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IN THE LOOP



Monthly newsletter for TRACEUS, co-funded by the Erasmus+ programme of the EU



Introduction to E-Seniors

E-Seniors is an NGO founded in 2005 by Monique Epstein, our Executive Director. E-Seniors aims to develop digitalisation and to fight against e-exclusion of older people in France, mainly in Paris. E-Seniors offers ICT training courses for seniors and makes them aware of the importance of ICT solutions in their daily lives. We also offer interactive gaming activities in senior residences, retirement homes and day care centres.

We also implement numerous European projects, through H2020, Erasmus+ and the EIT Health and Food, aiming at empowering seniors and preserving their physical and mental health in the face of ageing.

Patrizia and Marianne are the two European project managers in charge of TRACEUS. Within the TRACEUS project, they are in charge of the management of the grant given to E-Seniors and of the good implementation of the programmed activities, collecting the needs and expectations of the seniors for the technical partners of the project, who will realise the online tools.



OVERVIEW

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Project Updates

Winter has turned into Spring, but many of our partner countries are still or again in lock-down. Our project however is gathering pace, we have all become adept at zoom meetings! All the partners have now recruited their co-creators, who have already given us some invaluable feedback on the website, and on the training needs of seniors.

Our website will be online in the next few weeks, and we are turning our attention to our learning platform – one which will soon be familiar to all participants.

At our last meeting, it was decided to continue this newsletter for the whole lifetime of the project, so we will have the opportunity to meet all our co-creators, and to hear about even more recipes and food traditions throughout Europe and beyond.

Spotlight on French co-creators

Meet our French co-creators, Guy and France! They are married and share the household chores, including cooking. France is a good cook, although she considers herself to be within the norm. While Guy makes very simple recipes. France loves to cook with her youngest daughter. Their son can also cook very well, and makes more elaborate dishes. France has already given cooking lessons to children in care. She cooked basic recipes with them in a very playful way.

They both like recipes from different countries because they have travelled a lot. For recipe inspiration, France goes to the local organic market and chooses fresh products that she will combine according to her desires.

She cooks a lot of fish because she is from Normandy and she gets her recipes from her mother who used to cook a lot of fish. Guy's mother also cooked fish every Friday as a religious obligation. But he didn't really like it until he met France who made him



love fish with her family recipes. Guy cooks mainly steaks and manages the different cooking times very well. He would be motivated to make simple desserts (like a pound cake for example).

France has kept her mother's traditional recipes such as roast pork with apples, recipes for blanquette, pot-au-feu; but carrot soup is one of her favourites. They don't often look for recipes on the internet, they prefer cookbooks. France often consults them, especially for quantities.

Guy and France want to share their traditions and heritage through the TRACEUS project, but also learn new exotic recipes.



To make carrot soup

Serves 4

Ingredients

1 large onion, chopped
50 g fresh ginger
3 cloves of garlic, finely chopped
1.5 litres of water or vegetable stock
25 cl white wine
600g carrots cut into thin strips
2 tablespoons fresh lemon juice
Salt and pepper
Chives or parsley, chopped

Method

Melt the onion in a saucepan over a medium heat, then add the garlic and the ginger. Cook for 15 minutes. Add the vegetable stock and the carrots. Bring to the boil and then cook over a medium heat for 45 minutes. Mix the soup and before serving, add parsley, lemon juice, salt, pepper and possibly a little curry powder. Can be eaten hot or cold.

