

EATING CITY

TIRANA - ALBANIA
JUNE 13 - 14, 2014

LA CITTÀ CHE MANGIA - LA VILLE QUI MANGE - LA CIUDAD QUE COME



Organise by :



TERRE CITOYENNE



BASHKIA TIRANË



In The Frame of :

EATING CITY

INTERNATIONAL PLATFORM
2010 - 2014

SOCIAL DIALOGUE FOR A MORE SUSTAINABLE FOOD SUPPLY CHAIN

Final Report

The Eating City Tirana Event « Food Safety & Sustainability in Emerging Countries »

The City of Tirana in the frame of Eating City International Platform organized a 2 days event (June 13-14, 2014) related to Food safety and Food Sustainability in European Emerging Countries, Balkan Countries included.

Eating City is a multi-annual programme of activities of the Risteco Consortium – Terre Citoyenne, co-financed by the Charles Leopold Mayer Foundation for the Advancement of People (FPH) of Paris. City is a multi-year program of activities established by the Consortium Risteco – Terre Citoyenne, co-funded by the CLM foundation for Human Progress in Paris, and locally, for each of the different editions, by other public and private institutions.

The aim of the program created in 2010, is to create opportunities of international meeting, in Europe, China, USA and Africa, to elaborate case studies and publications with concrete proposals useful for public and private decision makers working upstream and downstream of the food chain and also for food industry and food service operators and buyers.

Eating City aims to give life to ideas, to stimulate intellectual dialogue and to foster long term vision of public & and private decision makers on the future of sustainable urban food supply chains worldwide.

Action-oriented, Eating city also evidences good practices and constructive propositions to shift the paradigm; the ideal place where food, health, environment and social values meet the economy.

In short, a road map to contribute to the construction of a new economic paradigm that aims to place again human labor at the center of economy and to consider the environment among the entrepreneurial decision variables, in order to develop a new culture of doing Business.

Manifesto

The cities eat, the cities require fisheries and farms, the cities provide employment in the countryside and on the sea.

Nowadays, more than half the world's population lives in urban areas and this trend is accelerating more and more: in 2030 the 70% of the world's population will live in an urban context. Taken into account the obvious consideration that a city does not cultivate food, it leads to above-mentioned unavoidable realities and issues.

Economic activities have changed over the past decades and short-sighted financial policies have resulted in a spasmodic and sometimes aberrant research to reduce production costs, with focus on labor costs, resulting in products' standardization.

Today, there is a generalized situation in which many countries of the Old Continent have less and less competitive industry. The food industry also undergoes the effects of globalization, thus outsourcing its production to countries with lower labor and energy costs, with two negative results: rising unemployment in our countries and the increase of greenhouse gas emissions due to the greater distances in food transportation.

Yet the food industry has, in recent years, undergone significant reconfiguration of the workforce and professional profiles – fact linked both to the industrial sector and agricultural production. Let us take, for instance, the conversion of farms into multifunctional companies characterized by a high share of young employment. However, agriculture is a sector that experiences a large influx of unskilled labor for seasonal employment opportunities: in our countryside and on our fishing boats, the number of workers from other countries – especially from Mediterranean countries – is increasing. Therefore, on the one hand we have innovation, new job profiles, "rejuvenation", while on the other hand heavy migration of unspecialized labor, which is often uncontrolled, constitutes a burden.

In European countries, food industry is now more often linked to the concept of "nutrition" rather than "feed": and food is no longer just quantity, but also and above all quality. This fact and the relevant acknowledgement, typicality and nutritional values of food are the key elements in the future of Mediterranean-style agriculture.

The growing awareness of the relationship between nutrition and health leads us to consider the influence that dietary guidelines have on the food production and consumption (take for example the inclusion of larger amounts of fish in diets).

The city eats. It eats food, but also it consumes the land needed to produce it. The flows created by an urban settlement in relation to its food requirements are very intense, important and of course inevitable. Sustainability regards all aspects ranging from production, processing, distribution and logistics. It is not merely a quantitative aspect: let's think about CO₂ emissions; we have access to foods that originate thousands of miles away. The valorization of local production (the concept of zero km) certainly entails a reduction of greenhouse gas emissions and the promotion of the local economy. This, however, also leads to a reduction of the variety and, to some extent, the culture of food. An irreconcilable contradiction...?

