

## **FOODPRINT. The Mediterranean Diet Revisited**

Fondazione Brescia Musei welcomes an international project, realized with the support of the Creative Europe programme of the EU, which travels on a tour around the Mediterranean: from Turkey to Italy with a stop in Brescia, then in Cyprus, Albania, Croatia, North Macedonia and finally in Greece.

Foodprint tells the story of the Mediterranean Diet, recognized as part of humanity's Intangible Heritage by UNESCO because of its unique qualities, providing solutions to some of the planet's contemporary challenges: the loss of biodiversity, food waste and climate change.

More than an exhibition, Foodprint is a complex project that revolves around the photographs taken by five European photographers in Greece, Italy, Spain, Portugal, Morocco, Cyprus and Croatia, touching on themes such as sustainability, identity, nourishment, health. The exhibition is only a part of the rich schedule that includes documentaries, photographic workshops, meetings, educational workshops, culinary events.

A project aims to inspire a younger generation and bring greater awareness on the importance of food in our lives today and in the future.

The Brescia exhibition is accompanied by a rich program of events involving many local and non-local partners: Roberto Abbadati, Chris De Bode, Cinema Nuovo Eden, Coldiretti Brescia, Cuocadè, ENAC Lombardia CFP Canossa, IlVespaio, the Urban Library System of the Municipality of Brescia, Slowfood Brescia.

## **ACTIVITIES**

Saturday 14 January and Sunday 5 and 12 February, 4 pm

### **KIDS AGAINST FOOD WASTE!**

*Interactive game for families with children aged 6 to 11.*

After a visit to the exhibition, kids play with a large playful and interactive track, in recycled material, to reflect on food waste and what it is caused by. By "driving" a pickup truck along a path full of obstacles, they will retrace the food chain and learn the good daily actions to do at home. They will also discover which particular objects can be created by recycling agricultural and food waste, bread crumbs, fruit peels and much more!

Cost: € 8 per participant

Reservation required: CUP 030.2977933-834 [cup@bresciamusei.com](mailto:cup@bresciamusei.com)

In collaboration with **IlVespaio**

Sunday 15 January, 10.30

### TASTE READING

#### *workshop for families with children under 5 years old*

Taste is the sense that will guide young visitors from the page to the table, through exquisite and unusual gastronomic-literary interweaving. Surrounded by the evocative photographs on display in the exhibition, listen to amusing readings on food by the librarians of the Urban Library System, to then create a special notebook between cauliflower and salad!

Cost: € 8 per participant

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Saturday 21 January, 3.15 pm

### KNOWLEDGE IN A DRIP OF OIL

#### *Olive growing in the Province of Brescia between history, culture, and sensory pleasure*

Nadia Turelli, vice President of Coldiretti Brescia and owner of Az. Agr. Leonardo, Sale Marasino, Brescia.

Simone Frusca, Coldiretti olive tree manager

The event will be opened by a visit to the Foodprint exhibition at 3.15 pm. At 4 pm, in the Auditorium there will be a conference about the cultivation of the olive tree in our Province: the history, the relationship with the territory, the symbology and the use in the religious sphere. Followed by a guided tasting session of extra virgin olive oil, to learn and recognize the different qualities and characteristics of the oils of our province and correctly interpret the contents of the labels.

Free event with reservations required: CUP 030.2977833-834 [cup@bresciamusei.com](mailto:cup@bresciamusei.com)

In collaboration with **Coldiretti** Brescia

Sunday 22 January

### THE OIL FROM THE TABLE TO THE CANVAS!

#### *workshop for families with children over 5 years old*

On the occasion of the day dedicated to the inauguration of Bergamo Brescia Italian Capital of Culture, is proposed a workshop on oil, the basic ingredient of the Mediterranean Diet. Do we really know it? Let's discover together its history, its different properties and why not... artistic!

Cost: free on the occasion "Capital of Culture"

Reservation required: CUP 030.2977933-834 [cup@bresciamusei.com](mailto:cup@bresciamusei.com)

Saturday 4 and 5 February

### CONTEMPORARY PHOTOGRAPHY WORKSHOP FOR YOUNG PEOPLE AND ADULTS

The well-known Dutch photographer Chris de Bode, after taking some of the images displayed in the exhibition in Brescia, returns to the city for a two-day contemporary photography workshop focused on the representation of food. Participants will be invited, through the practical teachings suggested by the photographer, to create their shots dedicated to the theme of the Mediterranean Diet.

Free participation, subject to availability, with reservations required: CUP 030.2977933-834  
[cup@bresciamusei.com](mailto:cup@bresciamusei.com)

## Tuesday 7 February, 3.00 pm adult workshop

### FLAMINGO OR PARROT? WHAT ARE WE EATING TONIGHT?

#### *adult workshop*

A culinary journey to discover recipes and habits of the ancient Romans but also how their food style adhered to the historical model of the Mediterranean Diet, essentially based on the triad "bread-oil-wine", elements that remain central even in the current diet of the peoples overlooking the Mediterranean.

