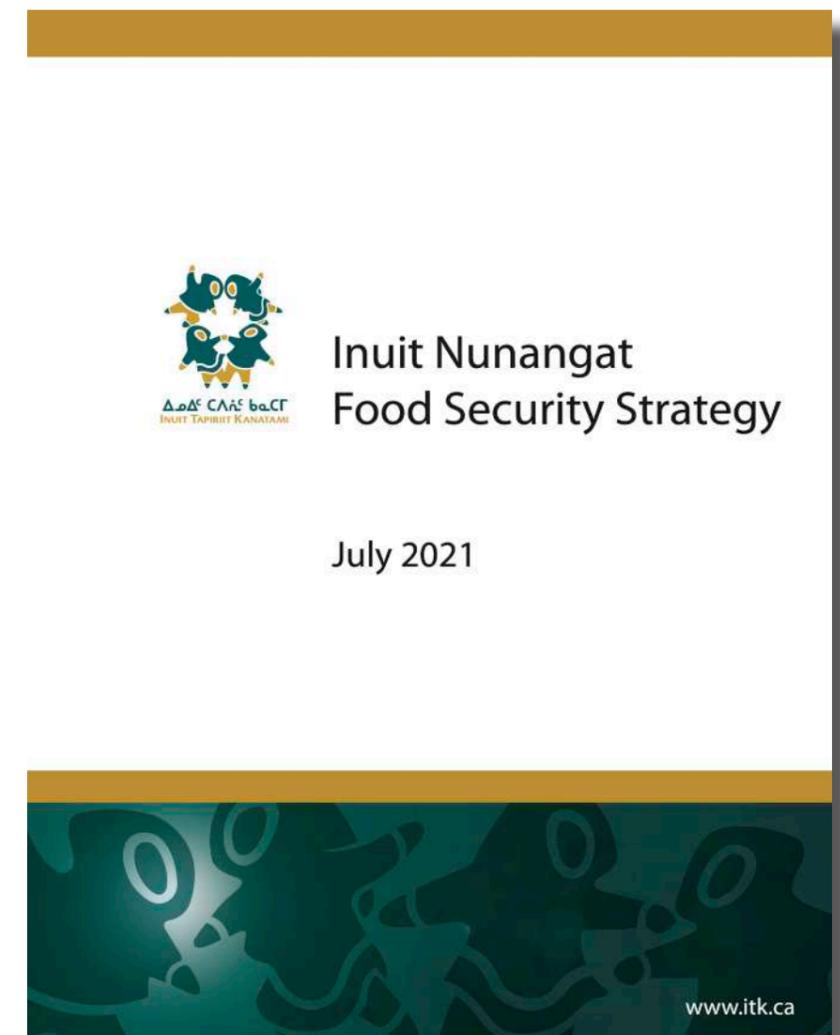
The Inuit Nunangat Food Security Strategy is the first road map ever developed for improving Inuit food security in Inuit Nunangat, the homeland of Canadian Inuit.

A person is food insecure if they do not have access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. This could mean that they can't afford a balanced diet, they miss meals or do not eat for days at a time. For Inuit, it can also mean that they don't have access to country foods from the land which are central to our culture and way of life.

The Strategy is based on an Inuit vision for ending hunger and advancing food sovereignty. It outlines actions for creating a self-determined and sustainable food system in Inuit Nunangat that: Reflects Inuit societal values, supports Inuit well-being, ensures Inuit access to affordable, nutritious, safe, and culturally preferred foods.

The Strategy creates a common national understanding of the high prevalence of Inuit food insecurity, factors driving Inuit food insecurity, coordinated Inuit-driven solutions to address food insecurity in Inuit Nunangat.

Free download: [www.itk.ca/projects/inuit-nunangat-food-security-strategy](http://www.itk.ca/projects/inuit-nunangat-food-security-strategy)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

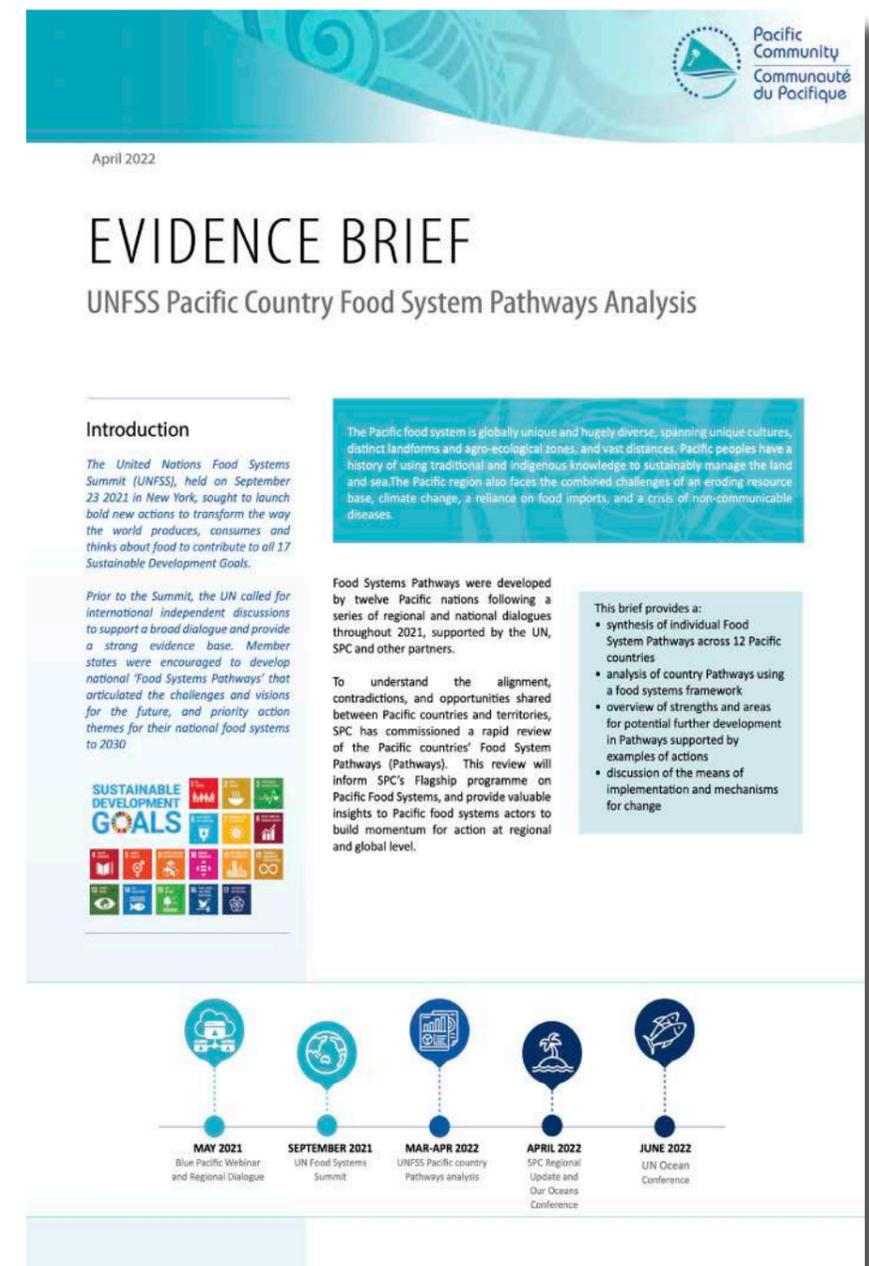
#### NEW CALEDONIA

#### UNFSS Pacific Country Food System Pathways Analysis Pacific Community Headquarters - Nouméa

The Pacific food system is globally unique and hugely diverse, spanning unique cultures, distinct landforms and agro-ecological zones, and vast distances. Pacific peoples have a history of using traditional and indigenous knowledge to sustainably manage the land and sea. The Pacific region also faces the combined challenges of an eroding resource base, climate change, a reliance on food imports, and a crisis of non-communicable diseases.

This brief provides a:

- synthesis of individual Food System Pathways across 12 Pacific countries
- analysis of country Pathways using a food systems framework
- overview of strengths and areas for potential further development in Pathways supported by examples of actions
- discussion of the means of implementation and mechanisms for change



Free download: [https://www.spc.int/sites/default/files/resources/2022-04/EVIDENCE\\_BRIEF\\_UNFSS\\_V3\\_eVersion.pdf](https://www.spc.int/sites/default/files/resources/2022-04/EVIDENCE_BRIEF_UNFSS_V3_eVersion.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### LOCAL FOOD SYSTEMS

#### TAJIKISTAN

##### **The Government of Tajikistan & United Nations Sustainable Development Cooperation Framework 2023-2026**

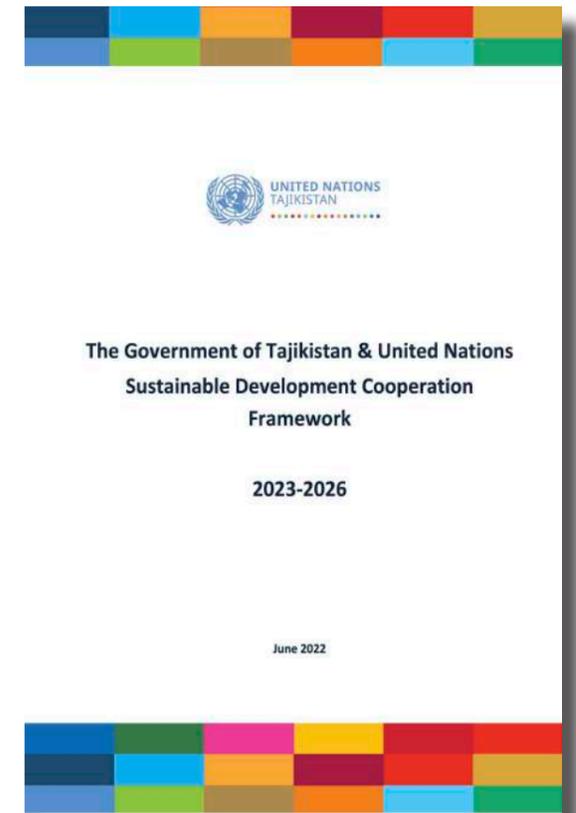
The national development vision calls for: 'A steadily growing, competitive country that provides decent living standards and equal opportunities for each person to realize his or her potential based on equality, justice and respect for human dignity'. There are three strategic priorities for cooperation and four expected outcomes:

Outcome 1. Inclusive human development - By 2026, health, food security and nutrition, education and social protection systems and services are more effective, inclusive, gender-sensitive, and adequately financed

Outcome 2. Sustainable, inclusive, and green economic growth - By 2026 public institutions and the private sector collaborate to implement innovative and gender-responsive policy frameworks and actions to green the economy and strengthen inclusion of vulnerable groups

Outcome 3. Integrated management of climate and environmental risk - By 2026, natural resources management is inclusive and sustainable with integrated policy frameworks and actions to enhance climate-change adaptation and livelihoods of vulnerable groups

Outcome 4. People-centred governance and rule of law - By 2026, governance is more inclusive, transparent and accountable, serving to protect human rights, empower women, and reduce violence and discrimination in alignment with the international commitments of Tajikistan



Free download: [https://unsdg.un.org/sites/default/files/2022-06/Tajikistan\\_Cooperation\\_Framework\\_2023-2027\\_0.pdf](https://unsdg.un.org/sites/default/files/2022-06/Tajikistan_Cooperation_Framework_2023-2027_0.pdf)

**CLIMATE & FOOD  
FREE PUBLICATIONS**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CLIMATE & FOOD

#### AFRICAN UNION

##### **African Union Climate Change and Resilient Development Strategy and Action Plan 2022-2032**

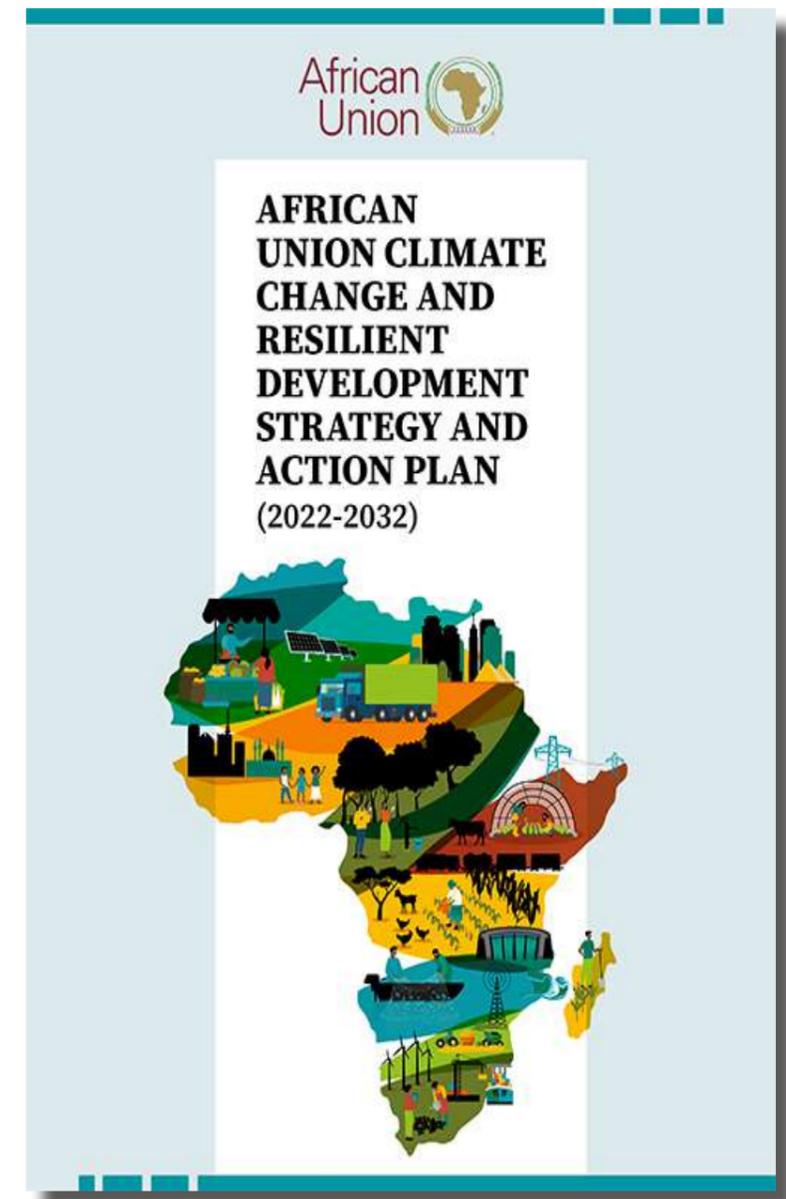
“The realization of Africa’s Agenda 2063 cannot be possible without proactive collective continental efforts aimed at addressing the impacts and encumbrances of climate change, which hampers our integration and development. There is sufficient scientific evidence – corroborated by the voices from diverse strata of our own communities – that Africa is bearing the brunt of climate change impacts, despite contributing less than 4% of global greenhouse gas emissions, and negligible historical responsibility.”

H. E. Hon. Uhuru Kenyatta, CGH - President of the Republic of Kenya  
Coordinator - Committee of the African Heads of State and Government on Climate Change

“A key principle that underpins the Strategy and Action Support for the implementation of this Strategy and its Action Plan from regional economic communities, member states, citizens at large, and local and international partners, is key to achieving the climate goals of the continent over the next ten years.”

H.E Moussa Faki Mahamat - Chairperson - African Union Commission

Free download: [au.int/en/documents/20220628/african-union-climate-change-and-resilient-development-strategy-and-action-plan](https://au.int/en/documents/20220628/african-union-climate-change-and-resilient-development-strategy-and-action-plan)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CLIMATE & FOOD

#### ANTIGUA AND BARBUDA

##### Country Programme Antigua and Barbuda Green Climate Fund

Antigua and Barbuda is highly dependent on tourism, making it highly vulnerable to fluctuations in the global economy.<sup>35</sup> The recent COVID-19 pandemic has halted most tourism activities. This disruption is projected to provoke a GDP contraction of at least 20%, with Government revenues declining by over 40%<sup>36</sup>. These disruptions, combined with high debt, are expected to have major ramifications for Antigua and Barbuda's development and ability to fund its adaptation programme.

The Government of Antigua and Barbuda seeks to attain a state of sustainable development and achieve the goals of Paris Agreement 2015 through a gender-responsive, just transition to a low emission, climate-resilient economy. Our 2020 Country Programme is the first step in this transition. The Government envisions that it will perform a catalytic role in this transition through the proposed climate change project pipeline presented in this Country Programme while managing transition risks via programmes for the just transition of the workforce, enhancing respective enabling environments for key thematic areas, and socially inclusive investment.

Free download: <https://www.greenclimate.fund/sites/default/files/document/country-programme-antigua-and-barbuda.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CLIMATE & FOOD

#### COLOMBIA

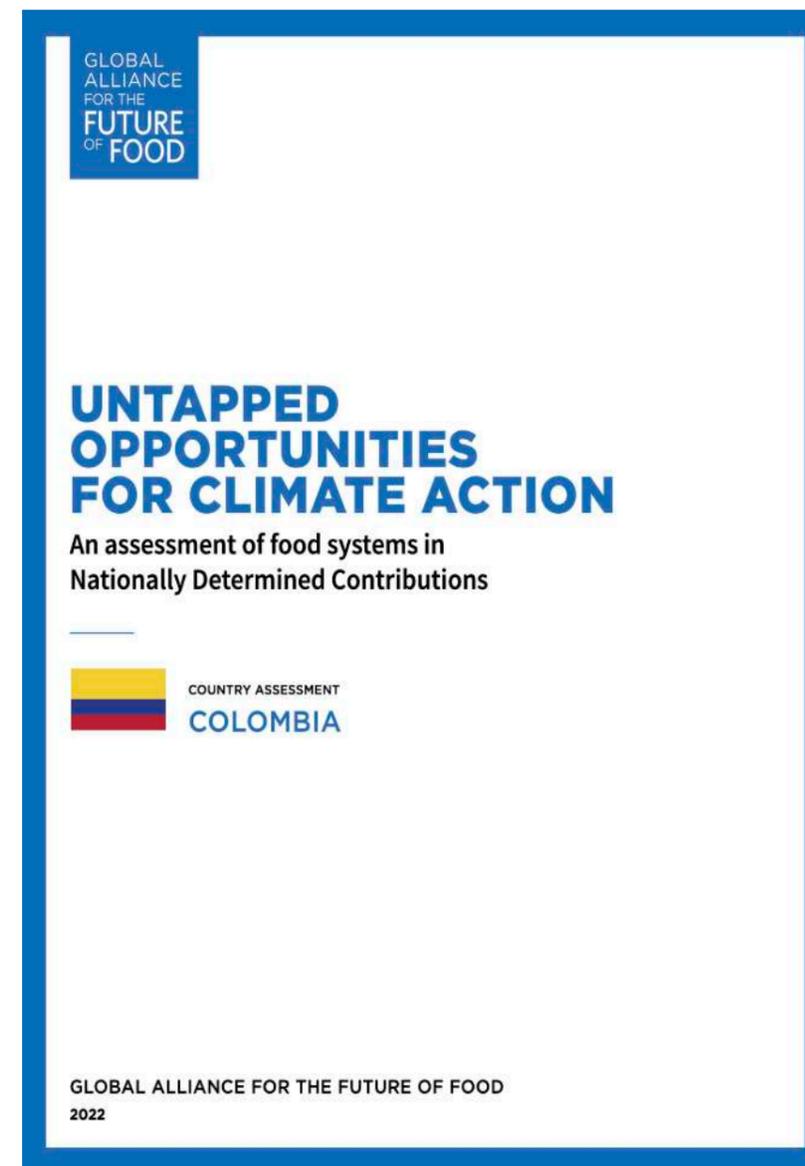
##### **Untapped Opportunities for Climate Action An Assessment of Food Systems in Nationally Determined Contributions Global Alliance for the Future of Food**

Food is an important pillar of Colombia's economy. In 2018, agriculture accounted for 6.3% of Colombia's GDP, 16.4% of employment in the country, and 19% of exports. While much of the food produced in Colombia is consumed domestically, the country is both an importer and exporter of food.

Many of the 10 million Colombians living in rural areas depend on food production as their primary source of income. Moreover, more than half of rural inhabitants live in poverty, with rural women having the lowest incomes in the country and facing considerable barriers in accessing agricultural inputs, training, and credit.

Over the coming decades, Colombia's food system must address the many challenges it faces. Food security will likely be put under further pressure due to projected climate change and increased climatic variability. It is therefore essential for Colombia to transform its food system into one that is capable of safeguarding food security, promoting healthy diets, supporting environmental sustainability, and providing prosperity for all.

Free download: [https://futureoffood.org/wp-content/uploads/2022/04/ga\\_ndc\\_overviewreport\\_05\\_es.pdf](https://futureoffood.org/wp-content/uploads/2022/04/ga_ndc_overviewreport_05_es.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CLIMATE & FOOD

#### GUINEA-BISSAU

**WFP Critical Corporate Initiative: Climate Response Analysis Guinea-Bissau.**  
**The Alliance of Bioversity and The International Center for Tropical Agriculture**  
**World Food Programme**

Guinea-Bissau is a low-income, food-deficit country with significant development challenges and high vulnerability to climate change. High levels of poverty, political instability, a general absence of employment opportunities, and a lack of basic services especially in rural areas dominate the socioeconomic profile of the country.

The adaptive capacity of the largely poor and food-insecure rural population is low, yet climate change impacts already manifest in increasing occurrences of droughts, flooding, and waterlogging.

To better respond to and anticipate the needs of the local population under current and future arising climate challenges, the present report provides an assessment of future projections of climate change impacts on food and nutrition security and vulnerability indicators and elaborates recommendations for climate adaptation response programming for World Food Programme (WFP) operations in four livelihood zones.



Free download: <https://www.wfp.org/publications/climate-response-analysis-guinea-bissau>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CLIMATE & FOOD

#### SENEGAL

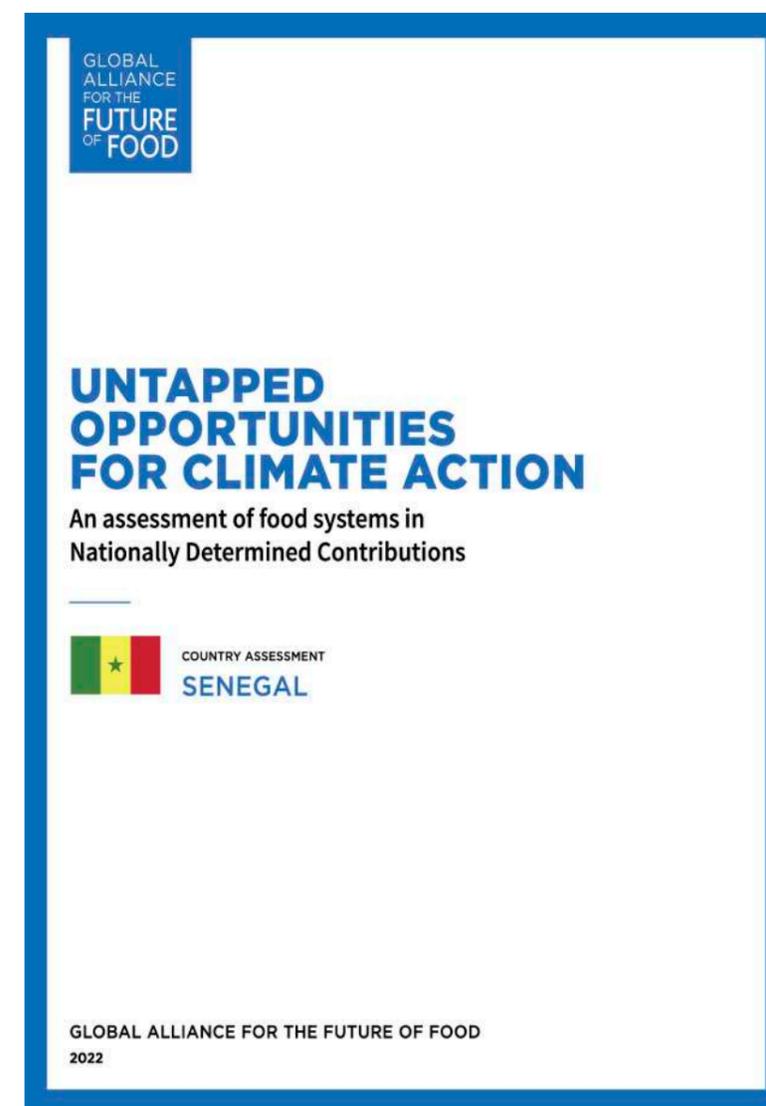
##### **Untapped Opportunities for Climate Action An Assessment of Food Systems in Nationally Determined Contributions Global Alliance for the Future of Food**

Food production makes up an important share of the Senegalese economy. Almost one-third of the working population is employed in the agriculture sector, which makes up 17% of their gross domestic product (GDP). The country imports approximately 70% of its food needs, which means households are vulnerable to fluctuations in global markets.

The competitiveness of local crops represents a central challenge for Senegal's food security. This is particularly true for rice, which is Senegal's main staple crop: While the country produced 0.4 million tons of rice in 2013, it continued to depend on the import of 1.1 million tons of rice the same year. The country continues to face chronic food insecurity and malnutrition. In 2020, 17% of the population were considered acutely food insecure and 7.5% were undernourished.

The consequences of climate change could worsen food insecurity in Senegal, particularly through droughts and soil degradation. Changes in annual precipitation patterns and extreme weather events are also associated with a reduced ability by Senegalese households to purchase food.

Free download: [https://futureoffood.org/wp-content/uploads/2022/03/GA\\_NDC\\_CountryAssessments-13-Senegal\\_EN.pdf](https://futureoffood.org/wp-content/uploads/2022/03/GA_NDC_CountryAssessments-13-Senegal_EN.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CLIMATE & FOOD

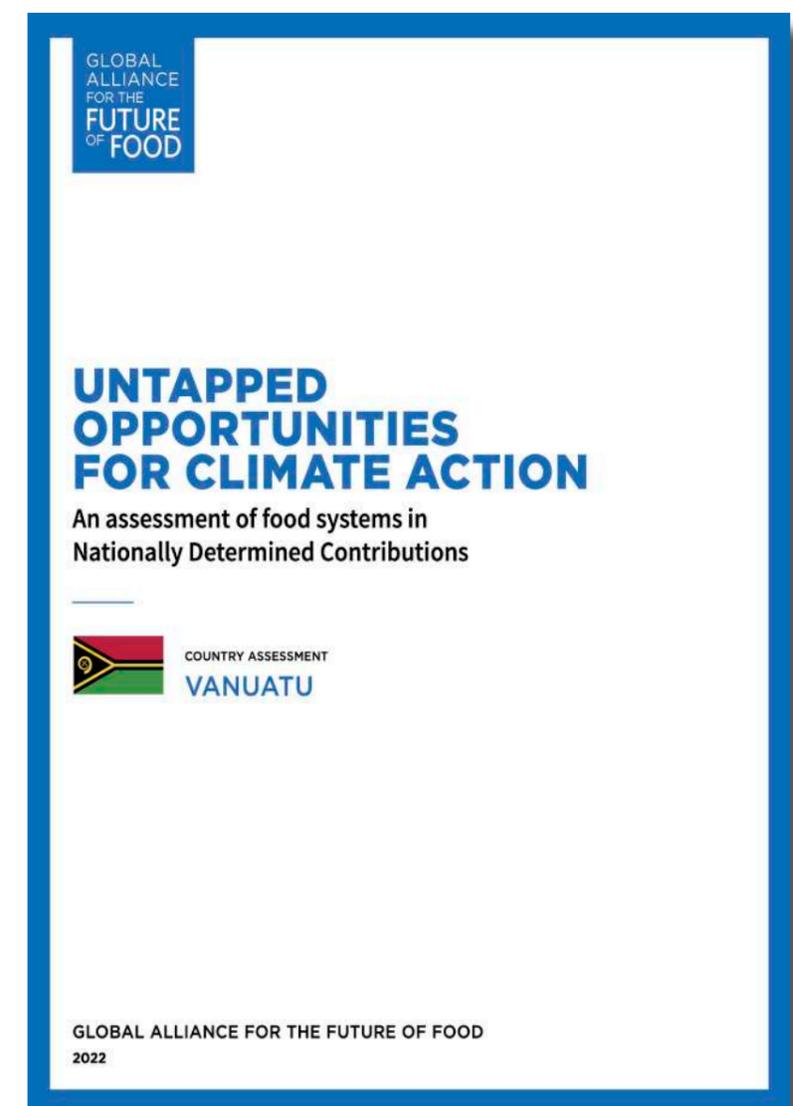
#### VANUATU

##### **Untapped Opportunities for Climate Action An Assessment of Food Systems in Nationally Determined Contributions Global Alliance for the Future of Food**

Food and agriculture sectors are central to Vanuatu's economy. In 2017, agriculture employed as much as 56% of the country's population and accounted for 20% of the gross domestic product (GDP). In fact, agriculture and livestock are two of the four mainstays of Vanuatu's economy, in addition to tourism and offshore financial services. The country has a strong tradition in subsistence farming and fishing. More than 80% of the population relies on agriculture for food and income security, and over 75% of agricultural production in Vanuatu is for subsistence purposes.

Vanuatu is ranked as the most vulnerable country in the world with regard to natural hazards, which form an ongoing risk for food production and nutritional security. While Vanuatu is prone to volcanic eruptions, earthquakes, and tsunamis, the country's latitude makes it especially vulnerable to tropical cyclones. Vanuatu's food systems offer valuable opportunities for addressing the country's climate change and malnutrition challenges. Policymakers can develop measures to catalyze a transition to healthier and more sustainable food systems in Vanuatu, which can simultaneously contribute to increasing social resilience, climate change adaptation, and economic development.

Free download: [https://futureoffood.org/wp-content/uploads/2022/03/GA\\_NDC\\_CountryAssessments-8-Vanuatu\\_EN.pdf](https://futureoffood.org/wp-content/uploads/2022/03/GA_NDC_CountryAssessments-8-Vanuatu_EN.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CLIMATE & FOOD

#### VATICAN

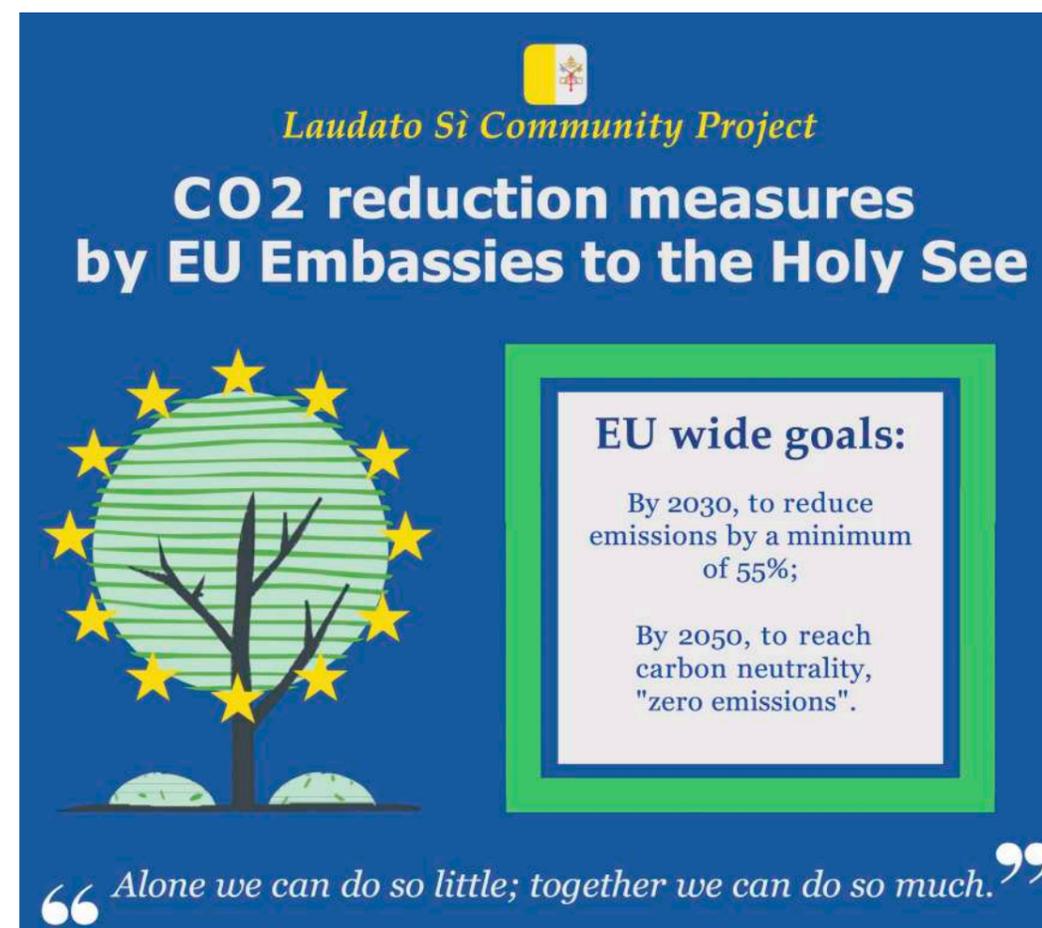
**Laudato Si Community Project  
EU Embassies to the Holy See  
30 pages - Free PDF**

EU Embassies to the Holy See presented a series of measures taken to reduce CO2 emissions.

The effects of climate change are clear, and the EU has set the goal to reduce CO2 emissions by a minimum of 55% by 2030, and reach carbon neutrality by 2050.

Therefore all actions contributing to a reduction of our planet's pollution are more relevant than ever.

Free download: [https://www.eeas.europa.eu/sites/default/files/laudato\\_sii.pdf](https://www.eeas.europa.eu/sites/default/files/laudato_sii.pdf)



# **SUSTAINABILITY WORLD SCALE**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - WORLD SCALE

#### AUSTRALIA

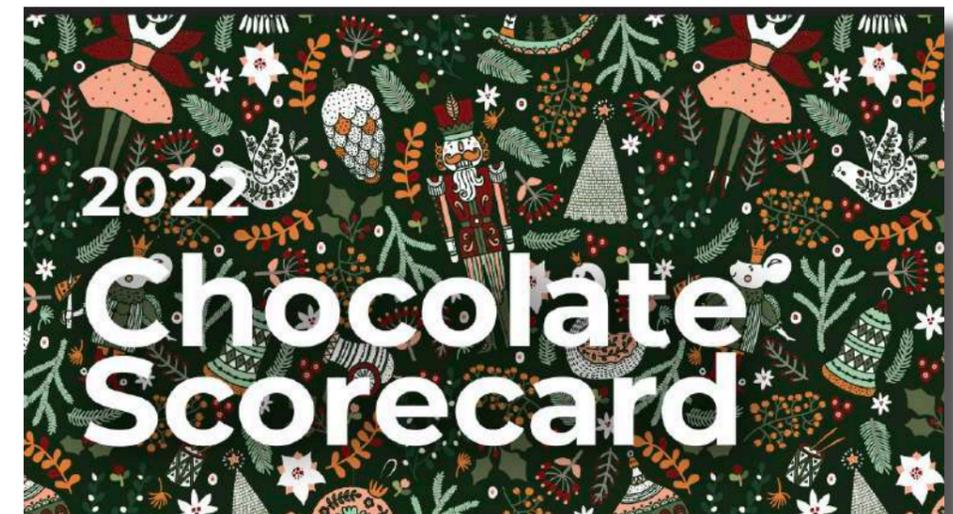
##### Chocolate Scorecard Be Slavery Free

The 2022 Chocolate Scorecard ranks and grades chocolate companies on key sustainability issues. The Chocolate Collective is coordinated by Be Slavery Free, with universities, consultants and civil society groups engaging in transforming the chocolate industry. This research has been conducted in accordance with Human Research Ethics Committee guidelines.