The Eating City Tirana Event « Food Safety & Sustainability in Emerging Countries »

Food safety procedures aim to reduce foodborne diseases which are an important cause of morbidity and mortality worldwide, mainly caused by harmful bacteria. Even in

industrialized countries, food contamination still creates an enormous social and economic strain on societies. For instance in the USA, where HACCP, systematic preventive approach to food safety was first developed, about 48 million people (1 in 6 Americans) still get sick every year, of which 128,000 are hospitalized, and 3,000 die each year from foodborne diseases, according to recent data from the Centers for Disease Control and Prevention.

The Food Safety Modernization Act has been signed by law in 2011 by US government and is confirming the widely shared trend that satisfying food safety standards are preferably met by the food industry, in a context that see the dramatic expansion in the global scale and complexity of the food system, thus leading to a decline in local subsistence production systems by leaving aside small scale producers and food artisans who are not equipped to reach those standards .

However, such strong belief must not hide the numerous negative repercussions that uncontrasted food industrialization trend has on the local economies worldwide, in particular employment and social inclusion, on environment (soil erosion, biodiversity reduction, climate change, water pollution etc.) and even ... on human health. Indeed besides the statistics on foodborne diseases, the WHO also presents other worrying evidences on food related diseases among which overweight and obesity represent one of the most significant symptom of a rapidly growing threat to the health of populations in an increasing number of countries, as a consequence of increased urbanization and industrialization and the disappearance of traditional lifestyles.

Therefore if expectation rises for a paradigm shift in both planning and policy formulation, in order to ensure food access, foster inclusion and innovation, improve environmental management, enhance rural-urban linkages and provide policy guidance at global and local level, such wide field of thought and discussion must include a focus on food safety issues. Indeed, we need to learn from past mistakes and avoid repeating them by reformulating rulemaking and guidance development process and setting up new prevention-oriented standards that are also matching sustainability requirements such as food waste eradication, food security and sovereignty, protection of environment, people health and quality of life.

Program

The City of Tirana in the frame of Eating City International Platform organized a 2 days event (June 13-14, 2014) related to Food safety and Food Sustainability in European Emerging Countries, Balkan Countries included. European University of Tirana and the ACM Circle of Tirana were the hosts and collaborators too.

Eating City is a multi-annual programme of activities of the Risteco Consortium – Terre Citoyenne, co-financed by the Charles Leopold Mayer Foundation for the Advancement of People (FPH) of Paris.

The first day a round table was organized at the European University of Tirana in collaboration with Mediterranean Assamble of Citizens Tirana Circle. The goal of the round

table was to work out pragmatic proposals addressed to public and private Decision Makers of the agro-alimentary sector and catering industries in order to build a new economic paradigm, putting human labour at the centre of the economy, and sustainability among the key variables of enterprises. In the core of this debate the triple challenge about: economic, environmental and social, with all potentials to become the causing factor of a new development cycle: the sustainable development cycle, starting from the analysis of energy-environmental flows linked to the food supply of a large urban settlement.

The second day was « the market day » with the participation of the 17 agro-businesses.

The Eating city activity in Tirane had a full media coverage.

June 13th:

10:00 – 12:30 Seminar with students of European University of Tirana and ACM circle of Tirana:

Presentation of the Book “La Ville Qui Mange” and of the Eating City Platform: Maurizio Mariani, Risteco President.

Presentation of the Food & Religion Project, Maria Chiara Giorda, Head of Research Unit at Benvenuti in Italia Foundation.

Interaction with students, Q&A

12:30 – 14:00 Lunch for Speakers and Guest

15:00 – 19:00 Round Table “Food Safety & Sustainability in Emerging Countries”

Opening Session:

Welcome by Local Authorities : Nevila Xhindi Deputy Mayor of Tirana, ACM Coordinator Pole Of Balkan

Introduction by Prof. Adrian Civici, President of UET. And ACM circle of Tirana

Ice Breaking Session:

Why we should think & talk about “Eating City” : Maurizio Mariani President of Risteco

A New age for organic products in Eu: Arie Van Den Brand , President of Groupe de Bruges

Food & Religion into school canteens: Maria Chiara Giorda, Head of Research Unit at Benvenuti in Italia Foundation.

