

HEALTH TO MEET YOU



Latvian Healthy Food Traditions



Co-funded by the
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What is typical Latvian food?

Latvian cuisine typically consists of agricultural products, with meat featuring in most main meal dishes. Common ingredients in Latvian recipes are found locally, such as potatoes, wheat, barley, cabbage, onions, eggs and pork.

So what do we actually eat?



POTATOES EVERYWHERE



FATTY SAUCES



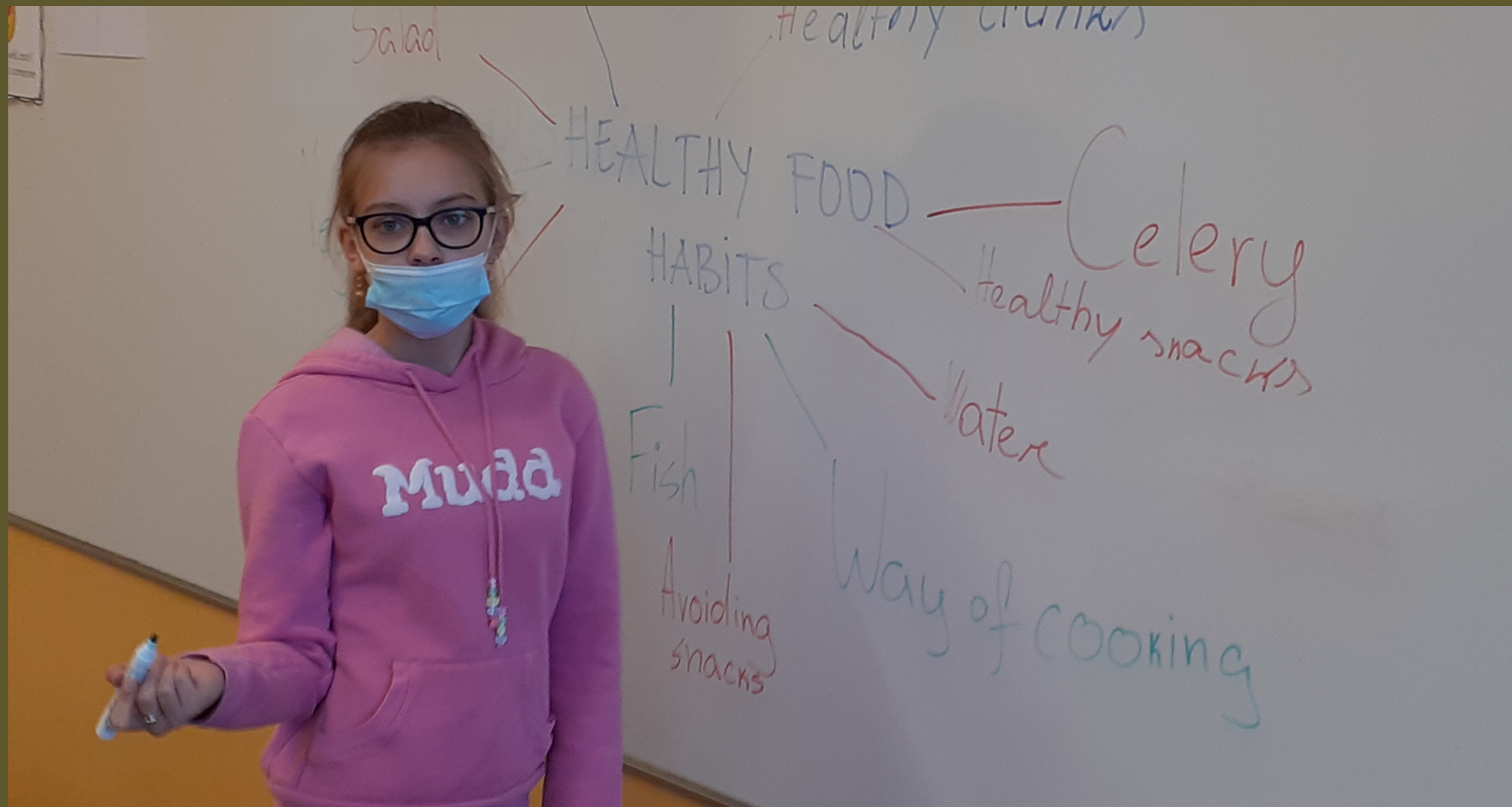
STRANGE COMBINATIONS



LESS SPICES



Are there any + points?





LATVIAN CUISINE IS
SEASONAL



EACH TIME OF THE YEAR IT
HAS ITS OWN DISTINCTIVE
PRODUCTS AND DISHES



WE GROW OUR OWN
VEGETABLES



WE EAT A LOT OF
DIFFERENT SALAD



**WE KNOW HOW TO CATCH
A FISH**



**AND TURN IT INTO A
TASTY DISH**



WE PICK EVERYTHING



**BECAUSE IT CAN ALWAYS
BE TURNED INTO
SOMETHING DELICIOUS**



EDUCATING SOCIETY



SHARING EXPERIENCE





IS BARBECUING GOOD?

WE LOVE IT!



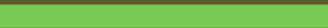


● SEASONALITY

● CONSUME
LOCAL
PRODUCTS

● HARVEST
FROM
NATURE

● SHARE
EXPERIENCE



**Thank you
for attention!**