

The project is sponsored by the Ministry of Tourism

OPATIJA'S CHOICE OF GLUTEN FREE DIET

Catering School Opatija
(project holder)



WHERE DOES THE IDEA COME FROM?



- ✘ interest comes from the earlier cooperation with the Celiac Disease Association of Primorje and Gorski Kotar County
- ✘ Our teachers and students learned about the celiac disease disorder through many different school workshops

CELIAC DISEASE DISORDER



Celiac disease-a lifelong disorder characterised by intolerance to GLUTEN

Gluten – a protein found in wheat, barley, rye, oats, kamut and triticale

HARMFUL!

- **ALL THE PRODUCTS CONTAINING THE ABOVE STATED CEREALS AND ITS FLOUR**
- Baker, pastry and industrial products
- + INDUSTRIAL PRODUCTS
(stabilizers, aromas, colors, barley malt, vegetable proteins)
- Malt beer, white coffee, whiskey, dry figs–white powder on them is often flour

Even the smallest amount of some cereals can damage those intolerant to gluten 

ALLOWED AMOUNT OF GLUTEN IS LESS THAN 20 ppm

- ✘ The only cure for celiac disorder is a gluten free diet for a lifetime



**HOWEVER,
EVEN THOSE SUFFERING
FROM CELIAC DISEASE
DISORDER CAN BE
GOURMANDS !!!**

HOW?



✘ ALLOWED FOOD :

- ✘ The emphasis is on fish, meat, fruits, vegetables and basic dairy products

all fruits: fresh, dry *

cereals: rice*, buckwheat*, millet*, corn, soya, sesame

all types of vegetables including potato, common vetch, rice, lentil, salad

all kinds of meat, fish, eggs

milk, butter, yoghurt, cream*, cheese*

sugar, tea, black coffee, cacao, jam, honey, marmalade*

pure ice-cream, pure chocolate, coffee substitute

starch, including the wheat starch

oil*, vinegar*, pepper, salt, yeast

*manufacturers can add flour and stabilizers, aromas, vegetable proteins....

OUR HOTEL INDUSTRY IS NOT READY FOR A GLUTEN FREE MENU AT THE MOMENT



REASON?

Expensive
ingredients?

Lack of
knowledge?

Complicated?

Additional
investment?

- ✓ gluten free diet is interesting to those with growing consciousness about food
- ✓ athletes are very interested in gluten free diet
- ✓ most guests would choose a gluten free diet if offered

PROFITABILITY OF INVESTMENT!

There are 50 000 people suffering from celiac disease disorder in Croatia

EXPERIENCE FROM THE SICK: DESPITE THE DISORDER, MY DIET IS HEALTHY AND TASTY

“There were no gluten free restaurants in the past year but there have been some gluten free meals on offer lately. It is good people are finally starting to talk about the celiac disorder that was almost unknown up to now.”

“Yet, as far as I’m concerned, when I go somewhere, I take what I make myself.”

“I keep my groceries and the dishes in a separate kitchen cabinet, I have my own cloths, forks and knives.”

“The supreme law about gluten free cuisine is: IF IN DOUBT, LEAVE IT !”

HEALTH TOURISM is expected to be one of the prime motives for future travelling considering that the “healthy living” trend is catching on fast

WE WANTED TO SHOW THE APPEAL OF GLUTEN FREE DIET THROUGH THIS PROJECT AND THE GLUTEN FREE LUNCH

and enable this form of preparing and serving meals to become a standardised gastronomic offer in Opatija

THE COURSE OF PREPARATION ...

- Students have been working on gluten free meals in the school culinary cabinets under the expert guidance of their mentor Damir Perman



The making of posters, menus, card names, gift messages, table decorations...



MAY 6TH

**... THE PRESENTATION OF GLUTEN FREE MENUS
IN OUR SCHOOL...**



OUR GUESTS :

- ❑ Minister of Science, Education and Sports Vedran Mornar
- ❑ Minister of Agriculture Tihomir Jakovina
- ❑ Deputy Minister of Tourism Daglas Koraca
- ❑ Mayor of Opatija Ivo Dujmić
- ❑ Representatives of Primorje and Gorski Kotar County, the Town of Opatija and other prominent caterers



...NOT ONLY THE STUDENTS TOOK PART IN THE PREPARATION OF THE GLUTEN FREE LUNCH AND LEARNED ALL THERE IS ABOUT THE DIET...

THEY ALSO HAD THEIR PHOTOGRAPHS TAKEN WITH THE DEAR GUESTS



... the principal Sibila Roth with the teachers who worked on the project
OPATIJA'S CHOICE OF GLUTEN FREE DIET ...

... with Marina Milinović , the Celiac Disease Association president of
Primorje and Gorski Kotar County in Rijeka and Daglas Koraca, the Tourism
Minister deputy ...



THE MEDIA ON THE PROJECT...

<http://www.opatija.hr/hr/vijesti/novosti/opatijaska-paleta-bezglutenske-prehrane,2347.html>

http://www.pgz.hr/Arhiva_novosti?year=2015&yearActive=yes&month=5&newsId=2879

<http://www.novilist.hr/Zivot-i-stil/Zdravlje-ljepota/Zdravlje/Radionicama-o-bezglutenskoj-prehrani-Ugostiteljska-skola-u-Opatiji-prati-trendove>



**THIS PROJECT IS OUR CONTRIBUTION TO THE
GROWING AWARENESS ON THIS SPECIFIC
NUTRITIONAL PROBLEM ...**

**AND BY EDUCATING STUDENTS, WE HOPE WE
HAVE ENABLED THE IMPLEMENTATION OF GLUTEN
FREE DIET IN DAILY GASTRONOMIC OFFERS OF
CATERING OBJECTS IN OPATIJA ...**