EU governance for food sustainability: challenges and opportunities: Notis Iebessis, Advisor at DG Agri.

Round Table:

Edmond Panariti Minister of Agriculture, Nevila Xhindi Deputy Mayor of Tirana/ ACM circle of Tirana, Adrian Civici UET President/ ACM Circle of Tirana, Bahri Musabelliu Dean of the Faculty of Agro-economy, Enver Ferizaj Head of the Albania Council of Agro-business, Fatos Fico, Executive Director of Albanian Foundation for Training & Development

20:30 – 22:30 Official Diner for Local Authorities and International Guest at Mondial Hotel Restaurant.

June 14th

09:00 – 11:00 Eating City Internal Meeting :

Wich development for an Eating City Platform in Tirana – Wich synergy toward Milan EXPO 2015 and EU Founded Projects : Horizon 2020, Erasmus+, Europe AID.

11:30 – 16:30 Visit to Local Farmers Market :

Blv. Deshmoret e kombit, Sheshi Vellezerit Frasherit

Useful information:

Transfer to the airport will be provide for speakers and delegates, pls in case of needs call Mr. Maurizio Mariani 0039 335 7352763 , in any case taxi will be reimburse upon presentation of receipt.

Where you will stay:

Hotel Mondial
Rr. Muhamet Gjolllesha, 1023
Tirana, Albania
Phone number
00355 42 232372
<http://www.hotelmondial.com.al/>

The official diner of June 13th will be in:

Mondial Hotel Restaurant

Venue of the Seminar and Round Table:

European University of Tirana,
Blv Gjergj Fishta. Nd 1;
1023. Tirana. Albania
<http://www.uet.edu.al/>

More information:

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See you in Tirana !

Special Thanks to:



Fondation Charles Léopold Mayer
pour le Progrès de l'Homme



Summary of speeches and discussions

Overview of agriculture, food safety and sustainability

Albania is a relatively small, very mountainous country with a population of about 3.1 million people. Only 24 percent of its land is classified as agricultural land, while 36 percent is forests and 15 percent is pastureland. Yet, agriculture provides the income basis for most of the population and serves as an employment safety net. The rural population is estimated to comprise about 54 percent of the total population while more than 60 percent of the labor force works in agriculture and related fields. Agriculture has a significant importance to Albania in terms of employment, rural livelihoods, food security and sustainability and exports.

Land use for agriculture is very substantial in Albania, with arable land, cropland, pastures and forests accounting for nearly 40% of total land use in the country and forests comprise an additional 29%. Only half of Albania's total cropland is irrigated, leaving the other 50% dependent on rainfall, which does not meet Albania's water needs during the crucial months of the summer growing season. Although annual rainfall in Albania is between 600-900mm, less than 20 percent of this rain occurs in the six month period between April and September, leaving the country with a crop deficit of 400-500mm during June, July and August. This deficit renders efficient, cost effective and timely irrigation almost a necessity for Albania to produce competitive, high value summer and perennial crops.

The economy of Albania has experienced many fluctuations over the last twenty years, but in contrast to many other European countries, Albania is one of the few countries where the economy has grown continuously during the last couple of years. As important public and private investments are planned especially for the tourism, construction, and manufacturing sectors and public infrastructure will be further improved, prospects are good that Albania, as a whole, will become more competitive in the coming years. Especially relevant for the development of the agricultural sector will be the improved road system. At the same time, the infrastructural improvements, including the improved coverage of electricity and water in rural areas, will favour additional private investments. This will help to reduce current structural deficiencies in the area of production and marketing. Thus, it is expected that Albania will substitute increasingly currently high imports. This trend is likely to be even stronger as export dumping especially from Italy and Greece is expected to diminish in the coming years.

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Albania has some advantages for the development of its agriculture. Among these are (a) a favorable geographic location relative to the European Union, particularly Italy and Greece, (b) comparably low wage levels, (c) a relatively educated rural population, many of whom have worked in other European countries for some period of time, (d) creativeness among Albanian farmers in adapting rapidly to changing circumstances, and (e) fertile soils and favorable climate in some regions. Based on these advantages, the major opportunities for growth in the agriculture sector are in the production of higher value crops, livestock, processing, and some agricultural niche markets.

