



United Nations  
Educational, Scientific and  
Cultural Organization



Intangible  
Cultural  
Heritage

# Representative List

Original: English and French

## CONVENTION FOR THE SAFEGUARDING OF THE INTANGIBLE CULTURAL HERITAGE

### INTERGOVERNMENTAL COMMITTEE FOR THE SAFEGUARDING OF THE INTANGIBLE CULTURAL HERITAGE

Fifth session  
Nairobi, Kenya  
November 2010

#### NOMINATION FILE NO. 00394 FOR INSCRIPTION ON THE REPRESENTATIVE LIST OF THE INTANGIBLE CULTURAL HERITAGE IN 2010

<b>A.</b>	<b>STATE(S) PARTY(IES)</b>
<i>For multi-national nominations, States Parties should be listed in the order on which they have mutually agreed.</i>	
Spain, Greece, Italy, Morocco	
<b>B.</b>	<b>NAME OF THE ELEMENT</b>
<b>B.1.</b>	<b>Name of the element in English or French</b>
<i>This is the official name of the element that will appear in published material about the Representative List. It should be concise. Please do not exceed 200 characters, including spaces and punctuation. The name should be transcribed in Latin Unicode characters (Basic Latin, Latin-1 Supplement, Latin Extended-A or Latin Extended Additional).</i>	
The Mediterranean diet	
<b>B.2.</b>	<b>Name of the element in the language and script of the community concerned, if applicable</b>
<i>This is the official name of the element in the vernacular language corresponding to the official name in English or French (point B.1.). It should be concise. Please do not exceed 200 characters in Unicode (Latin or others), including spaces and punctuation.</i>	
الطَّبْ آخَة المِتوس طيية؛ (attibakha al moutaouassittiya)	
Μεσογειακή Διατροφή (Mesogiaki Diatrofi)	

<p>La Dieta Mediterranea La Dieta Mediterránea</p>
<p><b>B.3. Other name(s) of the element, if any</b></p> <p><i>In addition to the official name(s) of the element (B.1.) please mention alternate name(s), if any, by which the element is known, in Unicode characters (Latin or others).</i></p>
<p>—</p>
<p><b>C. CHARACTERISTIC OF THE ELEMENT</b></p>
<p><b>C.1. Identification of the communities, groups or, if applicable, individuals concerned</b></p> <p><i>According to the 2003 Convention, intangible heritage can only be identified with reference to communities, groups or individuals that recognize it as part of their cultural heritage. Thus it is important to identify clearly one or several communities, groups or, if applicable, individuals concerned with the nominated element. The information provided should allow the Committee to identify the communities, groups or individuals concerned with an element, and should be mutually coherent with the information in sections 1 to 5 below.</i></p>
<p>The four identified communities, in a symbolic way, are: Soria (Spain), Koroni (Greece), Cilento (Italy) and Chefchaouen (Morocco). In these communities, traditions and symbolisms based on food practices, from landscape to cuisine, as elements of social sharing and celebrations, are developed and transmitted from generation to generation. The Mediterranean Diet is the expression of these traditions that are still alive within these four emblematic communities. Moreover, in the four States Parties, as well as in other Mediterranean countries, it is possible to identify a large number of communities which can illustrate the element.</p> <p>Point 4 and its annexes provide important complementary information to the identifications below:</p> <ul style="list-style-type: none"> <li>• <b>Spain: Identification of the community of Soria</b></li> </ul> <p>The community of Soria has a population of 40,600 people (2008). Inhabited since the Bronze Age, Soria has acted as a crossroads – it is said that it is “the meeting town” –, and has nourished itself from the Mediterranean cultural mixing. The town, its landscapes and its monuments witness this while its cuisine and social interaction confirm it. To the northeast, Ágreda, “the town of the three cultures”, recalls the co-existence on these high plains of the three Mediterranean monotheist religions: Hebrew, Christian and Muslim. Soria is the example of the inland territories and communities which are, however, still touched by the civilisation of the Mediterranean and imbued with its culture. In fact, Cicero referred to continental people as <i>homines maxime mediterranei</i> (“the Most Mediterranean men”). Today, as in the past, the Mediterranean Diet is always a major component of the identity of the members of this community.</p> <ul style="list-style-type: none"> <li>• <b>Greece: Identification of the community of Koroni</b></li> </ul> <p>Koroni (Κορώνη) is a municipality with around 2,500 people, living in six villages, the largest – 1,200 people – being Koroni. It belongs to the region of Messinia, well known for olive growing and other traditional crops and the millenary activity of Mediterranean interactions and exchanges of all kinds. Koroni, an eloquent example of a Mediterranean community, features the typical ecology of coastal Mediterranean communities in this basin: lack of water, olive trees, vineyards, cereals, cypresses and vegetable gardens arranged in terraces. Its people continue to wisely manage the natural resources and to apply traditional expertise to obtain, conserve and prepare food. Women play a key role as bearers of knowledge and experience but also as key figures in the transmission of the Mediterranean Diet, an essential vector of their identity. In</p>