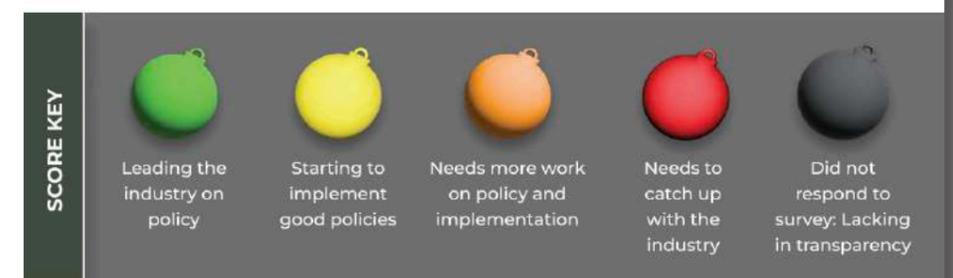
The research explores contemporary developments in policy and practices that companies in the chocolate supply chain are undertaking towards improving their sustainability performance. The Chocolate Scorecard was produced to inform companies about their scores on key sustainability challenges and develop a productive dialogue with them about how they can further improve their policies and practices, aiming for a higher score in future years.

It is also a resource for consumers who are seeking information about the sustainability of chocolate they purchase from these companies; or for investors and shareholders seeking to understand a company's performance.

10 pages, free download: [www.chocolatescorecard.com](http://www.chocolatescorecard.com)



We eat chocolate for comfort, celebration and indulgence. But what's really going into the chocolate we buy? We have surveyed the world's biggest chocolate companies to find out! Some are rising to the challenge, but others continue to ignore consumer demand for chocolate that's **good for people and the planet.**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### SUSTAINABILITY - WORLD SCALE

#### FRANCE

**Qui veille au grain ?**  
**Felix Lallemand, Arthur Grimonpont**  
**Les Greniers d'Abondance**

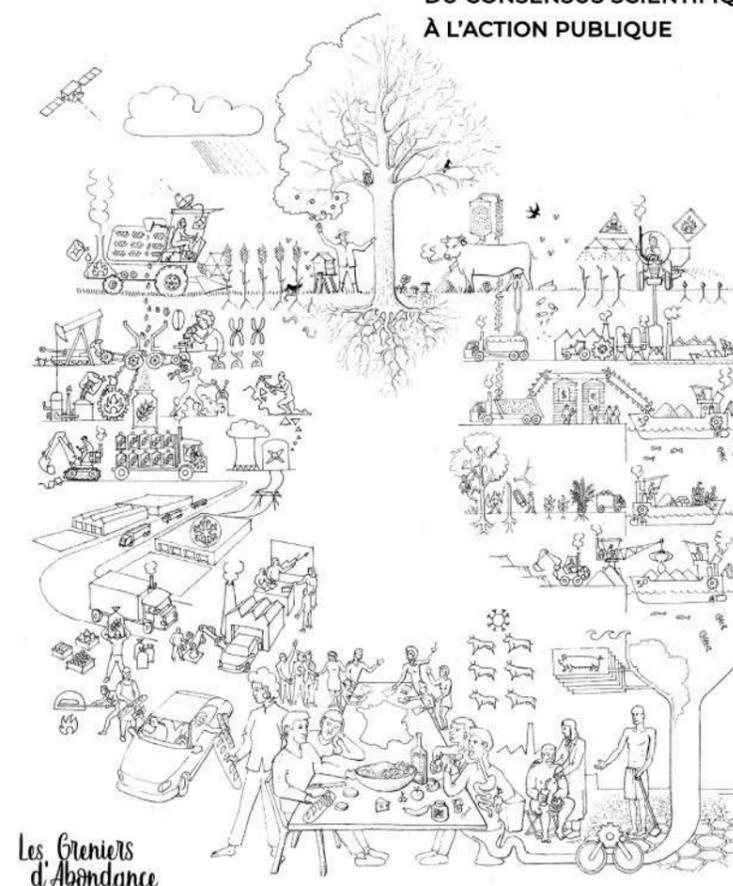
In France, as in most industrialized countries, food security is often taken for granted. The history of our food supply is one of continuous technical and material progress that has taken us from a time of scarcity and famine to a state of profusion. However, several major facts challenge this narrative. Our food system has moved away from its nourishing vocation, so much so that our food security is in fact far from being achieved and could even be definitively compromised without a rapid change of trajectory.

This report has a triple objective. To understand the problems posed by the current organization of the food system, through the synthesis of numerous research studies in the natural sciences and the humanities showing the failures and vulnerabilities of the agro-industrial model. To set a course for the reorientation of the food system by presenting the main characteristics of an alternative model capable of guaranteeing sustainable food security. Identify the obstacles and propose a path to achieve this goal by detailing some major policy measures that can be implemented today at the national and European levels.

Free download: <https://resiliencealimentaire.org/wp-content/uploads/2022/02/Livre-Qui-veille-au-grain-3.pdf>

## Qui veille au grain ?

DU CONSENSUS SCIENTIFIQUE  
À L'ACTION PUBLIQUE



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - WORLD SCALE

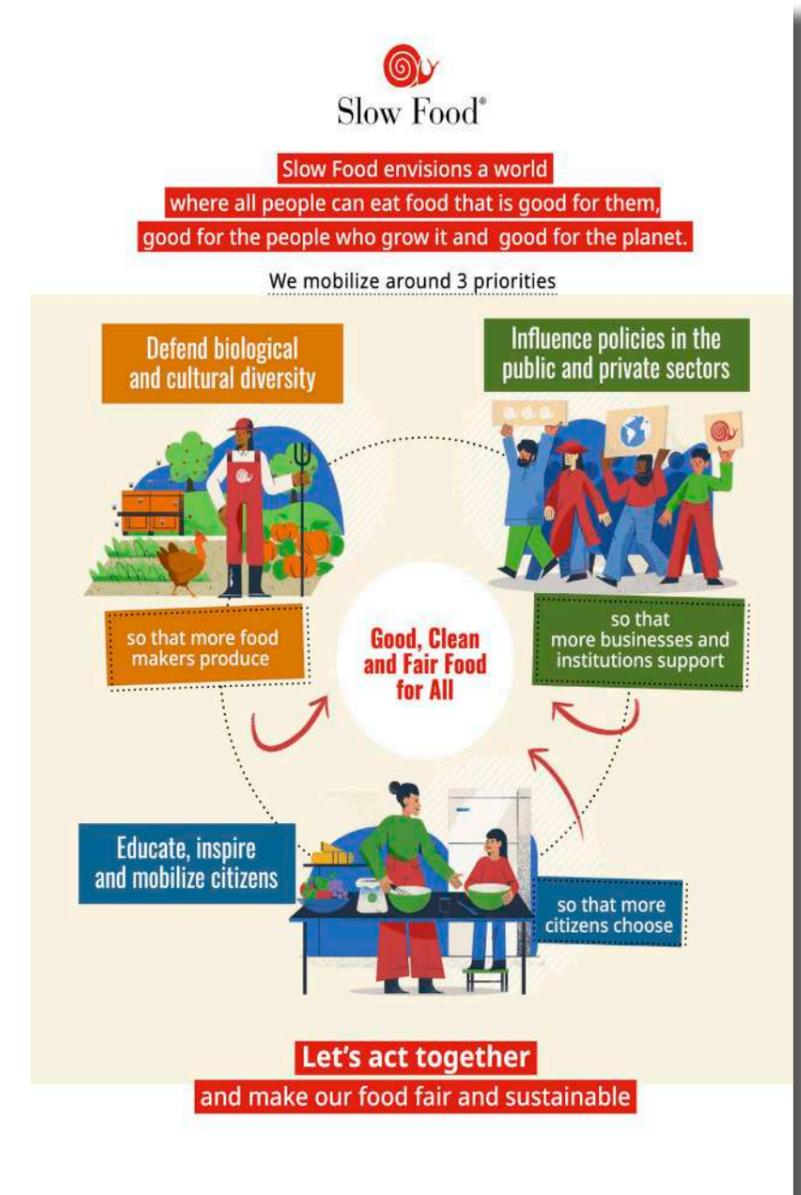
#### ITALY

#### Let's act together Slow Food

This is a letter intended to engage every level of the Slow Food network in an effort to systematize our work and to measure and leverage our impact in order to create a better world.

This is a document and the ideas it contains should be read and discussed in advance of the 2022 Slow Food Congress, at which point it will become the formal collective commitment that we make for the critical next decade.

This is a working tool for every level of the Slow Food network, from individual members to convivia, and from national organizations to local and thematic communities a common guide for identifying and setting targets that hold us accountable to each other.



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - WORLD SCALE

#### SWITZERLAND

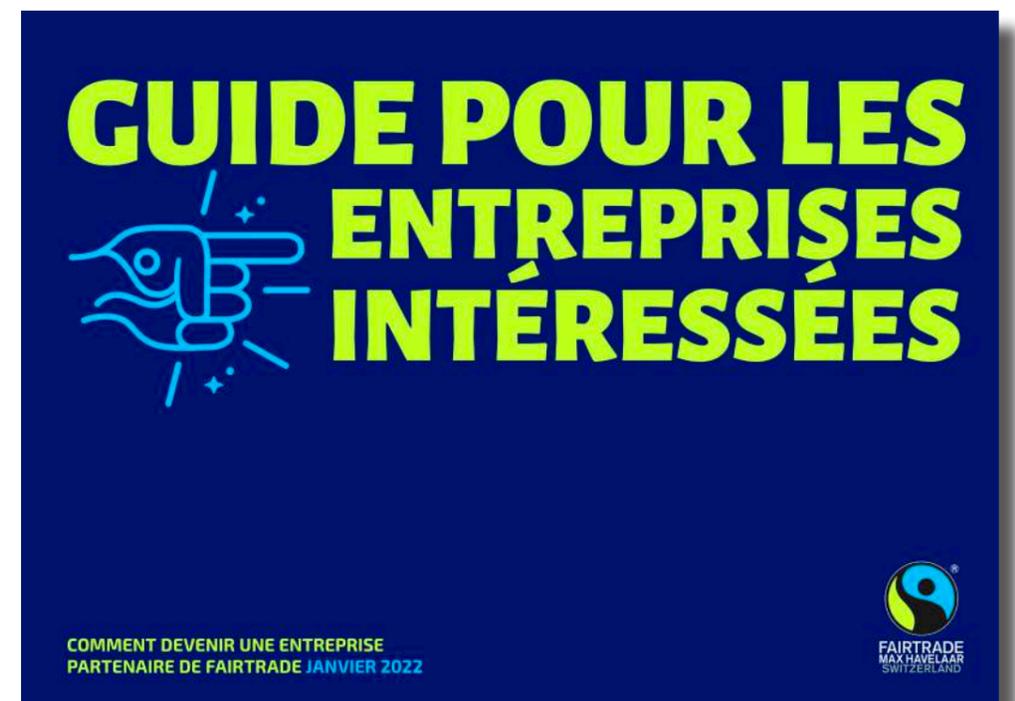
**Guide pour les entreprises intéressées  
Comment devenir une entreprise partenaire de Fairtrade  
Fairtrade International - Max Havelaar**

Fairtrade International is the non-profit umbrella association of the Fairtrade system. It brings together the voices of all Fairtrade stakeholders on an equal footing and is responsible for the Fairtrade standards.

The main criteria of these standards are:

- The payment of contractually fixed minimum prices, corresponding to the producers' production costs
- The payment of a separate Fairtrade premium, which allows for social or economic development projects
- Democratic organizational structures
- Prohibition of forced labor and child labor
- Compliance with international labor protection guidelines
- Promotion of environmental protection

Free download: [www.fairtrademaxhavelaar.ch/fileadmin/CH/Fuer\\_Unternehmen/Fairtrade\\_Max\\_Havelaar\\_Wegweiser\\_A4\\_FR\\_180322\\_ANSICHT.pdf](http://www.fairtrademaxhavelaar.ch/fileadmin/CH/Fuer_Unternehmen/Fairtrade_Max_Havelaar_Wegweiser_A4_FR_180322_ANSICHT.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - WORLD SCALE

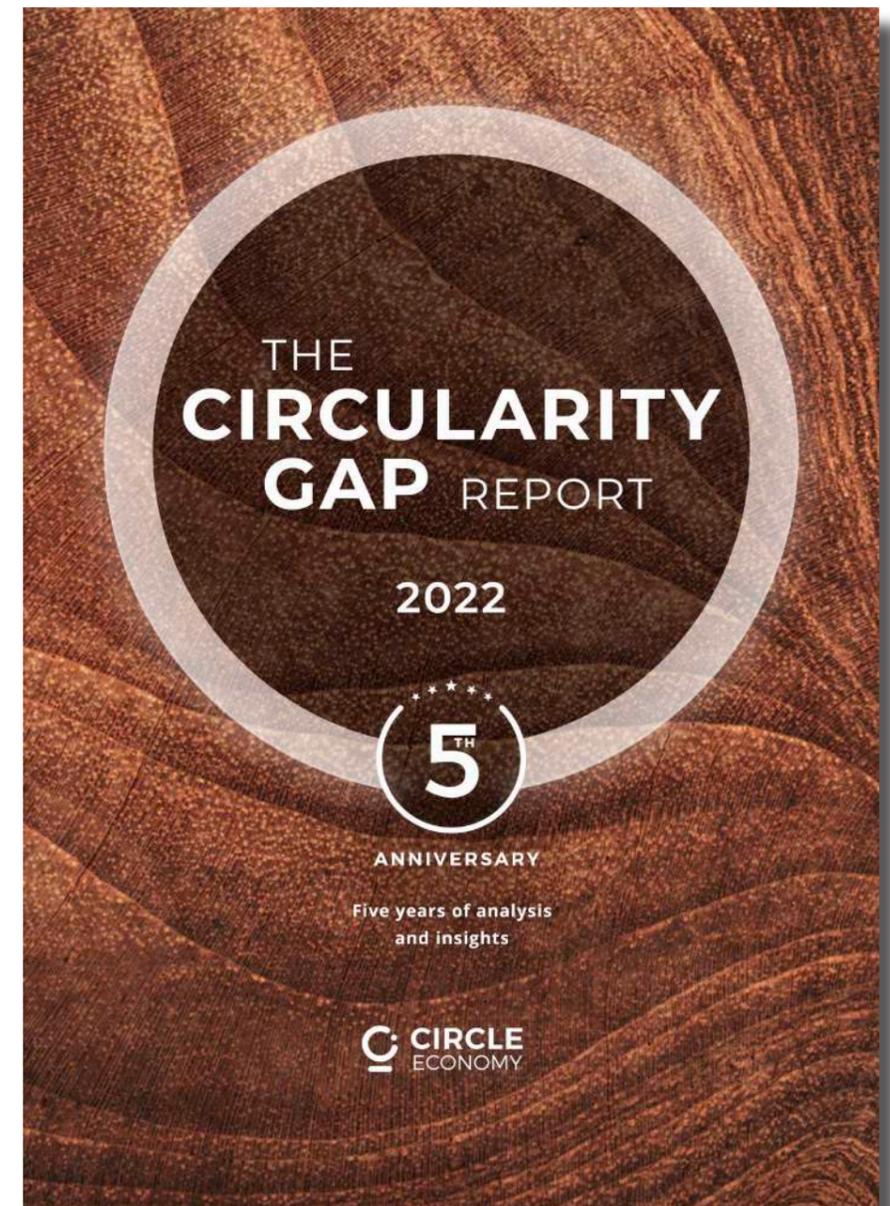
#### NETHERLANDS

**The Circularity Gap Report 2022**  
**Marc De Witt, Laxmi Haigh**  
**Circle Economy**

The Circularity Gap Reporting Initiative is an initiative of Circle Economy, an impact organisation dedicated to accelerating the transition to the circular economy.

The first Circularity Gap Report presented the alarming statistic that the globe's economy was only 9.1% circular, leaving a massive Circularity Gap. The Report, launched in January 2018 during the World Economic Forum in Davos, has since been updated and published every year. This iteration marks the fifth edition. The Reports provide high-level insights into the globe's material flows and key levers for transitioning to circularity. They also support decision-makers with clear metrics, global data and a measurement of the circular economy to guide their action.

Updating the Circularity Metric is not feasible on an annual basis, however, due to the limited availability of data. Since 2020, the Circularity Gap Reporting Initiative has also explored the role of data in the circular transition: how to collect it, communicate it and make it globally accessible.



Free download: [https://www.slowfood.com/wp-content/uploads/2021/06/EN\\_Calltoaction\\_doc\\_A4-1.pdf](https://www.slowfood.com/wp-content/uploads/2021/06/EN_Calltoaction_doc_A4-1.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - WORLD SCALE

#### UNITED NATIONS

##### The Sustainable Development Goals Report 2022

“As the world faces cascading and interlinked global crises and conflicts, the aspirations set out in the 2030 Agenda for Sustainable Development are in jeopardy. With the COVID-19 pandemic in its third year, the war in Ukraine is exacerbating food, energy, humanitarian and refugee crises – all against the background of a full-fledged climate emergency. Using current data, The Sustainable Development Goals Report 2022 provides evidence of the destructive impacts of these crises on the achievement of the Sustainable Development Goals (SDGs).”

António Guterres - Secretary-General of the United Nations

“This year’s report paints a particularly sobering picture. Using the latest available data and estimates, it reveals that the 2030 Agenda for Sustainable Development is in grave jeopardy due to multiple, cascading and intersecting crises. COVID-19, climate change and conflict predominate. Each of them, and their complex interactions, impact all of the Goals, creating spin-off crises in food and nutrition, health, education, the environment, and peace and security. To put the world on track to sustainability will require concerted action on a global scale.”

Liu Zhenmin - Under-Secretary-General for Economic and Social Affairs

#### The Sustainable Development Goals Report 2022



Free download: <https://unstats.un.org/sdgs/report/2022/The-Sustainable-Development-Goals-Report-2022.pdf>

# **SUSTAINABILITY**

## **LOCAL SCALE**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

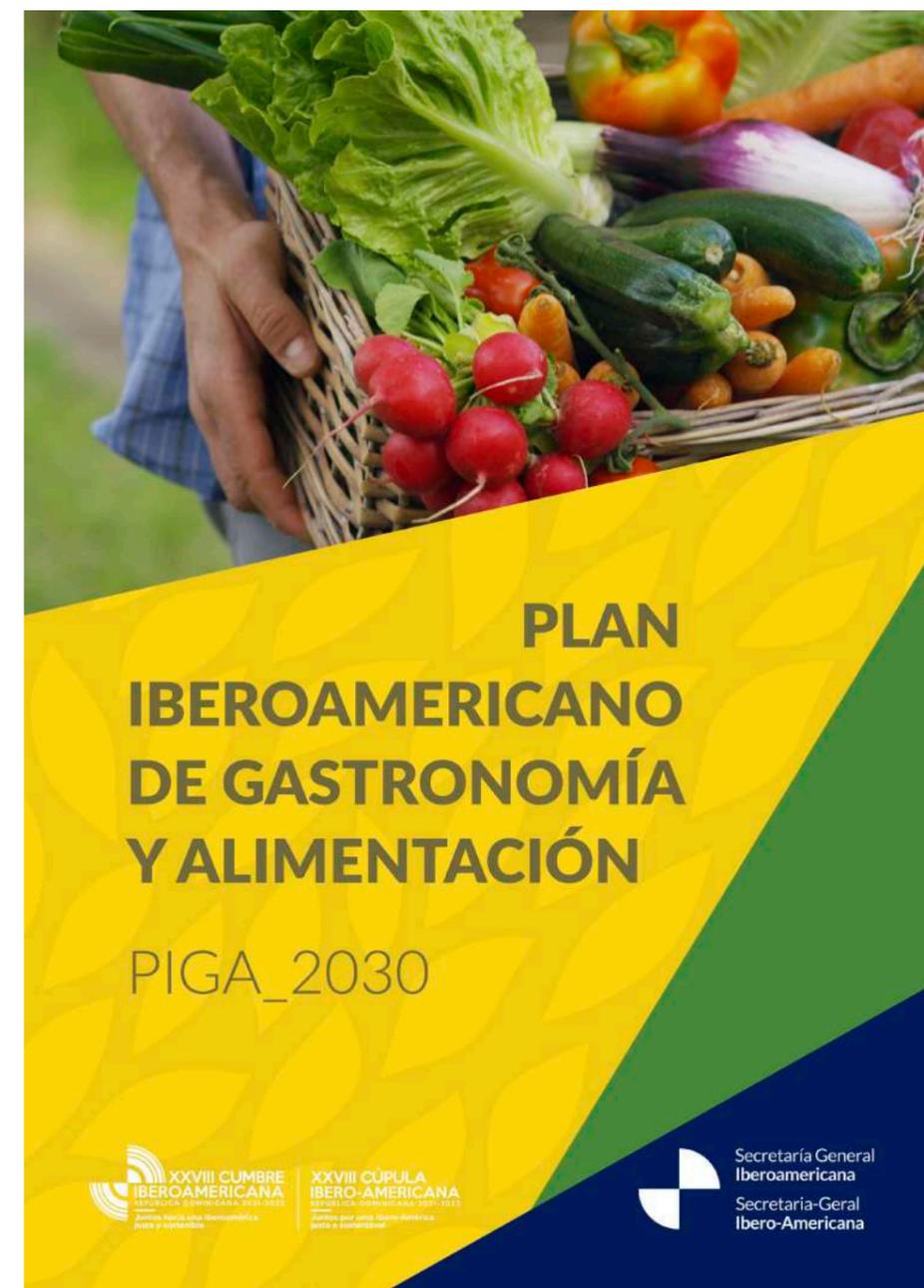
#### ANDORRA - SPAIN - LATIN AMERICA

##### Plan Iberoamericano de Gastronomía y Alimentación Secretaría General Iberoamericana

In its thirty years, Ibero-American Cooperation, led by the Ibero-American General Secretariat, has proven to be an effective mechanism for intergovernmental dialogue and an articulator of resources and capacities, fundamental in a new generation of policies, programs and instruments with an impact on sustainable development.

The Declaration of the XXVII Ibero-American Summit of Heads of State and Government, held in Andorra in April 2021, stated that “the devastating effects of the pandemic require a global, coordinated, supportive and joint response, which faces the great challenge of the inclusive and resilient reconstruction of our economies, and strengthens sustainable development and mainly the fight against poverty and inequality, guaranteeing the population social protection in all areas”.

The topic of food and gastronomy is not new for the Ibero-American Cooperation System. In recent years, it has been a priority after the Ibero-American Ministers of Tourism and Economy in 2018, proposed “a plan to boost Ibero-American gastronomy as one of the riches of the region with the greatest impact on the 2030 Agenda through the entire value chain of the food ecosystem”.



Free download: <https://www.segib.org/?document=plan-iberoamericano-de-gastronomia-y-alimentacion-2030>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



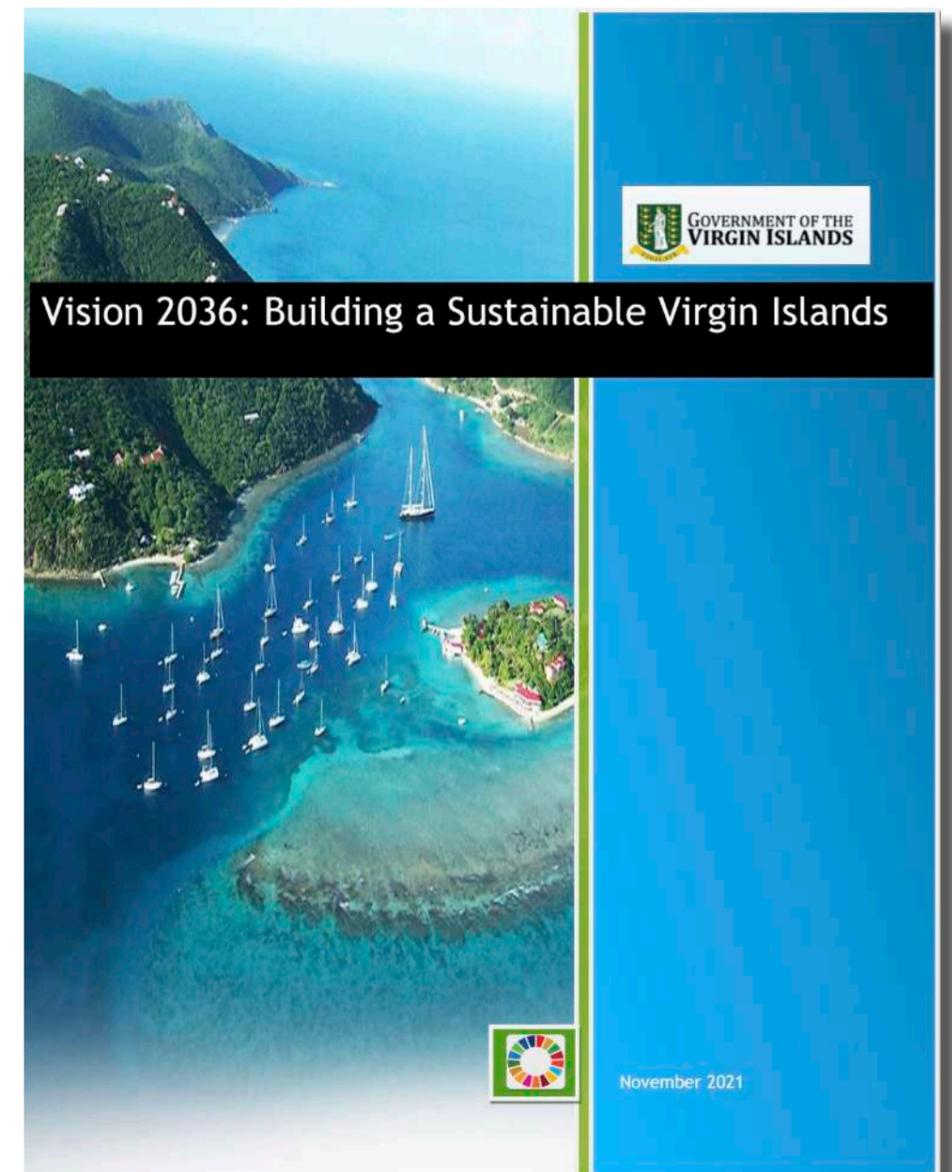
### SUSTAINABILITY - LOCAL SCALE

#### BRITISH VIRGIN ISLANDS - UNITED KINGDOM

##### Vision 2036: Building a Sustainable Virgin Islands

The National Sustainable Development Plan of the Virgin Islands is based on more than 70 sets of consultations conducted with a diverse group of citizens on their dreams and aspirations for the future of these small land masses with large marine resources. Emphasis was placed on the youth of country and their vision for the plan which they would be living. This Plan was supported the United Nations Economic Commission for Latin America and the Caribbean (ECLAC).

From our flora and our fauna to our festivals and our foods, we recognize and revel in our uniqueness. The NSDP captures the country's vision and overarching policy framework for achieving sustainability the next fifteen years, and in doing so sets out our national goals, priorities and context for the implementation of the new global Sustainable Development Goals over the same period. The national vision and the framework for action outlined in this plan have been informed by the priorities voiced by our people, their community and elected representatives, the private sector and civil society over a consultation programme undertaken across the whole country. The citizens have articulated what was want for themselves, their children, future generations and the various islands that make up the country.



Free download: [https://bvi.gov.vg/sites/default/files/national\\_sustainable\\_development\\_plan\\_.pdf](https://bvi.gov.vg/sites/default/files/national_sustainable_development_plan_.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

#### CANADA

**L'Indice national de rendement agroalimentaire pour la durabilité et sa valeur pour l'élaboration des politiques**

**Report by Tyler McCann, Angèle Poirier and Margaret Zafiriou  
Institut Canadien des Politiques Agroalimentaires**

This report is the result of a broad coalition of partners in the Canadian agriculture and agri-food system who are concerned about Canada's reputation and standing on the domestic and global stage, as well as "sustainability benchmarks" for Canadian food production.<sup>2</sup> Canada is the world's fifth largest exporter of agriculture and food products and, as a result, its success depends on its ability to compete and market its products globally. More and more of Canada's trading partners and global organizations are developing stringent agri-food sustainability measures that set the bar, potentially threatening Canada's future access to their markets, but also providing opportunities. At the same time, the Canadian food industry needs to build confidence among Canadian consumers who want to be assured that the food they buy is sustainably sourced. It is therefore important for Canada to develop its own rigorous, science-based measures to promote "Canadian sustainability credentials". The coalition decided to "define Canada's own sustainability metrics in the form of a national agri-food performance index.

Free download: <https://capi-icpa.ca/fr/explorer/ressources/lindice-national-de-rendement-agroalimentaire-pour-la-durabilite-et-sa-valeur-pour-lelaboration-des-politiques/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



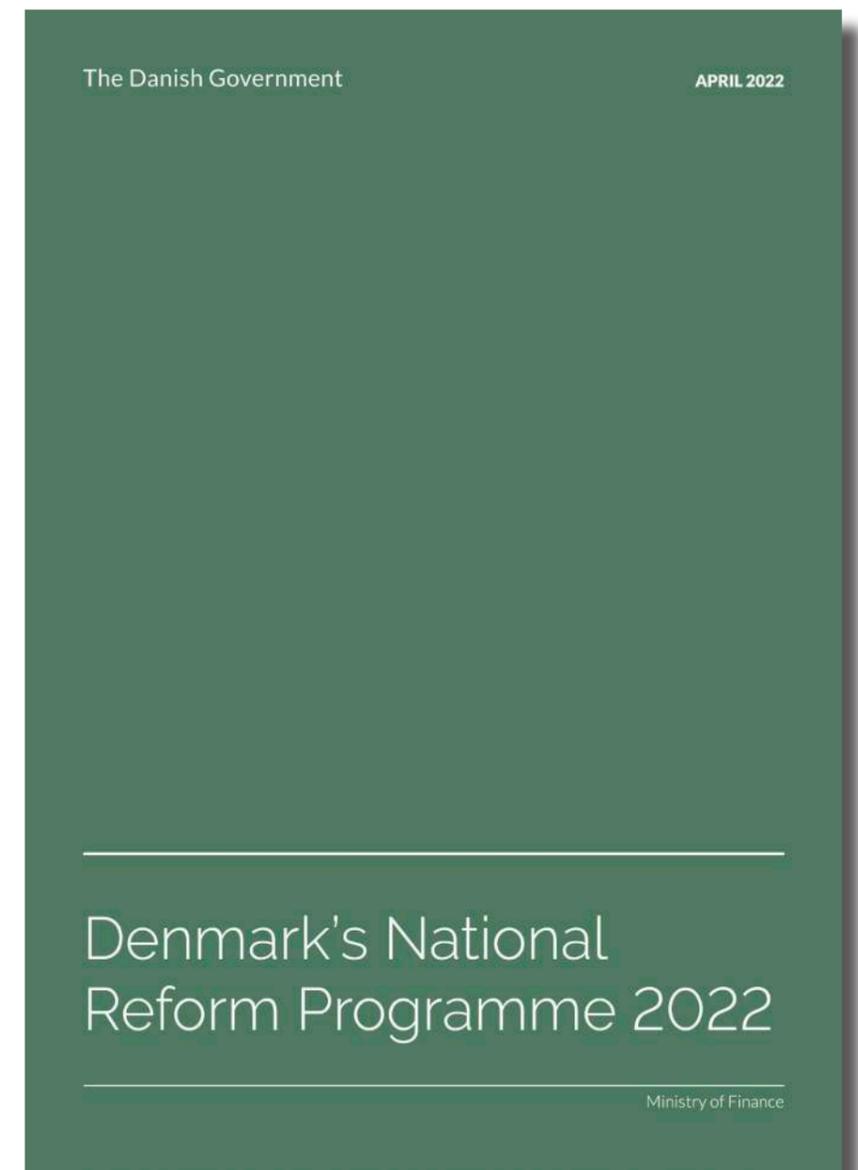
### SUSTAINABILITY - LOCAL SCALE

#### DENMARK

##### **Denmark's National Reform Programme 2022** **Danish Government - Ministry of Finance**

In Denmark's National Reform Programme 2022, the Danish Government presents the overall economic framework of the Danish economy as well as for reforms and investments made in key areas within growth and productivity, childhood education and educational programmes, employment and social affairs, health, digitisation and climate and environment. The programme also covers Denmark's work towards achieving the Sustainable Development Goals, including new policy initiatives in the national action plan for implementation of the 2030 Agenda.

Furthermore, the programme outline initiatives made to ensure that Denmark complies with the EU's country specific recommendations, which were received in July 2021. Finally, the programme contains an overview of the status of the country specific recommendations from the EU to Denmark in 2019-2021 and of the initiatives from the EU's Recovery and Resilience plan.



Free download: [https://en.fm.dk/media/25835/denmarks-national-reform-programme-2022\\_web.pdf](https://en.fm.dk/media/25835/denmarks-national-reform-programme-2022_web.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

#### MEXICO

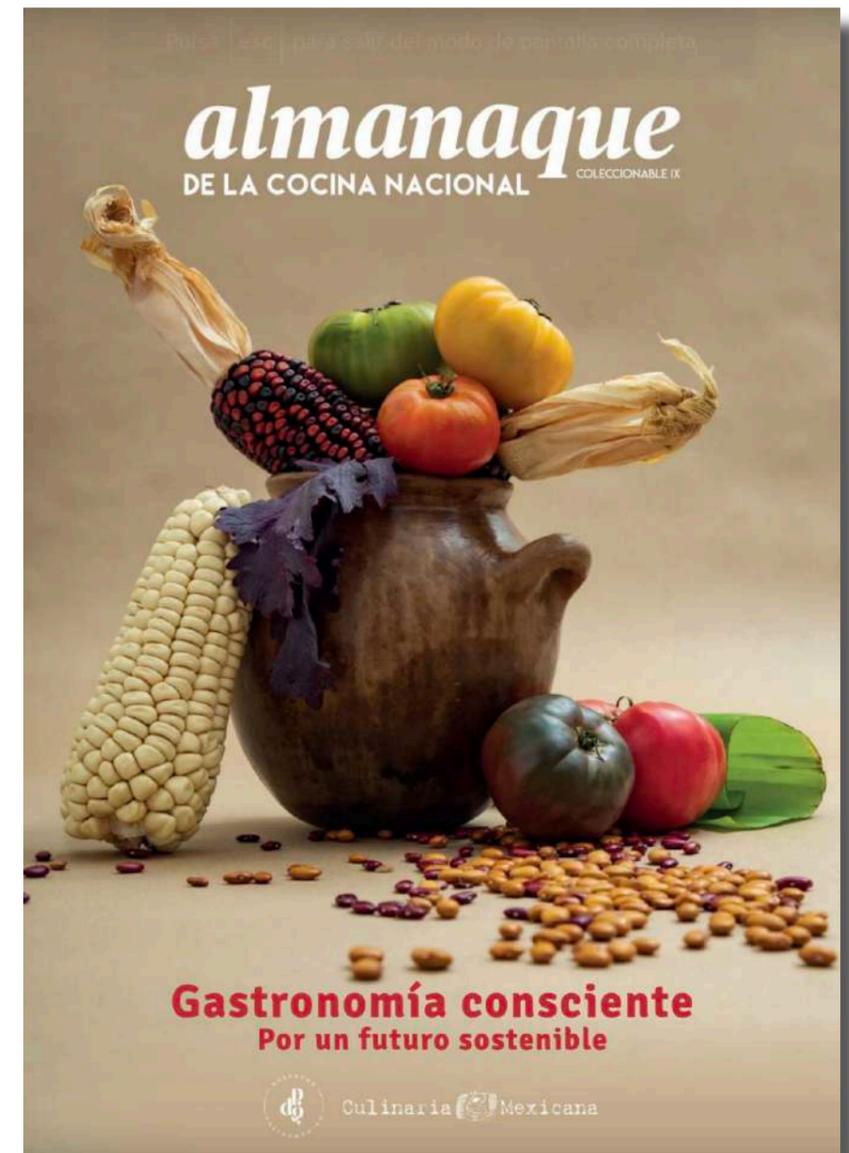
##### Almanaque de la Cocina Nacional Culinaria Mexicana

For the ninth consecutive year, Culinaria Mexicana presented the new collectible Almanaque de la Cocina Nacional. On this occasion, they talked about conscious gastronomy, with texts by Mariana Castillo; Paloma García; Fernando Gómez Carbajal; Fernanda López; Margot Castañeda; Arisbeth Araujo; Ollin Velasco; Eduardo Olivar and Los Comidistas.