Agro-processing and marketing. Only a small part of the domestic production is processed in Albania with the agricultural industry accounting for just around 8 percent of the GDP and employing only 5 percent of the national labor force. Currently, there are around 200 agro-enterprises operating with the largest investments in beverages, olive oil, and milk and meat processing. The development of agro-processing potential will be critical for the further improvement of agriculture and the rural areas. The agro-processing industry serves as one major, stable outlet for agricultural production and offers employment opportunities in rural areas. The marketing of processed, high quality products will also increase the likelihood that Albania will be able to compete in European markets and will find market niches. Organic production will certainly be able to take up a market segment. However, before Albania can be successful in reaching out to new markets, product quality needs to be improved and kept consistent; thus quality standards need to be issued and enforced. Most of the processing plants are small, and their impact on marketing is usually highly localized. Expansion is constrained by lack of capital, lack of expertise, and the high assembly costs of the products. Further development of the agro-processing industry will be critical for an improved connection of farmers with markets and an increased value added of local production. Marketing is handled by a variety of private traders and through local markets. The bargaining power of the farmer is small due to a lack of information on prices and to limited sale possibilities. Small market places exist throughout the country but are often very basic, and a number of larger wholesale and retail markets also exist. It will be important to improve the market infrastructure to function more efficiently as well as to ensure the maintenance of the markets.

The development of agro-processing should continue to be driven by private rather than public sector investment, and there should be no attempt to revive the inefficient state slaughterhouses, milk processing and meat packing plants. In some cases, such as in rural towns, the municipality or local government could invest in the construction of slaughterhouses and cold storage facilities, renting them out on a cost recovery basis. Such public sector investment can increase hygiene, reduce losses, and decrease the risk of food-borne disease. The major Government roles will be the establishment of transparent and enforceable regulations after extensive stakeholder consultations. Further investment in food safety is warranted, but it needs to be designed carefully so as not to deprive the rural and urban poor access to agricultural products.

Albania has an opportunity to explore some agricultural niche markets, like medicinal herbs, snails, olive products, honey, other bee products, cheeses and some meat products. However, these markets should be accessed in a sustainable manner. Especially with medicinal herbs, development should move towards the cultivation of these herbs rather than their collection in the wild, which risks depletion of the resource in nature. Processing these herbs in Albania would also add to their value. The Government can support the regulatory framework and export opportunities for these products as well as

improve the coverage in agricultural extension messages. However, the operation itself will need to be truly private and will remain a niche market profitable only to a small number of farmers establishing their businesses in this direction.

Further develop agro-processing that will increase the range of marketing outlets for farm products, as well as the possibilities for product transformation and adding value. Improve market access, which is presently constrained by limited demand and limited availability of suitable processing facilities and other outlets for livestock products.

Further investment in food safety is warranted, but needs to be designed carefully and should not deprive the rural and urban poor access to animal products. Develop an affordable livestock product safety control system that does not price essential food out of reach of the poor.

The development of a competitive agro-processing industry is essential for rural growth. Without such an industry, agricultural growth will be limited primarily to meeting domestic demand and the sale of fresh produce, and the benefits of producing labor intensive, high value products will remain untapped. Development of the agro-processing capacity will be affected by several factors, including the establishment of a stable and uncorrupt business environment, access to long term funding, and improved transport and communication infrastructure in rural areas. Expansion is constrained by the outdated technology in existing plants, lack of capital for new facilities, lack of technical and managerial expertise, high costs of assembly when farms are small and roads are poor, and poor knowledge of modern sales and distribution systems. While further development of agro-processing will increase the range of marketing outlets for farm products, as well as the possibilities for product transformation and added value, it should be driven by private rather than public sector investment.

Food Safety and Quality. Food safety is clearly an important aspect of public health management and consumer welfare. Improving food safety standards, however, goes beyond the simple adoption of regulations. It also requires investments at the producer and processor levels, will translate into higher product costs. Increased food costs have to be borne by consumers, many of whom are already under severe household budget pressure. Lastly, increased food safety regulations require public enforcement. Developing new food safety regulations will also need to include the design of a transition strategy to higher levels of food safety standards.