Koroni the intangible meets the tangible.

• **Italy: Identification of the community of Cilento.**

The modern development of the Mediterranean Diet took place within the community of Cilento during the second half of the 20th century, strengthening the identity of the Mediterranean peoples in terms of this common heritage and attracting the interest of the whole world. The studies carried out by Italian researchers and notably by Ancel B. Keys and his team revealed the millenary qualities and values of an important heritage, transmitted from generation to generation: the Mediterranean Diet, the element of identity par excellence of the Mediterranean peoples. Today, it continues to be the characteristic element that accompanies the personal history of each individual in this community. Its Living Museum of the Mediterranean Diet is both a guarantee of the safeguarding of this element and a privileged tool for its transmission.

• **Morocco: Identification of the community of Chefchaouen**

The community of Chefchaouen (نواشفش) has a population of 54,562 inhabitants (2008). Since its foundation in 1471, its Jbala residents have welcomed the Moriscos (Muslims converted to Christianity) and the Sephardic Jews who left the Spanish Andalusia at the time of the Reconquista, making out of it over the years a very representative culture in northern Morocco. Chefchaouen is a model of biodiversity of great environmental importance. The wise management of these resources by the community of Chefchaouen is reflected by the Mediterranean Diet, by the close relation, from the landscape to the cuisine, between the people and the land. This element appears as a major expression of the individual and collective identity of the members of this community, in which the women potters, with their millenary knowledge, continue to ensure the essential artisanal component of this element.

**C.2. Geographic location and range of the element and location of the communities, groups or, if applicable, individuals concerned**

*This section should identify the range of distribution of the element, indicating if possible the geographic locations in which it is centred. If related elements are practiced in neighbouring areas, please so indicate.*

In the framework of this nomination, its geographic location is, of course, within the territorial limits of the four States Parties and concerns, in the widest sense, their respective human communities. Nevertheless, in keeping with the four communities identified, we limit our geographic field to that of these communities, as follows:

**In Spanish territory: the community of Soria**

Soria, the capital of the province of the same name, is located in the north-east of Spain, on the Castilian meseta (high plain) at an altitude of 1,063 m, latitude slightly higher than Barcelona and subject to a continentalised Mediterranean climate. The municipality covers 271 km<sup>2</sup> with a population density of 150 inhab./km<sup>2</sup>. Soria is located at the junction of several road axes which start or finish at the town. Mainly in the past and less used today, the cañadas (transhumance paths) have been the main axes of an important transhumance and of all kinds of cultural and economic exchanges.

**In Greek territory: the community of Koroni (Κορώνη)**

Koroni (Κορώνη) is a town in Messinia, a region in the south-east of the Peloponnesus in the south of Greece. The town of Koroni, inhabited by 1,668 people, is located in the bay of Messinia, 45 minutes south-east of Kalamata, the capital of the prefecture of Messinia. The town nests on the side of a hill, where there is an impressive Venetian castle, witness of historical exchanges, and reaches the sea, including the uninhabited island of Venetiko. The town is the capital of the municipality of Koroni, occupies 105,163 km<sup>2</sup> and has a population of 5,067 people, according to the 2001 census. The municipality also embraces the villages of Charokopeio (743 inhabitants), Chrysokellaria (528 inhabitants) and Vasilitsi (488 inhabitants).

