

FONDO ASILO MIGRAZIONE E INTEGRAZIONE (FAMI) 2021-2027

Obiettivo Specifico 1 Asilo – Misura di attuazione 1.b) – Ambito di applicazione 1.d) – Intervento e) -
"Piani regionali per la tutela della salute dei richiedenti e titolari di protezione internazionale in condizione di vulnerabilità".

Directions and suggestions for host communities



Offer a weekly minimum in fish and legumes: 450 g fish and 450 g cooked legumes (e.g., canned beans or frozen peas) or 150 g each when dried

Limit the weekly offer of meat and eggs: maximum 4 eggs and 500 g between white and red meat per person

Provide the apartments with a kitchen scale



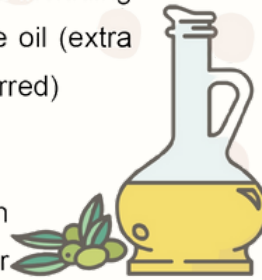
Provide the apartments with a steamer basket.

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Directions and suggestions for host communities

Consider a maximum of 4 tablespoons of oil
per person per day, or 40 ml in total including
both seed oil and extra virgin olive oil (extra
virgin olive oil is always to be preferred)

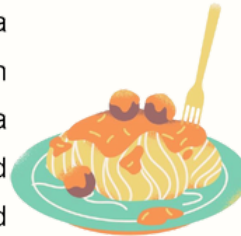


To season vegetables consider 1 teaspoon
of oil per person (5 ml), i.e. 350 ml of oil for
70 people



Cook proportioned portions (e.g., with 70
guests, maximum 100 g of rice/pasta per
person, so 7 kg in total)

Impose a maximum number of extra
servings, e.g. 1 second serving only, which
should be a fraction of a portion and not a
whole one (if you cook in proportioned
portions, there should not be a full "second
serving" for everyone)



At breakfast define a maximum of 2 single
serve packets of butter and 2 of jam per
person.

For homemade bread: use a maximum
of 17 g of salt in 1 kg of flour



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Directions and suggestions for host communities



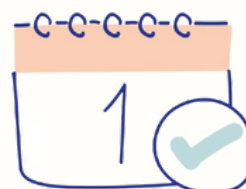
For both lunch and dinner, it is advisable to include each day one serving of raw or cooked vegetables, to be chosen according to season (vegetables do NOT include potatoes, peas, beans, chickpeas, and lentils)

Reduce potatoes to TWICE a week

Reduce fried food on the menu to ONCE a week

Alternate pasta and rice with other grains (barley, spelt, couscous).

It is advisable to reduce the consumption of rice to ONE to TWO times per week



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Lunch and dinner: practical examples

FIRST COURSE

Pasta/rice/barley/spelt/couscous served with simple sauces
(e.g., tomato, vegetables, oil and Parmesan) or in broth

MAIN COURSE

White meat (chicken, turkey, rabbit)	2-3 times/week
Red meat (beef, veal, pork)	1-2 times/week
Fish	3-4 times/week
Legumes (beans, chickpeas, peas, lentils) as a side dish, a condiment for the first or second course	3-4 times/week
Eggs (also as an omelet or flan)	1-2 times/week
Cheese	1-2 times/week
Ham	Maximum 1 time/week

Vegetables in season

Bread

Fruit in season

Extra virgin olive oil as a dressing

Dessert (1-2 times a week)