Albanian agricultural products continue to be of lower quality than imported alternatives in terms of presentation, grading, and packaging. This places them at a disadvantage at a time when disposable incomes are rising and Albanian consumers are becoming more discerning. Lower product quality and the inability to comply with export standards also limit access to export markets. Food quality improvement is a function of both domestic and export consumer, supported by appropriate and enforceable regulations. Typically it is the private sector that improves food quality based on perceived demand, but publicly mandated food quality standards will also be necessary, especially for animal products and exported agriculture goods,.

Promotion of Agriculture Niche Markets. Several agriculture niche products, including but not limited to medicinal plants and herbs, snails, olive products, honey and bee products, cheeses and smoked meat, have considerable export potential, particularly to the EU.

The Government should explore measures to support this export potential in close collaboration

with the private sector. Recommendations include: (a) public policies, including (but not limited to) legislation and regulations on product safety and quality, and preferential market access agreements; (b) key public investments, for example, in infrastructure; and (c) private sector investments. However, these markets will need to be developed in a way that exploitation of resources and of common goods is avoided. Instead of production based entirely on the collection of products in nature, further research and technologies need to be developed to allow production of these niche products under farm management. The development of niche markets will certainly help to increase agricultural value added for some regions, but cannot be regarded as an all-round solution for an increase of marketable products and export products. Production of these products requires specialization of the producer. Only a limited number of producers will likely be able to expand in these markets.

The evolution of concepts and policies on rural and territorial development in Albania

1991- 2000 : Predominance of concepts and practices related to “ Agricultural policies “

All issues related to rural areas were equalized to the problems of agriculture. Funds, investments and projects were conveyed only in the function of agricultural development. Institutional capacities and evaluation indicators were developed only in relation to agriculture

2000- 2010 : Becoming aware of the fact that agricultural policies could not solve all the problems of rural areas such as : Employment of the population in the rural areas; Social and economic development of rural areas; Integrated use of the natural resources, social and economic potential of rural areas; Reducing the differences between rural areas and aligning them with urban and pre-urban areas ; Reducing the gap between rural and urban areas; Income diversification of rural areas; Protection of cultural values and historical heritage; Restraining the abandonment of rural areas/reducing the rural flight or rural exodus; Improvement of infrastructure and services...ect

Albania, under the influence of the EU experience on rural development, came the conclusion that these problems had to be solved based on a direct and integrated approach through the policies of INTEGRATED RURAL DEVELOPMENT. Thus to the logic of agricultural development which predominated till the 2000s three new elements were added :

1. Direct participation of local actors and institutions in development;
2. Introduction and application of the concept of territorial development;
3. Introduction of the concept of HORIZONTALITY – integration of various sectors of the economy and development strategies;

Development of the new model of rural development in Albania aims developing interlinks between ; Agriculture, Rural areas; Agro-intrustry; Territories;

The fundamental principles of this development policy;

DIVERSITY: rural development policies are designed to respond and to serve the specific economic, social – cultural and geographic contexts of each and every region based on actual and future needs;

PLURIACTIVITY : The structure of economic activities, services, income of rural families etc. should be complex in order to fully use the potential of the rural space;

Each and every recourse should be used fully and in harmony with the other recourses.

MULTIFUNCTIONALITY

In addition to the production of afro-food, agricultural activities can play other roles too such as :

1. Environmental protection (biodiversity protection; protection of land and water quality; forest protection; reduction of chemical pollution; protection of fauna and flora; ect)
2. Protection of landscape (protection of natural recourses; green tourism; sports environment; excursion ; curative centres; ect)
3. Develomentof rural areas (products and services typical to each region; developing rural tradition and cultural values; creatinf dynamic rural areas; creating synergy between agriculture; territory and social and environmental development) .