This Almanac reflects the industry's sentiment after a year of crisis in the restaurant industry due to the Covid-19 pandemic. It also seeks to raise awareness about our ecological impact as we continue to consume products on a massive scale.

The IX edition of the Almanac also covers topics such as gender perspective, labor rights, technology and innovation, as well as a gastronomic tour of Tabasco, and the classic section "Sabores 2021", where the best dishes of the year are published, according to Claudio Poblete, director of Culinaria Mexicana. This year Sofía and Guillermo, from Instagram @comidistas, were also invited to know the flavors of 2021 that marked their social networks.

Free read: <https://www.culinariamexicana.com.mx/llega-el-coleccionable-ix-del-almanaque-de-la-cocina-nacional/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

#### MONACO

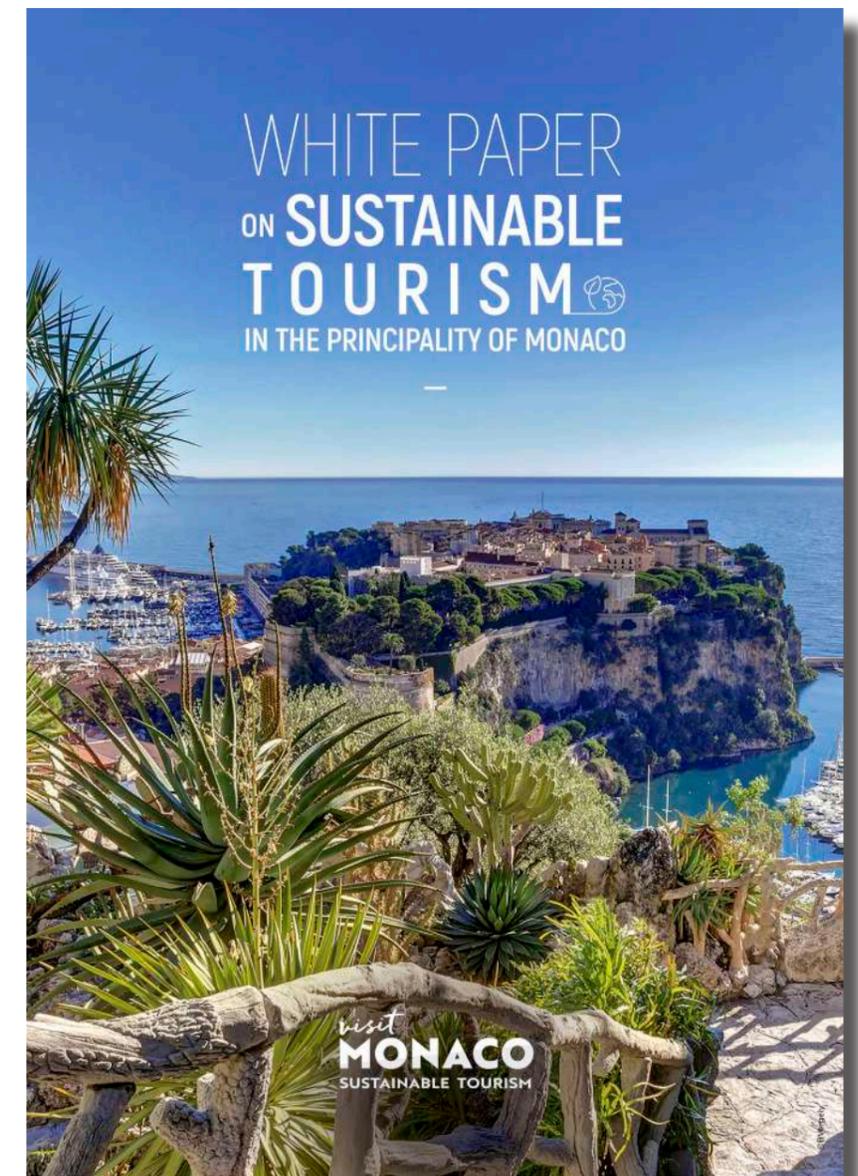
##### White paper on sustainable tourism in the Principality of Monaco - Visit Monaco

“With global tourism currently reeling from the Covid-19 pandemic and faced with the need to reinvent itself, it is vital that we gauge the environmental impact of tourist activities, promote best practices, and do all we can to ensure that when the industry recovers, it does so with a new development model, while raising public awareness about the needs of our planet. The Principality of Monaco is acutely aware of this need, with tourism having been vitally important to our country’s economy, art de vivre, and international standing for over a century and a half.”

H.S.H. Prince Albert II of Monaco

“Sustainable tourism is the future of tourism. We must ensure that policies and actions support tourism’s contribution to the achievement of the Agenda 2030 and the Sustainable Development Goals. We must honour our common heritage, protect the environment, support local economies, travel safely, and use digital platforms wisely. By doing so, we can make tourism a force for good.”

Zurab Pololikashvili - Secretary-General of the World Tourism Organization



Free download: <https://www.visitmonaco.com/en/environment/37823/responsible-tourism-white-paper>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

#### NEW ZEALAND

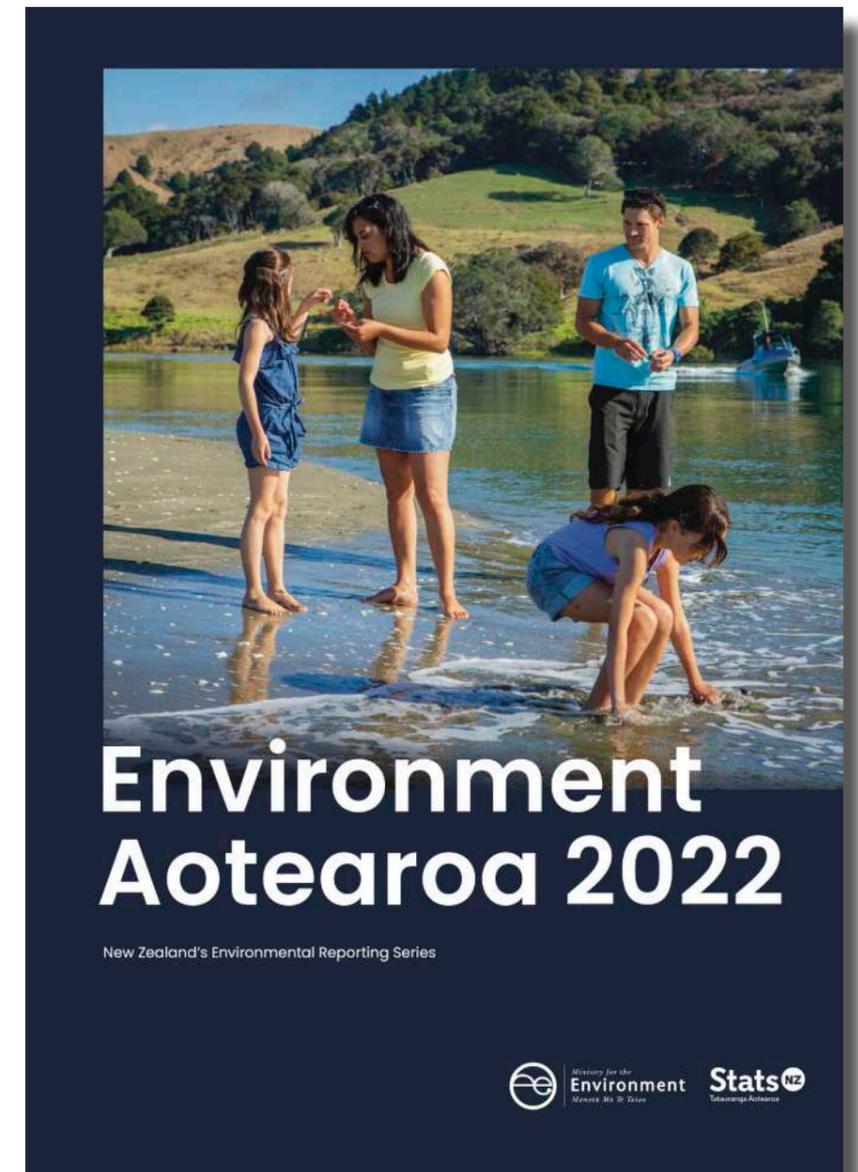
##### Environment Aotearoa 2022 - New Zealand's Environmental Reporting Series Ministry for the Environment, Stats NZ

“One of the greatest motivations for change that we hear from people is wanting to ensure Aotearoa New Zealand is a great place to be for our children and grandchildren.

We have explored the evidence in a different way, starting with the importance that nature plays in our lives and to our livelihoods. We have pulled together a diverse set of evidence drawing on Maori knowledge, environmental science, health science, and economics. In using a more diverse evidence base, we have consulted a wider network of scientists and experts, and put in place a broader independent peer review process.

This report also helps to transition us towards a new system of reporting shaped by recommendations of the Parliamentary Commissioner for the Environment about how we can improve the environmental reporting system. So, what comes next? Well, this is up to all of us.”

Vicky Robertson - Secretary for the Environment & Mark Sowden - Government Statistician



Free download: <https://environment.govt.nz/assets/publications/environment-aotearoa-2022.pdf>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

#### SAN MARINO

##### San Marino Implementation of the 2030 SDG Agenda

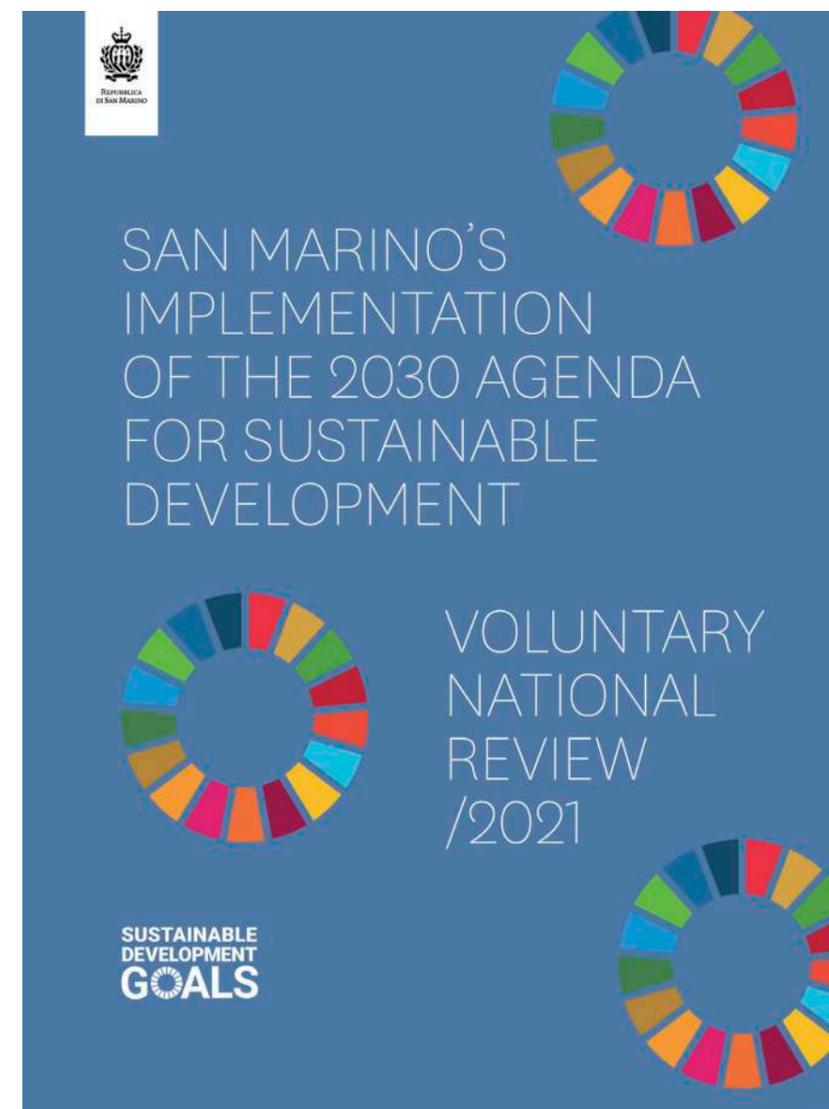
“The Republic of San Marino strongly believes in the principles enshrined in the 2030 Agenda and in the opportunity we have to improve living conditions at home and globally through it.

Therefore, we are pleased to present the Republic of San Marino’s first Voluntary National Review. This work represents a tool to help us better understand our achievements and the goals that our Country still wants and needs to achieve in the remaining years to 2030.”

The Captains Regent - Gian Carlo Venturini & Marco Nicolini

“The Review is a snapshot of the current state of our Republic, with up-to-date data and trends related to the development of the territory over the last 10 years. The document illustrates two characteristic features of San Marino society, namely a free healthcare system for all citizens and an average poverty rate among the lowest in the world”

Stefano Canti - Minister of Territory, Environment and Agriculture



Free download: [https://sustainabledevelopment.un.org/content/documents/279402021\\_VNR\\_Report\\_San\\_Marino.pdf](https://sustainabledevelopment.un.org/content/documents/279402021_VNR_Report_San_Marino.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



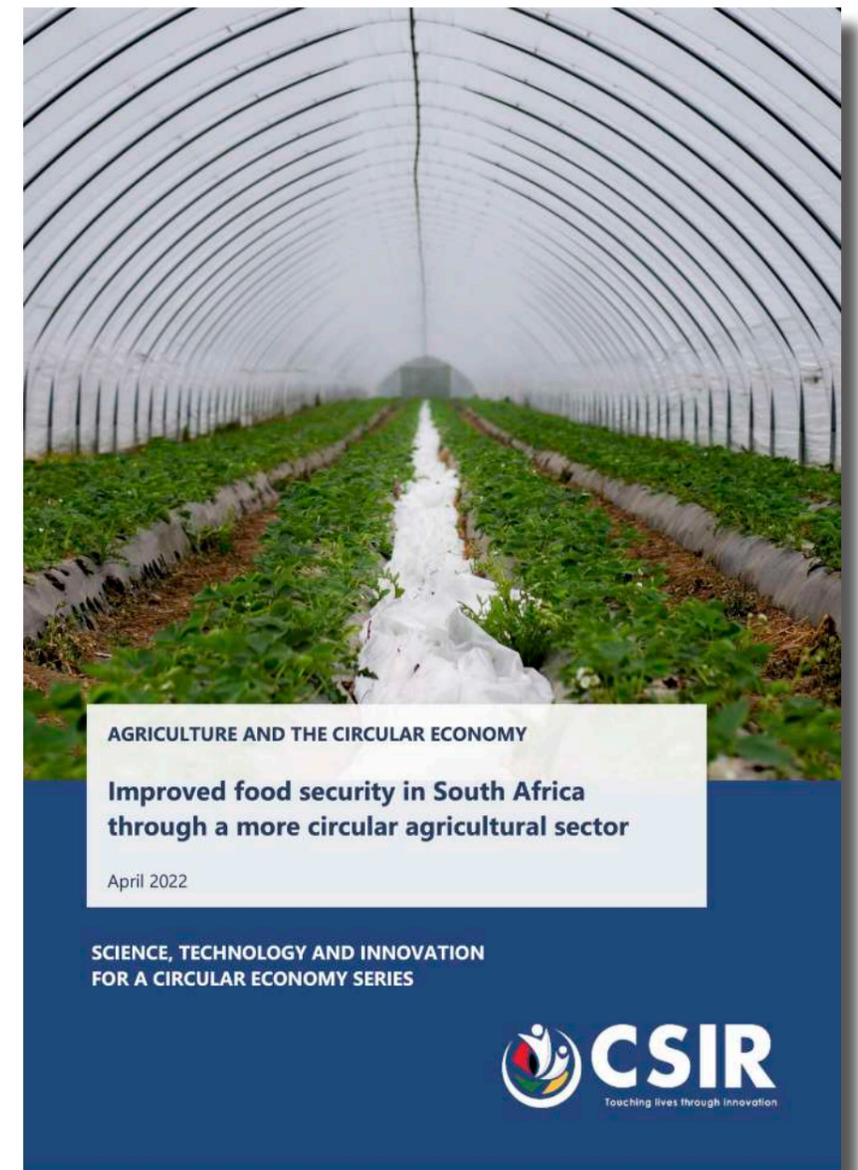
### SUSTAINABILITY - LOCAL SCALE

#### SOUTH AFRICA

**Improved food security in South Africa through a more circular agricultural sector**  
**Okole, B., Gordon, G., Brown, B., Pillay, B., Schoeman, C. and Godfrey, L.**  
**Council for Scientific and Industrial Research (CSIR)**

Agriculture plays an important role in the South African economy, being deeply interconnected and central to many other industries and their operations. South Africa is a major producer and exporter of agricultural products, with the country consistently remaining a net exporter over the last decade.

To feed a growing South African population will require embracing new farming methods that can help increase productivity, while reducing associated environmental impacts. While previous evolutions in farming have largely been driven by mechanical improvements (namely, bigger, better machinery), genetic advances (improved seeds), or green revolution (more effective fertilizers, etc.), the next big transformation is being driven by digital tools and lifestyle changes.



Free download: <http://www.circulareconomy.co.za/csir/>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

#### SWEDEN

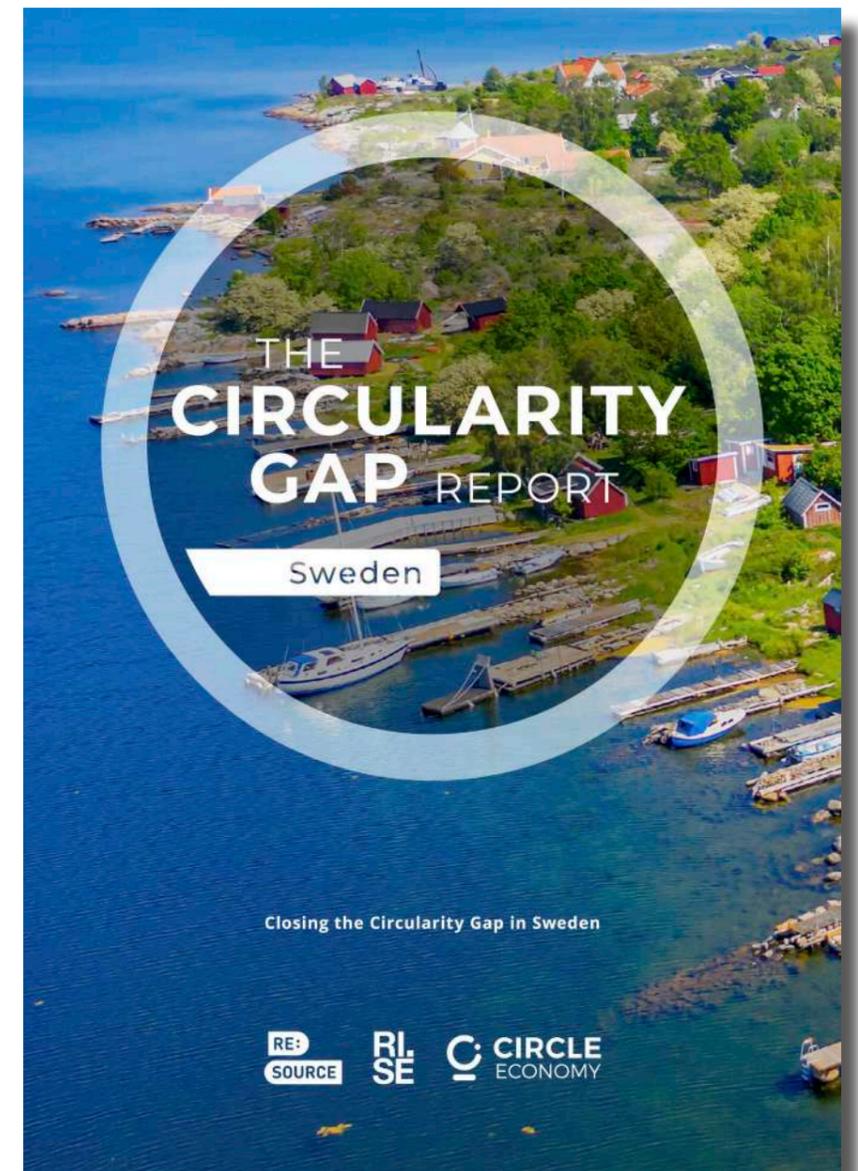
**Circularity Gap Report Sweden**  
**Closing the Circularity Gap in Sweden**  
**Platform for Accelerating the Circular Economy (PACE)**  
**RISE, RE:Source**

Sweden is 3.4% circular—leaving a Circularity Gap of more than 96%. This ‘Gap’ simply means that the vast majority of resources Sweden uses to satisfy its needs and wants come from virgin sources.

A significant portion of its demand is met through products imported from outside of Sweden’s borders: around 130 million tonnes of resources are extracted abroad to satisfy the country’s needs, making up just under half of its consumption footprint—which is typical for a high-income trade nation.

Sweden’s sustainability goals are bold and ambitious—and necessitate a bold and ambitious transformation: the circular economy.

Free download: <https://www.circularity-gap.world/sweden>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SUSTAINABILITY - LOCAL SCALE

#### UGANDA

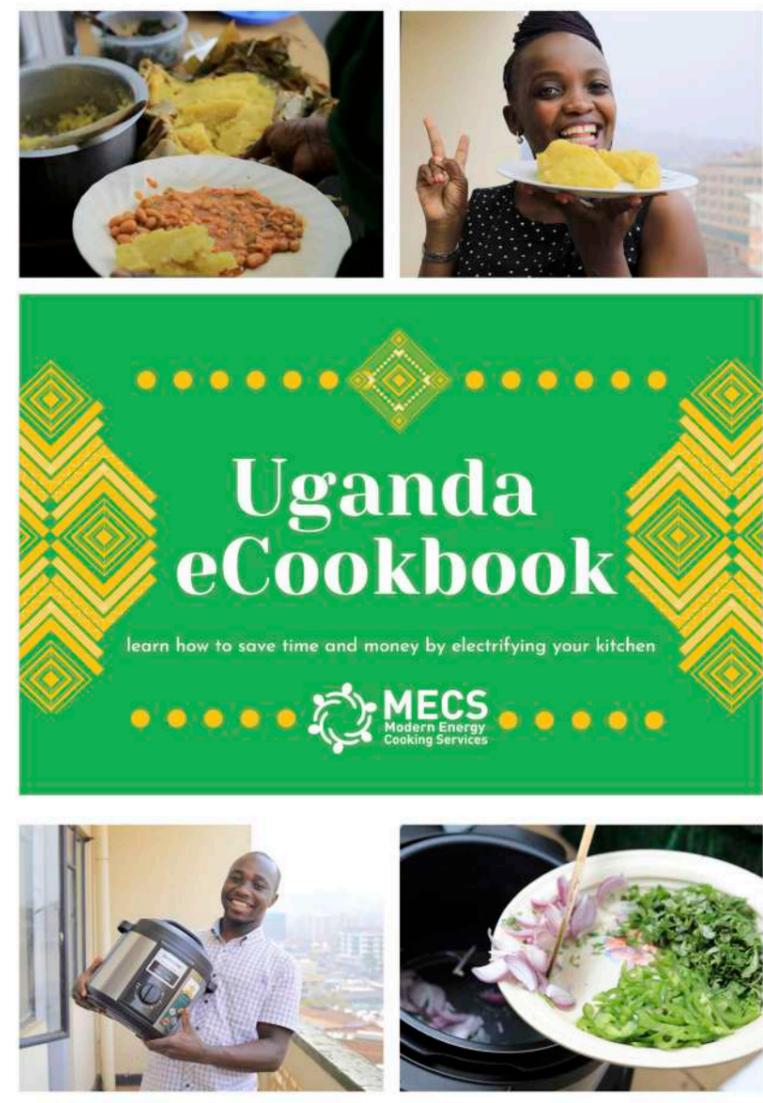
**Uganda eCookbook**  
**Agnes Naluwagga and Meron Tesfamichael**  
**MECS - Ministry of Energy**

The Uganda eCookbook was developed by the Centre for Research in Energy and Energy Conservation (CREEC), the country partner for the Modern Energy Cooking Services (MECS) Programme in Uganda, and funded by UK Aid. This eCookbook is based on the findings of Cooking with Electricity in Uganda: Barriers and Opportunities.

“Firewood and charcoal remain the main source of energy for cooking in Uganda accounting for over 90% in the energy balance. The over dependency on firewood and charcoal for cooking is not only unsustainable but has negative impacts on the environment and on public health. To address this challenge, in 2013 Government put in place the Biomass Energy Strategy (BEST) for Uganda. BEST provides rational and implementable approaches to manage the biomass energy sector. The strategy has interventions to reduce the biomass demand which among others includes the use of alternative sources of energy for cooking such as electricity.”

Irene Bateebe - Permanent Secretary - Ministry of Energy

Free download: [mecs.org.uk/wp-content/uploads/2022/04/Uganda-eCookbook-.pdf](https://mecs.org.uk/wp-content/uploads/2022/04/Uganda-eCookbook-.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

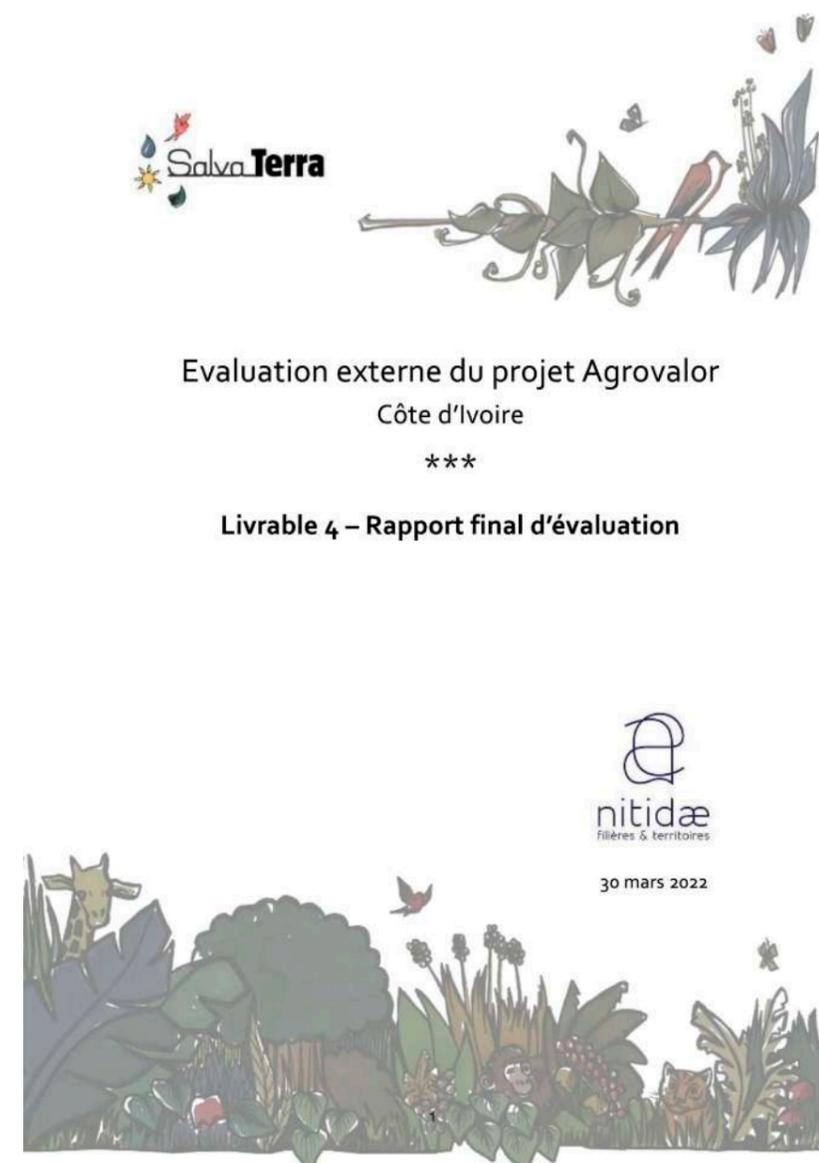
### FOOD WASTE

#### CÔTE D'IVOIRE

##### Evaluation externe du projet Agrovalor Côte d'Ivoire Rapport final d'évaluation Nitidæ

The Agrovalor project, led by the Nitidæ association in partnership with the non-governmental organization (NGO) Chigata and the Fonds Interprofessionnel pour la Recherche et le Conseil Agricoles (FIRCA), aims to promote and disseminate techniques and equipment adapted to the energetic valorization of wastes from cashew nut, cassava and shea processing, particularly in the cities of Bouaké and Korhogo.

With a team of 150 collaborators (economists, engineers, agronomists, foresters, geographers, soil carbon specialists, GIS and remote sensing experts), Nitidæ is currently conducting about 50 projects, mainly in Madagascar, Burkina-Faso, Mozambique and Ivory Coast.



Free download: <https://www.nitidae.org/actions/agrovalor-valorisation-energetique-des-dechets-agro-industriels-en-cote-d-ivoire>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD WASTE

#### SWITZERLAND

**Reflect. Rethink. Reconsider. Why food waste is everybody's problem**  
Capgemini Research Institute

Around 811 million people on the planet are undernourished and around 45% of deaths among children under five years of age are linked to undernutrition. Yet almost 2.5 billion tons of food produce goes uneaten annually. Amazingly, saving just 50% of the food currently lost or wasted each year could end world hunger. Furthermore, the biggest environmental impact of food waste is related to the food supply chain. If food waste were a country, it would be the third-largest emitter of greenhouse gases (GHGs) globally (8-10% of global emissions), after the US and China.

To understand the issue of food loss and waste and potential solutions from the perspectives of both organizations and consumers, we conducted a detailed survey of 10,000 consumers and 1,000 large organizations in the food manufacturing and food retail space, and also interviewed experts from academia, organizational supply chains, and startups. We supplemented the research with a consumer listening study on social media channels.

Free download: <https://www.capgemini.com/insights/research-library/food-waste/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



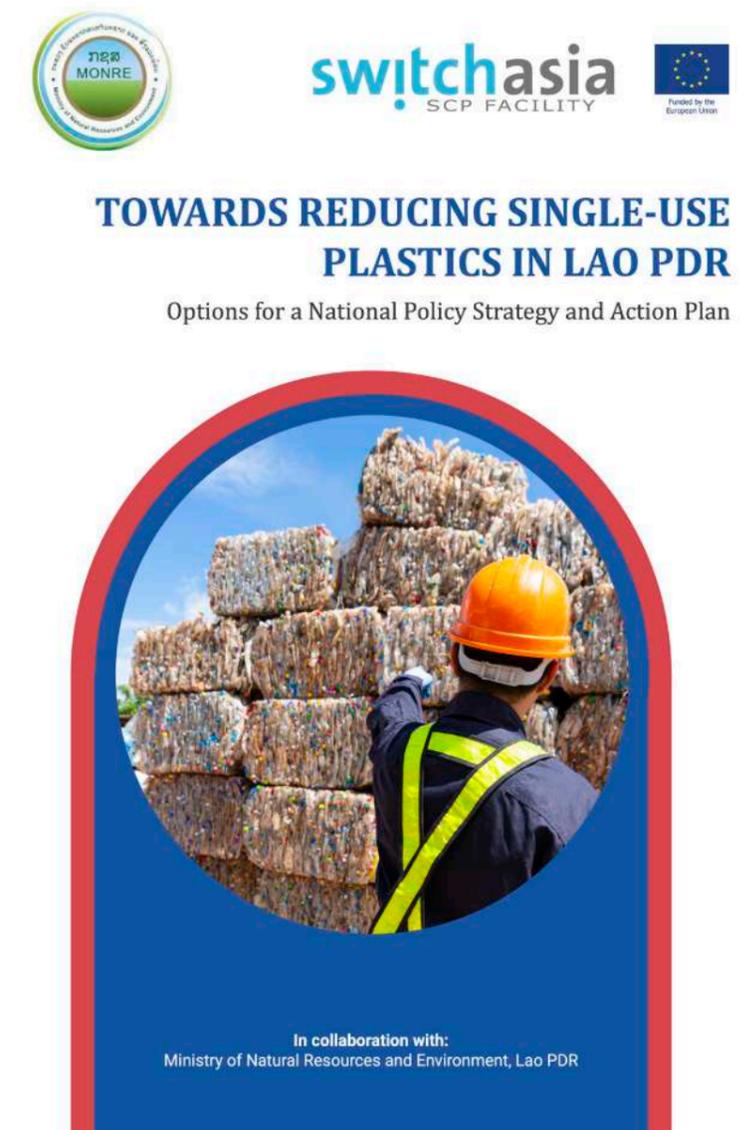
### FOOD WASTE

#### LAOS

**Towards Reducing Single-Use Plastics In Lao Pdr  
Options for a National Policy Strategy and Action Plan  
Ministry of Natural Resources and Environment  
The European Union, The SWITCH-Asia Programme**

The Lao People's Democratic Republic (Lao PDR) is facing new challenges as a result of changing patterns in consumption and production, which are resulting in higher volumes of waste and an increasingly complex waste stream. Plastics are a large and increasing component in waste streams, particularly those used in packaging.

Many plastic items are single-use products such as bottles, food packaging and carrier bags, which are designed for a short life span. Lao PDR does not currently possess comprehensive policies around sustainable production and waste management, has limited public awareness over issues with inappropriate use and waste disposal, and lacks services and infrastructure to collect, sort, and safely process post-consumer wastes.



