

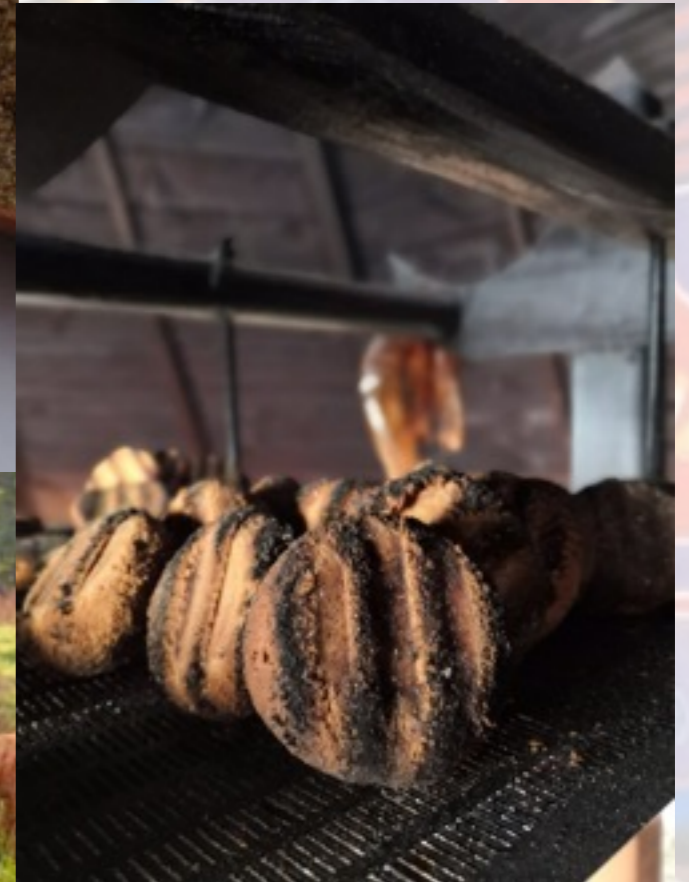
Iulia Fominykh, chef, restaurant “Tipografia”:
Safeguarding indigenous food systems in Altai, Russia
FAO, November 8, 2018

Examples of adequate and nutritious diets of indigenous people of Altai:

1. Talkan



2. Kurut (smoked cheese)



3. Maral meat



4. Mountanous honey



5. Orlyak fern



Problems:

- unsustainable modern diets based on imported products
- critically unsustainable sourcing of indigenous foods / potential superfoods

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How our restaurant “TIPOGRAFIA” safeguards indigenous diets and promotes rediscovery of local culture:

1. Seasonal menu with local ingredients / indigenous techniques / minimise food waste
2. Sensibilise and educate adults and children: taste education / responsible consumption (“society of clean dishes”, etc)
3. Engage active stakeholders, create community and share knowledge and responsibility



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KEY NOTES:

- 1) Educate population about local food history and traditional diets
- 2) Sensibilise and engage children and youth
- 3) Promote local superfoods and guarantee their sustainable sourcing and use