**In Italian territory: the community of Cilento**

The community of Cilento (Italy) covers around 2,400 km<sup>2</sup> and has a population of around 270,000 people. Located in the south of Italy, it is a southern mountain sub-region of Campania

Region. It is limited in the north, by the rivers Sele and Tanagro, in the west and in the south by the Tyrrhenian Sea, in the south by the Gulf of Policastro, and in the east by the Vallo di Diano and the river Bussento. In the interested area there are 102 councils and the capital of the province is Salerno. A large part of the community is included in the National Park of Cilento and Vallo di Diano which extends to around 180,000 hectares in the southern part of the province of Salerno.

### **In Moroccan territory: the community of Chefchaouen**

Chefchaouen, capital of the province, is located in the north-western region of Morocco at an altitude of 600 m and is limited in the north by the Mediterranean Sea for 120 km. The community of 54,562 inhabitants has a density of 120 inh./km. Chefchaouen is rich in backwoods and includes one of the largest fir forests in Morocco, therefore constituting a natural park listed as an area of biological interest. Rich in water resources, it also has the long river Oued Laou which flows throughout the province, with the famous water sources of Ras elma, Tissemlan, Cherafat d'Akchour and Magoun.

### **C.3. Domain(s) represented by the element**

*Identify concisely the domain(s) of intangible cultural heritage manifested by the element, which might include one or more of the domains identified in Article 2.2 of the Convention. (This information will be used primarily for visibility, if the element is inscribed.)*

The element is transversally found mainly in:

- Oral traditions and expressions

Words have an important role in the transmission of the element. Songs, stories, proverbs, popular sayings or the omnipresent conversations at the end of a meal (*sobremesas* or *terdida*) always transmit a great deal of expertise and knowledge.

- Social practices, rituals and festivities

The important festivities are always those associated with family or group meals –often taking place in important and symbolic outdoor spaces of the community–, favouring neighbourliness, sharing and conviviality. All this is testified by the many *romerías*, *panigirias*, *sagre*, *moussems* and rites of passage.

- Knowledge linked to nature and universe

The activities and traditions of the communities, both farmers and fishermen, are the result of a wise dialogue between the land and the sea. The moon or the sun has always guided their preparation. The seasons cyclically awaken convocations and traditions.

### **D. BRIEF SUMMARY OF THE ELEMENT**

*The brief description of the element will be particularly helpful in allowing the Committee to know at a glance what element is being proposed for inscription, and, in the event of inscription, will be used for purposes of visibility. It should be a summary of the description provided in point 1 below but is not an introduction to that longer description.*

The Mediterranean Diet – from the Greek word *díaita*, lifestyle – is a social practice based on the set of skills, knowledge, practices and traditions ranging from the landscape to the cuisine, which in the Mediterranean basin concern the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption. This set, recreated within and by the communities identified in the territories of the four States Parties, is unavoidably linked to a seasonal calendar marked by nature and religious or ritual meanings.

The Mediterranean Diet as a unique lifestyle, determined by the climate and by the Mediterranean area, is also manifested through related festivals and celebrations. These events become the receptacle of gestures of mutual recognition, hospitality, neighbourliness, conviviality, intergenerational transmission and intercultural dialogue. This is how among these communities in particular, and the Mediterranean people in general, there is a feeling of

rebuilding identity, of belonging, and of continuity, allowing them to recognise this element as an essential part of their shared intangible cultural heritage.