Free download: [https://www.switch-asia.eu/site/assets/files/3210/lao\\_pdr\\_single\\_use\\_plastics-1.pdf](https://www.switch-asia.eu/site/assets/files/3210/lao_pdr_single_use_plastics-1.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD WASTE

#### NIUE

##### Waste Audit Report SPREP - PAC Waste Plus

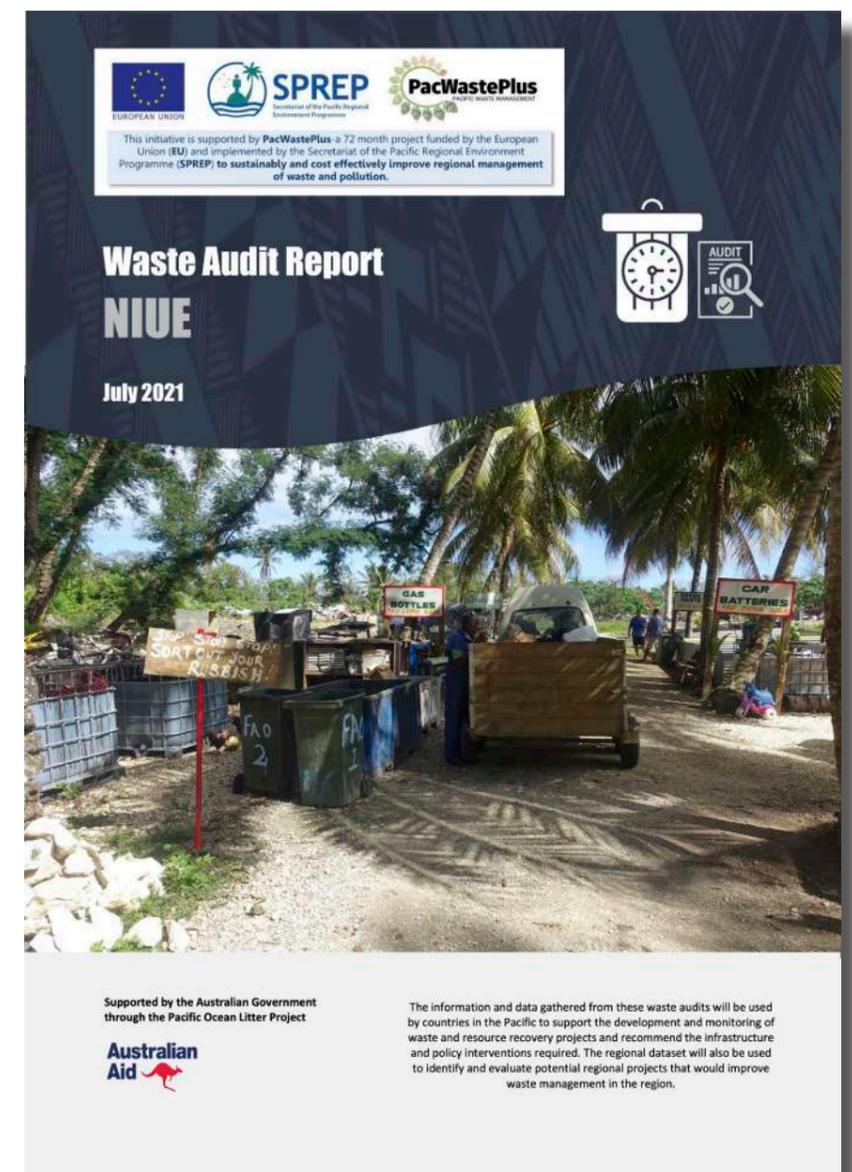
Niue is a small island nation located in the South Pacific. The population of the island was last assessed in the 2017 census to be 1,719. The languages spoken include Vagahau (Niuean) and English.

Main sources of income for Niue include tourism, fruit juice manufacturing and remittances from offshore population.

Implementation of the National Integrated Waste Management Strategy and accompanying Action Plan are now coordinated by the Niue Department of Environment.

The Action Plan refers to the Environment Department taking the lead in establishing a body to oversee implementation of the Strategy.

Free download: <https://library.sprep.org/content/waste-audit-report-niue>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD WASTE

#### UNITED KINGDOM

##### How to conduct a food waste audit Winnows

A food waste audit is defined as the process of identifying different types and quantities of food that are wasted. Data collected from this audit can help you to implement or improve food waste management systems and strategies in your organisation.

This audit isn't a one-time operation but an ongoing on-site project that helps you collect, measure, and record waste data.

Experts have found that 1.6b tonnes of food globally is wasted every year. The hospitality industry accounts for 451,100 tonnes of food waste in the UK alone, with the majority ending up in landfills.

Reducing food waste has a positive impact on the environment and positively impacts your business's bottom line. Effectively managing food waste in your organisation can help reduce food waste by on average 65%, helping to cut costs by up to 8% a year. To reap these benefits, you'll need to perform regular food waste audits to give you real scope on where food is wasted and how you can prevent this.

Free download: <https://info.winnowsolutions.com/food-waste-audit>

How to conduct a  
food waste audit



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD WASTE

#### UNEP

##### United Nations Environment Programme Food Waste Index Report 2021 - Nairobi.

“If food loss and waste were a country, it would be the third biggest source of greenhouse gas emissions. Food waste also burdens waste management systems, exacerbates food insecurity, making it a major contributor to the three planetary crises of climate change, nature and biodiversity loss, and pollution and waste. This is why Sustainable Development Goal 12.3 aims to halve food waste and reduce food loss by 2030.

In support of this vital target, UNEP’s first Food Waste Index report provides insights into the scale of food waste and a methodology that enables countries to measure baselines and track progress in meeting the SDG target. The report estimates that food waste from households, retail establishments and the food service industry totals 931 million tonnes each year. Nearly 570 million tonnes of this waste occurs at the household level. The report also reveals that the global average of 74 kg per capita of food wasted each year is remarkably similar from lower-middle income to high-income countries, suggesting that most countries have room to improve.”

Inger Andersen - Executive Director, United Nations Environment Programme

Free download: <https://wedocs.unep.org/20.500.11822/35280>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FOOD WASTE

VIETNAM / FRANCE

**Guide de la reduction des dechets au Vietnam**  
**Marie Nguyen Lan Leroy, Yen Ba Vu**  
**Editions Nha Nam**

We have been working for six years on the issue of waste and this is our third publication. We worked with a team of about ten people from all sectors on the issue of waste, on the issue of the impact on the environment .... I was in charge of all the content, while for the artistic side, it was two French designers who worked with students.

We wanted to highlight the knowledge that existed in Vietnam regarding waste. We can't impose solutions found in Europe, the United States or China .... And before saying what to do, we must understand the territory and do research. This is why, five years ago, Paris Region Expertise-Vietnam conducted various studies on collectors, on the food waste circuit, on the different types of waste, on the channels and methods of treatment... We went to landfills, incineration sites and composting sites to see what was working and what was not.



Free download: [https://pt.ird.fr/sites/ird\\_fr/files/2021-03/Comment%20r%C3%A9duire%20les%20d%C3%A9chets%20au%20Vietnam\\_en%20français.pdf](https://pt.ird.fr/sites/ird_fr/files/2021-03/Comment%20r%C3%A9duire%20les%20d%C3%A9chets%20au%20Vietnam_en%20fran%C3%A7ais.pdf)

# SUBJECTS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SINGLE SUBJECT

#### FRANCE

**Consommer des huiles variées, le secret d'une bonne santé !  
La Tourangelle**

La Tourangelle oils are produced in Saumur, France, using a traditional manufacturing method. For more than 150 years, we have put our know-how at the service of our products: from the search for the best quality ingredients to the design of a durable canister, through toasting and traditional pressing.

We are committed to making authentic, tasty and sustainable products. Our goal is to offer you healthy products that bring pleasure in cooking and wellbeing. We would like to share our know-how and knowledge with you through e-books and downloadable guides.



Free download: [www.latourangelle.fr/img/cms/cms/ebook/E-BOOK\\_JANVIER\\_2022.pdf](http://www.latourangelle.fr/img/cms/cms/ebook/E-BOOK_JANVIER_2022.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### SINGLE SUBJECT

#### GABON

#### Le Manioc sous toutes ses formes de consommation AGASA

“The Gabonese Food Safety Agency (AGASA) aims to be an information tool for consumers and operators in the food sector.

We are committed to making authentic, tasty and sustainable products. Our goal is to offer you healthy products that bring pleasure in cooking and wellbeing. We would like to share our know-how and knowledge with you through e-books and downloadable guides. On a daily basis, AGASA's teams are mobilized to ensure the smooth running of the agency, both in terms of support for operators and food quality control.

AGASA's mission is to: prevent, detect and manage health and nutritional hazards in food in order to bring to market healthy, safe, wholesome and nutritious food. It is also the national authority for protection against phytosanitary risks.”

Alia Maheva Bongo Ondimba - AGASA General Manager

Free download:

<https://www.agasa.site/first/wp-content/uploads/2020/09/DERSP-Manioc-et-toutes-formes-de-consommation-en-Afrique-2..pdf>

MINISTÈRE DE L'AGRICULTURE, DE L'ELEVAGE,  
DE LA PECHE ET DE L'ALIMENTATION

**AGENCE GABONAISE DE SECURITE ALIMENTAIRE**

Établissement public à caractère technique et scientifique  
créé par décret n°0292/PR/MAEPDR du 18 février 2011  
TEL : 011 44 21 33 – Email : [www.agasa.site](http://www.agasa.site)



#### *Le manioc sous toutes ses formes de consommation*



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SINGLE SUBJECT

#### INDIA

##### **Millets, The future Super Food for India** **The Associated Chambers of Commerce and Industry of India (ASSOCHAM)**

“In India, millets have been utilized from time immemorial, with symbolic significance, as they are sacred to the farmers. Additionally, millets have been widely accepted owing to their fulfilling qualities. After the emergence of the Green Revolution, the highly productive varieties of rice and wheat were widely promoted, which gradually hindered the expansion of millets production.

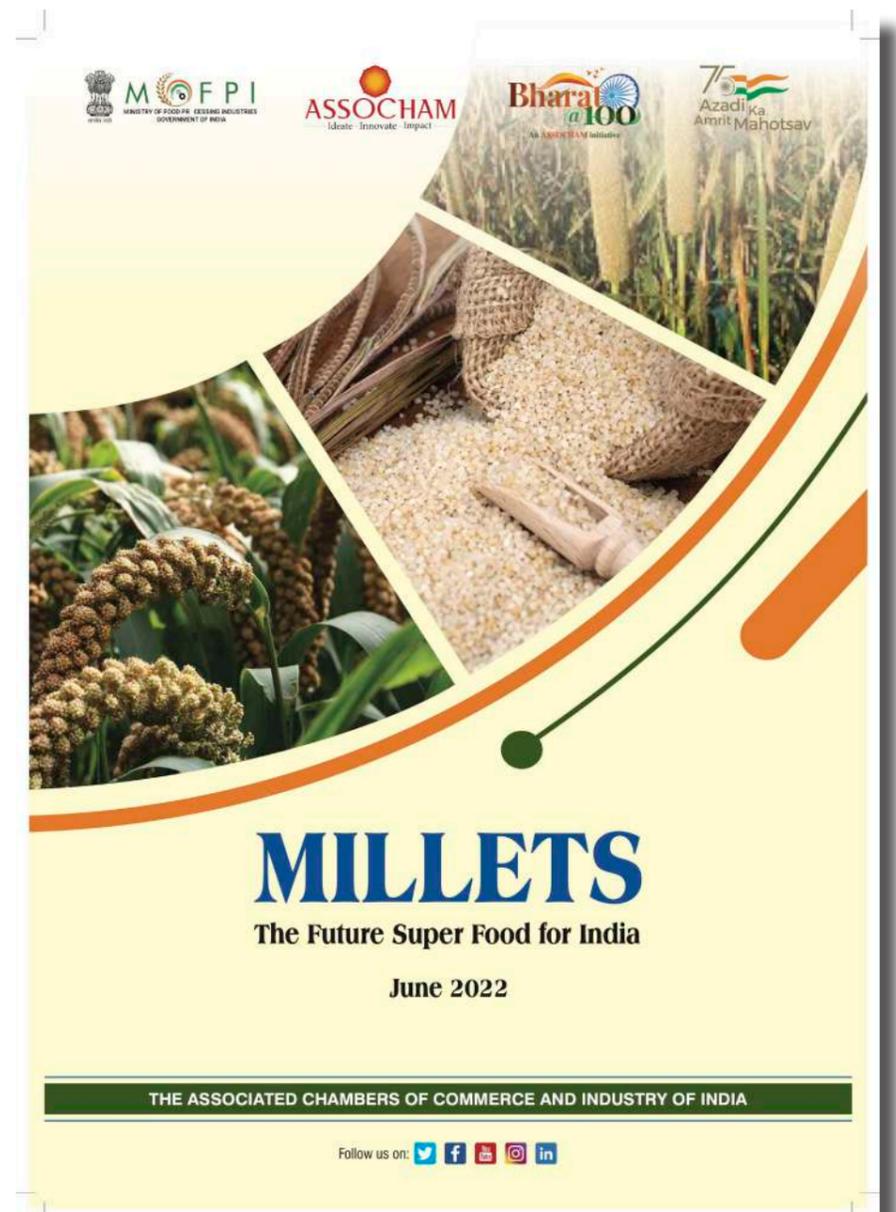
The production of millets has been gaining increased importance in nations that are populous, malnourished, and facing significant climatic uncertainties. Nevertheless, millets haven't attained the popularity they should have compared to the major cereals.

Following India's proposal to the Food and Agriculture Organization, 2023 will be observed as the 'International Year of Millets'. ASSOCHAM is organizing the National Conference on Millets - The Future Super Food for India with the support of the Ministry of Food Processing Industries.”

Deepak Sood - ASSOCHAM Secretary General

Free download:

[https://www.assochem.org/uploads/files/Report\\_Millets%202022%20\(Print%20Version\)%20\(1\).pdf](https://www.assochem.org/uploads/files/Report_Millets%202022%20(Print%20Version)%20(1).pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SINGLE SUBJECT

#### MOROCCO

#### The Argan Tree, symbol of resilience Congrès International Arganier

The argan ecosystem and the argan value chain face future challenges because of:

- 1 - major social and economic changes
- 2 - growing demand for argan products
- 3 - the justified need to build local resources valorization-based economy.

During the last decade, significant dynamics are noticed within and around this sector, relating to: significant scientific publications number and quality growth, 10000 ha of argan orchards planted, more than 180000 ha of natural forest rehabilitated and professional organization of actors. It is, therefore, essential to take advantage of the R&D efforts and achieved results to support such dynamic through capitalization, facilitating access to results and knowledge management and transfer to serve in the innovation process and prospective for the Arganeraie Biosphere Reserve (ABR) and the value chain.

Free download:

[https://www.assochem.org/uploads/files/Report\\_Millet%202022%20\(Print%20Version\)%20\(1\).pdf](https://www.assochem.org/uploads/files/Report_Millet%202022%20(Print%20Version)%20(1).pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SINGLE SUBJECT

#### SOUTH KOREA

##### **Kimchi - A Trip to the Magical World** **Visit Korea - Korea Tourism Organization**

Kimchi is a traditional Korean food, recognized for its universal values to mankind, and was enlisted as UNESCO Intangible Cultural Heritage of Humanity in 2013 under Kimjang, making and sharing Kimchi.

The taste, aroma, and benefits of Kimchi vary depending on its vegetable ingredients, type and combination of seasoning, and the degree of fermentation. Kimchi is best in taste and nutrition when it is aged in the best of conditions. The magic begins in Onggi (earthen pot), Kimjangdok (Kimchi jar) and the Kimchi fridge, containers optimally designed to best preserve its taste.

The spicy chili is what determines the color of Kimchi. Water Kimchi, White Kimchi, and Dongchimi (Radish Water Kimchi) are made without chili powder, so they have a clear color with clean and cool taste. Kimchi has been developed over the decades in its use, storage, and maturation of numerous ingredients. Meet this all-rounder that helps build your health and immunity!

Free download: [english1.visitkorea.or.kr/e\\_book/ecatalog5.jsp?Dir=846&catimage=](http://english1.visitkorea.or.kr/e_book/ecatalog5.jsp?Dir=846&catimage=)



## KIMCHI

### A Trip to the Magical World



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SINGLE SUBJECT

#### TRINIDAD AND TOBAGO

##### **Cooking with Tropical Flours**

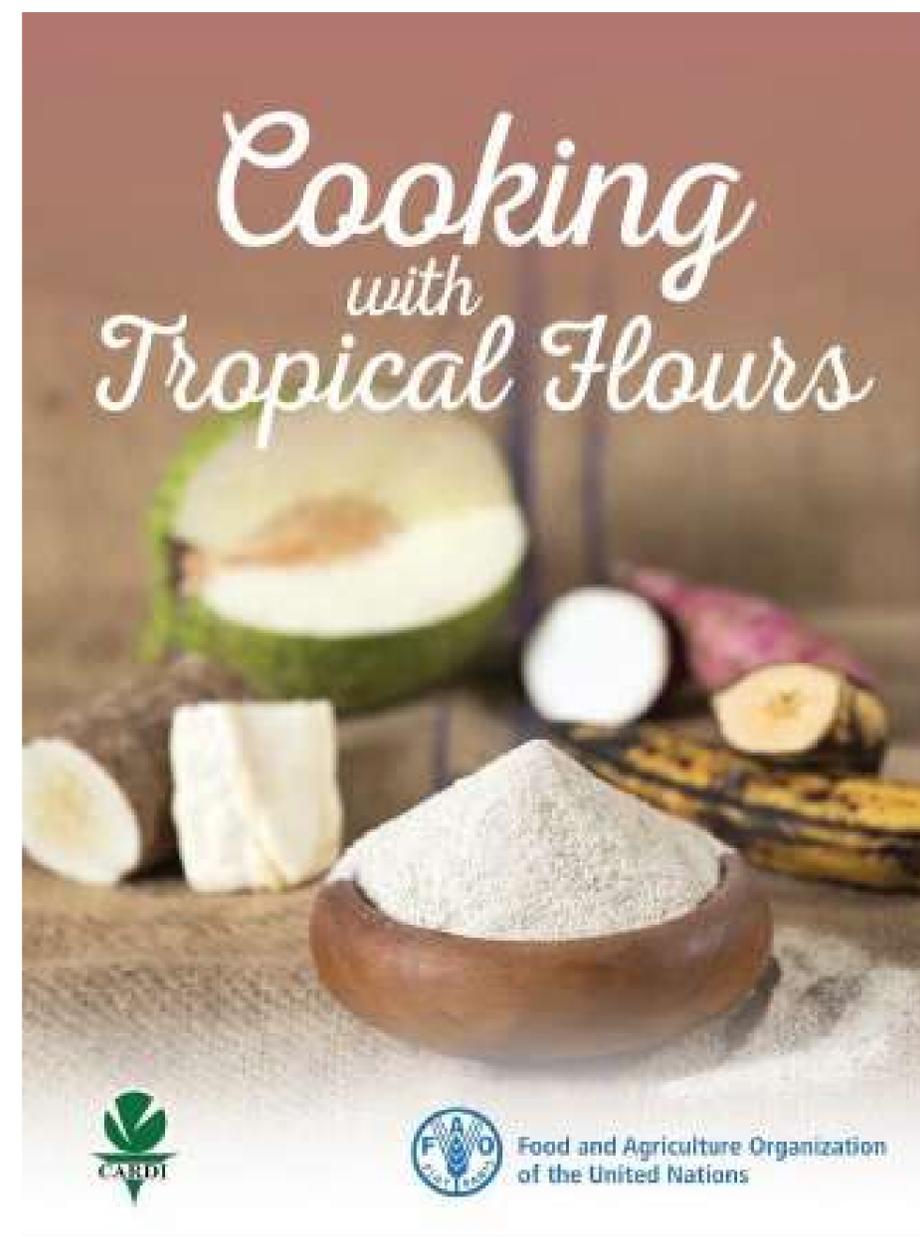
**CARDI - Caribbean Agricultural Research and Development Institute**

**FAO - Food and Agriculture Organization of the United Nations**

A collection of 20 recipes where tropical flours made from cassava, plantain, sweet potato and breadfruit are the main ingredient. The recipes are an eclectic blend of traditional dishes and international cuisine – all with that unique Caribbean flair and flavour.

This recipe book *Cooking with Tropical Flours* was financed by the Food and Agriculture Organisation of the United Nations (FAO) under the “Support to resilience building in the productive sectors of Caribbean SIDS through the introduction of solar technologies project”.

Free download: [www.cardi.org/blog/cooking-with-tropical-flours-recipe-book](http://www.cardi.org/blog/cooking-with-tropical-flours-recipe-book)



# PASTRY



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### PASTRY

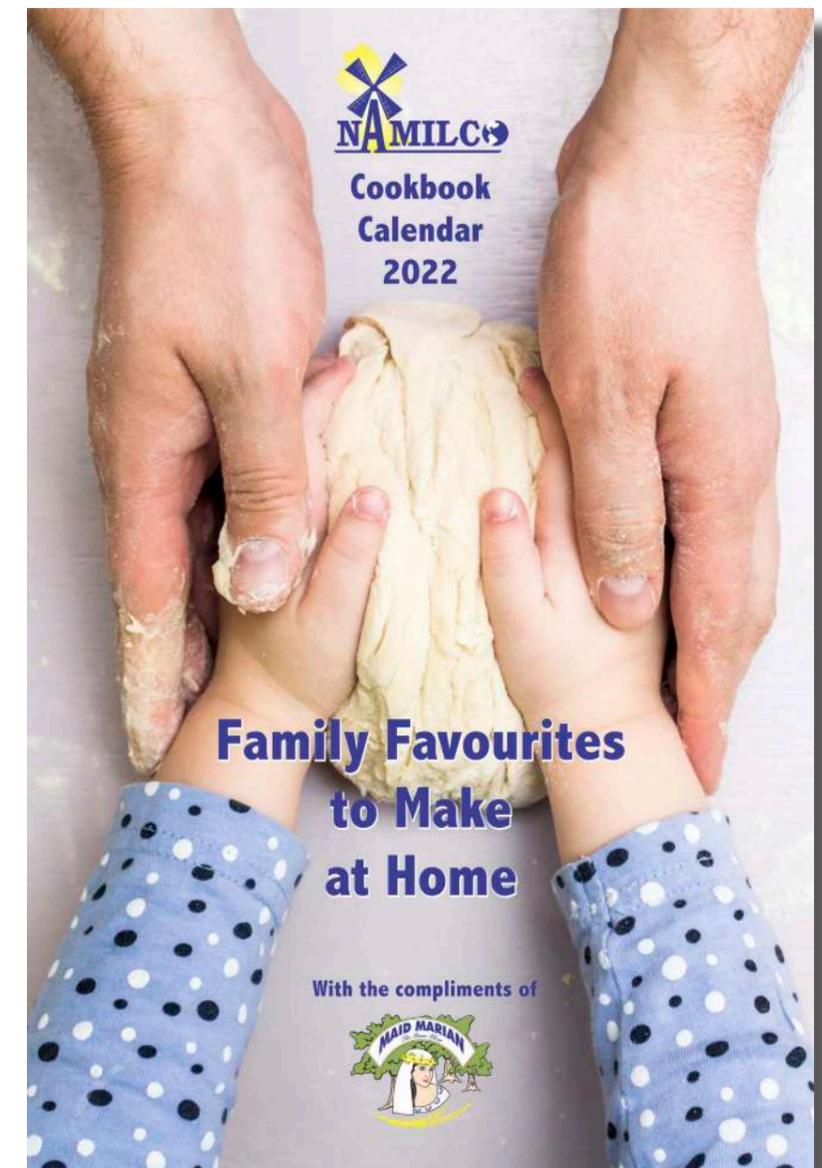
#### GUYANA

**Family Favourites to Make at Home**  
**Namilco Cookbook Calendar 2022**  
**National Milling Company of Guyana Inc. (Namilco)**

The success of NAMILCO depends on the quality and commitment of our people.  
“We are a team”:

- We will treat all persons with respect and dignity regardless of position. We will give accurate, useful, and non-judgmental feedback on performance and will reward people on the basis of results and assist them in their desire to grow professionally.
- We will seek mutually beneficial relationships with our customers and suppliers.
- We are committed to providing a safe working environment for our employees. Use of drugs, alcohol, or other behaviours, which detract from job safety or job performance, will not be tolerated.
- We will keep our management structure, decision guidelines and corporate policies simple.
- We will agree upon precise, clear goals for each department which will lead to the accomplishment of our mission.
- We will be good corporate citizens of our industry and our community, and we will obey the laws of our government.

<https://namilco.com/namilco-cookbook-calendar-2022/>



# FISH & SEAFOOD



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FISH AND SEAFOOD

#### CHINA

**Rice-fish culture system in China: Heritages and innovations**  
**Liu Moucheng**  
**Institute of Geographic Sciences and Natural Resources Research**  
**Chinese Academy of Sciences**  
**FAO**



IGSNRR is a multidisciplinary research institute focusing on, among other things, physical geography and global change, human geography and regional development, natural resources and the environment, geographical information systems and surface simulation, the terrestrial water cycle and water resources, ecosystem network observation and modeling, and Chinese agricultural policy.

Through research in these domains, the institute aims to solve major natural resource and environmental problems related to national sustainable development and improve its own innovative capacity at the same time.

Free download:

[https://teca.review.fao.org/storage/pdfs/2022.02.15\\_TECA%20Webinar\\_Rice-Fish%20Innovations/2022.02.10\\_TECA-Webinar-RICE-FISH\\_Rice-fish-culture-system-in-China-Moucheng-LIU.pdf](https://teca.review.fao.org/storage/pdfs/2022.02.15_TECA%20Webinar_Rice-Fish%20Innovations/2022.02.10_TECA-Webinar-RICE-FISH_Rice-fish-culture-system-in-China-Moucheng-LIU.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FISH AND SEAFOOD

#### CHRISTMAS ISLAND

##### Christmas Island Marine Waters

Christmas Island is 2,650 km north-west of Perth, Western Australia and is part of the Indian Ocean Territories (IOT s). The marine environment is classified as tropical, with water temperatures varying from 25-30°C. A total of 592 species of fish have been recorded at Christmas Island.



Marine Waters aims to provide a range of experiences that will develop knowledge, awareness, skills and attitudes that lead to individual behaviours consistent with living with our marine environment in a sustainable manner.

It provides students and educators with the opportunity to participate in both field-based and classroom teaching-learning programs. These will give students the knowledge and skills that will enable them to make better decisions about what they do and the impact they have on the coastal and marine environment.

Free download:  
<https://marinewaters.fish.wa.gov.au/resource/christmas-island/>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FISH AND SEAFOOD

#### FRANCE

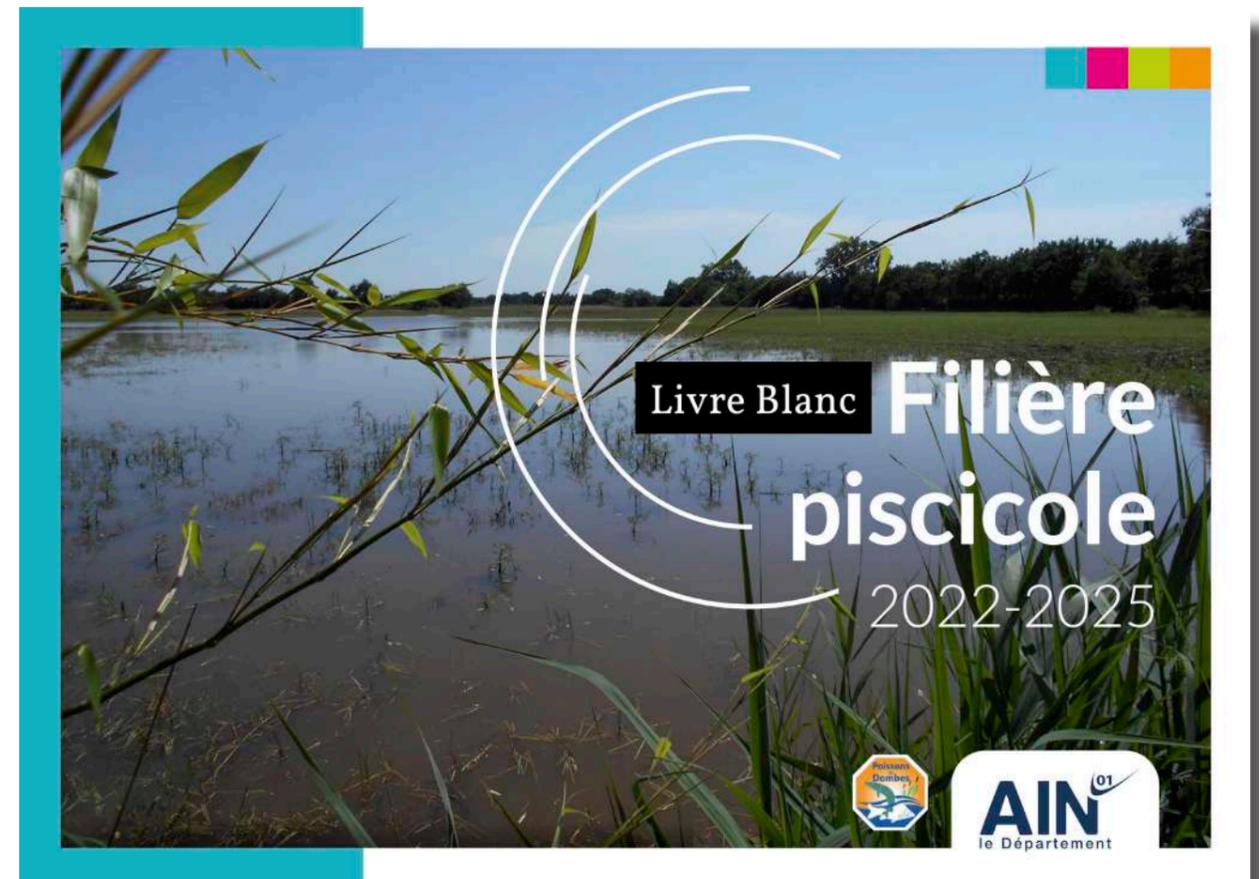
##### Livre Blanc - Filière piscicole 2022 - 2025 APPED - Département de l'Ain

Dombes is an area in eastern France, once an independent municipality, formerly part of the province of Burgundy, and now a district comprised in the department of Ain, and bounded on the west by the Saône River, on the south by the Rhône. The Dombes is characterized by an impervious surface consisting of boulder clay and other relics of glacial action. Because of this, there are a large number of rain-water pools. These pools, artificially created, date in many cases from the 15th century, some to earlier periods, and were formed by landed proprietors who in those disturbed times saw a surer source of revenue in fish-breeding than in agriculture.

“The Department of Ain combines economic dynamism, tourist appeal and environmental wealth. Better than complementarity, it has its own identity that rallies the Dombes, rich in its fish industry, to its cause. Here, excellence and passion are linked, thanks to the men and women who give themselves to the ponds of the Dombes. Here, ancestral traditions go hand in hand with the resources of modernity. Here, for the flora as for the fauna, the respect of the nature is of stake. No productivity without biodiversity. Because only maintained ponds guarantee optimal living conditions for the fish of the Dombes.”

Jean Deguerry - President of the Department of Ain

Free download: <https://marinewaters.fish.wa.gov.au/resource/christmas-island/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FISH AND SEAFOOD

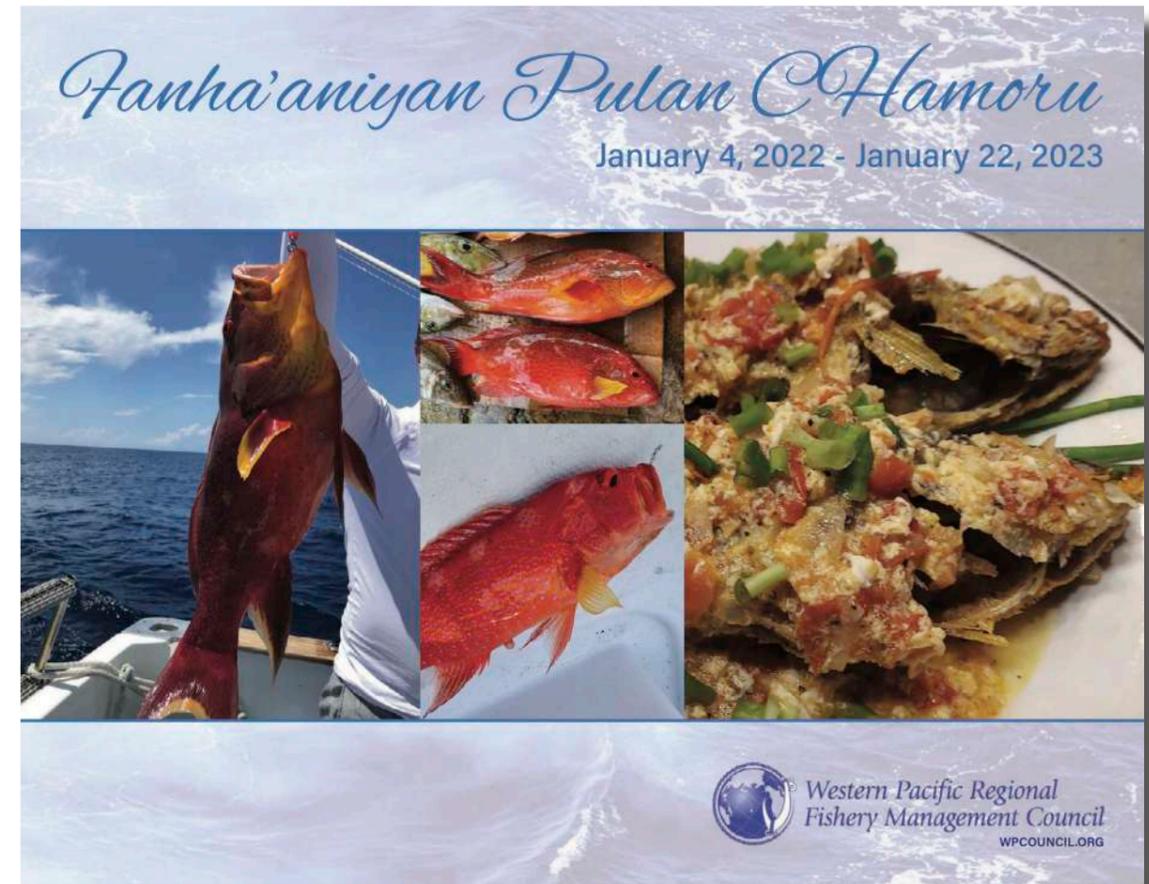
#### GUAM

**Fanha'aniyan Pulan CHamoru**  
**Guam Lunar Calendar**  
**Western Pacific Regional Fishery Management Council**

The Western Pacific Regional Fishery Management Council has produced traditional lunar calendars for Guam since 2007. The intent is to raise awareness about traditional ecological knowledge and enhance community involvement in fishery management.

The 2022 Fanha'aniyan Pulan CHamoru (Chamorro Lunar Calendar) features 13 pelagic and bottomfish species managed under the Council's Fishery Ecosystem Plans. Each month gives common, Chamorro and scientific names for each species, along with life history and fishery information, current regulations, management and stock status, and a delicious recipe to enjoy. For the stock status, a stock is experiencing overfishing when more fish are being removed than is sustainable, and is overfished when the stock population size is too low and may not be able to recover.

