



## Women Empowerment through Food and Traditions Make food not war!

**Tell me what you eat ... so I know who you are!**

**How to empower a group of Women in Lebanon through their traditional food and cuisine, develop their expertise and create a catering line of their own cuisine.**

In the context of unfortunate events taking place in Lebanon, Palestine and Syria ... Souk El Tayeb attempts to look beyond the damaging reality, bringing a breath of fresh air to the women of those countries.

Souk el Tayeb, in partnership with national and international partners, developed and launched different projects targeting different groups of women, from different nationalities and backgrounds:

### **1. Atayeb Falastine project – (Bounties of Palestine)**

***Palestinian Traditional Cuisine By Women of Ain El Helwe Camp (located in the south of Lebanon) and Nahr el Bared Camp (in the North of Lebanon)***

A project in collaboration and support of the International Labor organization (ILO) and the Norwegian Embassy in Lebanon – developed in 2012 aiming to empower Palestinian women livelihoods in both Ain el helwe and Nahr el Bared camps

### **2. Falastine 100 % project – (100% Palestinian, 100% women, 100% quality food)**

***Palestinian Traditional Cuisine and Mouneh By Women of Burj el Barajneh Camp (located in Beirut)***

A project in Collaboration with a local association in Burj el Barajneh Camp (Women's Program Association) and the support of Alfanar – targeting Palestinian women of Burj el Barajneh Camp

### **3. Atayeb Zaman projects – (Bounties of Yesteryear)**

***Traditional Cuisine by Syrian Refugees and Lebanese Women***

**Part I** – in partnership with Caritas and the support of UNHCR – targeting Syrian women refugees installed in Dekweneh, Beirut –

**Part II**- following the success of the part I – a 2nd project was launched with Caritas and UNHCR targeting Syrian women refugees installed in Rmeileh, South.

### **4. Atayeb Cheghel el Beit – (Bounties of Domestic Workers)**

***Asian and African Cuisine by Migrant Domestic Workers in Lebanon***



This project is in collaboration and support of the International Labor Organization ILO – targeting a group of migrant domestic workers from Asia and Africa: Sri Lanka, Bangladesh, Madagascar, Cameroon, Benin ... all these exceptional women working in our homes, and here have another reason to live, to be proud of what they are and share their history, culture and food with us!

#### **5. Atayeb Trablos:**

This project is in collaboration with Ruwwad el Tanmia – on the front war in Tripoli (in Syria street) targeting = 10 war widows from each side - Jabal Mohsen and Bab el Tebeneh ... who will be gathered in the kitchen!

#### **6. Syrian refugees in Halba Akkar project I:**

This project is in collaboration with IRC, targeting 24 Syrian refugees' women and men – located in Halba Akkar.

#### **7. Syrian refugees in Halba Akkar project II:**

A second project in collaboration with IRC, targeting a new group of 24 Syrian refugees' women and men – located in Halba Akkar.

#### **8. Syrian refugees in Halba Akkar – a mouneh project:**

This project in collaboration with IRC; targeting a new group of 25 Syrian refugees' women and the mouneh category – located in Halba Akkar

#### **9. Soufra:**

This project is a part II of falastine 100% project –in collaboration with the Women's Program Association in Burj el Barajneh camp, targeting 15 Palestinian women and the mouneh category.

#### Ongoing projects:

##### **1. Afkar:**

An upcoming project in collaboration with The AFDC, targeting 25 women in Ramliyah; chouf and the traditional mouneh of this village.

##### **2. Use of Excess potato and leafy greens in Akkar:**

The Akkar region is generating potatoes and leafy greens in excess; vegetables that are grown by most farmers in this region. In order to tackle this issue, the project aims at



using the excess leafy greens and potatoes in food production (ready to eat food, mouneh, and vacuumed products). This will happen through empowerment and skill development of women living in Akkar, the latter will be trained on food production and food processing and this will be able to create their own cooking and catering lines.

Upcoming projects:

**1. Syrian refugees in Dekweneh – mouneh project:**

This project is in collaboration with IRC – Mount Lebanon – targeting 25 syrian women located in Dekweneh; mount lebanon

**2. CDR projects** in Tripoli and Baalbek

Souk el Tayeb's projects include cooking trainings with chefs and experts as well as workshops on food safety, selling skills, body language, self confidence ... with specialists and drama therapist. In addition to a full support in the corporate identity creation of the cooking line: Brand Name, logo, label production and a menu development.

Every project kicks off with a launching event taking place at Souk El Tayeb's weekly farmers' market followed by a regular participation at the farmers' market and kitchen - Tawlet.

Souk el Tayeb carries on those projects with the hope of creating new opportunities for the women, through their partaking in national culinary occasions and events (cooking, catering, etc...)

Upcoming  
activities

A –  
Development  
of projects with  
new groups

B –  
Institutionalization

C –  
Marketing Support

D – Central kitchen Development  
including:  
•Production kitchen  
•Training Kitchen