

# IGCAT

INTERNATIONAL INSTITUTE OF  
GASTRONOMY, CULTURE, ARTS AND TOURISM



## IGCAT Voice

---



Art, love and creativity are powerful tools and when transmitted through well-directed audio-visual material the message can reach and capture many hearts. For this reason IGCAT has cleverly developed the annual Food Film Menu competition, to select each year the very best short food films that carry strong messages about the importance to safeguard and promote cultural and food diversity. The beautiful thing is when communities see themselves reflected and recognised for their uniqueness: this is a great source of local pride. Often, the protagonists who are local people were unaware that they have something special until they were filmed.

Watching the Food Film Menu evolve over the past 4 years, I have seen the level of the competition consistently rise, with over 50 films for the international jury to select from this year. It was not an easy task to pick 11 to form this year's menu, yet the jury hope the ones we chose for you show many aspects and equally important messages on food and sustainability. The 12 piece film sequence (including the newly launched introductory video about IGCAT's World Region of Gastronomy programme) is a 40-minute journey across our shared planet and is available to **Film Festivals** across the globe. Screening the Food Film Menu and bringing it to a broader audience has been extremely valuable for the FoodFilmFestival in Aarhus. Therefore, I warmly invite more and more festivals to join the IGCAT's network. The films are also available on **IGCAT's website** where you are invited to watch and vote for your favourite. Enjoy your 2023 Menu!

Mai Damgaard Rasmussen  
Chair of the Jury, IGCAT's Food Film Menu 2023  
Founder and Director, **FoodFilmFestival** - Aarhus

---

## Food Film Menu 2023: category winners announced!

---

An online vote to select the **Public's Favourite Film** among the category winners of IGCAT's International Food Film Menu 2023 is open until 17 October 2023. The Public's Favourite Film of the Food Film Menu 2023 will be announced together with 1st, 2nd, and 3rd Prize at the **35th Girona Film Festival** on 11 November 2023.

**VOTE NOW!**

---

### Best Food Film showcasing a World Region of Gastronomy

25 September 2023 - Latitude Iche Route: A Journey Through the Flavors of Manabí from Manabí, World Region of Gastronomy candidate 2026, highlights the local food heritage, indigenous knowledge, craft and traditions, and their combination with food innovation, as well ... [Read More](#)



### Best Food Film showcasing a European Region of Gastronomy

26 September 2023 - A Year Celebrating Galway's Gastronomy from Galway-West of Ireland, European Region of Gastronomy awarded 2018, emphasizes the unique identity of the region shaped by its food, producers, gastronomic traditions and food landscapes. [Read More](#)

---

### Best Food Film featuring a Young Chef Ambassador

27 September 2023 - The Apocalypse of the Aegean from South Aegean, European Region of Gastronomy awarded 2019, features young chef Aikaterini Gonidaki, finalist to the European Young Chef Award 2022, who works sustainably to promote local products and producers from her region, as well as to keep local food traditions alive. ... [Read more](#)



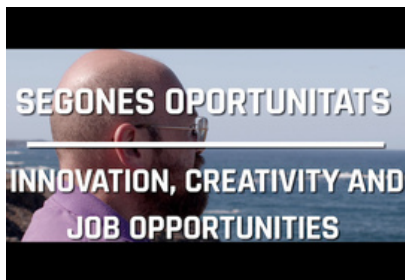
### Best Food Film showcasing Food and Craft Gifts

28 September 2023 - Gold from the Island Kingdom from Trondheim-Trøndelag, European Region of Gastronomy awarded 2022, highlights quality and surprising artisanal food products from the region combined in a single food gift that received the Best Tasting award in IGCAT's World Food Gift Challenge 2022. ... [Read more](#)

---

## Best Food Film in the Feeding the Planet Category

29 September 2023 - Slovenia - The Land of Beekeeping and the Carniolan Honey Bee from Slovenia, European Region of Gastronomy awarded 2021, advocates for the protection of the planet's biodiversity by stressing the role of bees in ensuring our future food security, with a special focus on Slovenia's autochthonous Carniolan honey bee. [Read more](#)



## Best Food Film in the Innovation, Creativity and Job Opportunities category

2 October 2023 - Second Chances from Menorca, European Region of Gastronomy awarded 2022, shows how local gastronomy can encourage the development of new skillsets to ensure availability of skilled workers for the hospitality industries and new job opportunities in the sector. [Read more](#)