Free download: [https://issuu.com/wpcouncil/docs/2022\\_guam-lunarcalendar\\_web](https://issuu.com/wpcouncil/docs/2022_guam-lunarcalendar_web)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FISH AND SEAFOOD

#### UGANDA

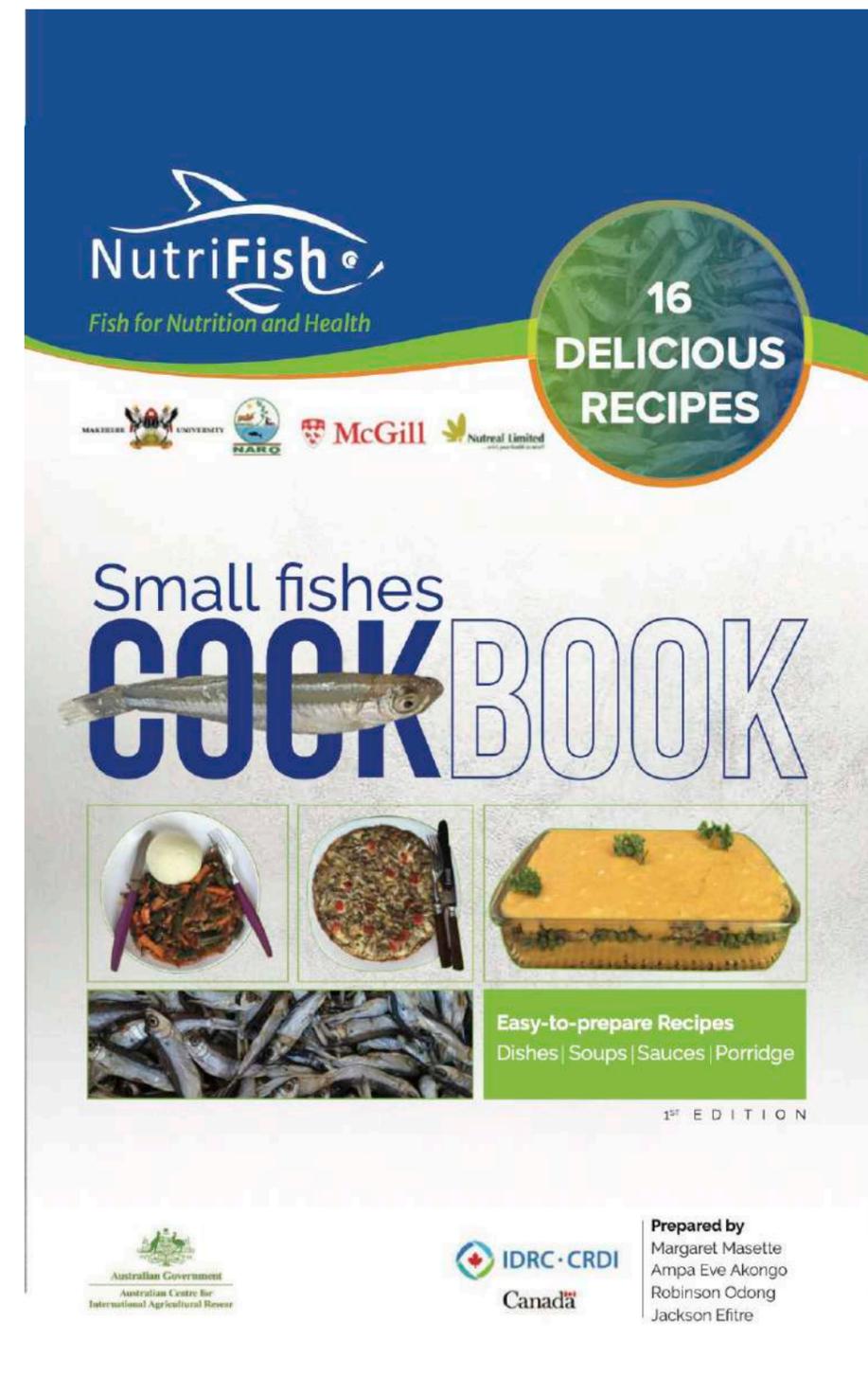
##### Mukene - Small Fishes Cookbook

Margaret Rasetto, Robinson Odong, A. Eve Akongo, Jackson Efitre  
NutriFish - IDRC - CRDI- University Makerere

NutriFish is a multidisciplinary collaborative project that intends to increase availability, accessibility and consumption of under-utilized small fishes and processing by-products for sustainable food and nutrition security. The consortium comprises of Makerere University (Department of Zoology, Entomology and Fisheries Sciences (ZEFs), College of Natural Sciences (CoNAS); National Fisheries Resources Research Institute (NaFIRRI) of the National Agricultural Organization (NARO); NUTREAL Uganda Limited; and McGill University, Canada. The project is funded by the International Development Research Center (IDRC) of Canada, and the Australian Center for International Agricultural Research Center (ACIAR), under the Cultivate Africa's Future Fund Phase 2 (CultiAF2). Through this project, researchers will work alongside value chain actors to address the nutritional needs of vulnerable groups who cannot afford expensive commercial fish but who are in critical need of high-quality nutritious diets.

66 pages, free download:

[smallfishescookbook.onlineug.com](http://smallfishescookbook.onlineug.com)



**CHOCOLATE**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### CHOCOLATE

#### CAMEROUN

##### **Traçabilité, transparence et durabilité dans la filière cacao au Cameroun**

**Thomas Fabre, Simon Bassanaga, Ghislain Fomou Nyamsi, Pierre Ricau, Elsa Sanial Nitidae**

**EFI - European Forest Institute**

With more than 292,000 tons of cocoa exported during the 2020-2021 campaign, Cameroon is the 4th largest producer country in the world, and the 3rd largest producer country on the African continent after Ghana and Côte d'Ivoire. Up to now, Cameroon has distinguished itself from these countries by the preservation of its forests. According to the FAO1, from 1990 to 2020, Côte d'Ivoire lost 50% of its forests, Ghana 22% and Cameroon nearly 11%. In 2020, forests will still cover 40% of Cameroon's territory.

This work on the cocoa sector in Cameroon was commissioned to Nitidae by the European Forest Institute (EFI) as part of the European Union's Sustainable Cocoa Initiative. It aims to document the current level of traceability in the Cameroonian cocoa sector, the level of transparency of available data, the sustainability risks facing this sector, and the sustainability initiatives underway by both the public and private sectors.

Free download: [www.nitidae.org/actions/tracam-tracabilite-transparence-et-enjeux-de-durabilite-de-la-filiere-cacao-au-cameroun](http://www.nitidae.org/actions/tracam-tracabilite-transparence-et-enjeux-de-durabilite-de-la-filiere-cacao-au-cameroun)



**BREAD**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BREAD

#### SERBIA

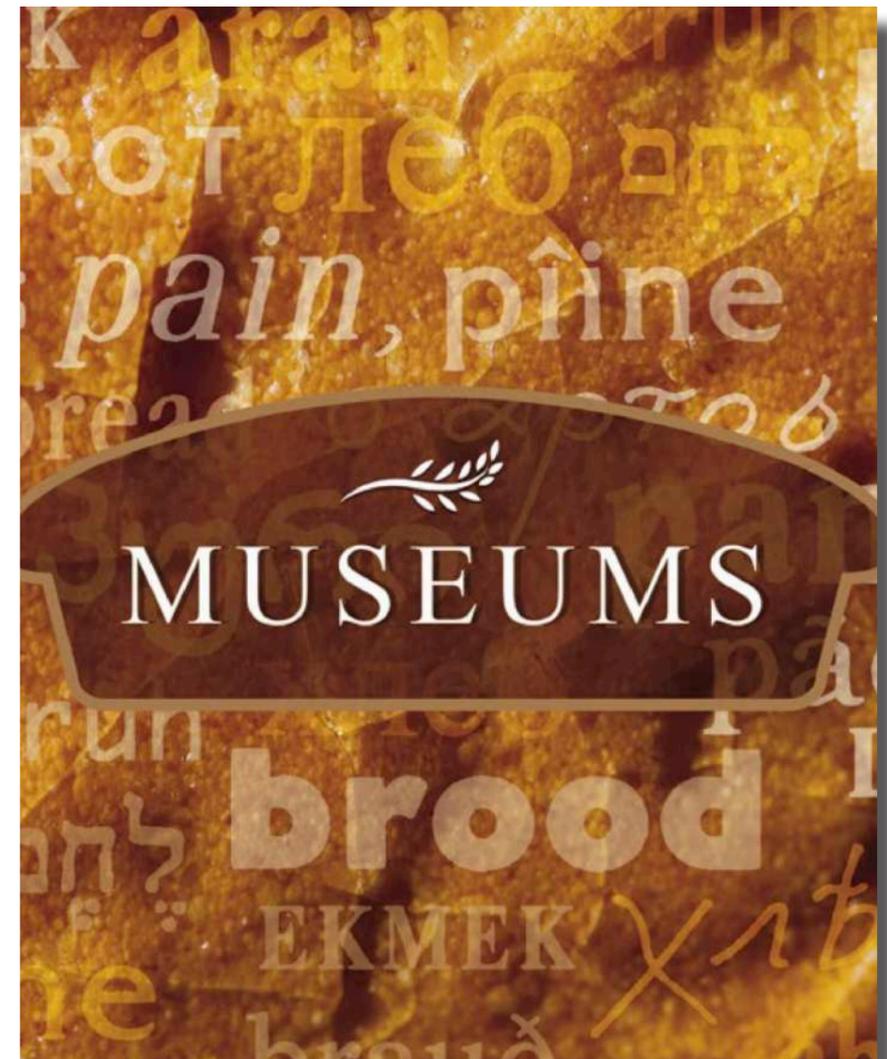
**Atlas Bread Museums in Europe**  
**Dimitrije Vujadinovic**  
**Project Bread Cultural Heritage 2022**

“The ATLAS is based on key information collected among 59 museums throughout Europe exhibiting a large scale of items related to bread and baking. The Atlas takes us from museum to museum in a very appropriate way, presenting the history and modernity of the stuff of life,” explains Vujadinovic.

“The mystery and wonder of bread is not of historical value. It is a living human treasure trove of collective memory! And that is why that heritage deserves to be noticed, not only as a museum value or an industrial product, but also as a living human wealth of spirituality, culture and skills, which should be passed on to future generations.

“The poetics of bread is scattered in space and time – in prayers, rituals, songs, literature, painting, music... Dostoevsky wrote: ‘There is nothing in the world as positive as bread!’ The mystery and wonder of the connection between man and bread is a living treasure trove of collective memory and a testimony to the baking skills, ethical and symbolic verticals of people’s lives. That is why the bread culture is a mosaic representation of the past, present and future of man – beliefs, hopes, pain and joy.”

Free download: [https://www.academia.edu/72530337/ATLAS\\_Bread\\_Museums\\_in\\_Europe](https://www.academia.edu/72530337/ATLAS_Bread_Museums_in_Europe)



# DAIRY



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DAIRY

#### DENMARK

#### Increased competitiveness through dairy research Strategy 2022 Danish Dairy Research Foundation

The aggregate Danish milk production totaled 5.5 billion kg in 2017. The dairy sector plays a significant socio-economic role. Just under 30 Danish dairy plants undertake processing of milk for a range of products sold to customers and consumers in Denmark and on approx. 150 markets worldwide. The Danish dairy sector's sales in Denmark total approx. DKK 10 billion with an export revenue of approx. DKK 20 billion, corresponding to approx. 16 percent of the aggregate export value of Danish foods (2017).

The objective of supporting dairy research is to secure relevant, research-based training and education of future candidates, to include dairy engineers, and secure education of PhD's and postdocs of relevance to the dairy industry. The dairy industry feels convinced that a strong and dynamic dairy research environment nourishes strong candidate, PhD and postdoc programs, which also in the future will remain attractive to young people and secure the recruitment basis for the sector.

Free download: [https://danishdairyboard.dk/media/0wlfmrcc/ddrf-strategy\\_2022.pdf](https://danishdairyboard.dk/media/0wlfmrcc/ddrf-strategy_2022.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DAIRY

#### FRANCE

##### The boom of world camel milk market

**Bernard Faye**  
**CIRAD-SELMET**

Bernard Faye is a veterinarian, specialized in animal husbandry and veterinary medicine in tropical countries, and holds a doctorate in science from the University of Paris and Montpellier. From 1975 to 1983, he worked in Africa (Ethiopia, Niger) in research and development activities before joining the French National Institute for Agricultural Research (INRA) as director of the animal ecopathology laboratory.

In 1996, he was seconded to CIRAD (Centre de Coopération Internationale en Recherche agronomique pour le développement) as head of the Animal Production program. Since then, he has accumulated research missions in many countries (to date, nearly 70 countries visited). He started his interest in large camelids in Ethiopia, studying the metabolism of minerals in this species. Gradually, through multiple cooperative research programs (Morocco, Niger, Djibouti, Sudan, Algeria, United Arab Emirates, India, Turkmenistan, Kazakhstan, Mongolia, Oman ...), he has built an international network of researchers in camelology, which logically leads him to found and take the direction of the International Society for Camelid Research and Development (ISOCARD). He is currently based in Saudi Arabia as a consultant for FAO in a research center dedicated to camel.

Free download: [https://muse.edu.umontpellier.fr/files/2022/02/10\\_Faye.pdf](https://muse.edu.umontpellier.fr/files/2022/02/10_Faye.pdf)

##### The boom of world camel milk market *L'essor du marché mondial du lait de chamelle*



Bernard FAYE  
CIRAD-SELMET



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DAIRY

### TUNISIA

**Valorisation marchande du lait de chamelle sur un mode extensif de l'élevage camelin en Tunisie : Comment faire ?**

**Pr. Jaouad Mohamed**

**Laboratoire d'Economie et Sociétés Rurales**

**Institut des Régions Arides – Médenine, Tunisia / CIRAD**

Tunisia has a fairly large camel herd (60,000 head) relative to its limited territory. But the milk production of camels remains little valued. The breeding of camels is currently concentrated in the arid and desert areas of the center and south of the country.

Camel milk was collected to be marketed for the first time in 1995 in the Governorate of Medenine (southeast of the country). The decision to buy camel milk is influenced by the pleasure derived from its consumption and for its therapeutic virtues.

A very recent survey shows that, among dairy consumers:

- 14.5% have consumed camel milk occasionally,
- 53% intend to consume it daily if they find it regularly in the market.
- 38% appreciate camel milk for its therapeutic properties. They consider it a medicine and not an ordinary product.

Free download: [https://muse.edu.umontpellier.fr/files/2022/02/11\\_Jaouad.pdf](https://muse.edu.umontpellier.fr/files/2022/02/11_Jaouad.pdf)

The poster features logos for MAK'IT, MUSE, and CIRAD at the top. The title is 'INTERNATIONAL SYMPOSIUM SEMINAIRE SYSTÈMES ALIMENTAIRES MÉDITERRANÉENS' dated 15-16 Novembre 2021 Montpellier, France. The author is Pr. JAOUAD Mohamed from the Laboratoire d'Economie et Sociétés Rurales, Institut des Régions Arides – Médenine, Tunisie. The poster also includes the LESOR logo and mentions it is organized by MAK'IT (MUSE), CIRAD SELMET, MOISA, KIM FOOD AND HEALTH. Images of camels and a plate of food are included.

# MUSHROOMS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### MUSHROOMS

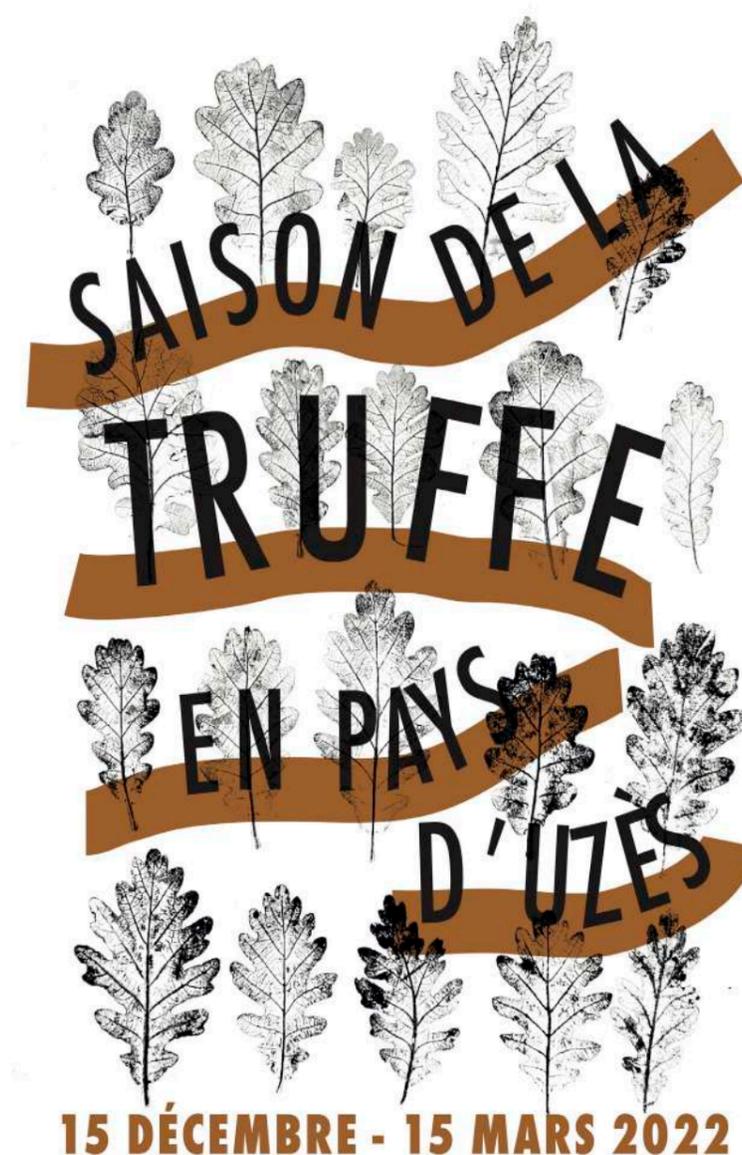
#### FRANCE

##### Saison de la Truffe en Pays d'Uzès Comité de Promotion Agricole d'Uzès

The Truffle, also called the “Gem of the poor lands”, is present on the limestone soils of Uzège since the Romans. The Truffle Weekend is a major event of January since 1994, the Truffle Day of Uzès meets each year a growing success.

The Comité de Promotion Agricole d'Uzès is an association under the law of 1901, created in 1993, whose objective is to organize and participate in all events promoting the activities and agricultural productions of Uzès and the Uzège.

The strength of the Comité de Promotion Agricole d'Uzès is to associate, involve and create links between all the actors of the economic and agricultural fabric of Uzès and the surrounding communes: institutions, crafts, tourism, trade and agricultural production....



Free download: [www.vins-truffes-terroirs-uzes.com/wp-content/uploads/2017/10/Guide-2022-FINAL-PRINT-page-par-page1.pdf](http://www.vins-truffes-terroirs-uzes.com/wp-content/uploads/2017/10/Guide-2022-FINAL-PRINT-page-par-page1.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MUSHROOMS

#### FRANCE

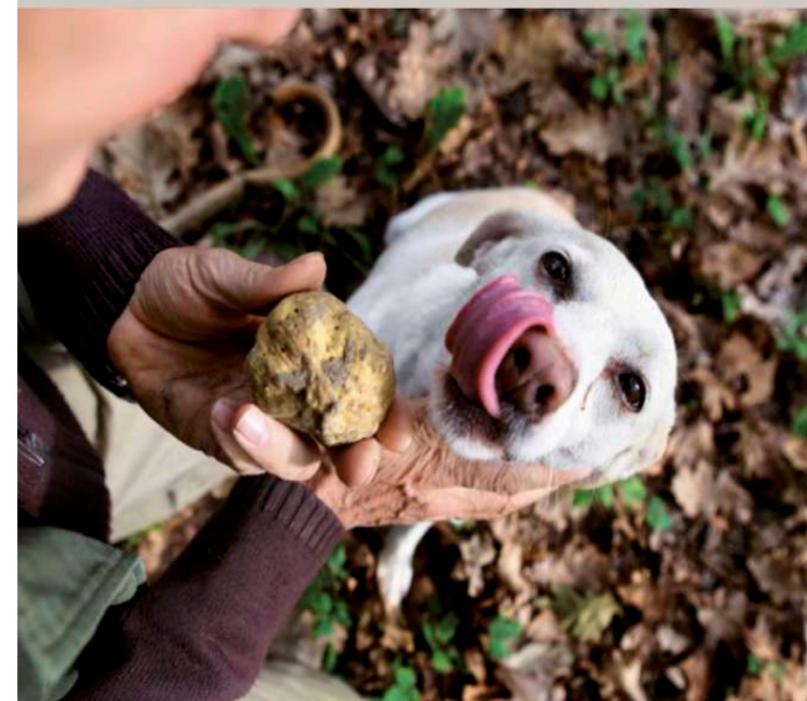
**Truffle hunting and extraction in Italy - Traditional knowledge and practices**  
**Associazione Nazionale Città del Tartufo**  
**(ANCT - National Truffle Cities Association)**  
**Federazione Nazionale Associazione Tartufai Italiana**  
**(FNATI - National Federation of Italian Truffle Associations)**

“Truffle hunting and extraction in Italy” represents an intangible cultural heritage of knowledge and practices transmitted orally for centuries, and this heritage characterizes the rural life of entire groups of bearers and practitioners, called “tartufai”, in the Italian truffle-growing areas.

Such skills allow first of all the so-called “cerca” (hunting), i.e. the identification of those areas which foster the spontaneous growth of the truffle plant from whose roots the underground fungus called truffle is born, and then they allow the application of the traditional technique for its identification and extraction, the so-called “cavatura”, with the manual use of a specific spade called “vanghetto” or “zappino” (a little hoe), acting in a way that does not change the soil conditions. An invaluable assistant and companion in all these activities is the dog with its olfactive ability.

TRUFFLE HUNTING  
*and*  
EXTRACTION IN ITALY  
traditional knowledge and practices

Nomination for the 2021 cycle as Intangible Cultural Heritage  
according to the principle of the 2003 UNESCO Convention



Free download: [http://www.cittadeltartufo.com/wp-content/uploads/2021/02/A5\\_UNESCO\\_TARTUFO\\_ING.pdf](http://www.cittadeltartufo.com/wp-content/uploads/2021/02/A5_UNESCO_TARTUFO_ING.pdf)

# FRUITS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FRUITS

#### BRAZIL

**Butiá para todos os gostos**  
**Embrapa Clima Temperado**  
**Ministério da Agricultura, Pecuária e Abastecimento**

This book brings traditional recipes and new culinary creations with butia, telling a little of the history of those who made them. It seeks to draw attention to the wealth of popular knowledge and the many possibilities for use of these native fruits. The recipes were developed by lovers of butia, gastronomy courses and chefs in Brazil, Uruguay and Argentina.

The publication is a product of the Rota dos Butiazais/Red Palmar, an international network that connects three countries around the sustainable use of biodiversity, in a large territory where there is a cultural link with the butia. The Butia Route is coordinated by Embrapa Clima Temperado, and has the partnership of many institutions and organizations, including the Slow Food Movement.

Free download

[www.embrapa.br/busca-de-publicacoes/-/publicacao/1139773/butia-para-todos-os-gostos](http://www.embrapa.br/busca-de-publicacoes/-/publicacao/1139773/butia-para-todos-os-gostos)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FRUITS

#### COLOMBIA

##### **Chigua - Alimento Prehistórico de Colombia** **Luis Ernesto Martínez Velandia**

Zamias are one of the most endangered plant species in the world, and because their reproduction system is so slow and their productive maturation stage is so long, their propagation is highly reduced. However, these ancestral species still exist and Colombia has 21 of them, making it the country with the most species of zamias in the world.

Two species are known in the northwest of the country, which grow in rainforests, i.e. high in rain, more or less between 100 to 200 meters high, neither the population size nor the number of Chiguas in the Colombian territory is known. The name Chigua refers to all the zamias found in the Colombian Pacific.

There are several factors that cause these species to be on the verge of extinction, such as inadequate soil management, which in some cases are implemented for agricultural and livestock uses, uncontrolled logging and illegal trade.



**MEAT**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MEAT

#### GERMANY

##### Meat Atlas

Facts and figures about the animals we eat

Chief executive editors: Christine Chemnitz & Stanka Becheva

Heinrich Böll Stiftung, Berlin, Germany

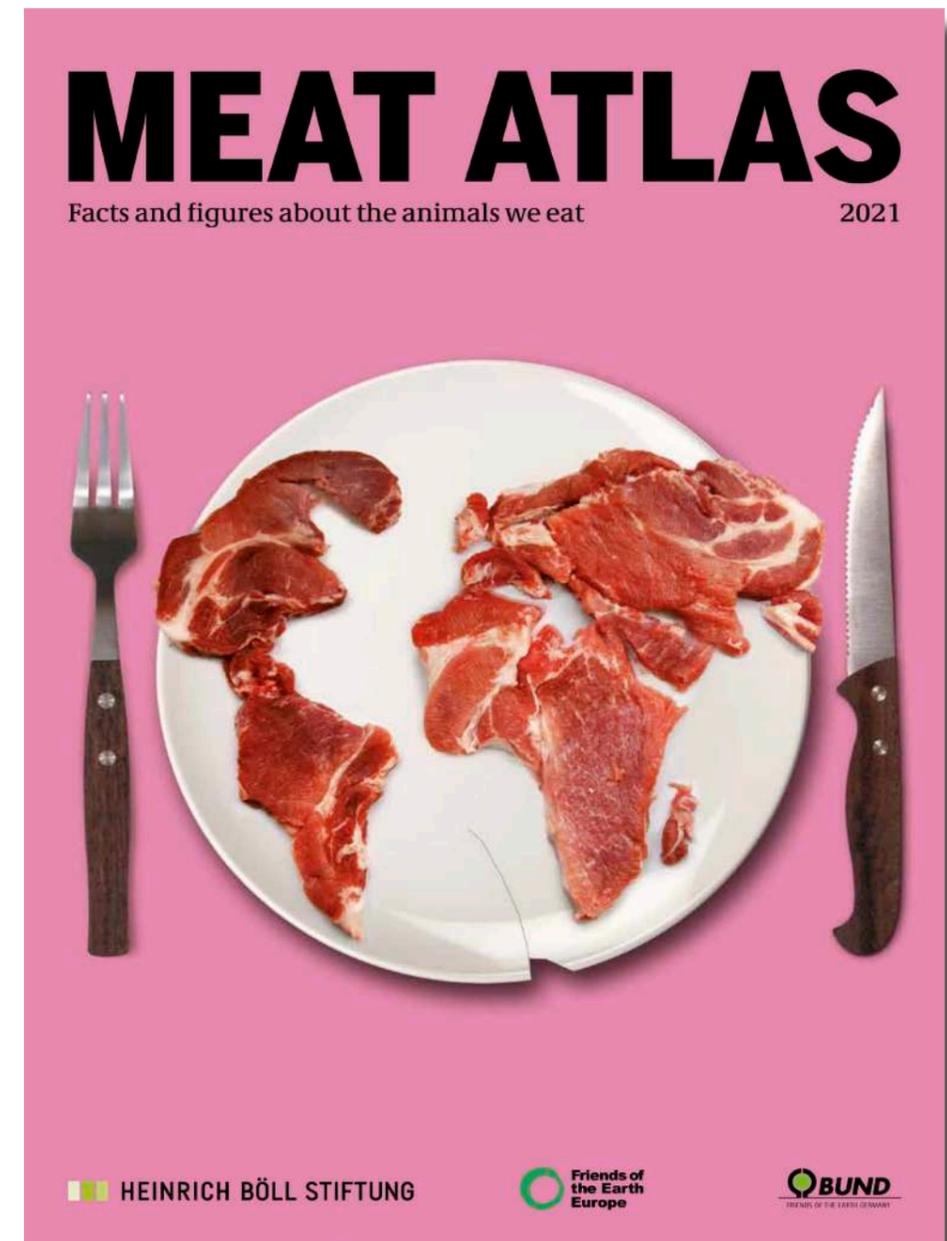
Friends of the Earth Europe, Brussels, Belgium

Bund für Umwelt und Naturschutz, Berlin, Germany

It is clear that many (especially young) people no longer want to accept the profit-driven damage caused by the meat industry and are increasingly interested in and committed to climate, sustainability, animal welfare and food sovereignty causes. We consider this an encouraging step for our future and want to use this Atlas to strengthen their commitment with information.

This Atlas is intended to support all those who seek climate justice and food sovereignty, and who want to protect nature. Revealing new data and facts, and providing links between various key issues, it is a crucial contribution to the work done by many to shed light on the problems arising from industrial meat production.

Free download: <https://www.boell.de/en/meat-atlas>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MEAT

#### SOUTH AFRICA

##### SACU Investment Roundtable Meat and Meat Products South African Customs Union (SACU)

Vision: “To build a diversified, competitive, sustainable and equitable industrial base that supports structural transformation and the economic integration of the SACU region”.

Mission:

1. Promoting integrated and sustainable industrial growth of value-added manufacturing and increasing production in SACU Meat and Meat Products value chain.
2. Enhancing continental and global competitiveness of the SACU Meat and Meat Products value chain
3. Promoting continental and global trade of the SACU Meat and Meat Products value chain.

The Good Food Institute India (GFI India) is a non-profit organization which serves as the central expert body, thought leader, and convener in the space of plant-based, cultivated, and fermentation-derived meat, eggs, and dairy - collectively known as the ‘alternative protein’ or ‘smart protein’ sector. GFI India is part of an international network of nonprofits with partners in Brazil, Israel, U.S., Europe, and Asia Pacific, on a mission to build a more secure, sustainable, and just global food system.

Free download: <https://www.sacu.int/docs/speeches/2022/SACU-Meat-and-Meat-Products-Investment-Roundtable.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### MEAT

#### UNITED STATES OF AMERICA

##### More than “Meats” the eye

Jonna Parker, Principal, Fresh Foods, IRI

John Crowder, Head of Marketing, Beef, JBS USA

Heather DeLuca, Vice President, Meat, Associated Wholesale Grocers

IRI Fresh Foods Panel Discussion



The last two years have been a whirlwind for the entire food industry with meat weathering the fiercest storms. As 2022 dawns, headlines forecast strong headwinds from many competitive threats, from price inflation to plant-based alternatives, nearly every aisle touting “source of protein,” new online shopping and marketing, and attention-grabbing headlines on transparency and plant-based.

However, among these seemingly stormy clouds are rays of sunshine available to those who focus on the facts, understand the opportunities and capitalize on the ways consumers today define value. By sharing facts culled from 20,000+ retail stores and millions of shoppers’ baskets, this webinar will provide actionable ideas to help make your next five years of meat marketing gain a predictably fair-weather outlook. A supplier and retailer also discuss what lies ahead and how to further grow meat retail sales in 2022 and beyond.

Free download: <https://www.iriworldwide.com/IRI/media/Library/webinar/More-Than-Meats-the-Eye-Webinar-Mar-2022.pdf>

# GAME MEAT



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GAME MEAT

#### CANADA

##### **Moose Management Plan 2022 - 2026 Newfoundland and Labrador**

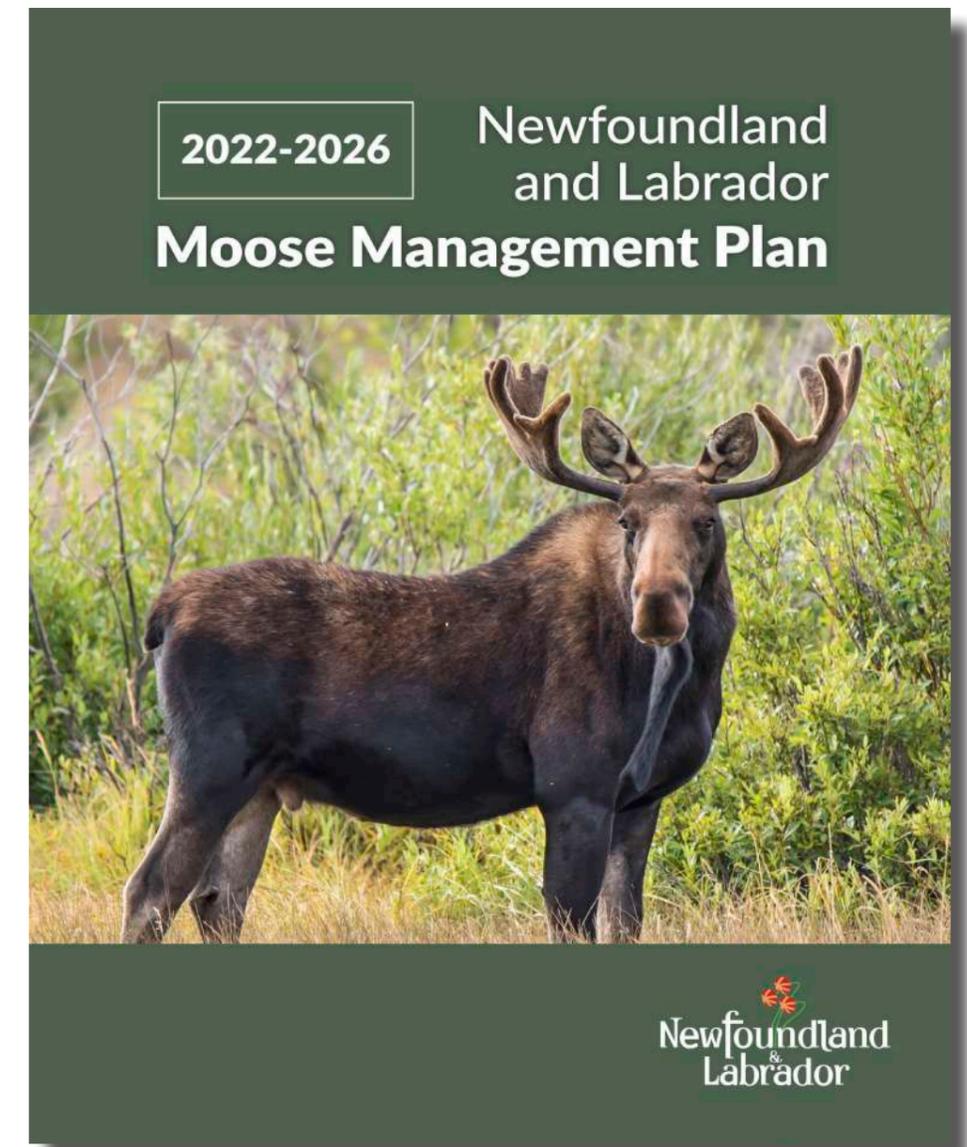
“This new plan recognizes that managing our big game resources requires a sustainable approach based on sound scientific data collected through moose management surveys and other research activities. Wildlife managers also value the input and knowledge from hunters and the public and have incorporated feedback collected during public consultations into the plan.

The plan illustrates the sustainable management of our wildlife resources and shares the details of monitoring and research programs that enable wildlife managers to better understand factors impacting wildlife behavior and habitat.

The plan also identifies the need to sustain interest in traditional hunting activities and seeks to enhance the number of citizens involved in hunting by increasing mentorship programs for youth; continuing to support the Becoming an Outdoors Woman program; Indigenous engagement; and other incentive programs that increase access for persons with disabilities and senior hunters.”