## 1. IDENTIFICATION AND DEFINITION OF THE ELEMENT (CF. CRITERION R.1)

*This is the key section of the nomination to satisfy criterion R.1: “The element constitutes intangible cultural heritage as defined in Article 2 of the Convention”. A clear and complete explanation is essential to demonstrate that the nominated element meets the Convention’s definition of intangible heritage. This section should address all the significant features of the element as it exists at present, and should include:*

- a. *an explanation of its social and cultural functions and meanings today, within and for its community,*
- b. *the characteristics of the bearers and practitioners of the element,*
- c. *any specific roles or categories of persons with special responsibilities towards the element,*
- d. *the current modes of transmission of the knowledge and skills related to the element.*

*The Committee should receive sufficient information to determine:*

- a. *that the element is among the “practices, representations, expressions, knowledge, skills — as well as the instruments, objects, artefacts and cultural spaces associated therewith —”;*
- b. *“that communities, groups and, in some cases, individuals recognize [it] as part of their cultural heritage”;*
- c. *that it is being “transmitted from generation to generation, [and] is constantly recreated by communities and groups in response to their environment, their interaction with nature and their history”;*
- d. *that it provides communities and groups involved with “a sense of identity and continuity”;* and
- e. *that it is not incompatible with “existing international human rights instruments as well as with the requirements of mutual respect among communities, groups and individuals, and of sustainable development”.*

*Overly technical descriptions should be avoided and submitting States should keep in mind that this section must explain the element to readers who have no prior knowledge or direct experience of it. Nomination files need not address in detail the history of the element, or its origin or antiquity.*

The Mediterranean Diet – from the Greek word *díaita*, lifestyle – is a social practice based on the set of skills, knowledge, practices and traditions ranging from the landscape to the cuisine, which in the Mediterranean basin concern the crops, harvesting, fish, conservation, processing, preparation and, particularly, consumption. This set, recreated within and by the communities of Chefchaouen, Cilento, Koroni and Soria, identified in the territories of the States Parties, is associated to both daily life and to festivals and celebrations, to the seasonal calendar marked by nature and religious or ritual meanings.

### **a).- Social and cultural functions, and their current meanings, within and for the four communities.**

In the four communities, the Mediterranean Diet ensures important social and cultural functions:

- Function of bringing people together and strengthening social links.

Consumption, which in the Mediterranean means eating together, is the relational foundation and the guarantee of the identity and of the cultural and social continuity of the communities and their individuals. Eating together, in the identified communities, is a moment of intensity and solemnity, more or less explicit but always felt, of social exchange and of communication. It is a millenary inherited aspect of daily life: “We do not sit at table to eat but to eat together” (Plutarch). Today, this aspect remains untouched. Meeting around a table for a meal is a ritual, an “almost religious” moment of affirmation and of “rebuilding” of the family, the group or the community, of its values, history, environment, symbols and beliefs, of its way of life. It is an

occasion to share the present and to establish the future. On occasion of religious or secular festivities or rites of passage, these features are particularly broadened. Words have a major place at the table to tell, transmit, appreciate, present and celebrate. The ritual conversations at the end of a meal (“sobremesas” or “terrida”) are decisive contributions.

- Function of conservation of the landscapes, natural resources and traditional activities and crafts.

The landscapes express the close relation between these communities, their lands and their common sea. In the communities of Chefchaouen, Cilento, Koroni or Soria, the landscapes announce the cuisine, and the cuisine evokes the landscapes. . Out of respect for the seasonal cycles, they speak of tenacity, meticulousness, passion, millenary wisdom, always applied to the sustainable management of natural resources, to the unique efficiency in the traditional use of water, to the safeguarding of species and varieties, to the achievement of harmony on a fragile land and sea in a demanding climate.

The Mediterranean Diet, a system rooted in the respect for the territory, ensures the conservation and development of traditional activities and crafts linked to fishing and farming in the four communities, thereby guaranteeing the balance between the territory and the people.

- Function of contributing to physical and emotional well-being and to creativity.

Beyond the nutritional aspect of food to elevate it to the category of the sacred, the symbolic, the artistic and the festive, the Mediterranean Diet is today a heritage offering important benefits for the health, quality of life and well-being of the communities. This value, felt and experienced since antiquity, has now been demonstrated by science. The Mediterranean Diet offers a nutritional model enriched by diverse cultures which, over centuries, has essentially maintained the same food structure and the same proportions: olive oil, grains and derivatives, fresh fruits and vegetables, nuts, and to a lesser extent, fish, dairy products and meat, with an essential presence of condiments and spices. There is also a moderate consumption of wine or tea during meals while respecting religious rules and beliefs.