## Best Food Film in the Educating for Our Future category

3 October 2023 - Harvesting Memories from Saimaa, European Region of Gastronomy awarded 2024, contributes to promoting culinary and cultural education for responsible food production and consumption, with the aim to improve people's health, encourage sustainable development ... [Read more](#)



## Best Food Film in the Balanced and Sustainable Tourism category

4 October 2023 - Visit Via Selinuntina, Sicily, Italy from Sicily, European Region of Gastronomy candidate 2025, raises awareness of the advantages of integrating local food, recipes and traditions into the tourism offering, to contribute to greater environmental, economic and cultural sus ... [Read more](#)

## Best Food Film in the Linking Urban and Rural category

5 October 2023 - It's All About the Taste! from Kvarner, European Region of Gastronomy candidate 2026, shows the region's farm/sea to table approach, supporting a re-connection between rural and urban environments, and encouraging a re-valorisation of local traditional food through ... [Read more](#)





## Best Food Film in the Health and Well-being category

6 October 2023 - Catalonia Is Appetising from Catalonia, World Region of Gastronomy awarded 2025, advocates for the promotion of healthier lifestyles through greater awareness and citizen engagement in activities such as natural farming, outdoor recreation, and the (re)discover ... [Read more](#)

## Best Food Film from a Young Director

9 October 2023 - An Apple, a Bee and a Tree - Čeberol'ca from Slovenia, European Region of Gastronomy awarded 2021, represents the excellent work of a young filmmaker focusing on sustainability and food, and highlighting a craft gift that won the Most Ecological Choice award in IGCAT's World Food Gift Challenge 2023. ... [Read more](#)



## News from IGCAT



## IGCAT launches new World Region of Gastronomy video

11 October 2023 - Working together to empower communities through the celebration of distinctive food cultures! IGCAT launched a new video about the World Region of Gastronomy Award and Platform, and their effort to support long-term sustainable development ... [Read more](#)

## Moldova has the wow factor

29 September 2023 - Love is all around in Moldova so it wasn't surprising that sharing endearing stories and building relationships with visitors was the topic emerging at the Industry Symposium: Emerging Resilient and Sustainable Amidst Challenges celebrated in the contest of World Tourism Day in Moldova 27 September 2023. With a lineup of national ... [Read more](#)



## News from World and European Regions of Gastronomy



## Sicily recommended for the European Region of Gastronomy 2025 title

8 September 2023 - An international jury comprising of four international experts, accompanied by IGCAT's President, Diane Dodd PhD considered the application of Sicily region for the title European Region of Gastronomy 2025. After reviewing the bid book submitted on 31 January 20 ... [Read more](#)

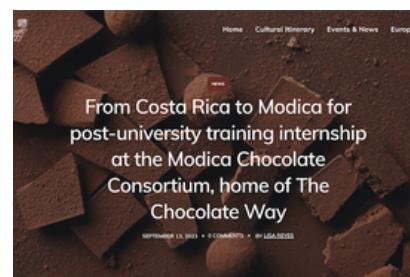


## Current news from around the globe

### The NEMOS partners consolidated goals and tools at their 4th Transnational Meeting

By NEMOS

6 October 2023 - The NEMOS partners moved forward in their endeavour to integrate sustainability into food-related degrees at the 4th transnational meeting of the Erasmus+ project NEMOS – A new educational ... [Read more](#)



### From Costa Rica to Modica for post-graduate internship at the Consortium of Chocolate

By Lisa Reyes

16 September 2023 - The first internship - IILA-MAECI/DGCS 2022-2023 scholarship promoted by the Italian-Latin American International Organization (IILA), with funding from the General Directorate ... [Read more](#)

### Bread in Proverbs and Sayings of the Peoples of the World

By breadculture.net

14 September 2023 - The publication Bread in Proverbs and Sayings of the Peoples of the World by IGCAT Expert, Dimitrije Vujadinovic contains more than a thousand simple folk tales in a short form. Certainly the ... [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)



© 2023 IGCAT, All rights reserved

[Unsubscribe](#) | [Manage your subscription](#)

We handle your data responsibly according to GDPR (EU) 2016/679.

Find out more about our [Privacy Policy](#).