Hon. Derrick Bragg - Minister of Fisheries, Forestry and Agriculture

Free download: <https://www.gov.nl.ca/ffa/files/22282-Moose-Management-Report-July-12.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GAME MEAT

#### SOUTH AFRICA

##### Game Meat Strategy for South Africa Ministry of Forestry, Fisheries and The Environment

South Africa, renowned internationally for its abundant wildlife provides experience of Africa's unique landscape, the variety of our game species, notably ecotourism, hunting and then most importantly, market opportunities that could derive from the production of game meat and related value-added products.

This report formulates the strategy and implementation plan to expand, differentiate and formalise the Game Meat Industry in South Africa which has shown considerable potential for growth. If developed properly, considered from a sustainability perspective, this market is compatible with biodiversity conservation and could contribute favorably to economic development, job creation, food security and sectoral transformation.

From research embarked on, it is evident that Limpopo is the most favored hunting destination, followed by the Free State, North West, Eastern Cape and the Northern Cape. The species mostly hunted for game meat are springbok, kudu, impala, blesbok, gemsbok and blue wildebeest.

Free download: [https://www.gov.za/sites/default/files/gcis\\_document/202207/47024gon2293.pdf](https://www.gov.za/sites/default/files/gcis_document/202207/47024gon2293.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GAME MEAT

#### SWEDEN

**Remote Meat Control - from opportunity to obligation ?**  
**Arja Helena Kautto**  
**Swedish Food Agency**  
**Swedish University of Agricultural Sciences**

The Swedish Food Agency (SFA) is working on developments in meat inspection. Our goal is to create a legal framework for carrying out inspections in slaughter and game handling at a distance at the European Union level.

An official veterinarian (OV) from SFA inspects all domestic animals slaughtered in commercial slaughterhouses on site both before and after slaughter. Wild game are inspected after slaughter. In some cases, an official auxiliary can perform inspection after slaughter.

Remote meat control means that the OV inspects the animal before slaughter and the carcass with organs after slaughter using a mobile phone. The slaughterhouse's employees, specially trained for this purpose, convey images and sounds in real time to the OV, who does not need to be on site at the slaughterhouse or the game handling establishment (GHE). The OV instructs the slaughterhouse staff via mobile phone about the practical steps in the inspection of the animal before slaughter as well as the inspection of the carcass and organs after slaughter or game handling. The development of remote control will contribute to meeting the climate and sustainability goals in the international program called Agenda 2030. Part of this work requires developing control into a more environmentally sustainable business. Reduced travel back and forth to abattoirs and GHEs reduces the impact on the environment.

Free download: [https://ribmins.com/wp-content/uploads/2022/04/7\\_4\\_2022\\_4\\_Arja-Helena-Kautto.pdf](https://ribmins.com/wp-content/uploads/2022/04/7_4_2022_4_Arja-Helena-Kautto.pdf)



# ALTERNATIVE PROTEINS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ALTERNATIVE PROTEINS

#### BELGIUM

##### The Politics Of Protein

Examining claims about livestock, fish, alternative proteins and sustainability

Lead author: Philip Howard

IPES Food

A major new report by IPES-Food, The Politics of Protein: Examining claims about livestock, fish, ‘alternative proteins’ and sustainability, sheds light on misleading generalisations that dominate public discussion about meat and protein, and warns of the risks of falling for meat techno-fixes.

“It’s easy to see why people would be drawn to the marketing and hype, but meat techno-fixes will not save the planet. In many cases, they will make the problems with our industrial food system worse – fossil fuel dependence, industrial monocultures, pollution, poor work conditions, unhealthy diets, and control by massive corporations. “Just as electric cars are not a silver bullet to fix climate change, these solutions are not going to fix our damaging industrial food system. We need to change the system – not the product.”

Phil Howard, lead author of the report

104 pages, free download

[www.ipes-food.org/\\_img/upload/files/PoliticsOfProtein.pdf](http://www.ipes-food.org/_img/upload/files/PoliticsOfProtein.pdf)



### THE POLITICS OF PROTEIN

EXAMINING CLAIMS ABOUT LIVESTOCK, FISH, 'ALTERNATIVE PROTEINS' AND SUSTAINABILITY



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ALTERNATIVE PROTEINS

#### CANADA

##### Game Changers

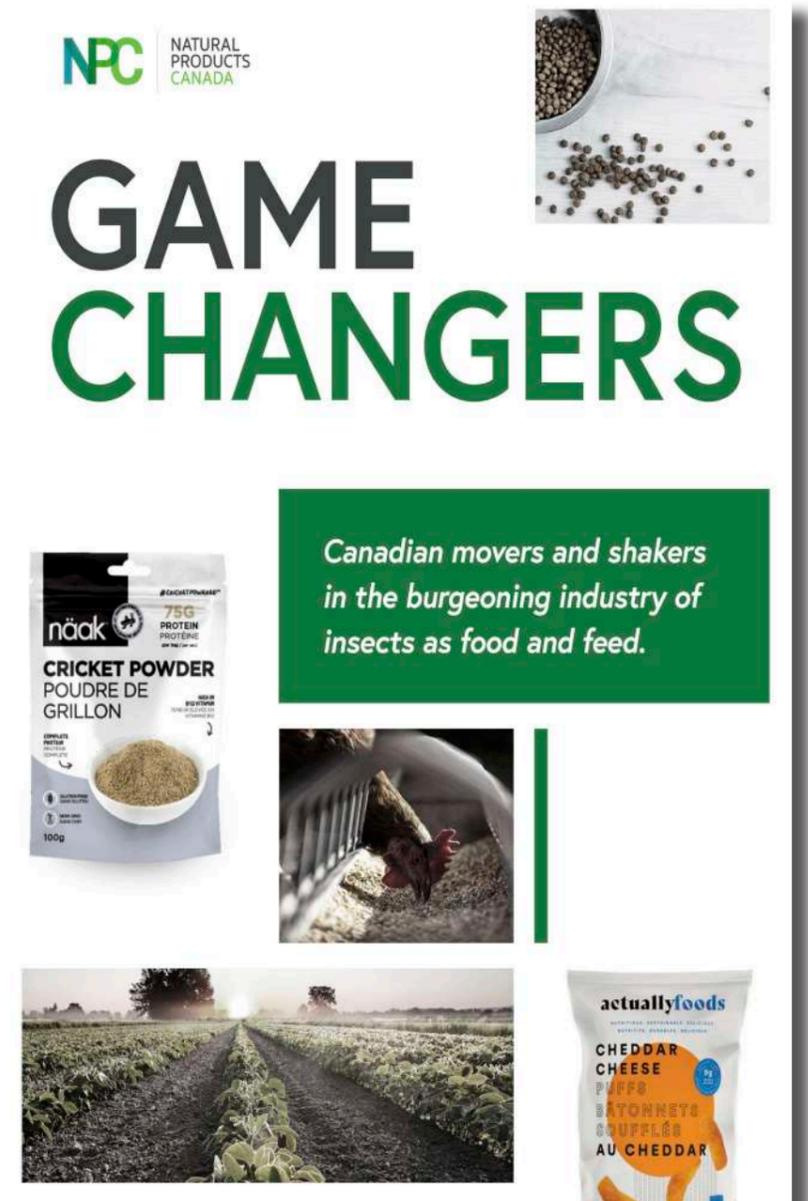
Canadian movers and shakers in the burgeoning industry of insects as food and feed  
Natural Products Canada (NPC)

Natural Products Canada (NPC) is the not for profit corporation behind Canada's Natural Product Innovation Cluster—a strategic and diverse community focused on the development and commercialization of naturally-derived products and technologies in health and life sciences, natural resources, agriculture and agrifood, and sustainable bioproducts.

NPC has identified insect protein as a potential area of growth for Canada, and has initiated several events, reports and other initiatives to address the needs and challenges of Canada's emerging insect industry. It has directly supported several Canadian insect companies through its Commercialization Programs (Oberland, Aspire, Entomo, and Entosystem) and many more through its advisory and other services.

Free download:

[https://www.naturalproductscanada.com/wp-content/uploads/2022/03/NPC\\_Game\\_Changers\\_Insect\\_February-2022-FINAL-2.pdf](https://www.naturalproductscanada.com/wp-content/uploads/2022/03/NPC_Game_Changers_Insect_February-2022-FINAL-2.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ALTERNATIVE PROTEINS

#### EUROPEAN UNION

**The latest and future developments of insect novel food authorisations  
Challenges and opportunities for the European insect food sector:  
taking stock of the recent EU regulatory developments in the insect  
novel foods field**

**Rafael Pérez Berbejal**

Novel Food is defined as food that had not been consumed to a significant degree by humans in the EU before 15 May 1997, when the first Regulation on novel food came into force.

'Novel Food' can be newly developed, innovative food, food produced using new technologies and production processes, as well as food which is or has been traditionally eaten outside of the EU.

The underlying principles underpinning Novel Food in the European Union are that Novel Foods must be:

- Safe for consumers
- Properly labelled, so as not to mislead consumers
- If novel food is intended to replace another food, it must not differ in a way that the consumption of the Novel Food would be nutritionally disadvantageous for the consumer.
- Pre-market authorisation of Novel Foods on the basis of an evaluation in line with the above principles is necessary.

Free download: <https://www.bugsolutely.com/wp-content/uploads/2020/06/Novel-Foods-EU-Jan-2022.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ALTERNATIVE PROTEINS

#### HONG KONG - CHINA

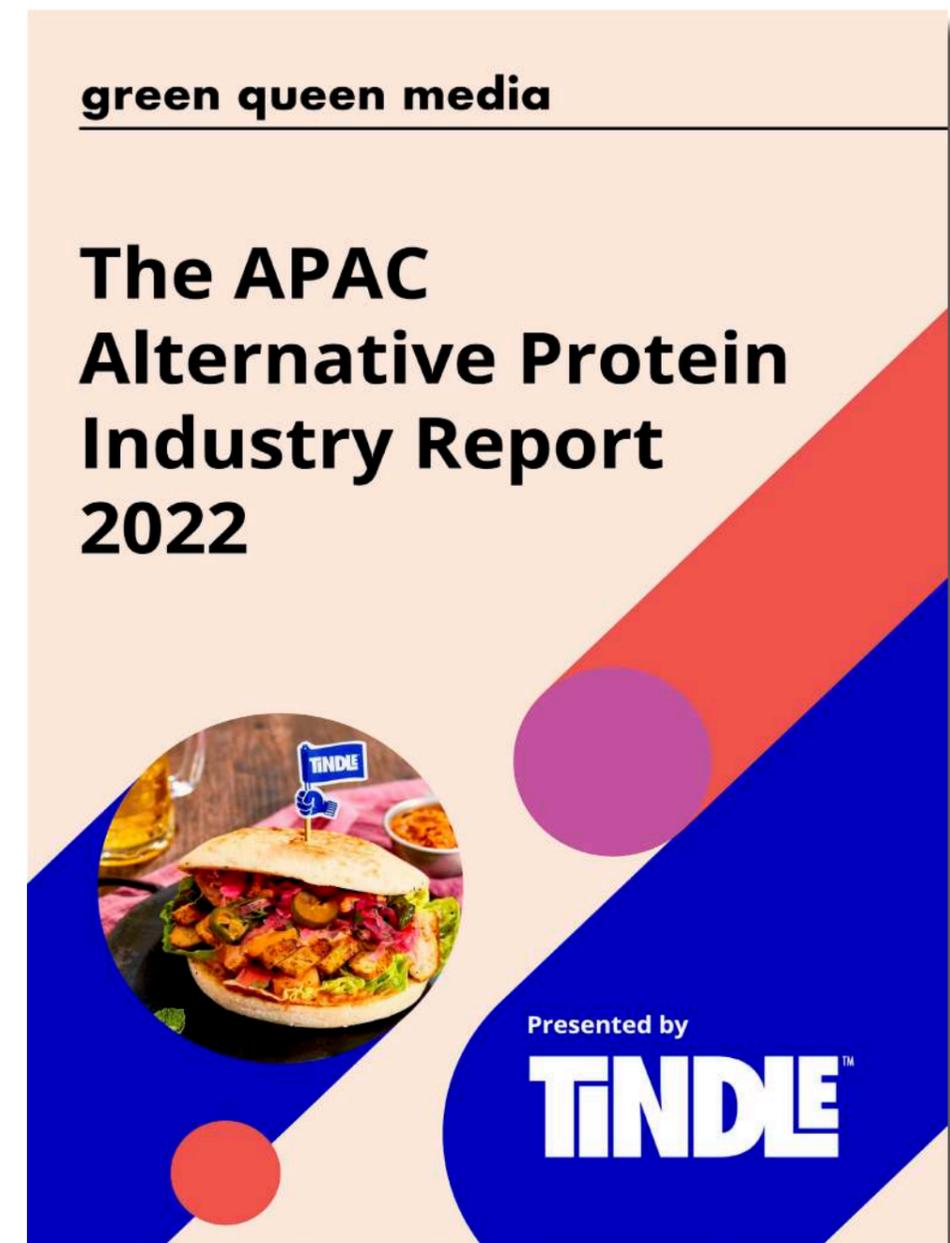
**The APAC Alternative Protein Industry Report 2022 - The Future is Asian**  
Nicola Spalding, Sonalie Figueiras, Alessandra Franco  
Green Queen Media

“At Green Queen, we have always strived to tell a global story through an Asian lens. Over 60% of the world’s population lives in Asia, yet the region only has 20% of the world’s agricultural land. Alternative protein is an important part of the future food toolbox if we are to build a stronger, more resilient regional food system that will face water shortages, land degradation, and more frequent climate-related weather events, amongst many other challenges.

It’s no surprise to me that Asian governments, including Singapore, China, South Korea and Japan, are committing funds, resources and regulatory oversight to our growing sector. They are acutely aware that protein production is a national security issue, particularly when a new geopolitical order has resulted in a shrinking globalisation agenda.”

Sonalie Figueiras

Free download: <https://www.greenqueen.com.hk/apac-alt-protein-report-2022/>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ALTERNATIVE PROTEINS

#### INDIA

##### **Building an ecosystem for cultivated meat in India** **CIIE.CO / GFI India**

CIIE.CO is The Innovation Continuum. This continuum spreads across incubation, acceleration, seed and growth funding, and research. Founded at IIM Ahmedabad in 2002 as an academic centre, CIIE. CO has grown and pivoted to include acceleration, incubation, investment, research, and publication. Among various initiatives, CIIE. CO has conceptualized and hosted India's first accelerator, created India's first and so far the only cleantech-focused fund, accelerated over 1,000 entrepreneurs, funded over 200 startups, and inspired over 700,000 with our publication - Stay Hungry Stay Foolish.

The Good Food Institute India (GFI India) is a non-profit organization which serves as the central expert body, thought leader, and convener in the space of plant-based, cultivated, and fermentation-derived meat, eggs, and dairy - collectively known as the 'alternative protein' or 'smart protein' sector. GFI India is part of an international network of nonprofits with partners in Brazil, Israel, U.S., Europe, and Asia Pacific, on a mission to build a more secure, sustainable, and just global food system.



Free download: <https://gfi-india.org/wp-content/uploads/2022/01/Building-an-ecosystem-for-cultivated-meat-in-India.pdf>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### ALTERNATIVE PROTEINS

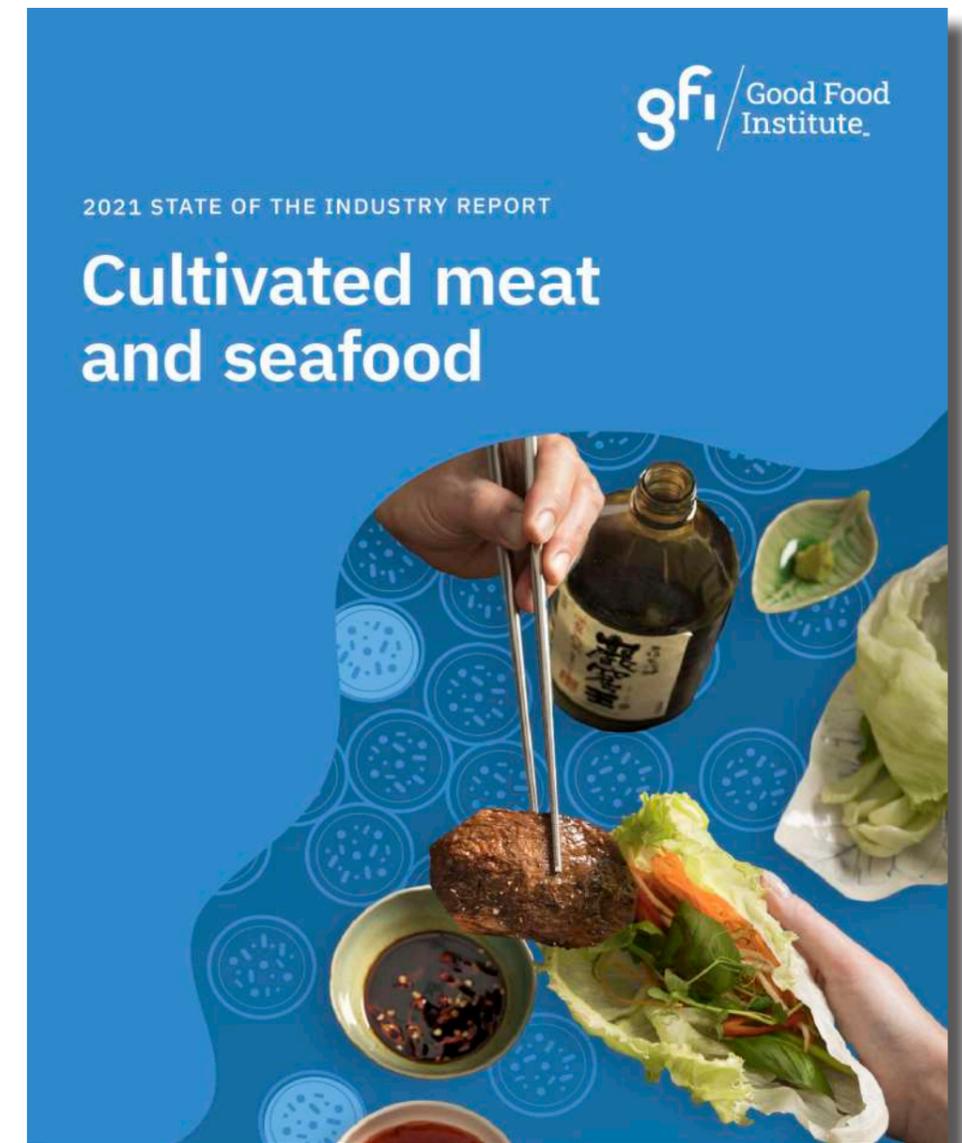
#### UNITED KINGDOM

**Cultivated Meat & Seafood**  
**2021 State of the industry report**  
**Good Food Institute**

“Every year, we see new advancements in the alternative protein industry that are opening the door for a global shift to a far more sustainable, secure, and just food system. Like 2019 and 2020 before it, 2021 was the most active year yet for growth in the alternative protein industry, and many signs indicate that the world is on the cusp of a global race for alternative protein innovation.

As with all new technologies, many critical open questions remain. Ongoing and future research must address key technical challenges in the industry, which is why support for research from both public and private sectors is crucial. Given what is at stake, we must invest significant resources to ensure that cultivated meat has the greatest chance of success.”

Caroline Bushnell  
VP of Corporate Engagement at the Good Food Institute



Free download: <https://gfieurope.org/wp-content/uploads/2022/04/2021-Cultivated-Meat-State-of-the-Industry-Report.pdf>

**RICE**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



**RICE**

**CHINA**

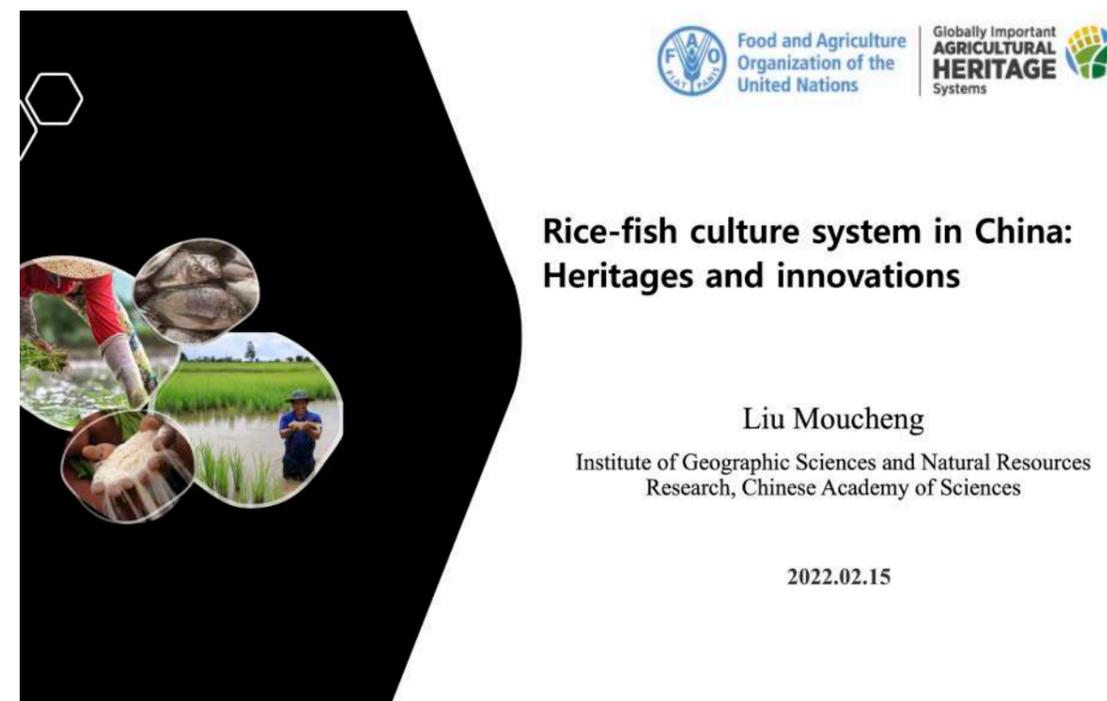
**Rice-fish culture system in China: Heritages and innovations**

**Liu Moucheng**

**Institute of Geographic Sciences and Natural Resources Research**

**Chinese Academy of Sciences**

**FAO**



IGSNRR is a multidisciplinary research institute focusing on, among other things, physical geography and global change, human geography and regional development, natural resources and the environment, geographical information systems and surface simulation, the terrestrial water cycle and water resources, ecosystem network observation and modeling, and Chinese agricultural policy.

Through research in these domains, the institute aims to solve major natural resource and environmental problems related to national sustainable development and improve its own innovative capacity at the same time.

Free download:

[https://teca.review.fao.org/storage/pdfs/2022.02.15\\_TECA%20Webinar\\_Rice-Fish%20Innovations/2022.02.10\\_TECA-Webinar-RICE-FISH\\_Rice-fish-culture-system-in-China-Moucheng-LIU.pdf](https://teca.review.fao.org/storage/pdfs/2022.02.15_TECA%20Webinar_Rice-Fish%20Innovations/2022.02.10_TECA-Webinar-RICE-FISH_Rice-fish-culture-system-in-China-Moucheng-LIU.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### RICE

### PHILIPPINES

#### The Drive to Thrive IRRI / CGIAR

IRRI (International Rice Research Institute) is dedicated to abolishing poverty and hunger among people and populations that depend on rice-based agri-food systems. Through our work and partnerships, we aim to improve the health and welfare of rice farmers and consumers; promote environmental sustainability in a world challenged by climate change; and support the empowerment of women and the youth in the rice industry.

Our research for development is characterized by its collaborative nature: from alliances with advanced research institutes; through strong collaborations and capacity development with governments and national agricultural research and extension systems; to partnerships with the development sector and our ability to broker novel delivery channels through the private sector. IRRI's work is supported by a diverse network of investors aligned to common goals.



Free download: <https://www.irri.org/resources-and-tools/publications>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### RICE

### THAILAND

#### Sustainable Rice Platform e.V. - From Vision to the Field 2021 - 2025

As our population grows, so does demand for rice. The International Rice Research Institute (IRRI) estimates that rice production must increase by at least 25 percent in the next 25 years to meet future global demand. Meeting this growing demand sustainably poses an enormous challenge in a world with finite resources. Annual water consumption and greenhouse gas emissions of rice top the charts among food crops. Rice cultivation uses approximately 40 percent of the world's irrigated water, and accounts for 10 percent of global methane emissions.

Sustainable rice production requires economically viable, environmentally sound and socially beneficial farming systems across diverse social and production contexts. But it is possible to develop an overarching framework encompassing proven approaches and climate-smart best practices that can be generally applied, to offer a path for producers, value chain actors and governments to drive transformative change across the sector. Achieving such an ambition requires not change not only at farm level; collaboration and a shared vision are required among all value chain actors and the support of governments, the financial sector, research, civil society and international development community.

Free download: <https://www.irri.org/resources-and-tools/publications>



#### STRATEGIC PLAN

Sustainable Rice Platform e.V.  
*"From Vision to the Field"*

2021-2025

*(Approved by SRP Board 9 December 2020)*



© Cover photos by Tahir Salim

# FERMENTATION



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FERMENTATION

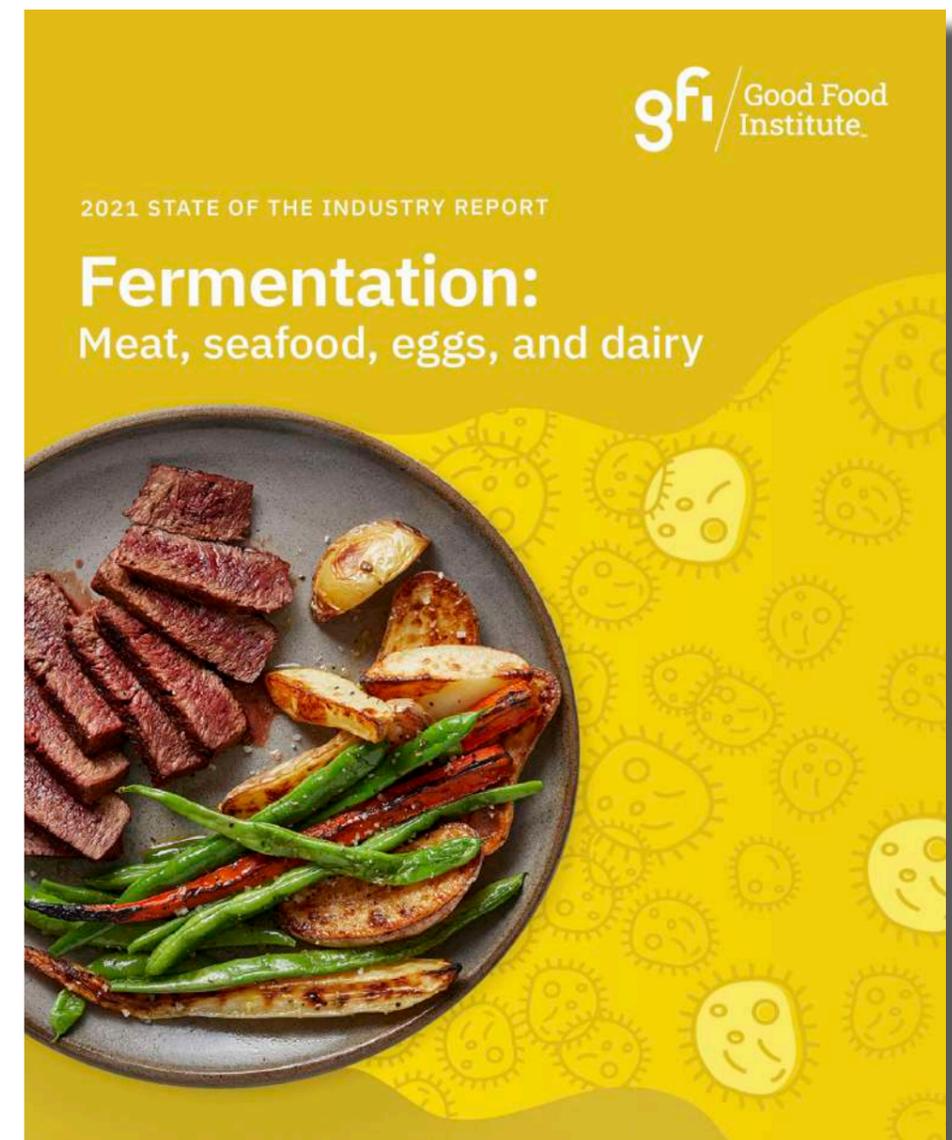
#### BELGIUM

**Fermentation: Meat, seafood, eggs and dairy**  
**State of the Industry**  
**Good Food Institute**

“While fermentation is a mature technology, its applications for alternative protein products are in the early stages of discovery. As fermentation-derived products come to market as part of a global shift away from animal-based proteins, companies are rightly touting not only improved taste, functionality, and nutrition but the sustainability of these game-changing foods.

The greatest hurdle facing alternative protein fermentation over the next decade will be building manufacturing capacity. Ensuring capacity is sufficient to meet the projected rise in demand for products will require significant investment. Such investment can have a multi-solving effect, enabling companies to scale and bring down costs while simultaneously working toward a net-zero food system.”

Caroline Bushnell  
VP of corporate engagement at the Good Food Institute



Free download: <https://gfi.org/wp-content/uploads/2022/04/2021-Fermentation-State-of-the-Industry-Report.pdf>

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### FERMENTATION

#### SOUTH KOREA

##### **Kimchi - A Trip to the Magical World** **Visit Korea - Korea Tourism Organization**

Kimchi is a traditional Korean food, recognized for its universal values to mankind, and was enlisted as UNESCO Intangible Cultural Heritage of Humanity in 2013 under Kimjang, making and sharing Kimchi.

The taste, aroma, and benefits of Kimchi vary depending on its vegetable ingredients, type and combination of seasoning, and the degree of fermentation. Kimchi is best in taste and nutrition when it is aged in the best of conditions. The magic begins in Onggi (earthen pot), Kimjangdok (Kimchi jar) and the Kimchi fridge, containers optimally designed to best preserve its taste.

The spicy chili is what determines the color of Kimchi. Water Kimchi, White Kimchi, and Dongchimi (Radish Water Kimchi) are made without chili powder, so they have a clear color with clean and cool taste. Kimchi has been developed over the decades in its use, storage, and maturation of numerous ingredients. Meet this all-rounder that helps build your health and immunity!

Free download: [english1.visitkorea.or.kr/e\\_book/ecatalog5.jsp?Dir=846&catimage=](http://english1.visitkorea.or.kr/e_book/ecatalog5.jsp?Dir=846&catimage=)



## KIMCHI

### A Trip to the Magical World



**BEEES**



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEES

#### AUSTRALIA

##### **Bring your Buzz World Bee Day 2022 Australian Farmers' Markets Association**

Australian Farmers' Markets Association and When Bee Foundation have joined forces to celebrate World Bee Day from 14-22 May, to raise awareness of the important role bees play in food production.

##### Key messages

- Australian Farmers' Markets Association and farmers' markets across the country are proud to celebrate World Bee Day.
- Wear yellow to your local farmers' market to show your support for the important role bees play in food production.
- Shop at a farmers' market, one of the most bee-friendly ways to buy your fresh fruit and vegetables, honey and even your morning coffee, all of which depend on bees.
- We need bees. Bees play a vital role in food production and healthy diets. Two-thirds of our food production relies on bees.
- There are things you can do to support bees: Buy organic. Support initiatives that increase habitat for pollinators, improve bee ecosystems. Become a Bee Friendly Farmer. Become a Bee Friendly Farming Gardener

Free download: <https://www.worldbeeday.org.au/wp-content/uploads/2022/04/WBD-2022-AFMA-Communications-pack.pdf>



World Bee Day 2022  
Australian Farmers' Markets Association  
Communications Toolkit  
April 2022

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### BEES

### CANADA

#### **Hivelights: The official magazine of the Canadian Honey Council, The Canadian Beekeeper and The Canadian Honey Packer Canadian Honey Council Report**

HiveLights is the national magazine of the Canadian Honey Council. It is published four times a year and is mailed to all the members of our provincial associations. The magazine features articles by honey bee specialists and beekeepers and provides current information on the Canadian honey bee industry.

Established in 1940 and incorporated in 1950, the Canadian Honey Council is the national association of beekeepers representing apiculturists across Canada. The CHC provides a forum where producers, packers, professionals, provincial associations and officials from different levels of government can talk and recommend action in the best interests of the Canadian honey bee industry. Currently, the CHC membership consists of representatives of provincial associations with the total number of beekeepers at approximately 13,000 managing over 810,000 colonies.



Free download: <https://honeycouncil.ca/educationresources/hivelights-newsletter-archive/#:~:text=Hivelights%20Fall%202022>

# GASTRODIPLOMACY



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GASTRODIPLOMACY

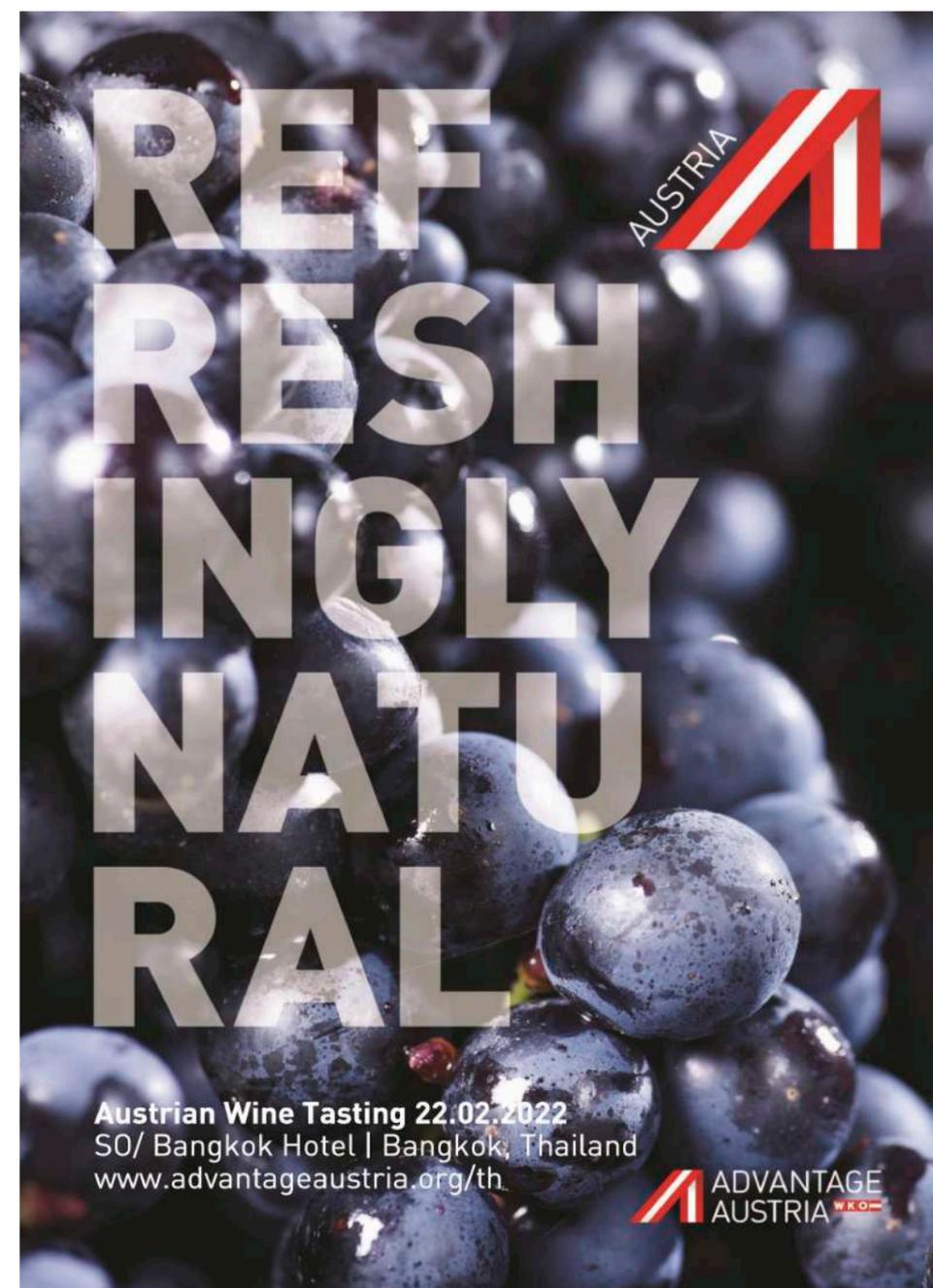
#### AUSTRIA

**Refreshingly Natural, Austrian Wine Tasting  
Austrian Advantage - Austria in Thailand  
70 pages - Free PDF**

“Small is beautiful – that is what best describes Austrian wine, when put into international perspective. Wines from Austria are now highly appreciated both by wine experts and wine lovers all around the world and can be found on almost every refined wine list. As artisanal products crafted by winemakers with a special link to their land, they consistently demonstrate their potential at international blind tastings.

