



FOODPRINT The Mediterranean Diet Revisited

PHOTOGRAPHY WORKSHOPS

FOODPRINT is a cross-media project that tells the story of the creation of the Mediterranean Diet and explores why it is relevant to our lives today. It focuses on sustainability, health and history, aiming to explain how simple peasant food has come to be celebrated as one of the world's richest and healthiest food cultures.

Connecting Greece, Italy, Spain, Portugal, Morocco, Croatia and Cyprus, the project is based on a contemporary traveling **photography exhibition** bringing alive an age-old way of life practiced across the Mediterranean for centuries. Parallel activities include documentary screenings, educational programs and culinary walks.

One of the most important actions of the project are the **PHOTOGRAPHY WORKSHOPS** in which participants are invited, through hands-on sessions with professional photographers, to create works based on the theme of the Mediterranean Diet. The workshops' central theme is "**Food Heroes**" and subjects can include people working in markets, home and restaurant cooking, agricultural activities, farm to fork initiatives, migrant communities etc.

The workshops aim to encourage young people to discover the values of the Mediterranean Diet, to make a connection between art and food and communicate the ideas of **cultural heritage, health and sustainability**.

The implementation of the workshops is scheduled to take place over the span of a year, starting from October 2022, in Greece, Italy, Cyprus, Croatia, Turkey and Albania. In some exhibition venues, we will aim to exhibit the work of the participants.

- Aimed at teenagers aged 12 -16.
- 10- 15 participants take part in each workshop.
- The workshops are designed to take place during a period of two days, preferably over a weekend.
- The workshops will be tutored by experienced photographers and/or educators.
- Participants will be encouraged to participate in a photography competition organized by Foodprint.

What is a 'Food Hero'

Food is a basic human need and right – we all need it to live!

Food Heroes are the people that help produce and deliver affordable, nutritious and sustainable food. Food heroes are protectors of our health, defenders of the Earth's natural resources, and guardians of social and cultural traditions.

From scientists, farmers and cooks to persons running local grocery stores, or vegetable gardens- our heroes help shape what and how we eat for the better.

The theme of 'Food Heroes' is inspired by a campaign run by the Food and Agriculture Organization (FAO), focused on raising awareness about sustainable food systems.

Workshop Format and Timeline

The workshop starts with a discussion about the Mediterranean diet, in relation to health, sustainability and cultural heritage. This will be followed by a visit to the exhibition (in person or online). Participants will then be introduced to the idea of "Food Heroes" and explore potential subject choices. The photographer or educator can offer practical guidance about portrait photography.	2 hours
Participants will attend a guided outdoor photography session, in a location chosen by the facilitators or suggested by the students. Examples are neighborhood restaurants; urban gardens, family kitchens, vegetable markets, bakeries etc.	4 hours
The participants show their photos to the group and they discuss the choice of subject, quality of image and composition, etc.	3 hours
Each participant presents their favorite image and reflects on its meaning. Participants submit their favorite photo to the #foodprint Photo Competition, including a title and caption.	1 hour

Photography Competition

Foodprint is launching an international photography competition on **October 16, 2022**, to coincide with the **World Food Day**. The competition is open to photography amateurs of all ages around the world, and will run for a whole year, until October 16 2023. Participants are encouraged -but not limited- to submitting images based on the theme of 'Food Heroes', accompanied by a title and caption. Each participant can submit up to 5 images in total, which will be posted on the Foodprint instagram and facebook pages.

Announcement of specific instructions, jury members and prizes coming soon!

For more information or if you are interested in organizing a photography workshop in your area, contact Mary Ignatiadi at the following address: mary@anemon.gr