

5-PROTEG: pre-cooked foods based on meat protein for senior citizens

Summary

The main objective of the 5-PROTEG project is to develop pre-cooked food dishes that provide the nutritional requirements necessary for the segment of the elderly population in good health (seniors).

The project is presented by TALLER DE CUINA BON GUST, SL (BONGUST, a company with experience in the precooked dishes sector) and MATADERO FRIGORIFICO DEL CARDONER, SA (MAFRICA, a company in the meat sector specialising in the slaughter, cutting and processing of meat products).

The two companies have designed a working plan involving 5 activities to study and design the best strategy in the preparation of pre-cooked dishes to meet the nutritional needs of senior citizens, in partnership with the Eurecat technology centre and with the coordination of INNOVACC.

At the same time, 5-PROTEG aims to investigate the possibility of valorising ingredients (meat off-cuts) to make application of a health declaration on pre-cooked food dishes possible.

Objectives

The following technical objectives are established to achieve this general objective:

- Identify and select local ingredients appropriate to the specific requirements of senior citizens that are part of the recipe for the pre-cooked food dish.
- Select and analyse the valorisation of meat off-cuts arising from processing in the handling primarily of pork, but also of beef and lamb, as a source of protein.
- Optimise and adapt the process involved in producing pre-cooked food dishes in order to meet the nutritional requirements of senior citizens.
- Provide a response for people who live alone or with their partner, as well as for residential homes with their own kitchen or those with the capacity to include pre-cooked food products in the diet that they provide for their users.

Description of the measures planned in the project

1. Definition of the nutritional requirements of senior citizens
2. Description of the off-cuts to be valorised
3. Design of pre-cooked food dishes
4. Development of pre-cooked food dishes
5. Analysis of results, reports and dissemination

Expected results and practical recommendations

5-PROTEG will enable BON GUST and MAFRICA to contribute to the promotion and awareness of the importance of a balanced, varied and healthy diet suitable for maintaining the functional and mental state of the individual and improving the quality of life of senior citizens by developing pre-cooked dishes, and at the same time make them more competitive in the pre-cooked food market by valorising cuts of meat that currently have limited commercial outlets.

Leader of the Operational Group

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Coordinator of the Operational Group

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Other members of the Operational Group (grant recipients)

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Subject area(s) of application

- Agricultural production system
- Agricultural practice
- Agricultural equipment and machinery
- Livestock farming and animal welfare
- Vegetable production and horticulture
- Landscape / Territorial management
- Pest and disease control
- Fertilisation and nutrient management
- Soil management
- Genetic resources
- Forestry
- Water management
- Climate and Climate Change
- Energy management
- Waste and by-product management
- Biodiversity and environmental management
- Food quality/processing and nutrition
- Supply chain, marketing and consumption
- Competitiveness and agricultural and forestry diversification
- General

Geographical area(s) of application

PROVINCE(S)	REGION(S)
GIRONA	LA GARROTXA
BARCELONA	EL BAGES
TARRAGONA	EL TARRAGONÈS
LLEIDA	EL BAIX CAMP
	EL SEGRIÀ

Dissemination of the project (publications, seminars, multimedia, etc.)

<https://www.innovacc.cat/2019/07/19/ajuts-obtinguts-per-a-7-projectes-pilots-de-grups-operatius-del-darp-2018/>

<https://www.innovacc.cat/2019/07/19/aliments-de-5a-gamma-amb-base-de-proteina-carnia-per-a-la-gent-gran-5-proteg-3/>

https://www.innovacc.cat/wp-content/uploads/2019/06/0-Presentaci%C3%B3-AG-10juny2019_compressed.pdf (PAGE 38)

Presentation to the Extraordinary General Assembly of 18/12/2019 (PAGE 48)

Project website

<https://www.innovacc.cat/2019/07/19/aliments-de-5a-gamma-amb-base-de-proteina-carnia-per-a-la-gent-gran-5-proteg-3/>

More information on the project

PROJECT DATES	TOTAL BUDGET
Start date (month-year): July 2019	Total budget: €198,233.77
Completion date (month-year):	DARP funding: €81,014.02
Current status: Underway	EU funding: €61,115.85
	Own funding: €56,103.90

With funding from:

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Order ARP/133/2017 of 21 June, approving the regulatory bases for grants for cooperation for innovation by promoting the creation of European Association for Innovation operational groups in the areas of agricultural productivity and sustainability and the execution of innovative pilot projects by those groups, and Resolution ARP/1282/2018, of 8 June, announcing the call for the grant.