We are proud to host the 2nd Austrian Wine Tasting, this year- despite the ongoing Corona pandemic – offering the unique tastes of Austria’s liquid gold from 57 leading Austrian wine producers from all wine regions in Austria!”

Günther Sucher  
Austrian Commercial Counsellor



Free download: [https://www.advantageaustria.org/th/news/Tasting\\_Brochure\\_Austrian\\_Wine\\_Tasting\\_Bangkok\\_2022.pdf](https://www.advantageaustria.org/th/news/Tasting_Brochure_Austrian_Wine_Tasting_Bangkok_2022.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GASTRODIPLOMACY

#### ESTONIA

##### Taste Estonia

**EAS - Embassy of Estonia in Abu Dhabi**

**28 pages - Free PDF**

Estonians have a deep relationship with their food. Our food reflects our history by combining cuisines and cultures that have traversed through our land. To this day, Estonians enjoy fusing together different styles and constantly innovating for new, undiscovered flavours. We invite you to discover exciting tastes from the country with pure air, clean water and fresh food.

The area of government of the Ministry of Rural Affairs covers the planning and implementation of rural policy, agricultural policy, fishing industry of the fisheries policy and the trade policy of agricultural products, the organisation of ensuring food safety and compliance, the coordination of the activities related to animal health and protection and plant health and protection, the organisation of agricultural research and development and agricultural education and the preparation of corresponding draft legislation.

Free download: <https://www.koda.ee/en/about-chamber/taste-estonia>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GASTRODIPLOMACY

#### GUATEMALA / ITALY

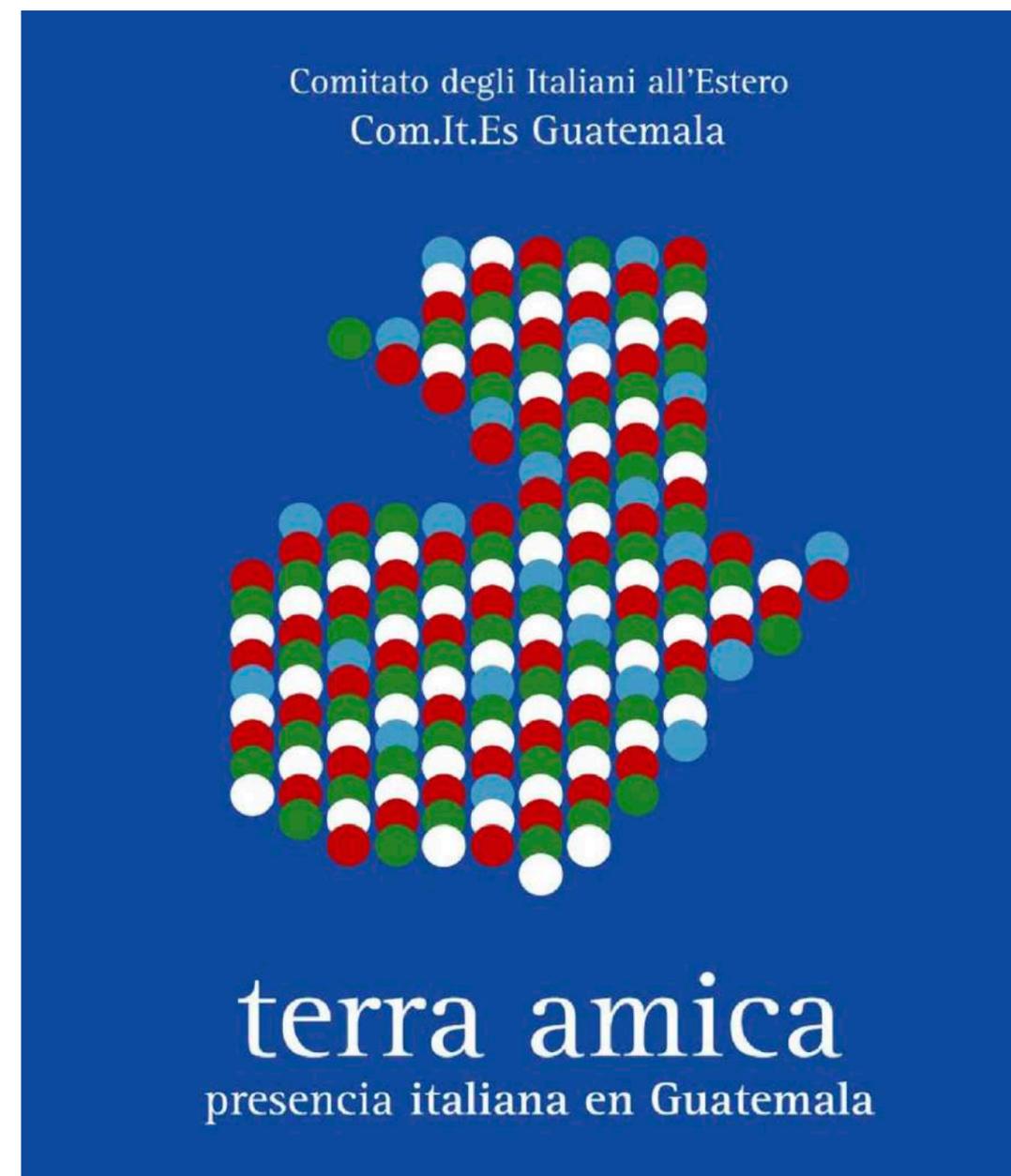
**Terra Amica**  
**Presencia Italiana en Guatemala**  
**Comitato Degli Italiani all'Estero**  
**Com.It.Es Guatemala**

Terra Amica leaves readers, especially the younger descendants of Italian families in Guatemala, a series of reflections and suggestions that seem to emerge with particular force among the many stories that the pages of the book tell: an invitation and a call for the Italian community to cultivate and update through new initiatives the valuable legacy of their ancestors.

Terra Amica, in fact, goes beyond the publication itself and, thanks to the pages of the Gazzetta, aims to be a space for meeting and exchange of information, ideas and opinions about the Italian presence in Guatemala, that of yesteryear and that, alive and dynamic, of today.

Free download:

<https://madeinitaly.gt/product/lbkGxt96fy0WQ7Rq3zan/sistema+italia/libro+terra+amica+presencia+italiana+en+guatemala>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### GASTRODIPLOMACY

#### KUWAIT / EUROPEAN UNION

**A Union of European Flavours**  
**European Union Delegation to Kuwait**  
**85 pages - Free PDF**

The European Union Delegation to Kuwait has launched the EU Cookbook “A Union of European Flavours”, the first ever of its kind to be launched in the Gulf, comprising delicious recipes from all 27 EU Member States. Food is an expression of cultural heritage, identities, social lives and traditions in Europe and worldwide.

The EU cookbook is a celebration of the unity in diversity of European culinary traditions that is best reflected by the richness of the European cuisine and is witnessed by all foreigners travelling through Europe.

Free download:

[https://www.eeas.europa.eu/delegations/kuwait/european-union-delegation-kuwait-launches-eu-cookbook%E2%80%9Cunion-european\\_en?s=202](https://www.eeas.europa.eu/delegations/kuwait/european-union-delegation-kuwait-launches-eu-cookbook%E2%80%9Cunion-european_en?s=202)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GASTRODIPLOMACY

#### JAPAN

##### Japan Palau Cookbook Palau Embassy in Japan

This cookbook was made for the 25th Anniversary diplomatic relations between Palau and Japan. In this book, there are 5 traditional recipes each from Palau and Japan, and 9 new recipes from the cooking events. The cooking events were held in 2 cities in Japan and Koror, Palau, the students from both countries had made innovative recipes based on both countries' techniques.

This book is reversible. From the front page, it starts Palau traditional recipes and from Back page, Japanese traditional recipes. Then in the center of pages there are new recipes. Japanese style books are bound on the right side. Actually there are no front and back.

Free download:

<https://www.behance.net/gallery/137279465/Palau-Japan-Cookbook>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

Winner

GOURMAND  
World Cookbook Awards

### GASTRODIPLOMACY

#### POLAND

**Mes a mes sabor polonés**

**Marysieńka Zeman**

**Embajada de Polonia en Buenos Aires**

**98 pages - Free PDF**

“Month by month, Polish flavor” is the work of Marysieńka Zeman, an entrepreneur daughter of Poles who during the pandemic became an influencer of typical Polish preparations with homemade recipes.

“During the Covid-19 pandemic we had plenty of time and my children helped me decide to record recipe videos for YouTube. That’s how it all started and today, thanks to the collaboration of the Polish Embassy, we are launching the book.”

“There are many varieties of food in Poland and they are mostly used in Argentinean cuisine. It is a different way of cooking than what we are used to here but it has very good dishes like sauerkraut which has probiotics and is very healthy.

Free download:

[https://issuu.com/embajadadepoloniaenbuenosaires/docs/mes\\_a\\_mes\\_sabor\\_polones](https://issuu.com/embajadadepoloniaenbuenosaires/docs/mes_a_mes_sabor_polones)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### GASTRODIPLOMACY

#### VATICAN

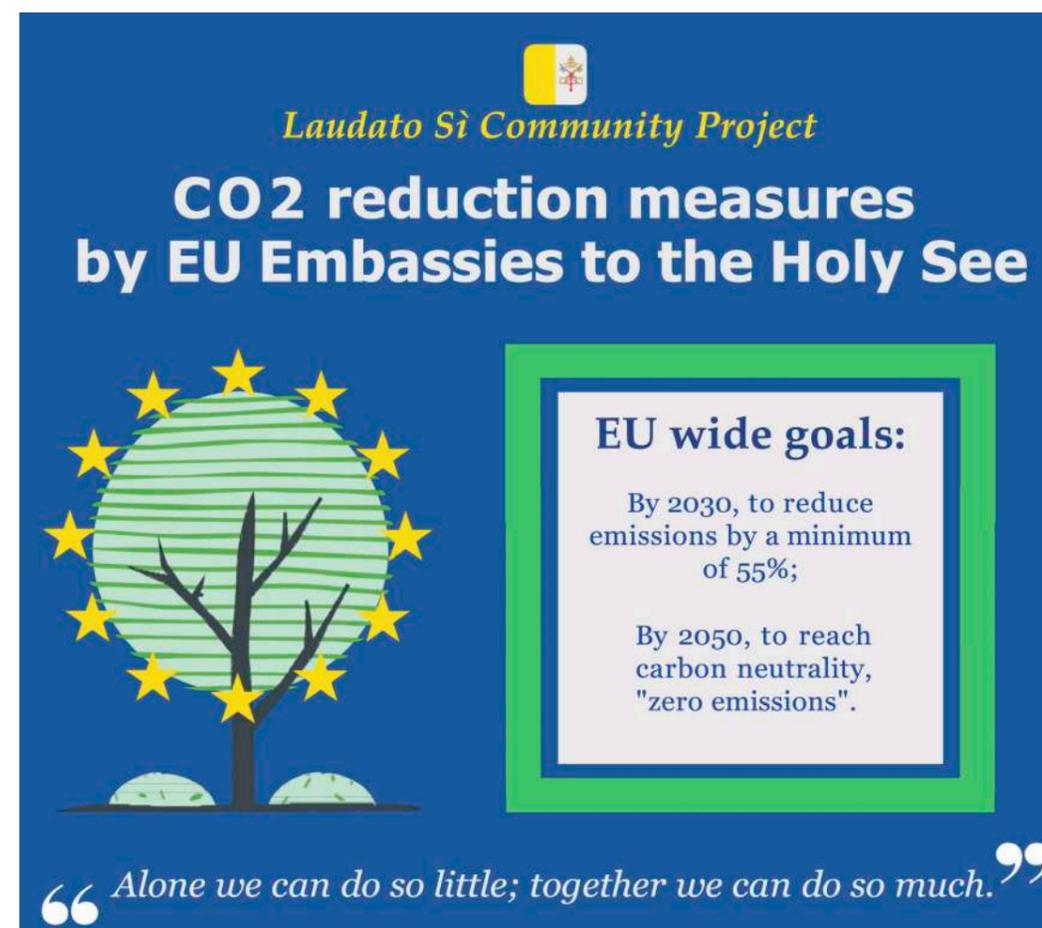
**Laudato Si Community Project  
EU Embassies to the Holy See  
30 pages - Free PDF**

EU Embassies to the Holy See presented a series of measures taken to reduce CO2 emissions.

The effects of climate change are clear, and the EU has set the goal to reduce CO2 emissions by a minimum of 55% by 2030, and reach carbon neutrality by 2050.

Therefore all actions contributing to a reduction of our planet's pollution are more relevant than ever.

Free download: [https://www.eeas.europa.eu/sites/default/files/laudato\\_sii.pdf](https://www.eeas.europa.eu/sites/default/files/laudato_sii.pdf)



**GOURMAND AWARDS 2023**



**DRINKS**  
**FREE PUBLICATIONS**



# DRINKS PUBLICATIONS





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DRINKS MAGAZINE

#### CHINA

**Global Gourmet Wine issue**  
**In English & Chinese, May - June 2022**  
**Richard Xu**

Global Gourmet magazine is now considered the most authoritative and reliable source of poignant insights and eloquent exposés that uniquely communicates food and wine cultures with exceptional photography, creative themes, outstanding journalism, and seamless editorial works.

Today, Global Gourmet's products and services include; The magazine in print, its annual cookbook (Agape); a combination of new media platforms: microblog, WeChat, official website and on-line presentations of chefs, cuisines, and wines ; events management to include local and international events such as the Gambero Rosso Top Italian Wines Roadshow, Mini Cooper Countryman Launch, Haagen Dazs Product Demonstration, Milkana Cooking Show, Florida-Tianjin Wine and Food Fest, China National Sommelier Competition, and Nikon Photography & Food Affair, among others, including the publication's iconic brand of high-profile, nationwide annual "Chef par Excellence" Culinary Competition ; collectively promoting and celebrating the global cornucopia of cultures, traditions, peoples, cuisines, and wines.

*Global Gourmet* 美味环球



# WINE TOURISM



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE TOURISM

#### AUSTRALIA

##### Wine Trails Tasmania 2022 Wine Tasmania

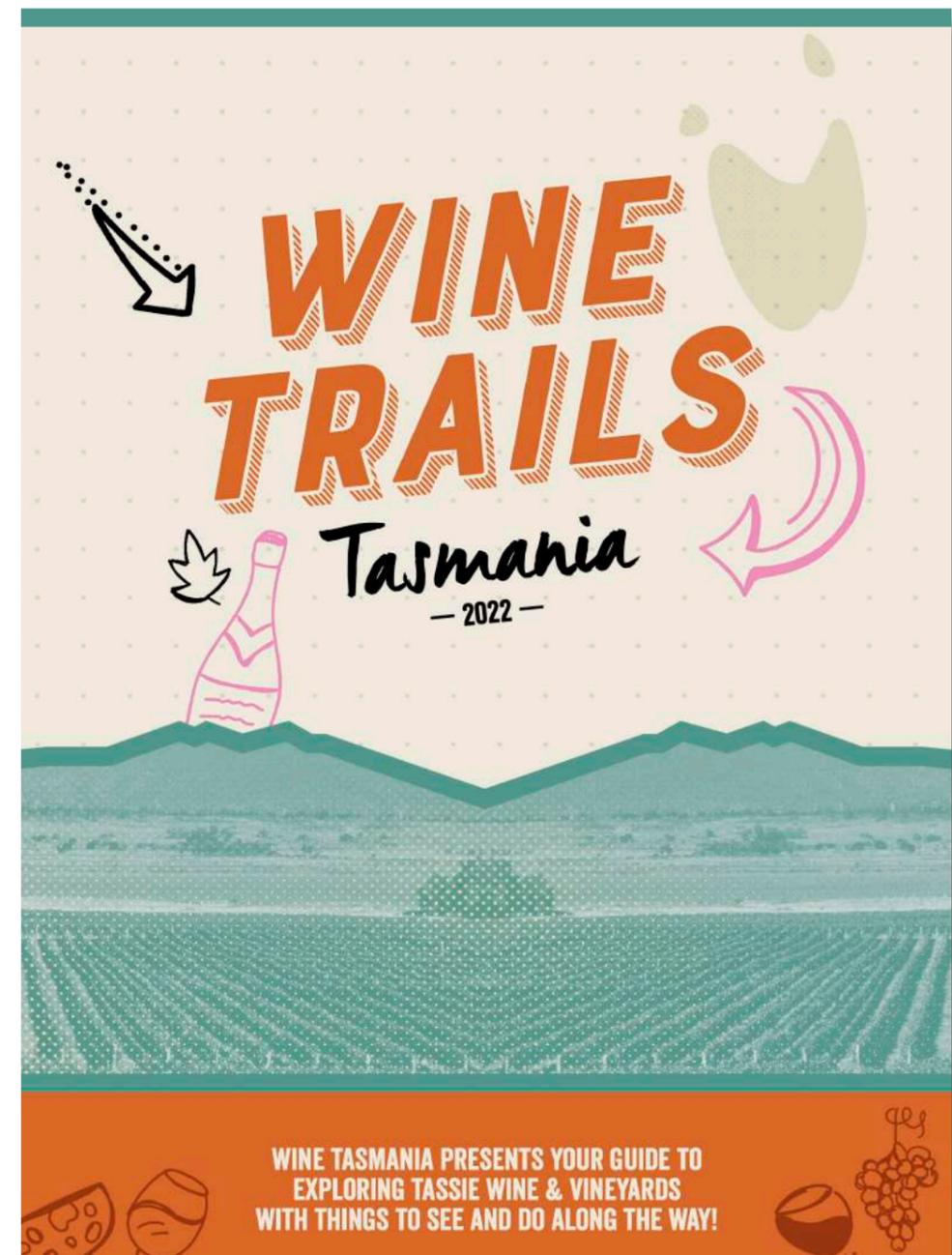
Iutruwita / Tasmania (or Tassie, as the locals know it) is one of the most spectacular places in the world. Lush green corners of paradise, picture perfect beaches, snow capped mountains, breathtaking forests, waterfalls and lakes – you'll find just about every kind of scenery across our landscape. Not to mention cute, cuddly and curious wildlife.

Tasmanian wine is crafted to complement our island's produce, so find a world class view (there are plenty) somewhere and feast like a local! Pair a delicious Tassie pinot noir with slow pulled pork, a glass of sparkling with some freshly shucked oysters, chardonnay with Tassie's famous scallop pies or local cheeses with a late harvest riesling.

Although Tasmania is classified as one region, vineyards stretch right across the island. In this guide the seven distinct areas are divided into four wine touring routes. All are within easy reach of major centres and are along the journey to some of Tasmania's iconic attractions and experiences.

Free download:

<https://winetasmania.com.au/uploads/general/Wine-Tas-Guide-2022-FINAL-Web-SP>.



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE TOURISM

#### CHILE

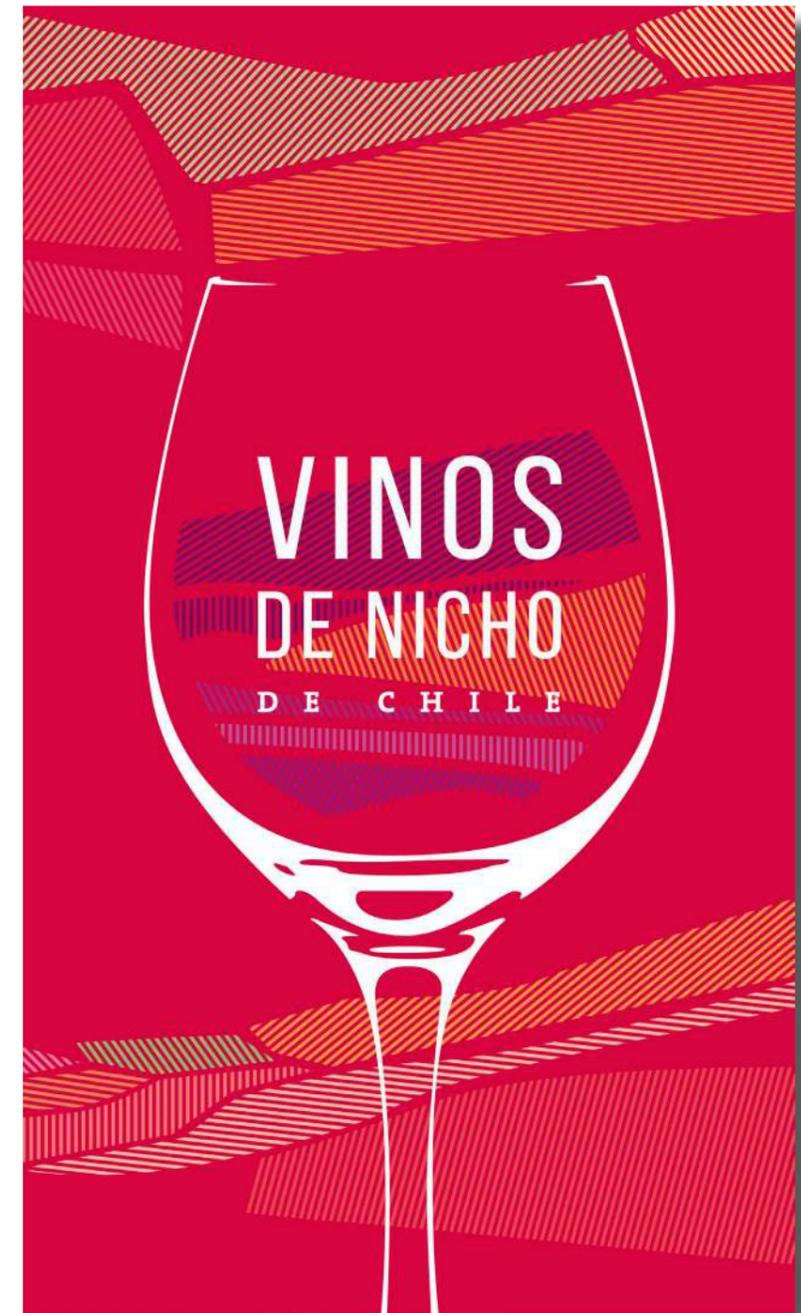
##### **Vinos de Nicho de Chile** **Ocho Libros Editores**

“It took me a long time, maybe 10 years, to become well acquainted with my country’s terroirs and wines. Ours is a narrow piece of land that you can cross from the east to the sea in only 3 hours drive by car. Chile is basically composed of many mountains, normally generated by volcanic rocks on the slopes of the Andes Mountains, and granitic rocks on the Coastal Mountains, facing the sea. And in between both mountainous ranges, that run almost parallel all along Chile, there are valleys and rivers that cross from east to west. Due to its thin, long and strange geography, Chile presents a fascinating geological diversity.

In the last 10 years, more and more small producers have emerged, passionately trying to express themselves and their terroirs. Chile is diverse, but for many years, somehow or another we were all doing the same “wine”. Always the same varieties, similar vinifications and aging methods, ... everything quite standardized. The latter is clearly changing. I’m confident the future of small artisanal Chilean Wine is bright!

Pedro Parra - Terroir consultant, producer of Pedro Parra and family

Free download: <https://cdc.prochile.cl/documento/vinos-de-nicho-de-chile/pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE TOURISM



### SWEDEN

#### Sustainable Wine Tourism - A Global Survey

Prof. Dr. Gergely Szolnoki, Dr. Maximilian Tafel, Anne-Christin Stelter  
(Geisenheim University)

Niklas Ridoff, Calle Nilsson, WineTourism.com, Stockholm

#### SUSTAINABLE WINE TOURISM



#### A GLOBAL SURVEY

Prof. Dr. Gergely Szolnoki  
Dr. Maximilian Tafel  
Anne-Christin Stelter  
Geisenheim University  
Geisenheim, Germany

Niklas Ridoff  
Calle Nilsson  
WineTourism.com  
Stockholm, Sweden

Global survey with 1,579 wineries from over 40 countries. Top 10 findings:

1. Sustainability plays a critical role for the wineries.
2. The winegrowers see room for improvement regarding the sustainability of their wine tourism offers.
3. Wineries evaluate the overlap between sustainable wine production and sustainable wine tourism very heterogeneously – but the overall overlap appears to be relatively small.
4. For the wineries, the environmental dimension of sustainability is slightly more important than the economic and social aspects.
5. Supporting biodiversity (environmental), developing a long-term strategy for the company (economic) and dealing openly and honestly with employees (social) are the most effective contributions to sustainable wine tourism.
6. Among the measures that wineries plan to implement, using energy carefully, developing a long-term strategy for the company and collaborating with regional companies/actors are the most important.
7. The main drivers for the wineries implementing sustainable wine tourism in their company are related to consumers (increasing reputation and satisfaction) and personal idealism.
8. The main barriers are the lack of financial resources, human capital, infrastructure, and information.
9. Sustainable practices are often part of the communication about wine tourism.
10. Recently, 62% of the wineries stated that sustainable practices in wine tourism are essential for visitors; however, 87 % of wineries say it will become significantly more important in 5 years.

Free download: [https://www.winetourism.com/files/2022/01/Sustainable\\_wine\\_tourism\\_Report\\_GeisenheimUni\\_WineTourismcom.pdf](https://www.winetourism.com/files/2022/01/Sustainable_wine_tourism_Report_GeisenheimUni_WineTourismcom.pdf)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE TOURISM

#### MOLDOVA

##### Enotourism Guide Republic of Moldova

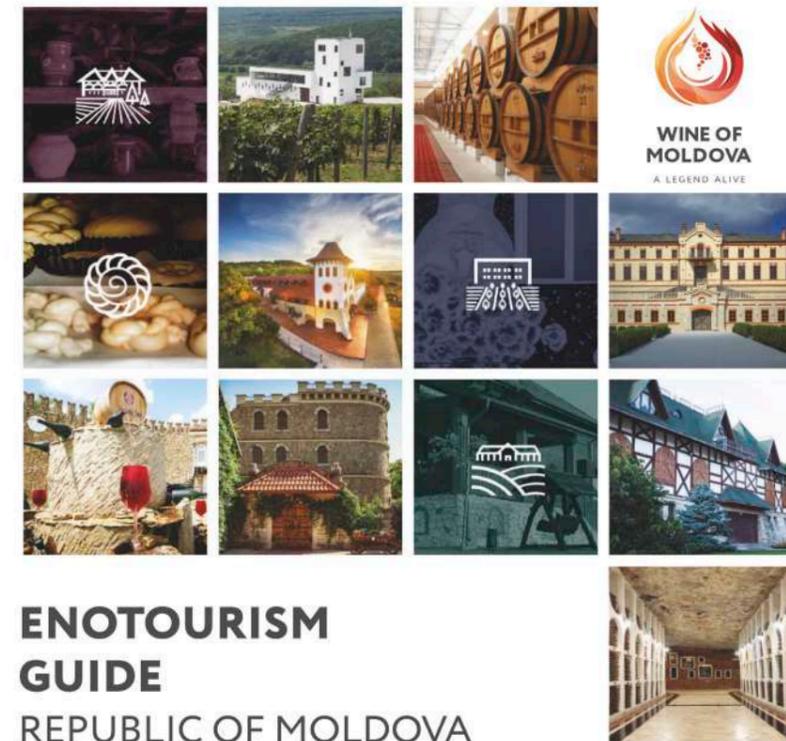
“Wine of Moldova has become the Ambassador of our country abroad. The new generation of wines has its roots in a rich and complex history, offering the authenticity sought by many consumers. At the same time, these are unique and surprising wines, especially the blends of local and international grape varieties, which express the Moldovan terroir and offers something fascinating to wine amateurs in search of new tastes and styles. “Wine of Moldova” today is the very real result of this country reinventing its approach to wine-focusing on quality, consistency and ‘enjoyment-in-a-glass’ as its priorities.

Moldova has the highest density of vineyards in the world and can offer a variety of wines to meet just about every taste. It grows both international and indigenous local varieties including Viorica, Rara Neagra, Feteasca Neagra, Feteasca Alba and Feteasca Regala. But perhaps the most unique and exciting are the blends where, Moldovan winemakers can express their individuality and the Moldovan landscape, all with a local twist.”

Elizaveta BREAHA, National Office for Vine and Wine

Free download:

[https://wineofmoldova.com/wp-content/uploads/2022/08/Ghid-Oenoturistic-EN-2022-3mm-bleed\\_compressed.pdf](https://wineofmoldova.com/wp-content/uploads/2022/08/Ghid-Oenoturistic-EN-2022-3mm-bleed_compressed.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DRINKS TOURISM

#### SCOTLAND - UNITED KINGDOM

##### The Scotch Whisky Experience

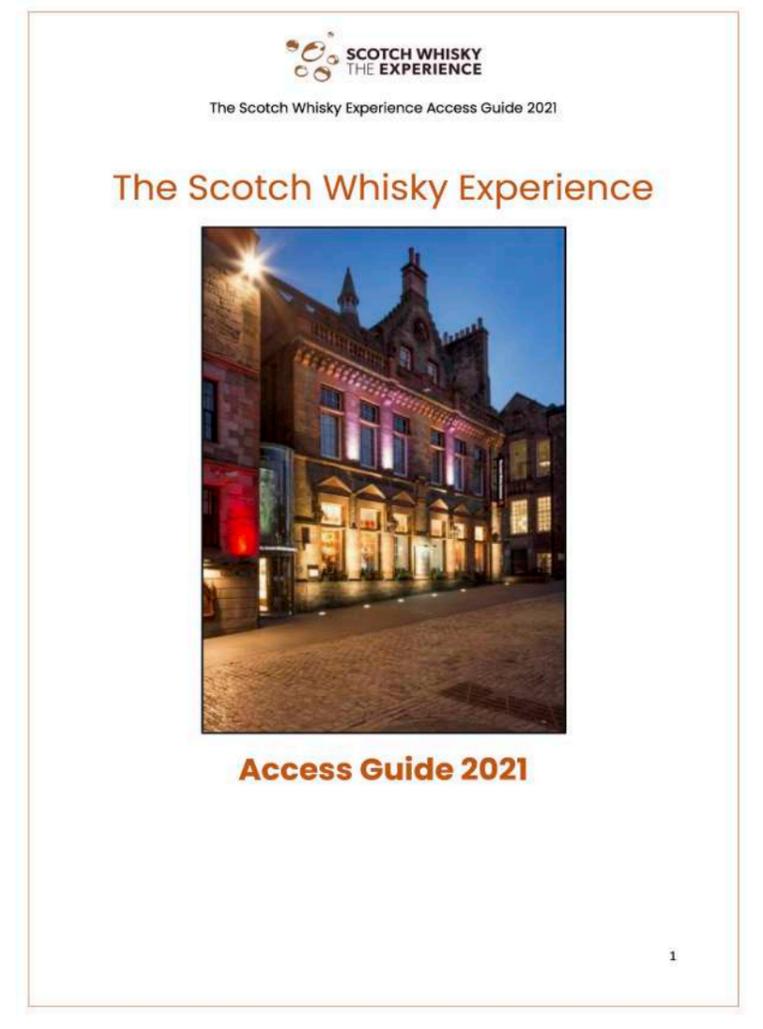
The Scotch Whisky Experience is a five-star visitor attraction, open every day of the year except Christmas day, offering a range of tour experiences, tastings, restaurant, whisky shop and private events. We are located within the Old Town of Edinburgh and UNESCO world heritage site, beside Edinburgh Castle at the top of the Royal Mile, which is a steep, cobbled hill.

We are a member of Visit Scotland's Quality Assurance Scheme and are proud to be a five-star attraction. We are also a GOLD member of the Green Tourism Business Scheme.

Our building and our tours have been designed with easy access for mobility impaired visitors and wheelchair users. We have 18 languages on offer on our tour by form of a touch-screen audio mobile device. We also have British and American sign language. We have a hearing loop available at all public till points.

Free download:

[www.scotchwhiskyexperience.co.uk/wp-content/uploads/2022/02/Scotch-Whisky-Experience-Accessibility-Guide-2022.pdf](http://www.scotchwhiskyexperience.co.uk/wp-content/uploads/2022/02/Scotch-Whisky-Experience-Accessibility-Guide-2022.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE TOURISM

#### UKRAINE

##### The Wine Travel Awards 2022-2023 - Ukraine

“Wine Travel Awards (WTA), an optimistic wine tourism project, was founded in the year when the world was ending the pandemic. It was the same year that the full-scale russian aggression in Ukraine began. Our unbreakable optimism is the reason why this issue is dedicated to Ukraine. One may say that there’s no point discussing tourism at the moment, now that Ukraine is in the flames of war. But very soon, after the Victory, that will definitely happen, Ukraine will become a Mecca of tourism, wine tourism in particular. Despite the war, the Sea of Wine project, a collaboration implementation of the Black Sea region countries which helps to discover the wine routes, has been completed, and Ukraine is part of this project. So, this issue of WTA Guide provides an exciting overview of today’s winemaking in Ukraine, of Ukrainian winemakers, the true heroes who create history, and their wines that will go down in history.”

“

Free download:

[https://winetravelawards.com/wp-content/uploads/2022/11/wta\\_guide\\_ukraine.pdf](https://winetravelawards.com/wp-content/uploads/2022/11/wta_guide_ukraine.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE TOURISM

#### WALES - UNITED KINGDOM

##### Welsh Vineyards and Tourism Report

Emma Gough

Promar International / Welsh Government

Data from the Food Standards Agency (FSA) suggests that there are 38 vineyards in Wales. This is a higher number than commonly thought in the past. We estimate that the future development of the industry, when a number of vineyards who are not producing at the moment come “on stream”, and other vineyards are able to increase production that the number of bottles produced in Wales could increase to around 400,000 per annum.

There is a strong correlation between both the Welsh vineyard and the tourism sectors. The majority of vineyards involved in our research process either provided a tourism offering to their customers, or planned to in the future, albeit of differing scales and natures. Many vineyards stated that they would not be able to operate profitably without their tourism offering. Tourism accounts for up to 50% of revenue for some businesses, particularly those producing low volumes. We estimate the direct value of wine based tourism to the Welsh industry to be of £10.0 million per annum, compared to the value of actual wine production just under £0.4 million per annum.