On special occasions, dishes are often prepared one or two days before, sometimes with ingredients picked or prepared, conserved and preserved carefully for months. These ingredients hold all the passion, excellence and expertise in the ritual of the preparation and all the symbolism, creativity and skill in the substance, form and presentation. It is then when the aesthetic dimension, the “beauty”, of the representation of food appears.

- Function of intercultural and intergenerational exchange.

During the preparation of meals, the oldest generations transmit to the younger generations the knowledge and expertise which characterise the Mediterranean Diet, thereby allowing an intergenerational dialogue, recreated on the occasion of each meal. This lifestyle means that eating together around the same table is a moment of social meeting, in the spontaneity of the youngest and the oldest, in an intercultural and intergenerational exchange occurring in everyday life.

The Mediterranean Diet is a privileged intangible space of intercultural dialogue, of closeness and sharing. It is the meeting point of neighbourliness and particularities.

#### **b).- Characteristics of the bearers and practitioners of the element**

In the communities of Chefchaouen, Cilento, Koroni and Soria, the richness of cultural expressions of the Mediterranean Diet that we still find living and dynamic comes from the power of its human vectors. Women and men, as true bearers and practitioners of the element, are often found within the family, the brotherhood, the guild or the association; that is, the whole population. Local institutions play a key role in the creation of frameworks allowing the protection of the element and in supporting community initiatives.

In point 4 of the form, the tables and documentary evidence related are the proof of the aforementioned and show how civil association movements are very important and dynamic, in this respect, in these four communities and how fundamental they are for its safeguarding and continuity.

#### **c).- Specific category of people with special responsibilities**

One group deserves special consideration: women, who always play a very important, often

essential, role in the transmission of expertise, in the recreation of the rituals, traditional gestures and celebrations, in the safeguarding of techniques, in the respect for the seasonal rhythms and the inclusion of all cultural, social and environmental values of the element in the education of the new generations.

**d).- The current modes of transmission of knowledge and expertise related to the element**

The members of these four communities transmit the knowledge and expertise linked to this element on a daily basis and permanently. This exchange is enhanced during festivals and celebrations. These extraordinary occasions – yet very frequent in the Mediterranean – allow exchanges and meetings, beyond their own horizons, and favour the sharing of the festivals and the local preparations of the neighbouring communities. In the Mediterranean, everybody is someone's neighbour. This is the case of *romerías*, *fiestas* or *patronales* in Soria, *panigiria* in Koroni, *sagre* in Cilento or *moussem* in Chefchaouen. There, the convivial sharing of the local typical dishes, as a group, occupying their most symbolic spaces, enjoying nature or the open air, brings people of all classes and conditions closer, thereby contributing to dialogue and mutual respect. These popular events are also, in the four communities, privileged places for the transmission of the element as well as moments to renew the complicities and the feeling of belonging and continuity.

In these four communities, the family, more or less extended, always has a great capacity of togetherness, particularly on the occasion of special days but also a far from negligible efficiency in the transmission of the Mediterranean Diet from generation to generation. At present, new social networks sometimes partially substitute traditional structures while others strengthen them. Also, new forms of leisure, of cultural and rural tourism, in respect for the environment and local qualities, under the principles of sustainability, open horizons for the reassertion, promotion and transmission of the Mediterranean Diet in these four communities. In this new context, the family also plays a very important role.

In Chefchaouen, Cilento, Koroni or Soria, the market – where sales are sometimes less important than bargaining – represents a special place for socialisation and for the recreation and transmission of the Mediterranean Diet. The market is also an essential cultural space of conviviality between the landscape and cuisine, which combines commercial, leisure and cultural activities and contributes to the exchanges and the daily rebuilding of identity.

Today, new ways of transmitting expertise and knowledge as well as of meaning are added to the informal and traditional modes of transmission (participation and imitation within the family, oral communication in the markets, etc.). In the communities identified we can find a large number of associations organising events, workshops, promotion campaigns or popular contests; cultural and culinary activities in schools; recording of expertise of elderly people; specialised publications; initiatives to reassert the value of preparations, rituals and festivals; promotional campaigns in the media. (See Point 4 for further information on the most significant events organized by each of the four communities).

