Output factsheet: Pilot actions

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| Project index number and acronym | CE 111 FOCUS IN CD |
| **Lead partner** | MUNICIPALITY OF MARIBOR (LP MOM) |
| Output number and title | O.T3.1 Development and implementation of 10 pilot projects – pilot “Testing of real life environment use of gluten free offer in restaurants” |
| **Responsible partner (PP name and number)** | PP9 Hungarian Coeliac Society - Tünde Koltai |
| **Project website** | <https://www.interreg-central.eu/Content.Node/Focus-IN-CD.html> |
| **Delivery date** | 05- 2019 |

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| Summary description of the pilot action explaining its experimental nature and demonstration character  |
| The only well-known and effective treatment of coeliac disease is the lifelong and strict gluten-free diet. This means that the patient cannot eat more than 10 mg of gluten/day. This is a really small amount and the patients usually are worried about the consequences of the unintended diet faults and they are afraid to go eating out of their home. That’s the reason why they limit visiting restaurants and travelling in their country and abroad – consequently their quality of life is worse than it could be.Our aim was to find restaurants, where the owner and the staffs know what it requires a coeliac patient as a safe gluten-free meal, trained and the whole food preparation work is controlled.Our activities performed are listed below:* training for hospital kitchens and the public catering provider
* training for restaurants (in Budapest and countryside)
* organization of 2 stakeholder conferences with all relevant ‘players’ of hospitality business
* creating an Instruction booklet for restaurants in Hungarian and in English
* creating an A3 chart for helping to choose the safest gluten-free food in restaurants for the coeliac customers.

For coeliac patients the safe ‘gluten-free restaurant network’ will increase the quality of life and decrease their social burdens. They will be again active members of their social network and can go out for program where eating is an essential part without fear and worry. |

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| NUTS region(s) concerned by the pilot action (relevant NUTS level) |
| The NUTS regions involved in the pilot project are listed here below: HU10 Közép-MagyarországHU21 Közép-DunántúlHU22 Nyugat-DunántúlHU23 Dél-DunántúlHU31 Észak-MagyarországHU32 Észak-AlföldHU33 Dél-Alföld |

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| Expected impact and benefits of the pilot action for the concerned territory and target groups |
| The pilot project is beneficial for different generation groups (coeliac disease is a lifelong disease) and different stakeholders (public, university (students and teachers), dieticians, gluten-free food producers, commercial companies of HO-RE-CA sector, restaurants’ managers and owners), and support the coeliac patients.Benefits: 1. The pilot project puts the patients in the centre, gives them support, helps them to better cope with the disease, to better manage their condition
2. Give knowledge and skills to other stakeholders to reduce problems, risks, diet compliance, complications
3. Raise awareness of coeliac disease
4. Gluten-free food safety and security
5. Improvement of CD society service: offers CD society a tool to improve their services, involves more interested volunteers, which leads to sustainability of the society.

Long term effect/expected impact: Better quality of life of chronic celiac disease patients. |

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| Sustainability of the pilot action results and transferability to other territories and stakeholders |
| * Sustainability of the pilot action

Our pilot project fits to the Eating Out Gluten-free of the Association of European Coeliac Societies. This Working Group now finalizes the minimum criteria of a safe restaurant environment for coeliac patients. The group works on harmonizing the different systems which are already used In Italy, Spain, the UK, Finland and Germany. Thanks to the harmonized system, our restaurants could became later easily part of the “Gluten-free European network”. We will participate in the AOECS Eating Out working group meeting and will continue try to harmonize the existing different systems.The model could be upgraded/improved/tailored to other “free-from” food preparation and other regions.The Instruction booklet could be translated into other languages by request of the national societies.Volunteers are educated and well-motivated. We will, based on available knowledge, plan activities to ensure sustainability of the results* Transferability Outside your region

Pilot activities and achievements will be transferred to other regions and countries via AOECS, and other national events with other patients organizations (diabetes, allergy, local coeliac associations) and some exhibitions or conferences (hotels, restaurants, etc.) |

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| Lessons learned from the implementation of the pilot action and added value of transnational cooperation |
| We invited partnership with LP and PP6 as they might have benefit from the information/training material and the program for checking the food safety and security in restaurants.Pilot activities and achievements will be transferred to other regions and countries via AOECS, and other national events with other patients’ organizations (diabetes, allergy, local coeliac associations) and some exhibitions or conferences (hotels, restaurants, etc.). We will participate in the AOECS Eating Out working group meeting and will continue try to harmonize the existing different systems. |

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| References to relevant deliverables and web-linksIf applicable, pictures or images to be provided as annex |
| Project websites and Facebook site:- <https://www.interreg-central.eu/Content.Node/Focus-IN-CD.html>- <https://www.facebook.com/focusincd/>- <https://www.coeliakia.info/focusincd-hu> |