



IGCAT Voice

Food innovations are necessary and key solutions for decreasing malnutrition in Africa.



As co-founder of the **CARL Group** located in Kigali-Rwanda, a youth-led company established in 2014 I have seen first hand how important supporting local and traditional food production is for health, nutrition and well-being. Our mission is to foster innovations to help the orange-fleshed sweet potatoes industry in Rwanda thrive; a mission that is important due to this product providing vital vitamin A back into the diets of our population. The CARL Group aims to give added value to the agriculture industry by using sweet

potatoes to produce various well processed consumable products such as donuts, breads, cakes, crisps and biscuits. CARL Group will also soon introduce into the market spaghettis made out of sweet potatoes.

The orange fleshed sweet potatoes are rich in vitamin A and are still traditionally grown in Rwanda, therefore they are readily available and affordable. With populations demanding more globalised products, the CARL Group is keen to use this opportunity to increase the number of consumption options that can be obtained from sweet potatoes.

The plus side of this is that new jobs are being created as the group expands and ventures into new areas of innovation and capacity building opportunities and programs are extended.

Once a staple in Rwandian's diet, according to a research conducted by the Rwanda Agriculture Board, in 2013 only 41% of Men and 51% of Women consume sweet potatoes at least, once a week. Even though 80% of Rwanda's farmers grow sweet potatoes, the majority do not consume as it is regarded as a lesser 'untrendy' food type. In 2012 CIP (Centre Internationale des Patates) introduced a new variety of sweet potatoes in Rwanda called the 'Orange Fleshed Sweet potato'. This type of sweet potato offers various nutritional benefits, among which are Beta Carotene that contain vitamin A, which enhances cells growth and vision. CATL Group's products are called 'VITA Products', a name that was derived from the fact that sweet potatoes are rich in Vitamin A; Vita donuts, Vita breads, Vita cakes, Vita biscuits, Vita Spaghetitis etc.

Recently I had the opportunity to visit the International Institute of Gastronomy, Culture, Arts and Tourism (IGCAT) in Spain and learnt about the work the institute is doing to support food diversity and innovation and I am honoured to have been invited as an expert from Rwanda. Dr. Diane Dodd, President of IGCAT recognised immediately that our vision will "touch many lives in Africa."

As a growing company we still have many challenges in growing our business and reaching many people, educating communities on the importance and value added that come from supporting local food products etc. Some of these challenges are lack of tools and equipment to facilitate, increase and speed up production that will help to meet the demand, for instance good and sustainable packaging materials are desperately needed.

Your support and assistance to help us grow CARL Group into a sustainable company of prestige and solutions will be greatly appreciated. Any help in form of funds to finance our still growing company and expand the work force, donation of tools and equipment, mentorship as well as networking with experts in the field etc. will be gratefully received. We are so hopeful of the future and dream of a malnutrition free Rwanda and region, domestically and internationally.

For more viewpoints from IGCAT experts visit igcat.org

Biography

Larissa Uwase completed an undergraduate course in Built Environment and Architecture in 2016, at the College of Science and Technology under the University of Rwanda. Her ambition has always been to eradicate poverty and feed the hungry. Currently, she is running her own company specialized in food processing, the Carl Group Ltd, for which she has been awarded the title of "Best Young Entrepreneur" in the "Youth Breaking the Cycle of Poverty" competition, organized by Rwanda's Ministry of Youth and ICT. In the 2016 World Economic Forum on Africa, she was selected among Africa's top 5 women innovators thanks to her commitment in tackling children's malnutrition.

9th Meeting of the European Region of Gastronomy Platform



Providing visibility for Europe's lesser-known regions

The 9th partner meeting of the European Region of Gastronomy Platform, organised by IGCAT and hosted by the city of Sibiu, in the Sibiu region (Romania), took place on Friday 29 September 2016 at the **Complexul Național Muzeal ASTRA**

Sibiu. The meeting gathered representatives of ten European partner regions...

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European Regions of Gastronomy 2019 Announced

The European Region of Gastronomy 2019 title was recommended to be given to two bidding regions, South Aegean (Greece) and Sibiu (Romania), on Thursday 29 September 2016 at the Brukenthal Museum in Sibiu. The announcement took place prior to the 9th European Region of Gastronomy Platform Meeting.



The international jury comprising of IGCAT experts was chaired by **Blanca Cros** from the Catalan...

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Developing ideas for sustainable destinations

IGCAT recently received international expert, Dr. Carlos Fernandes from the Polytechnic Institute of



Viana do Castelo, Portugal. During his visit, he reported on the work that Minho is doing as European Region of Gastronomy 2016 in terms of development and empowerment of local establishments. As one of the founder regions holding the European Region of...

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Seven celebrity Catalan chefs celebrate the European Region of Gastronomy 2016

On Tuesday 27 September 2016, on World Tourism Day, Catalan cuisine received a unique tribute.

For the first time, the chef Nandu Jubany, alongside with seven star chefs - Carme Ruscalleda (Sant Pol), Joan Roca (El Celler de Can Roca), Paco Pérez (Miramar), Jordi Cruz (Àbac), Fina Puigdevall (Les Cols), Paolo Casagrande (Lasarte) i...



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Tasting the seasons in the South Aegean



The South Aegean, comprising of 50 inhabited islands accounts for one of the most diversified and nutritional diets in Europe. Their bid to attain the title, European Region of Gastronomy 2019 embraces a new philosophy of working that encourages cross-sector dialogue in line with the work promoted by IGCAT (International Institute of Gastronomy, Culture, Arts...