**2. CONTRIBUTION TO ENSURING VISIBILITY AND AWARENESS AND TO ENCOURAGING DIALOGUE  
(CF. CRITERION R.2)**

*The nomination should demonstrate (Criterion R.2) that "Inscription of the element will contribute to ensuring visibility and awareness of the significance of the intangible cultural heritage and to encouraging dialogue, thus reflecting cultural diversity worldwide and testifying to human creativity".*

*Please explain how the element's inscription on the Representative List will contribute to ensuring visibility of the intangible cultural heritage and will raise awareness at the local, national and international levels of its importance. This section need not address how inscription will bring greater visibility to the element, but how its inscription will contribute to the visibility of intangible cultural heritage more broadly.*

*Explain how inscription will promote respect for cultural diversity and human creativity, and will promote mutual respect among communities, groups and individuals.*

The Mediterranean Diet is a unique heritage which:

- a) concerns a large number of people, with communities distributed among a transnational territory;
- b) is a multidimensional and cross-cutting element of the heritage which affects a large number of spaces and social levels as well as different fields of cultural and symbolic expressions;
- c) is an eminent example of the relations woven between intangible and tangible cultural heritage, between landscapes, the communities and the activities developed there and the products obtained.
- d) constitutes a major cultural, historical and identity reference for the communities of the four States Parties, in particular for the identified communities and, for those in the Mediterranean basin in general;
- e) constitutes the element of cultural heritage common to the four communities, the most visible and alive of their social fabrics;
- f) represents an intangible space of intercultural dialogue, of awareness, exchange and creativity as well as of meeting and convergence of common references and shared history.

This involves a marked presence of the Mediterranean Diet in society, within the communities and on the landscape. Consequently, all actions of promotion, development and safeguarding of this element of intangible cultural heritage – in particular its inscription on the Representative List – will have a notable amplifying effect in terms of intangible cultural heritage, thereby significantly contributing to its awareness and visibility. This, at a local, national and international level, will favour dialogue and respect for cultural diversity and will encourage human creativity.

The Mediterranean Diet, due to its characteristic intra and intercultural social practices, will allow the encouragement of mutual awareness as well as reciprocal recognitions, thereby contributing to bringing closer together communities geographically, and often culturally, distant and yet similar despite their particularities. This will also contribute to overcoming prejudices and atavistic cultural conceptions linked to the different religions, languages or historical episodes and, consequently, it will be an example at the international level.

For this reason, the inscription of the Mediterranean Diet on the Intangible Cultural Heritage List can demonstrate how the 2003 Convention managed to bring together apparently distant cultures, religions, histories and communities albeit linked by the same common cultural heritage. The 2003 Convention can therefore be confirmed as one of the privileged instruments for the promotion of intercultural dialogue, becoming the ideal meeting point between the communities.

In Chefchaouen, Cilento, Koroni and Soria, there is a vast network of institutions, associations, institutes, foundations and other organisations devoted to the research, the inventory, the promotion and the dissemination of traditions linked to the cultural, social and health aspects of the Mediterranean Diet. Both the density and vitality of their respective associations have been outlined as one of these important characteristics. The inscription of the Mediterranean Diet will



decisively increase the visibility of this network and its work, while reinvigorating its actions and strengthening its credibility and self-esteem.

In Chefchaouen, Cilento, Koroni and Soria, there is a vast network of institutions, associations, institutes, foundations and other organisations devoted to the research, the inventory, the promotion and the dissemination of traditions linked to the cultural, social and health aspects of the Mediterranean Diet. Both the density and vitality of their respective associations have been outlined as one of these important characteristics. The inscription of the Mediterranean Diet will decisively increase the visibility of this network and its work, while reinvigorating its actions and strengthening its credibility and self-esteem.