- Types of Rural Development Policies applied or to be applied in Albania;
- Policies to compensate for adverse natyral conditions or peripheral positioning of rural areas (highlands, diavantaged areas, difficult to reach, ect)
- Policies to diversify agricultural activities and stimulate the production of bio organic agroo-food
- Policies to protect the environment and in particular areas with special natyral resources
- Policies to improve the living conditions through the increase of public services offered in rural areas and the quality of infrastructure;
- Policies to valuate the regional agri-cultural products, artisan crafts, hand-made products and other historical and cultural products;
- Policies to develop agro-tourism for local / regional clients as well as foreign tourists;
- Policies regarding the structure or composition or re-composition of territories in Albania;
- Policies to increase the income of rural families through the development of new economic activities, services, acces to urban agro-food markets, etc

New policies and concepts on rural development have contributed to the proliferation of an integrated rural strategy based on :

- Valoritazion of endogenous local potencial;
- Vizion centered on strategic territorial development;
- Wider activities in the rutal areas;
- Global and decentralized financial administration;
- Design of integrated multi-sectorial projects;
- Establishment of horizontal partnerships and moving away from the logic of “verticality”
- Cooperation with a large number of local/regional network of actors and institutions;
- Transformation of rural development into an instrument for democratic and political modernization of rural areas;

- Alignment with the policies and strategies on rural development of the European-Union contributing to the accession process.

The city of Tirana : The Eating City 2014

Tirana, the capital city of Albania, is situated in the centre of the country, at only 40 kilometres (km) from Durrës, the largest port in the country, and 26 km from Mother Theresa Airport, the country's only civil airport.

Metropolitan Tirana has experienced a drastic demographic change caused primarily by internal migratory flows. The demographic growth in Tirana has led to urban expansion and loss of productive land to the point that the regional food balance is now negative. An analysis of poverty distribution shows that urban areas have lower poverty levels and higher consumption rates per capita than rural areas. Tirana also has the highest socio-economic inequality rate: poverty levels average around 18 percent of the city population, vary considerably and are higher in the suburban mini-municipalities.

Tirana's population has grown from 250,000 in 1990 to 620,000 in 2011 within the administrative area of the Municipality of Tirana (MoT). For the year 2025 the metropolitan area of Tirana (including the communes on the periphery) are estimated to amount to 1 million or more inhabitants. The demographic growth in Tirana has led to urban expansion and loss of productive land.

The poor in Tirana are food-insecure. In 2005 the population of Tirana consumed 215 151 tonnes of food and is expected to consume 282 783 tonnes by 2016. City supply and distribution channels were characterized by fragmentation and confusion regarding role specialization. Consumers appeared to be demanding higher standards of service in the food market (55 percent think that they have inappropriate market facilities and 68 percent see street selling as a problematic issue).

There were 15 public markets in Tirana, although only 70 percent of this surface was exploitable, only 50 percent of the capacity is exploited in the meat market. Transport infrastructure near markets was also poor and likely to deteriorate as food demand increases. Hygiene and maintenance conditions were vary from market to market, but were generally poor. Sixty percent of fruits and vegetables sold year-round were imported from other countries, while rural areas of the Tirana district contributed only seven percent of the total supply. The lack of a urban regulatory plan for Tirana added confusion to the markets' organization.

Considering the above situation the Consumer Protection Agency (CPA) was established for the first time at MoT in 2011

Mayor Basha's statement

"We will establish the Consumer Protection Agency, which will offer transparency of the market products. The establishment of this agency will enable new services to the consumers. The Municipality will not close the eyes against price increases and food safety" Oct 2011

Administrative and legal structures responsible for ensuring the competitive nature of markets, and protecting consumers from abuses. CPA aims to better inform the consumers to possess the relevant knowledge about their rights in relation to the markets and

providing public services. CPA is working basically to protect consumers rights and to increase transparency and show the responsibility for food safest and food supply of municipality towards its citizens

The CPA at MoT is also in charge of activities and initiatives related to the establishment or expansion of the FSDS, including:

- the planning and construction of markets on land that it administers;
- the choice of space designed for trading activities;
- logistics in partial urban plans;
- the establishment of a physical regulatory frame for markets, i.e. regulating road construction,
- parking spaces, electricity and fire fighting services, security and expulsion of informal vendors.
- In all territory of the Municipality of Tirana, on the basis of urban division and expansion of municipal units, operate 22 open sales markets, of which 16 markets administered by municipal LGUs (local government units) and 6 markets by private structures.

