



IGCAT Experts Voice



This editions' voice comes from Asia, Dr. Jutamas Jan Wisansing is an IGCAT associate and managing director at [Perfect Link Consulting Group](#) in Thailand. She has over 18 years experience in teaching tourism and has designed capacity building tools to train community leaders in sustainability.

Rethink how we consume: our food, our heritage and our future

Looking into our challenging future, we first must realise what we have done to our nature, what we have lost, and in fact what we need to do to survive on this planet. Recently we have seen a provocative message “nature is speaking” pinpointing that the world does not need human. Nature can evolve. It has been evolving overtime. Can we humans? Let us face the future; simply asking ourselves how we could change the way we consume to live!

The changing face of our traditional farming system into industrial agriculture has shifted the focus on food diversity and heritage into focusing heavily into improving on high productivity. We have been poisoning as part of that process. High exposure to traditional pesticides is causing high rates of disease for farmers and their families. For farmers there is a 40.8% higher incidence of cardiovascular disease. Throughout the world, we witnessed that an average that farmers and their families are seeing 79.5% higher incidence for leukemia and lymphoma. Male farmers have a 136.7% higher incidence of prostate cancer. Since the 1900s, some 75 per cent of crop diversity has been lost from farmers' fields.

We perhaps have forgotten why we have seasonality, why we live in different landscapes, why we have local wisdoms accumulating overtime mastering us to adapt to nature to survive.

Seasonality gives us different produces to nurture us under different environments. We have commoditised all these into an industrial food system.

Bigger is not always better. More is not always better.

By 2050, a global population of 9 billion will demand 70% more food than is consumed today. Feeding this expanded population nutritiously and sustainably will require substantial improvements to the global food system – one that provides livelihoods for farmers as well as nutritious products for consumers. We need a better use of agricultural biodiversity which can contribute to more nutritious diets, enhance livelihoods for farming communities and more resilient and sustainable farming systems. Consumers can make significant changes by simply ask yourself these 4 simple questions:

- Do you know the origin of your food ingredient?
- Do you buy your food ingredients from farmer markets?
- Do you cook at home?
- Do you talk about food?

How many did you answer “YES”!

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IGCAT News

6th Partner meeting of the European Region of Gastronomy Platform takes place in Bergamo



The 6th partner meeting of European Region of Gastronomy Platform, organized by IGCAT and hosted by the University of Bergamo, Italy took place on 30 *September* and 1 October 2015. Twenty colleagues from 9 founder regions attended the meeting and reported on activities being developed in

each region as well in collaboration with...

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European Region of Gastronomy 2017 award ceremony takes place in the framework of the EC's Food Tourism Week in Expo Milan.

The **European Region of Gastronomy** 2017 award ceremony took place during the European Commission's Food Tourism Week at Expo Milan 2015. The ceremony which was hosted by DG Growth was opened by **Silvia Draghi**, Head of Policy for the Directorate General for Internal Market, Industry, Entrepreneurship and SMEs, **Mauro Paroloni**, Lombardy....



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IGCAT at EXPO Milan 2015



Expo 2015 is a Universal Exposition being hosted by Milan, Italia using the theme **Feeding the Planet, Energy for life**, the global event reached almost 9 million visitors in its first 3 first months and is expected to attract more than 20 million visitors from 01 May 2015 to 31 October 2015...

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IGCAT participates at No Frills Event in Bergamo

Roberta Garibaldi, IGCAT Board Member and Director of CeSTIT, Study Center on Tourism

of the University of Bergamo introduces **Food and Tourism: a winning match**, a workshop that takes place Saturday 26 September organised by No Frills in Milan-Bergamo(Italy). Dr Garibaldi introduces some considerations, best practices and data about food and tourism...

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Catalonia and Minho, present their programs for 2016 to SEDEC, COR



Minho and Catalunya launched their programs for 2016 when they will hold the title European Region of Gastronomy, at an event held for the SEDEC Commission of the Committee of the Regions in Brussels. Yoomi Renström, Chair of the SEDEC Committee (The Commission for Social Policy, Education...