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The European Sweets Itineraries are ready for the students

The second European Sweets Itineraries platform meeting was held in Lisbon on the 6 and 7 September 2016. The platform partners presented itineraries that will take place in Italy, Portugal and Spain that will be tested by students from Latvia. The aim of these itineraries is to teach students from VET schools how to organize their travel itinerary, put them in contact...



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Timisoara, together with Arad will be Romania's European Capital of Culture in 2021



IGCAT congratulates Timisoara following its announcement as Romania's European Capital of Culture in 2021. The European Commission made the announcement on Friday, September 16 after four Romanian cities were short-listed for the title: the capital Bucharest, Cluj-Napoca, Baia Mare, and Timisoara. An expert committee made of 10

representatives of the European Commission, the Council of...

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Dzintars Kristovskis named Riga-Gauja Gastronomic Region Ambassador

In tandem with the honor bestowed the Riga-Gauja Region - the title of "European Gastronomy Region 2017", Chef Dzintars Kristovskis from the restaurant "Valmiermuižas vēstniecība Rīgā", has been appointed official Ambassador. Dzintars

has been a part of the profession for eleven years, marking the last four as the most fruitful. During this period, he has diligently delved into...

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Ambassador for East Lombardy, European Region of Gastronomy 2017 named



The wine expert Maurizio Zanella, has been chosen to represent East Lombardy, European Region of Gastronomy 2017 and explain the importance of the Award to promote food and wine tourism, with a special attention on local cuisine and sustainable food production. East Lombardy, a region celebrating the title, European Region of Gastronomy 2017 together...

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The Food Travel Monitor research study for food and drink travellers

Conducted by the World Food Travel Association together with one of the IGCAT's expert and Coordinator of East Lombardy, European Region of Gastronomy 2017 Roberta Garibaldi, for the Italian market, the Food Travel Monitor is the first global research study for food and drink travellers has been presented in a world press conference on Monday...



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Summer course on local food for strategic events planning



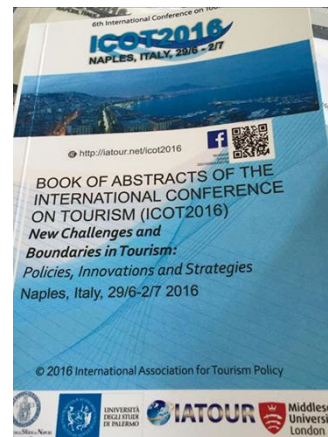
IGCAT has designed a summer course for students coming mainly from Latin America at EUHTSTPOL. During a 2 week intensive summer course that includes a number of modules on culinary arts and hospitality, IGCAT provides 12 hours of training in strategic events planning. The training looks at the importance of local food as a unique...

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The importance of U.S. market for food tourism in Italy

At the end of June Roberta Garibaldi, Italian expert for IGCAT, took part in the 6th ICOT conference, together with many other experts from all over the world. During the conference, important questions were addressed, such as: what have been/will be the most significant changes in tourism demand and supply? what does the tourist look...

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Current News From Around The Globe

The nexus between agriculture and nutrition



Availability of food' and 'Access to food' have always been subjects of discussion on food security. It took a long time to grasp that the former does not necessarily imply the latter.

However, the belated realisation is what matters most for food security is 'entitlement', as Amartya Sen said. It is perhaps premised on the...

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How can food security in Africa be achieved?

A new major report on agricultural productivity has documented success stories in a number of African countries. The Alliance for a Green Revolution (AGRA) says that agricultural productivity over the past 10 years has improved lives in Ghana, Rwanda, Ethiopia and Burkina Faso. AGRA says agriculture is more effective at cutting poverty than other...



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Gastronomy, a way to saving Peru's biodiversity



The search for solutions so that preserving a forest will be more profitable than cutting it down has come to the world's best gourmet restaurants, thanks to which many Peruvian jungle communities have exchanged deforestation for preservation. One of the non-governmental organizations that has managed to make

gastronomy a means for protecting biodiversity is...

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57 New Slow Food Presidia at Terra Madre Salone del Gusto. And they are over 500 around the world.

Terra Madre Salone del Gusto (from September 22 to 26, Turin, Italy) welcomes 57 new Presidia from 18 different countries this year: part of the **Slow Food Foundation for Biodiversity's** ambitious



project to protect small-scale producers and promote endangered culinary traditions around the world.

In recent days the...

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We grow enough food. Getting it in to people's plates is the problem.



World leaders have agreed to the ambitious goal of eradicating hunger by 2030. The scale of the problem is daunting. Every day 800 million people go to bed with empty stomachs and more than 8,000 children die needlessly from conditions linked to under-nutrition. And by the time we reach 2030, the global population is...

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Clever App brings the food label into the modern age

Sam Slover is co-founder of the [Sage Project](#), a new online platform that reimagines food data for the Internet age. Slover's vision isn't a label; it's an interactive web app. Sage deconstructs more than 20,000 fresh and packaged foods into interactive, personalized blurbs of information that make the basics of food...



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Italy adopts new law to reduce food waste

The Italian Senate aims to cut up to one million tonnes of wasted food a year by offering incentives to businesses who donate food to



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charities and starting new programmes to reduce food waste in schools, hospitals and other public canteens.

The law earmarked €10 million to launch the initiative, including €1 million...

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

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