

Costa Rica, Continued

Economic and Community Development Through Culinary Cuisine



Economic and Community Development

Goals are:

- Teach young women who have tourism traffic in their shops better culinary practices.
- Young women who do not want to have a shop will have skills to work in tourism resorts
- Create a cookbook done by students and girls they mentor, publish and sell to help support The Sustainability House.
- Establish an annual culinary event at CATIE
- New Idea: Food(fresh/frozen) as a delivery service to tourists in Air B&B/Booking.com and vacation homes or anyone who chooses not to cook.



Project Elements

- Training young Costa Rican women in Culinary Arts
- Using US graduate students to mentor the women
- Developing and/or modifying recipes using indigenous/locally grown food
- Exploring western flavor notes/teach women about palates of tourists
- Teaching nutrition components for enhanced cooking methods



A woman with long dark hair, wearing a blue tank top with the word 'SWEET' on it, is smiling and holding a tray of food. She is standing at a food festival or fair. In the background, there are other people, a large crowd, and a sign that says 'MIGHTY'. In the foreground, there are various food items, including a plate of small appetizers, a yellow bowl, and some flowers.

Advancing Culinary Skills

- Host a “Culinary Festival” on CATIE campus. Invite local chefs to partner with young women, get to know them, possible employment opportunities.
- A competition for best dish based on Costa Rican tradition using locally grown ingredients judged by western chefs. Winner gets a culinary scholarship.

Progressing the Culinary Cuisine



Offer meal service to those visiting the botanical gardens and the sustainability house



Work with CATIE to explore a university managing the cafeteria



Develop food service for tourists staying at Air BnBs



Indigenous
Ingredients



Traditional
Dishes



New Cooking
Techniques



Improved
Nutrition

Cocina Tica Nueva



Anticipated Organizational Alliances

International Club
Arlington Sunrise

Other District 5790 Clubs
Including Denton

Host Club Target
Cartago, Costa Rica
(4240)



The Tropical Agricultural Research
& Higher Education Center (CATIE)

Texas Women's University
College of Health Sciences
(Nutrition & Food Sciences)

University of North Texas –
College of Merchandizing &
Hospitality

Timeline

Week of Aug 14th

Week of Aug 21th

Week of Aug 28th

Global Grants Application

Establish a Steering Committee

Reach out to Cartago Rotary President

Establish Formal Project Plan

Create Project Budget

Submit Global Grant Application

Sept

Oct

Nov

Dec

Jan

Feb

March

April

May

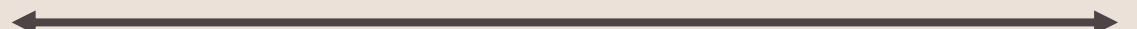
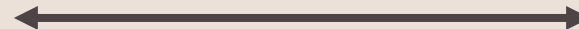
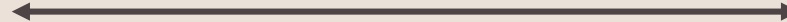
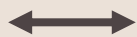
June

Global Grants Application

Develop culinary education program

Coordinate culinary festival

Establish culinary advancement opportunities



Questions

- Can we spend \$30K on this project? If so, on what?
- Host club? - Cartago Rotary Club....Mark be the point of contact to connect with the President of Cartago
- Locally sourced foods?? **Rescue** Locally sourced **food products forgotten in Costa Rican cuisine**
- How do we measure success?? **Maybe base on cases of recipes incorporated in the restaurant of the women, hotels in Costa Rica, cafeteria of CATIE. Also, articles on magazines specialized in culinary art.**
- How do we sustain the project?? Annual culinary event
- **second edition of the book,**
- **a course annually offer to USA universities that come to Costa Rica for a Study Abroad Course with a service project connected to culinary art.**