The activity includes a visit to the exhibition and to some Roman finds in the Museum of Santa Giulia.

Cost: €8 per participant

Reservation required: CUP 030.2977933-834 cup@bresciamusei.com

## Wednesday 8 February, 8.00 pm

### THE VILLANS (Documentary, Italy 2018, 83') by Daniele De Michele

Italian popular cuisine, loved and imitated all over the world, is threatened by the progress of a gastronomic and cultural model that is the same all over the world, and for now it is kept alive only by those who, in our country, live and work personally in contact with land and animals. An original work that shows lives, sacrifices and satisfactions of those who have chosen to produce healthy and wholesome food.

Cost: € 4 per participant

Presale [www.nuovoeden.it](http://www.nuovoeden.it)

In collaboration with **Cinema Nuovo Eden**

## 18 February, 5.30 pm

### DE MARI NOSTRO

#### *meeting and tasting with chef Roberto Abbadati*

White room of the Museum of Santa Giulia

A special evening with an articulated program dedicated to one of the main ingredients of the Mediterranean Diet: fish!

It starts at 17.30 with a visit to the Foodprint exhibition. At 6.15 pm in the White Room of the Santa Giulia Museum, chef Roberto Abbadati will take us on a special tour of the Mediterranean Sea, narrating its flavours, traditions and aromas, to then conclude with a spectacular fish-based tasting, a small gastronomic Odyssey between Morocco, Spain, Greece, Italy, Croatia and Cyprus.

At the end, a small gift will be given to all participants.

Cost: €13 per participant

Reservation required: CUP 030.2977933-834 cup@bresciamusei.com

19 February, 3.45 pm

### SUSTAINABILITY ACCORDING TO SLOWFOOD: FROM THE BOOK TO THE PLATE

Prof. Francesco Sottile, professor of tree cultivation and biodiversity and quality of the agri-food system at the University of Palermo. Member of the Board of Directors of Slow Food International.

White room of the Museum of Santa Giulia

At 15.45 visit to the Foodprint exhibition. At 4.30 pm, Professor Francesco Sottile, member of Slow Food International, will present his book **Dalla parte della natura**. Very often we talk about nature, the natural environment, natural resources. But what do they mean? Who is part of nature? We understand the point of view of the soil, of plant and animal organisms, of natural resources such as light and water. An opportunity to reflect on where man has lost his way and how he can find himself to guarantee a future for himself and for the planet.

At the end, a tasting of legume soup, organized by the **Slow Beans network**, Italian producers of legumes linked to **Slow Food**.

Free participation, subject to availability, with reservations required:

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In collaboration with **Slow food Brescia**

Wednesday 22 February, 8.00 pm

### THE REBELS OF FOOD

*Documentary, Italy 2021, 53')* by Paolo Casalis

In the geography of a food market dominated by large-scale distribution, the documentary shows some realities, the pride of Italian gastronomy, an example of a sustainable, positive production model, yet not supported or encouraged. The film tells the daily challenges of small food producers.

Cost: €4 per participant

Presale [www.nuovoeden.it](http://www.nuovoeden.it)

In collaboration with **Cinema Nuovo Eden**

Saturday 25 February, 2.30 pm

### TODAY I COOK!

*White room of the Museum of Santa Giulia*

A real cooking workshop for children and parents that starts with a story about the origins of the Mediterranean Diet and its ingredients and then creates a recipe! Chef for a day to create tasty farfalle made of fresh colorful pasta with vegetables to take home for dinner! An opportunity to get together and share the pleasure of food from the kitchen to the table.

Cost: €13 per participant

Reservation required: CUP 030.2977933-834 [cup@bresciamusei.com](mailto:cup@bresciamusei.com)

In collaboration with **Cuocadè**

## FOR THE ENTIRE DURATION OF THE EXHIBITION

### LEAVE A MARK: FAMILY RECIPES

*A special corner where you can leave and exchange your family recipes inside the exhibition!*

### FOOD HEROES

*Collection of photographs from the world*

Non-professional photographers of all ages and from all over the world are invited to send their shots, on the theme of "Food Heroes". Each participant can send a maximum of 5 photographs, accompanied by title and caption, to the email address: [foodprint.contact@gmail.com](mailto:foodprint.contact@gmail.com) by 16 October 2023

The images will be published on the Instagram and Facebook pages of the Foodprint exhibition.

The photographs will be the subject of a group exhibition at the EMΣΤ National Museum of Contemporary Art in Athens, in October 2023.