

# IGCAT

INTERNATIONAL INSTITUTE OF  
GASTRONOMY, CULTURE, ARTS AND TOURISM

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## IGCAT Voice

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Last May, following nine months of intense and thrilling conversations, that resulted in unanimous cross-political and stakeholder support, Minorca (Spain) officially became a candidate for the European Region of Gastronomy 2022 title, together with Trondheim (Norway).

As a candidate Minorca is allowed to take part in European Region of Gastronomy Platform meetings that offer a thorough understanding of the founding principles and good practices of the awarded regions who have been able to boost social, economic and environmental transformation based on the values of resilience, inclusion, sustainability, excellence and well-being.

An effective and participatory change means real change and it has been crucial to initiate important cross-sectoral dynamics involving the public, private, third and academic sectors, as the only possible way to empower each and every citizen through an extremely rewarding service-learning process.

The European Regions of Gastronomy act positively in all the economic sectors, advocate for the protection of the environment, safeguard and promote cultural heritage (especially its intangible part), support the hospitality sector, foster healthy eating, build synergies with the creative industries and so much more. They represent an inspiring win-win phenomenon that is now captivating the minds and hearts of people in all continents, thanks to collaborative and foresighted leaders.

A little gem in the Mediterranean, Minorca has been declared Biosphere Reserve by UNESCO and is an integral part of the Mediterranean Diet officially recognised as World Intangible Heritage. Strengthened by this, through the European Region of Gastronomy title, the island aims to become a proactive leader in the protection and promotion of food and cultural diversity, in order to contribute to a more equitable and sustainable world.

I'm proud to be part of this process.

**Jaume Gomila Saura**

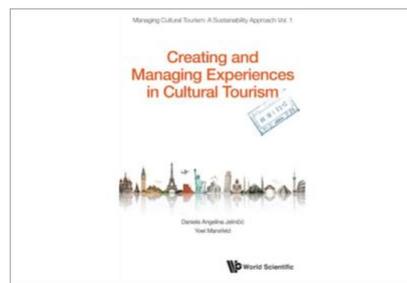
IGCAT Expert

Chairman of Adult Education Schools of Menorca

### The S Plan - Smart strategies for sustainable regions

8 July 2019 - The protection and promotion of local cultural and food diversity is increasingly becoming a vital means to nurture sustainable and inclusive growth at regional level. This is the powerful message of The S Plan, where President of IGCAT, Dr. Diane Dodd warns about the risks of losing our biodiversity and the... [Read more](#)

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### IGCAT delivers sustainable message at UNESCO International Forum

12 June 2019 - On the 5-7th June 2019, IGCAT's president and co-founder Dr. Diane Dodd contributed to the UNESCO international forum held in Mazatlán, Mexico, by explaining the importance of gastronomy in the sustainable development of... [Read more](#)

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### Changing policies through local and healthy food

21 June 2019 - Gastronomy plays a vital role in supporting community well-being and health, and many initiatives are emerging in European regions that capitalise on local food as a means to ensure and promote healthier lifestyles. However, the need is... [Read more](#)

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### IGCAT at the Americas Cultural Summit 2019

5 July 2019 - IGCAT was fortunate to be in Buenos Aires, Argentina for the Americas Cultural Summit 2019, hosted by the Secretary of Culture of the Nation in partnership with IFACCA. The event took place in the context of the Creative Industries Market of Argentina (MICA), during which IFACCA held a meeting for its... [Read more](#)

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## News from the Regions of Gastronomy

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### Sustainable food models from the European Regions of Gastronomy

20 June 2019 - Sustainability in its wider implications is clearly emerging as an important theme in the European Regions of Gastronomy with increasing commitments to drive forward key environmental policies. This was demonstrated during the... [Read more](#)



### Menorca focuses on sustainability, gastronomy and culture

1 June 2019 - The Region of Gastronomy programme keeps raising interest and enthusiasm of regions from all around the world who are eager to boost local sustainable development through their unique gastronomy and culture. On 31 May 2019... [Read more](#)