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IGCAT is back and presents its new team

After a short break in August, IGCAT is getting back to work with renewed energy and is pleased to introduce you its new international team, selected to continue, to improve and to build current and new projects. The most important appointment is the new Deputy Director Davinia Galea who will principally be in charge of project sponsorship and...



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IGCAT participated in a Gastronomy and Tourism debate



IGCAT participated in a Gastronomy and Tourism debate that took place, 1 September 2015 in Tossa de Mar, where the main subject was the importance of communication and gastro-journalism for gastro-destinations. The seminar, designed by LABPATC, IBERTUR and UB and hosted by the city of Tossa de Mar, is part of...

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IGCAT visits Rhodes candidate European Capital of Culture 2021

IGCAT experts, Diane Dodd and Mary Miller visited Rhodes, Greece on 27 - 30 July 2015 as part of an introductory training package designed by the International Institute of Gastronomy, Culture, Arts and Tourism. The visit followed an earlier meeting between Dr. Diane Dodd and Aliko Moschis-Gauguet, coordinator of the candidature for Rhodes European Capital of Culture 2021, to...



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Current News From Around The Globe

Support for Galway's European Region of Gastronomy Bid

Galway was officially announced as a candidate to become designated European



Region of Gastronomy 2018 last Tuesday at a stakeholder briefing attended by in excess of 100 participants in the Galway Bay Hotel. The briefing was addressed by a number of key speakers and included a workshop which will inform Galway's...

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UK food recycling cafes go global in fight against waste

When former chef Adam Smith opened a small cafe in Britain's industrial north two years ago, serving up dishes with food destined for the scrap heap, he had big aspirations: To fight global food waste. "From day one I set out to feed the world and I intend to do that," the Yorkshireman ambitiously said, as...



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Ireland's Food Tourism Appeal on the Menu at EXPO Milan



The four Irish finalists of the 2015 European Destination of Excellence (EDEN) Awards are today joining Fáilte Ireland to demonstrate Ireland's food appeal to the Italian media at EXPO Milan 2015. The Burren Food Trail, the So Sligo Food Trail, the Cong Food Village and the producers of the West Waterford region will explain to...

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A Guide to Ethical Eating When You Travel

Global Travel have published a guide where you can find some interesting tips to add "extra green" to your journey. "Just because we love traveling doesn't mean that we have to stop paying attention to our environmental footprint while we're on the road. Sure, it may be a bit easier at home, where we know all the eco-friendly stores,...



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Artsy: an easier way to discover the world of art



Artsy is a website with its mission is to make all of the world's art accessible to every people with an Internet connection. Like a bridge with its growing database of 300,000 images of art, architecture, and design by 40,000 artists spans historical, modern, and contemporary works, and includes the largest online database of contemporary art, Artsy is a great resource for art collecting and education. Vincent Van Gogh is the new project of Artsy, the page provides over 70 of Van Gogh's famous artworks, exclusive articles, as well as up-to-date Van Gogh exhibition listings. In addition, the page also includes...

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Wine Art VAS, an unique combination of culture, art and wine

Wine Art VAS is a company created by Sofia and Natalia Vas. As an artists, they have collaborated on different projects for years, but recently they gathered their passions for art and wine and have created Wine Art

VAS, a new project that have them embarked on this new adventure where they design, develop and...

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TTIP Transparency in Practice -- No acces!



TTIP or no TTIP -- our representatives in the European Parliament (MEPs) will play a crucial role when it comes to deciding whether this historic trade deal between the US and EU will become reality. With our democracy on the line and our health and environmental standards up for negotiation -- it couldn't be more...

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With Tourism Booming, Spain Seeks 'Classier' Visitors

For many a European tourist near the end of the 20th century, Spain was *the* place for a summer holiday. It had all the essentials: proximity, good food and wine, sandy beaches and culture aplenty, from museums to music, dance to drama. Visitors could fast in Madrid's legendary Escorial monastery, flock to the Canary Islands...



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IGCAT carries out research, collects knowledge and develops projects to support creative solutions in regional and local development.

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