Welsh Vineyards and Tourism Report



Free download: <https://www.gov.wales/sites/default/files/publications/2021-09/welsh-vineyards-and-tourism-report.pdf>

# WINE PROFESSIONALS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE PROFESSIONALS

#### BELGIUM

**Study on the state of play of sustainability initiatives in the wine appellation sector  
Report for the European Federation of Origin Wines (EFOW)  
Dr. Francesco Montanari, Dr. Julien Etienne, Inês Ferreira, Wesley Cox  
Arcadia International**

The first objective of the study is to provide a detailed mapping of the sustainability initiatives that have been undertaken to date, or are available to, PDO wine producer groups in the various countries studied, with a view to gathering evidence as to where the European wine appellation sector currently stands in terms of sustainability priorities and concrete actions. The study also aims at providing insights and recommendations to the European wine appellation sector on potential future approaches to sustainability, taking into account the urgency to respond to the challenges posed by climate change, among others, and the ambitious targets set by the EU's sustainability agenda for agriculture and food production. The scope of the research covers the five main wine-producing countries in Europe, i.e. France, Germany, Italy, Spain and Portugal.

The majority of PDO wine producer groups strongly agree that the definition of 'sustainable wine' involves primarily efforts that are associated with the protection of the surrounding environment and local heritage and namely:

- 'Protect biodiversity and the landscape' (68% of the respondents);
- 'Prevent harming the natural environment (e.g. reduction of pesticides, fertilisers, water, no in-row weeding etc.)' (65%); and,
- 'Preserve regional or local heritage and traditions' (57%).

Free download: [http://efow.eu/wp-content/uploads/2022/07/Annexes\\_06-June-2022-EFOW-Study-State-of-play-sustainability-initiatives-wine-appellation-sector.pdf](http://efow.eu/wp-content/uploads/2022/07/Annexes_06-June-2022-EFOW-Study-State-of-play-sustainability-initiatives-wine-appellation-sector.pdf)



Study on the state of play of  
sustainability initiatives in the  
wine appellation sector

Report for the European Federation of  
Origin Wines (EFOW)

06 June 2022

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE PROFESSIONALS

#### FINLAND

##### Alko's Review of the Year's Beverage Trends 2022

- 10 bubbling trends + new drinks & fun tasting tips
- Have you ever sipped on a chocolate brownie?
- Will Finland be a Riesling Country?
- Quiz: Are you a Beer Mastermind?
- Taste: Everything from IPA to Champagne.
- Wellbeing: Hope for the Lonely

Alko's mission is to sell alcohol responsibly and to serve both our customers and Finland's welfare society as best we can. Our extensive selection brings the whole world to our customers' fingertips. Together, we want to create a responsible food and drink culture in an impartial and non-discriminatory manner. We measure our social approval using the Opinions on Alcohol Policy survey commissioned by the National Institute for Health and Welfare. Alko's approval rating stood at 61 (60) per cent in 2021.

Free read: [https://issuu.com/alko.fi/docs/issuu\\_tre0122\\_en-www-hq](https://issuu.com/alko.fi/docs/issuu_tre0122_en-www-hq)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### WINE PROFESSIONALS

#### MEXICO

**La industria vitivinícola mexicana en el siglo XXI**  
**Ariel Vázquez Elorza, Norma Consuelo Borrego Pérez,**  
**Adolfo Federico Herrera García, Ever Sánchez Osorio**  
**Centro de Investigación y Asistencia en Tecnología y Diseño del Estado de Jalisco**  
**Consejo Mexicano Vitivinícola**

“This work compiles, for the first time, the results of research carried out throughout the country, both in public research centers and in universities (public and private), on the consolidated and emerging winegrowing areas in Mexico, a task that was pending until now. Secondly, it provides a comprehensive vision that is uncommon, considering the economic, environmental and social aspects of the wine industry. Thirdly, the decision to make this effort free of charge and accessible to the general public is, of course, an extremely valuable contribution of the academic sector to the industry.”

Ing. Hans Backhoff G. - President, Consejo Mexicano Vitivinícola

Free download:

[https://www.researchgate.net/publication/363207078\\_La\\_industria\\_vitivinicola\\_mexicana\\_en\\_el\\_siglo\\_XXI\\_retos\\_economicos\\_sociales\\_y\\_ambientales](https://www.researchgate.net/publication/363207078_La_industria_vitivinicola_mexicana_en_el_siglo_XXI_retos_economicos_sociales_y_ambientales)



# NON-ALCOHOL DRINKS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### NON-ALCOHOL DRINKS

#### ARGENTINA

**Produccion de Yerba Mate, 2022**  
**Facultad de Ciencias Forestales. Universidad Nacional de Misiones**

The objective of this work was to evaluate the response of yerba mate green leaf to three treatments with biofertilizers (solid, liquid and their combination).

Due to the scarce information on fertilization at the time of planting yerba mate, this work was carried out under the principles of plant nutrition, which considers the soil-plant relationship.

One of the main pests of the Yerba Mate is *Gyropsylla spegazziniana*. Most insects use chemical, visual or acoustic signals for interspecific communication. Sex pheromones are the main signals involved in mating. This work aimed to extract the sex pheromone of the psyllid G and verify the attractiveness of males and females in bioassays with a Y-olfactometer.

Free download:  
<https://www.facfor.unam.edu.ar/libroresumenesjornadasyerbamate/>



# DRINKS & HEALTH



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DRINKS & HEALTH

#### BELGIUM

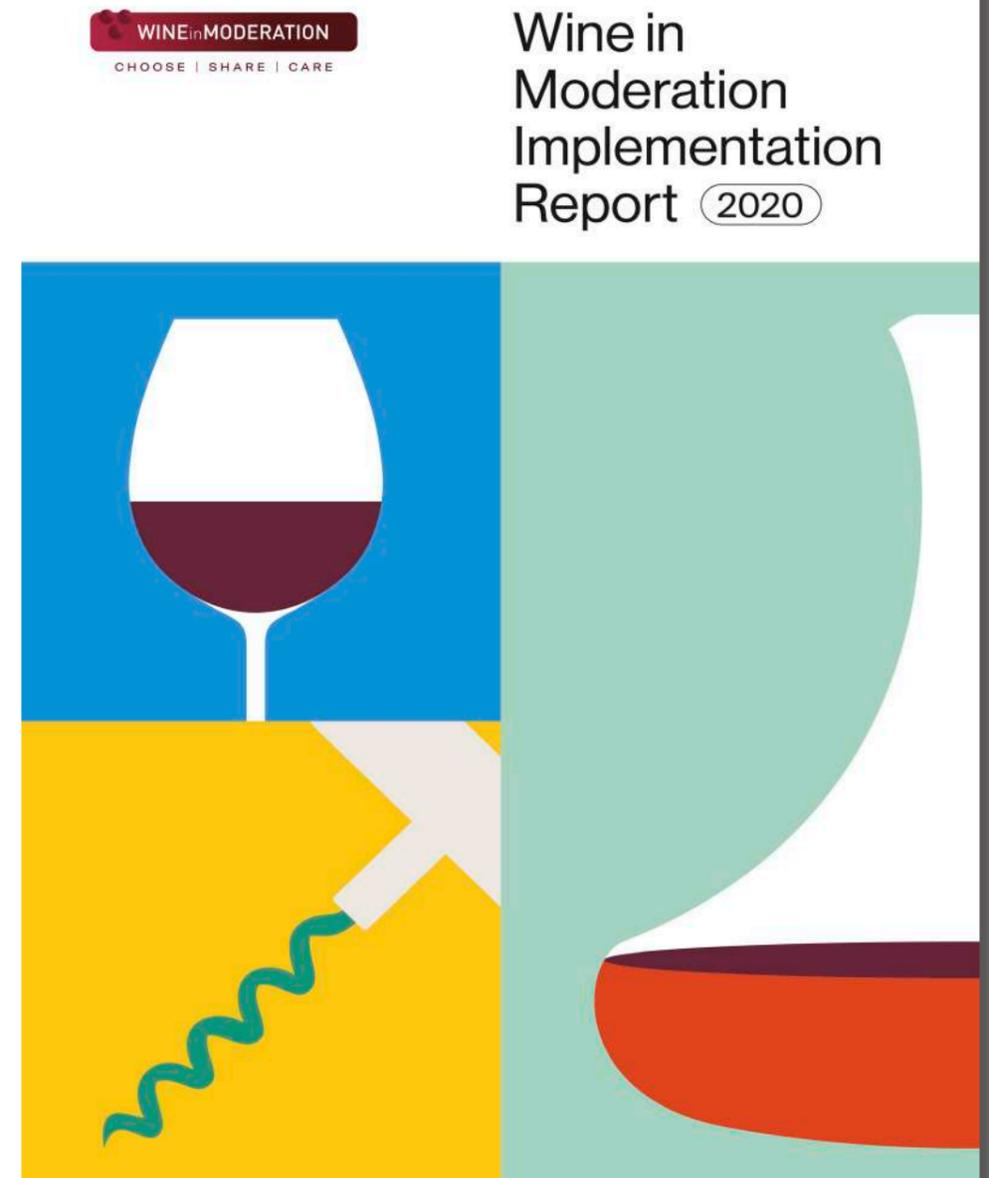
##### Wine in Moderation Implementation Report

According to the World Commission on Environment and Development, “sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs”. While we often discuss environmental sustainability and economical sustainability, social sustainability is often left aside.

The United Nations Global Compact defines social sustainability as follows: “Social sustainability is about identifying and managing business impacts, both positive and negative, on people. The quality of a company’s relationships and engagement with its stakeholders is critical. Directly or indirectly, companies affect what happens to employees, workers in the value chain, customers, and local communities, and it is important to manage impacts proactively.” Bearing this in mind, the importance to focus on social sustainability has become clear for the wine sector and has been translated into the Wine in Moderation programme.

Free download:

[https://wim-annual-report.wineinmoderation.eu/assets/wim\\_annual\\_report.pdf](https://wim-annual-report.wineinmoderation.eu/assets/wim_annual_report.pdf)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DRINKS & HEALTH

#### CANADA

##### **Alcohol and the Body** **Alberta Health Services**

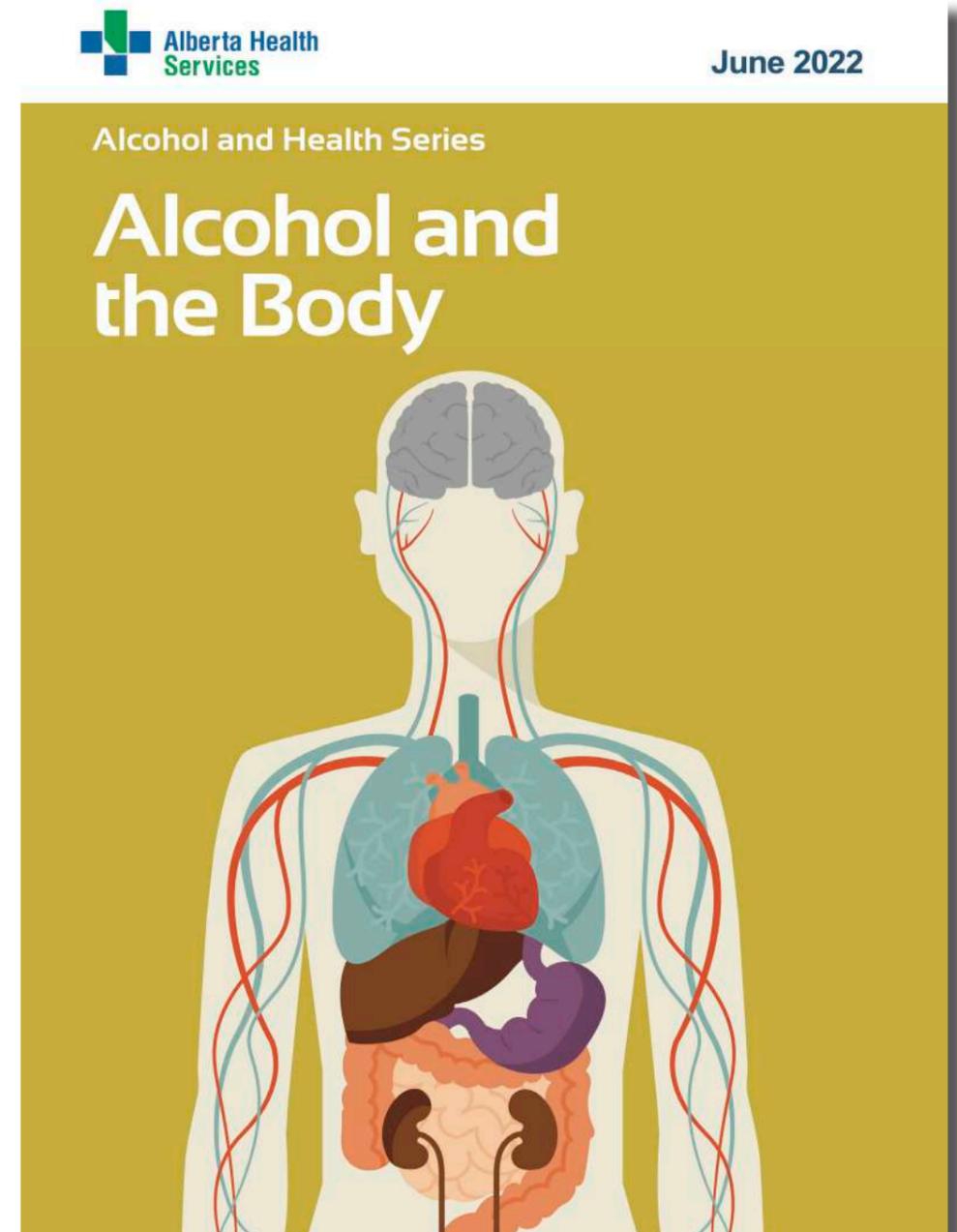
Alcohol, whether you drink or not, is a commonly used drug you may interact with as a health professional in your community. The Alcohol and Health Series provides an opportunity to learn about alcohol from many different angles. This resources focuses on alcohol and the human body.

Well informed health professionals and communities will be more aware of the impacts of alcohol on their health and the health of those around them. This awareness provides the opportunity for upstream conversations on how to prevent or reduce alcohol-related harms.

Alberta Health Services offers a wide range of addiction and mental health services. For individuals looking for help for someone they care about, or for themselves the Addiction Helpline and the Mental Health Helpline are available.

Free download:

<https://www.albertahealthservices.ca/assets/info/amh/if-amh-alcohol-and-the-human-body.pdf>





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### DRINKS & HEALTH

#### CHINA / UNITED KINGDOM / UNITED STATES OF AMERICA

### Population-level risks of alcohol consumption by amount, geography, age, sex, and year: a systematic analysis for the Global Burden of Disease Study The Lancet 2022

Background: The health risks associated with moderate alcohol consumption continue to be debated. Small amounts of alcohol might lower the risk of some health outcomes but increase the risk of others, suggesting that the overall risk depends on background disease rates, which vary by region, age, sex, and year.

Methods: For this analysis, we constructed burden-weighted dose–response relative risk curves across 22 health outcomes to estimate the theoretical minimum risk exposure level and non-drinker equivalence, the consumption level at which the health risk is equivalent to that of a non-drinker, using disease rates from the Global Burden of Diseases, Injuries, and Risk Factors Study 2020 for 21 regions, including 204 countries and territories, by 5-year age group, sex, and year for individuals aged 15–95 years and older from 1990 to 2020.

Free download:  
[https://www.thelancet.com/article/S0140-6736\(22\)00847-9/fulltext](https://www.thelancet.com/article/S0140-6736(22)00847-9/fulltext)

Articles

#### Population-level risks of alcohol consumption by amount, geography, age, sex, and year: a systematic analysis for the Global Burden of Disease Study 2020



GBD 2020 Alcohol Collaborators\*

##### Summary

**Background** The health risks associated with moderate alcohol consumption continue to be debated. Small amounts of alcohol might lower the risk of some health outcomes but increase the risk of others, suggesting that the overall risk depends, in part, on background disease rates, which vary by region, age, sex, and year.

**Methods** For this analysis, we constructed burden-weighted dose–response relative risk curves across 22 health outcomes to estimate the theoretical minimum risk exposure level (TMREL) and non-drinker equivalence (NDE), the consumption level at which the health risk is equivalent to that of a non-drinker, using disease rates from the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2020 for 21 regions, including 204 countries and territories, by 5-year age group, sex, and year for individuals aged 15–95 years and older from 1990 to 2020. Based on the NDE, we quantified the population consuming harmful amounts of alcohol.

**Findings** The burden-weighted relative risk curves for alcohol use varied by region and age. Among individuals aged 15–39 years in 2020, the TMREL varied between 0 (95% uncertainty interval 0–0) and 0.603 (0.400–1.00) standard drinks per day, and the NDE varied between 0.002 (0–0) and 1.75 (0.698–4.30) standard drinks per day. Among individuals aged 40 years and older, the burden-weighted relative risk curve was J-shaped for all regions, with a 2020 TMREL that ranged from 0.114 (0–0.403) to 1.87 (0.500–3.30) standard drinks per day and an NDE that ranged between 0.193 (0–0.900) and 6.94 (3.40–8.30) standard drinks per day. Among individuals consuming harmful amounts of alcohol in 2020, 59.1% (54.3–65.4) were aged 15–39 years and 76.9% (73.0–81.3) were male.

**Interpretation** There is strong evidence to support recommendations on alcohol consumption varying by age and location. Stronger interventions, particularly those tailored towards younger individuals, are needed to reduce the substantial global health loss attributable to alcohol.

**Funding** Bill & Melinda Gates Foundation.

**Copyright** © 2022 The Author(s). Published by Elsevier Ltd. This is an Open Access article under the CC BY 4.0 license.

##### Introduction

Alcohol use accounted for 1.78 million (95% uncertainty interval [UI] 1.39–2.27) deaths in 2020 and was the leading risk factor for mortality among males aged 15–49 years (Bryazka D, unpublished). The relationship between moderate alcohol use and health is complex, as shown in multiple previous studies.<sup>1–4</sup> Alcohol consumption at any level is associated with health loss from several diseases, including liver cirrhosis, breast cancer, and tuberculosis, as well as injuries.<sup>5–10</sup> At the same time, some studies have found that consumption of small amounts of alcohol lowers the risk of cardiovascular diseases and type 2 diabetes.<sup>11–13</sup> As a corollary, the amount of alcohol that minimises health loss is likely to depend on the distribution of underlying causes of disease burden in a given population. Since this distribution varies widely by geography, age, sex, and time, the level of alcohol consumption associated with the lowest risk to health would depend on the age structure and disease composition of that population.<sup>14–16</sup>

Two quantities are crucially relevant when formulating effective, evidence-based guidelines and alcohol-control policies: the theoretical minimum risk exposure level (TMREL), which represents the level of consumption that minimises health loss from alcohol for a population, and the non-drinker equivalence (NDE) level, which measures the level of alcohol consumption at which the risk of health loss for a drinker is equivalent to that of a non-drinker. The majority of studies to date consider one or a small subset of health outcomes associated with alcohol consumption at a time, although several broader systematic meta-analyses have been done.<sup>17–19</sup> Findings from these studies vary in their estimates of the TMREL. Several studies have found evidence of a J-shaped relationship between alcohol use and all-cause mortality.<sup>18,20</sup> However, others have reported that the all-cause or attributable cause burden weighted TMREL of alcohol is zero standard drinks per day.<sup>21</sup> Uncertainty about the effect of alcohol on all-cause health loss results from differences in the relative disease composition between studies, conflicting studies on individual health

Lancet 2022; 400: 185–235  
See Comment page 141  
\*Collaborators are listed at the end of the Article  
Correspondence to: Prof Emmanuela Gakidou, Institute for Health Metrics and Evaluation, University of Washington, Seattle, WA 98195 USA (gakidou@uw.edu)

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DRINKS & HEALTH

#### NEW ZEALAND

##### State of the Nation 2022

A stocktake of how New Zealand is dealing with drug use and drug harm

NZ Drug Foundation

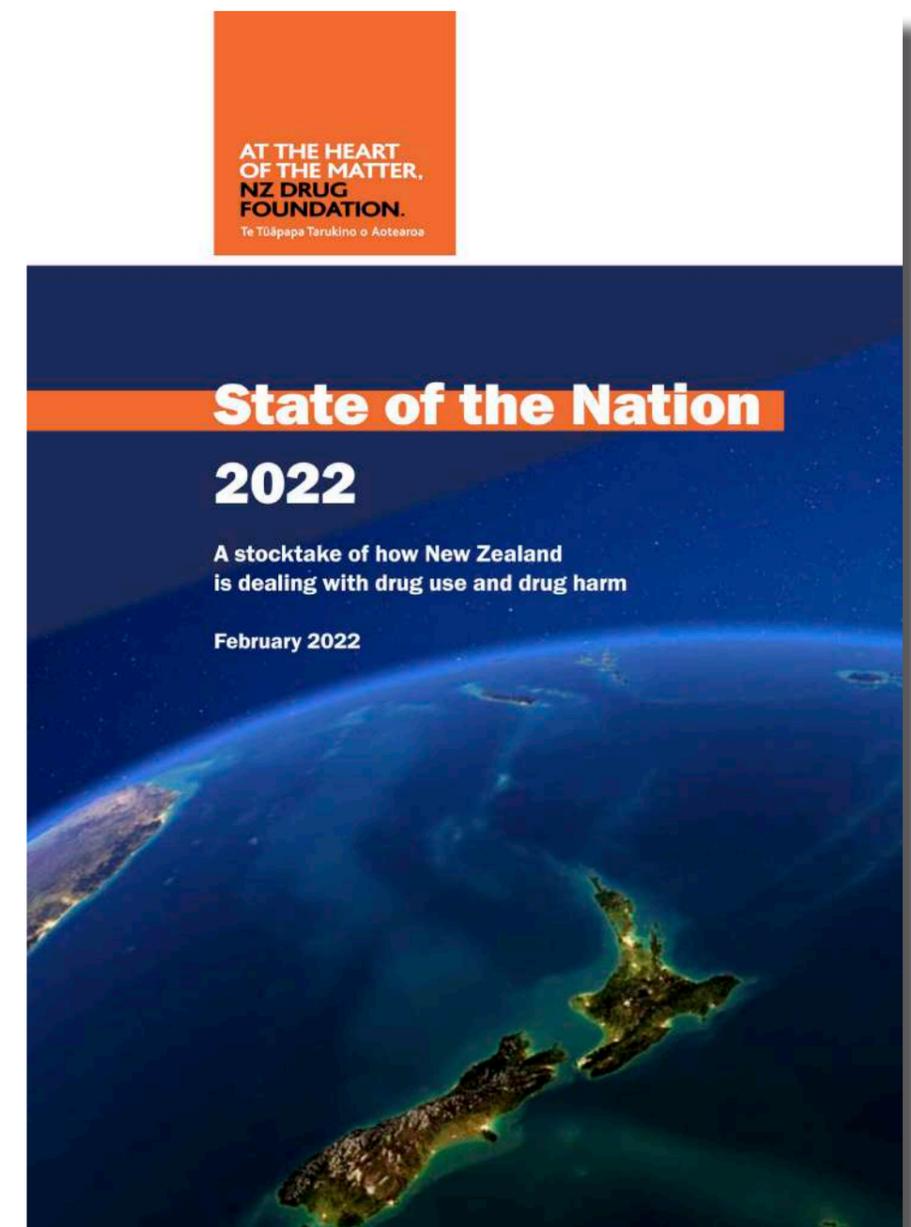
The Drug Foundation has been at the forefront of major alcohol and other drug debates for over 30 years. We take the lead in Aotearoa New Zealand promoting healthy approaches to alcohol and other drugs.

This report pulls together the latest data from a wide array of sources such as Police, the Ministries of Health, Justice and Education, DHBs, Customs, service and treatment providers, and health surveys. Our hope is that it provides a useful basis for the public, the media, the health sector and policy makers to debate and develop the solutions we need to see an Aotearoa free from drug harm.

Statistics are useful for helping us to see the big picture, but they also run the risk of detaching us from the real harm and trauma behind them. As you read this report, please remember that each of these numbers represents real people, real whanau and real communities. They need us to take action.

Free download:

<https://www.drugfoundation.org.nz/assets/uploads/2022-uploads/State-of-the-Nation-2022/State-of-the-Nation-2022-web.pdf>



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### DRINKS & HEALTH

#### SCOTLAND - UNITED KINGDOM

##### Drug and alcohol services - An update Audit Scotland

In Scotland, 1,339 people died from drug-related causes in 2020 – the highest ever reported and the highest rate in Europe. Although the number of people dying from alcohol had started decreasing in the early 2000s, it began increasing again around ten years ago and there were 1,190 deaths in 2020. Problem alcohol use also causes wider harm from other related health conditions, crime and economic costs. Long-standing inequalities remain, with people living in the most deprived areas most affected by drug and alcohol use.

Work is under way to evaluate new initiatives and improve data, but there are still gaps. More focus is needed on addressing the root causes of drug and alcohol dependency and breaking the cycle of harm affecting multiple generations across communities. The Scottish Government needs to set out a clear integrated plan on how additional investment can be used most effectively and demonstrate how it is improving outcomes. Good quality, frequent and timely data will be crucial in supporting clear performance measurement and public reporting.

Free download:

<https://www.audit-scotland.gov.uk/publications/drug-and-alcohol-services-an-update-0>





# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS

### DRINKS & HEALTH

#### WORLD HEALTH ORGANIZATION

#### Global alcohol action plan 2022-2030 to strengthen implementation of the Global Strategy to Reduce the Harmful Use of Alcohol

#### WHO

The harmful use of alcohol causes approximately 3 million deaths every year and the overall burden of disease and injuries attributable to alcohol consumption remains unacceptably high.

The pace of development and implementation of alcohol policies has been uneven in WHO regions, and resources and capacities for implementation of the WHO Global strategy to reduce the harmful use of alcohol 10 years after its endorsement do not correspond to the magnitude of the problems. On this basis, the WHO Executive Board in its decision called for accelerated action to reduce the harmful use of alcohol.

The Board requested the WHO Director-General, inter alia, “to develop an action plan (2022-2030) to effectively implement the Global strategy to reduce the harmful use of alcohol as a public health priority.

Free download:

<https://www.audit-scotland.gov.uk/publications/drug-and-alcohol-services-an-update-0>



#### Global alcohol action plan 2022-2030 to strengthen implementation of the Global Strategy to Reduce the Harmful Use of Alcohol

Second draft (unedited)

4<sup>th</sup> October 2021

# SPECIAL AWARDS



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SPECIAL AWARD

#### BELGIUM

**Study on the state of play of sustainability initiatives in the wine appellation sector  
Report for the European Federation of Origin Wines (EFOW)  
Dr. Francesco Montanari, Dr. Julien Etienne, Inês Ferreira, Wesley Cox  
Arcadia International**

The first objective of the study is to provide a detailed mapping of the sustainability initiatives that have been undertaken to date, or are available to, PDO wine producer groups in the various countries studied, with a view to gathering evidence as to where the European wine appellation sector currently stands in terms of sustainability priorities and concrete actions. The study also aims at providing insights and recommendations to the European wine appellation sector on potential future approaches to sustainability, taking into account the urgency to respond to the challenges posed by climate change, among others, and the ambitious targets set by the EU's sustainability agenda for agriculture and food production. The scope of the research covers the five main wine-producing countries in Europe, i.e. France, Germany, Italy, Spain and Portugal.

The majority of PDO wine producer groups strongly agree that the definition of 'sustainable wine' involves primarily efforts that are associated with the protection of the surrounding environment and local heritage and namely:

- 'Protect biodiversity and the landscape' (68% of the respondents);
- 'Prevent harming the natural environment (e.g. reduction of pesticides, fertilisers, water, no in-row weeding etc.)' (65%); and,
- 'Preserve regional or local heritage and traditions' (57%).

Free download: [http://efow.eu/wp-content/uploads/2022/07/Annexes\\_06-June-2022-EFOW-Study-State-of-play-sustainability-initiatives-wine-appellation-sector.pdf](http://efow.eu/wp-content/uploads/2022/07/Annexes_06-June-2022-EFOW-Study-State-of-play-sustainability-initiatives-wine-appellation-sector.pdf)



Study on the state of play of  
sustainability initiatives in the  
wine appellation sector

Report for the European Federation of  
Origin Wines (EFOW)

06 June 2022

# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SPECIAL AWARD

#### FINLAND

#### Alko's Review of the Year's Beverage Trends 2022

- 10 bubbling trends + new drinks & fun tasting tips
- Have you ever sipped on a chocolate brownie?
- Will Finland be a Riesling Country?
- Quiz: Are you a Beer Mastermind?
- Taste: Everything from IPA to Champagne.
- Wellbeing: Hope for the Lonely

Alko's mission is to sell alcohol responsibly and to serve both our customers and Finland's welfare society as best we can. Our extensive selection brings the whole world to our customers' fingertips. Together, we want to create a responsible food and drink culture in an impartial and non-discriminatory manner. We measure our social approval using the Opinions on Alcohol Policy survey commissioned by the National Institute for Health and Welfare. Alko's approval rating stood at 61 (60) per cent in 2021.

Free read: [https://issuu.com/alko.fi/docs/issuu\\_tre0122\\_en-www-hq](https://issuu.com/alko.fi/docs/issuu_tre0122_en-www-hq)



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SPECIAL AWARD

#### SWEDEN

##### Sustainable Wine Tourism - A Global Survey

Prof. Dr. Gergely Szolnoki, Dr. Maximilian Tafel, Anne-Christin Stelter  
(Geisenheim University)

Niklas Ridoff, Calle Nilsson, WineTourism.com, Stockholm

Global survey with 1,579 wineries from over 40 countries. Top 10 findings:

1. Sustainability plays a critical role for the wineries.
2. The winegrowers see room for improvement regarding the sustainability of their wine tourism offers.
3. Wineries evaluate the overlap between sustainable wine production and sustainable wine tourism very heterogeneously – but the overall overlap appears to be relatively small.
4. For the wineries, the environmental dimension of sustainability is slightly more important than the economic and social aspects.
5. Supporting biodiversity (environmental), developing a long-term strategy for the company (economic) and dealing openly and honestly with employees (social) are the most effective contributions to sustainable wine tourism.
6. Among the measures that wineries plan to implement, using energy carefully, developing a long-term strategy for the company and collaborating with regional companies/actors are the most important.
7. The main drivers for the wineries implementing sustainable wine tourism in their company are related to consumers (increasing reputation and satisfaction) and personal idealism.
8. The main barriers are the lack of financial resources, human capital, infrastructure, and information.
9. Sustainable practices are often part of the communication about wine tourism.
10. Recently, 62% of the wineries stated that sustainable practices in wine tourism are essential for visitors; however, 87 % of wineries say it will become significantly more important in 5 years.

Free download: [https://www.winetourism.com/files/2022/01/Sustainable\\_wine\\_tourism\\_Report\\_GeisenheimUni\\_WineTourismcom.pdf](https://www.winetourism.com/files/2022/01/Sustainable_wine_tourism_Report_GeisenheimUni_WineTourismcom.pdf)



### SUSTAINABLE WINE TOURISM



#### A GLOBAL SURVEY

Prof. Dr. Gergely Szolnoki  
Dr. Maximilian Tafel  
Anne-Christin Stelter  
Geisenheim University  
Geisenheim, Germany

Niklas Ridoff  
Calle Nilsson  
WineTourism.com  
Stockholm, Sweden



# GOURMAND AWARDS 2023

## BEST FREE PUBLICATIONS



### SPECIAL AWARD

#### ITALY

#### **From Values to Value Driver Sustainability as a Strategic Opportunity for Wine Companies Terra Institute**

Institutional pressure has stimulated many initiatives in the wine industry, including a demand for policy compliance. Media pressure, gate keepers and distributors' concerns, consumer interests and specific local requests or, in many cases, a voluntary commitment to environmental and social issues has also played a part.

Indeed, many different sustainable wine-growing programmes were developed in the past years through collaborative efforts driven by national institutions and associations. In the core European producing countries, different initiatives concerning single wine-growing areas resulted in the larger adoption of sustainability standards. Simultaneously, with growing interest in the larger adoption of production protocols that aim to make conventional viticulture and wine-making more sustainable, a relevant growth of sustainable vineyards has developed worldwide. Nowadays, we are seeing dramatic stimulus for the wine industry to proceed towards a larger adoption of sustainable practices. From this perspective, sustainability issues will become a crucial element in the development of competitive advantage of wineries and brands.

Free read: [https://terra-institute.eu/en/wp-content/uploads/2022/07/Whitepaper\\_Wine-industry.pdf](https://terra-institute.eu/en/wp-content/uploads/2022/07/Whitepaper_Wine-industry.pdf)

#### **Wine & Sustainability**

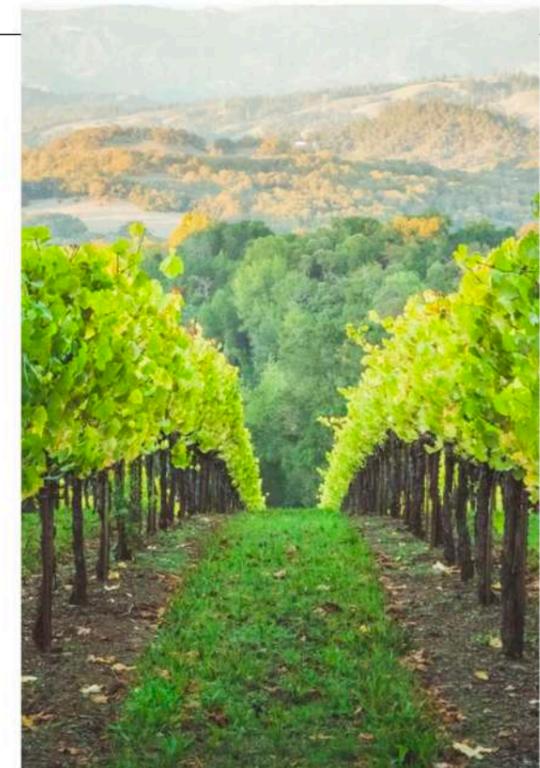
### **FROM VALUES TO VALUE DRIVER SUSTAINABILITY AS A STRATEGIC OPPORTUNITY FOR WINE COMPANIES**

Institutional pressure has stimulated many initiatives in the wine industry, including a demand for policy compliance. Media pressure, gate keepers and distributors' concerns, consumer interests and specific local requests or, in many cases, a voluntary commitment to environmental and social issues has also played a part.

Indeed, many different sustainable wine-growing programmes were developed in the past years through collaborative efforts driven by national institutions and associations.

In the core European producing countries, different initiatives concerning single wine-growing areas resulted in the larger adoption of sustainability standards. Simultaneously, with growing interest in the larger adoption of production protocols that aim to make conventional viticulture and wine-making more sustainable, a relevant growth of sustainable vineyards has developed worldwide.

Nowadays we are seeing dramatic stimulus for the wine industry to proceed towards a larger adoption of sustainable practices. From this perspective, sustainability issues will become a crucial element in the development of competitive advantage of wineries and brands.



# GOURMAND AWARDS 2023



**FOR MORE INFORMATIONS  
EDOUARD COINTREAU- GOURMAND AWARDS  
EDOUARDCOINTREAU@VIP.163.COM**