Recently, in the Mediterranean and specifically in the four States Parties and undoubtedly in the identified communities, we have witnessed a process of awareness-raising, at all levels, about the need to protect the cultural heritage represented by the Mediterranean Diet and to safeguard its knowledge, techniques, expressions, cultural spaces and health aspects, transmitting them to future generations. The attention given to this fundamental element of these four communities and the four respective States has already awakened great interest in the intangible cultural heritage at a local and national level. The mobilisation of the communities, the creation of new associations or the presence in the media are proof of this. The preparation process of this nomination has contributed to underline the need of preserving such important heritage. The inscription of the element on the List would significantly broaden all these effects and contribute to increase the visibility of the intangible cultural heritage in the Mediterranean basin, but without a doubt, around the world.

### **3. SAFEGUARDING MEASURES (CF. CRITERION R.3)**

*Items 3.a. to 3.c. request the elaboration of a coherent set of safeguarding measures as called for in Criterion R.3: "Safeguarding measures are elaborated that may protect and promote the element". Such measures should reflect the broadest possible participation of the communities, groups or, if applicable, individuals concerned, both in their formulation and in their implementation.*

#### **3.a. Current and recent efforts to safeguard the element**

*Please describe the current and recent efforts of the concerned communities, groups or, if applicable, individuals to ensure the viability of the element. Describe efforts of the concerned State(s) Party(ies) to safeguard the element, taking note of external or internal constraints, such as limited resources.*

## **SPAIN**

The **community of Soria** has developed initiatives for years with the objective of safeguarding the Mediterranean Diet. In the last fifteen years, the activities, efforts and involvement of the community at all levels have experienced great momentum, as illustrated by the following examples:

1. - 1995: First "Soria Health Month", later held annually every November, to promote the values of the Mediterranean Diet for the health and well-being of citizens. A large number of sectors of the local economy are involved and people participate every year in a large array of leisure, social or scientific activities.

2. - 1997: "Mediterranean Diet Breakfasts". Programme organised annually in several school centres in Soria with the objective of transmitting the values of the element to the new generations through the school. Includes the participation of bakers, artisan milk producers, fruit traders and so on, also well as members of the Association of Chemists and the Autonomous Government. Initiated by the Caja Rural de Soria.

3. - 1999: Publication and free distribution of 30,000 copies of the book *Salud y dieta mediterránea castellano leonesa*. Fundación Científica Caja Rural. Dr. J.M. Ruiz Liso. Publication and free distribution of 5,000 copies of the book *Salud y estilo de vida de los sorianos a principios del siglo XX*, on the benefits of the Mediterranean lifestyle and current

erosions of its values. Also, every five years there is a large distribution of a calendar, with each month dealing with an important aspect of the Mediterranean Diet.

4.- 2007: Since 2007, in autumn many citizens of Soria participate in the “Semana de la tapa micológica mediterránea” (Mediterranean Mushroom Tapas Week) which mobilises chefs, traders, artisans and families at a moment when nature offers a large variety of delicacies to the people: mushrooms, one of the essential ingredients for some of the most emblematic dishes of this community.

5. - 2008: Since 2008, the Hotel Alfonso VIII, one of the most reputed in Soria, had annually held in its restaurant the “Mediterranean Buffet” which, for several months and renewing its buffet every fifteen days, offers a complete regional gastronomic journey through the Spanish Mediterranean Diet. As of 2010, it will add a new annual proposal: the “Gastronomic Days of the Truffle and Mediterranean Diet”.

6. - 2006: Every year, in November and December the newspaper Heraldo de Soria, in partnership with the Fundación Científica Caja Rural, includes a daily contest aimed at students “Concurso del Dr. Despiste” (Doctor Scatterbrain Contest) in which they must discover the mistakes contained in the recommendations that this “weird” doctor makes to students in relation to the Mediterranean Diet. Fifty weekend trips are offered to the best participants.

7. - 2008: The journal El Mundo-Diario de Soria organises a contest on original family recipes based on the Mediterranean Diet. Winners are given olive oil, bread, wine and local fruits.

8.- 2008: The Fundación Científica Caja Rural annually organises the online game “DI-ME, the game of the Mediterranean Diet”.