Photo : Markets in Tirana





À table avec les religions, a research of Benvenuti in Italia and Risteco

Benvenuti in Italia, in collaboration with Mensa Civica, Risteco company and the Swiss Foundation Fondation Charles Léopold Mayer pour le Progrès de l'Homme supported a research project concerning religious food dietary laws, school canteen service and

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religious pluralism, moving from three case-studies: Turin, Rome (Italy) and Zaragoza (Spain). The project is led by MariaChiara Giorda, the research équipe is composed of Luca Bossi and Elena Messina, parts of Benvenuti in Italia Scientific Committee), “Public Spaces and ReligiousPluralism” research area, (www.benvenutiinitalia.it).

The research team collaborated with Dr. Gladys Arby (Zaragoza case-study), Sara Casiraghi (gastronome) and dr. Paola Durelli (nutritionist). Schools can provide a fundamental opportunity for the prevention and the promotion of healthy lifestyles, because they can encourage the implementation of a coherent set of integrated actions, involving both public and private actors. Improved nutrition should be one of the priorities on each school agenda because of the positive effect on children's well-being. It is a matter of fact that the links between food practices, learning ability and school performance are very strong.

The main objective of the study is represented by exploring the differences in the diet and food habits among children, living in Europe and coming from foreign countries, and to define how public institutions, such as primary schools and school canteen services, can consider the religious and traditional beliefs regarding nutrition. Overall, food consumption might be addressed as a fundamental social issues religiously and culturally defined, as it can become an instrument of inclusion and social cohesion .

Survey data were collected through different methods:

- Gathering information on the food selection, food beliefs regarding religions;
- Charting a map of religious needs of children attending primary schools;
- Analysing nutritional, economic and environmental issues concerning food distributed in school canteen services (with references to local foods and environmental impact of their consumption);
- Analysing school canteen service in Italy and in different European Countries;
- Analysing good practices developed in the surveyed areas, with reference to religious pluralism and nutrition;
- Analysing questionnaires, concerning religious needs involving parents of the children attending selected schools in Turin, Rome and Zaragoza.

The project involved:

- 6 primary schools (Italy and Spain);
- 2.012 students;
- 848 families involved in the questionnaires survey.

The most important consideration, which built the basis for this research, is the assumption of the existing religious pluralism. Regardless to the process of Secularization, often seen as the decline of religious beliefs and practices in modern societies, these societies are much more multi-religious, plural and complex than before.

The much debated and controversial problem of the presence of religion in public spaces assumes great importance, for scholars and involved actors, with references to their status of citizens or public, cultural and political institution representatives.

Undoubtedly, school represents the context, where, more than anywhere else, it is possible to experience the significance of religious diversity and of a culture of acceptance and inclusion.

With regards to this consideration, it would be useful to consider how public school teach about religion/religions – with reference to the challenges that religious pluralism set within the educational system.

« The market day » June 14th 2014

The second day, of the eating City in Tirana, was the Market Day, organized by the Municipality of Tirana, The Agro-Business council Albania and RISTECO.

There were 17 agro-businesses at the market organized in one of the squares in Tirana « Vellezerit Frasheri »

The media broadcasted during the whole day the activity.

Conclusions and recommendations

Setting up and opening markets will obviously require involvement of public funds and/ or powerful donors.

Investments in already established markets is aimed at re-planning location and redesigning offered service mixes and upgrading necessary infrastructure.

Increased efficiency of the market system will create opportunities for eliminating the abusive and speculative component of marketing margins, thus allowing for a reduction of retail prices; if costs are lower, lower margins will be needed to cover them.

Suburban 'informal' areas should be legalized and become attractive locations to establish markets and slaughterhouses.

Central and local governments would need to do joint programmes aiming at supply regulation and should work together in developing local capacities.

Municipality staff need more training and guidelines on effective management of the markets.

Food stuffs wholesale markets and fruit and vegetable wholesale markets should be in different locations and well distributed throughout the city – both of which are not the case at present in order to allow better planning of public retail markets, which get their supplies from wholesalers.

Meeting the increased food demand of the urban population will be problematic if links between rural and urban areas are not strengthened.

Special attention should also be paid to the establishment of other local markets and collection infrastructure, which would improve the overall efficiency of the market system.

Upgrading and modernizing future markets is vital for future demographic growth, otherwise the growing needs of Tirana will be satisfied by informal markets that emerge spontaneously around the city.

If the central government does not show any special interest in investing in market infrastructure improvements, in ten years the capital city's market will be in the hands of imported goods and rural areas will see their unsold products go to waste.