### Local market accepts credit cards in Sibiu

28 June 2019 - Sibiu, European Region of Gastronomy awarded 2019 is developing trendsetting initiatives meant to support local food producers and widen the access of citizens to local fresh products. An excellent example is Cibin Market (Sibiu's local central market) being it the first in Romania to equip its stall... [Read more](#)



### Seeds for plastic - Sibiu for sustainability

25 June 2019 - Today's food and environmental challenges are at the centre of Sibiu's programme as European Region of Gastronomy awarded 2019 which offers events and initiatives that stand out for their ability to raise awareness on sustainability issues. Developed in occasion of 2019 World Environment Day... [Read more](#)

### Slovenian Tourist Board invests in the future of Slovenian gastronomic tourism

5 June 2019 - In the partnership with the Gault&Millau Slovenia, the Slovenian Tourist Board (STB) has actively started to fulfil its goal from the Action Plan for the development and marketing of gastronomic tourism 2019-2023 - alongside raising... [Read more](#)





## South Aegean flavours enchant New York!

3 May 2019 - The prestigious James Beard Foundation in New York proved once again the perfect stage to showcase the flavours of South Aegean, European Region of Gastronomy awarded 2019. As part of the Taste the Seasons programme developed by the region for its title year, on 1 May 2019 Aegean... [Read more](#)

## European Young Chef Award 2019

### Coimbra Region announces finalist to the European Young Chef Award 2019

4 June 2019 - Bernardo Calvo is the finalist of Coimbra Region, European Region of Gastronomy awarded 2021 to the European Young Chef Award 2019. His dish Bacalhau, Galega e Alho (Codfish, Galician Cabbage and Garlic) is an innovative... [Read more](#)



### Local stories inspire Slovenia's finalist to the European Young Chef Award 2019

14 May 2019 - Slovenia, European Region of Gastronomy awarded 2021 selected its finalist to the European Young Chef Award 2019. His name is Jure Dretnik and he will present the dish Lunch of mowers from Koroška region, inspired by a local writer from... [Read more](#)

### Mariona Rodà, the young ambassador of Catalonia's local products

10 May 2019 - Best Presentation prize at the 33rd Catalan Young Chef Award, Mariona Rodà has been selected to represent Catalonia, European Region of Gastronomy awarded 2016 at the European Young Chef Award 2019. With her dish... [Read more](#)



### Minho selects finalist for the European Young Chef Award 2019

7 May 2019 - With his dish Manutença do lar do Minhoto (Keeping Minho's home), Rui Pedro Meira was elected winner of the Minho Young Chef Awards (MYCA) and gained his place as finalist to the European Young Chef Award 2019. The young ambassadors... [Read more](#)

## Current news from around the globe

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### Hunger continues to rise in the Near East and North Africa where over 52 million people are undernourished - By APO Group

9 May 2019 - Hunger in the Near East and North Africa region (NENA) continues to rise as conflicts and protracted... [Read more](#)



### The worlds recycling is in chaos here's what has to happen - By Cheryl Katz

2 May 2019 - It has been a year since China jammed the works of recycling programs around the world by essentially shutting down what... [Read more](#)

### Most people waste more food than they think— here's how to fix it - By Rachael Jackson

30 April 2019 - Food waste, that scourge that sends more than a third of our food supply to rot and is a major contributor to climate change, seems like it should be... [Read more](#)



### Visiting Europe's 'gastronomic capital' in Romania - By Medana Weident

28 April 2019 - Southern Transylvania, at the foot of the Carpathian Mountains, is well-known for its many attractions and popular both within Romania and... [Read more](#)

### Chefs can be 'agents of change', says Unesco - By Staff Reporter

8 April 2019 - Chefs are agents of change in the fight against hunger and malnutrition, and play an important role in inspiring people around the world to support... [Read more](#)



IGCAT carries out research, collects knowledge and develops projects to support creative solutions in regional and local development. This newsletter is just a small selection of news from the past three months. IGCAT compiles trends and facts from around the world.

[www.igcat.org](http://www.igcat.org)

[info@igcat.org](mailto:info@igcat.org)



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