9. - 2010: Song writing contest about the Mediterranean Diet in order to relive in a contemporary way a millenary tradition of songs linked to this heritage. They must be easy enough to be played by students. The contest and the jury are chaired by the composer and international orchestra conductor, Odón Alonso. The winners will be announced in September 2010.

10. - 1995-2010: Different organisations have organised numerous events in Soria including conferences, congresses and debates with the aim of promoting and disseminating the Mediterranean Diet and its related values.

11.- 2005: The Neighbours’ Associations of the different districts of Soria, in collaboration with other associations or City Hall, annually organise several popular festivals, group meals in the open air, Mediterranean cuisine workshops and lectures always leading to a key objective: to promote neighbourliness, solidarity and collaboration.

12. - 2009: Soria Town Council agreed in a plenary session that the new neighbourhood to be built should bear the name of “District of the Mediterranean Diet and Culture”. The

Town Council seeks to use town planning as an educational instrument. The streets, buildings and public spaces of this new neighbourhood will bear the name of products, values, qualities or symbols of the Mediterranean Diet (Olive Tree Square, Hospitality Street...).

13 .- 2009: The City of Soria, through its Protection Agency and cataloging of tangible and intangible cultural elements, the Archives of the Municipality of Soria, created on September 1st, the specific inventory of the Mediterranean Diet “offering the element a protection tool.

Other measures, at a **national level**, strengthen and support those developed by the community of Soria, such as:

Approval by the full Senate Report “Dissemination and Defense of the Mediterranean Diet”. (21/11/2002) Following the motion on 10/10/2000.

Creation of inventories in the Autonomous Communities (Protection of cultural, craftsmanship, technical, festivals, elaborations, oral).

Unanimous approval by the Autonomous Communities (National Historical Heritage Council, 11/10/2007), the nomination of “The Mediterranean Diet”.

Declaration of Institutional Support to the Mediterranean Diet “. Parliament of Catalonia (30/06/2009).

Declaration of the Mediterranean Diet, as an Element of Cultural Interest. Maximum Level of

Protection. Autonomous Community of Murcia Act 4 / 2007 -16/03/2007.

Promotion of the qualities / traditional elaborations (price): Food of Spain (twentieth edition. BOE25/10/200). Best extra virgin oils (eleventh edition BOE25/10/2006) Best Spanish cheeses (fourth edition BOE21/02/2007).

Workshop on the Mediterranean Diet, organized within the framework of the UNESCO program "Heritage in Young Hands" Patrimonio. Objectives: Visibility, dissemination, intercultural dialogue, relationship between cultural and material heritage. Produced as a part of the 33rd session of the World Heritage Committee (Sevilla, June 2009). Attended by nearly a hundred youth from several continents.

## **GREECE**

The **community of Koroni** has several organisations working for the safeguarding of the Mediterranean Diet and associated traditions:

1. - For years, the Koroni Agricultural Cooperative has developed important work for the safeguarding of the traditions associated to the Mediterranean Diet, reasserting the value of related knowledge, practices, symbols and experiences but also continuously working to guarantee the transmission of this heritage to future generations. In 2010, it is continuing to develop these actions.

2. - Since 1995, the Maniatakeion Foundation has worked on the safeguarding and promotion of tangible and intangible cultural heritage. In 2001, it published the book Kalligevston (Savoury Tastes) with the objective of promoting the cultural values of the Mediterranean Diet and its transmission to the younger generations. In 2009, it organised the conference "Historic Memory & Economic Growth" in Koroni under the aegis of the Hellenic Parliament and the collaboration of the Italian and French Embassies in Greece which deals with fundamental aspects of the Mediterranean Diet.

3. - The Foundation promotes social and humanitarian projects in Koroni, with the cooperation of volunteers. To this end, and with the aim of protecting the intangible cultural heritage of the community, including the Mediterranean Diet, it organises seminars and meetings as well as group meals. The Foundation also collaborates with folklore researchers with a view to cataloguing and producing films and other tools to document the intangible heritage of Koroni and Messinia.

4. - Since its creation in 1967, the association "Panagia i Eleistria" in Koroni has worked on the safeguarding and promotion of the tangible and intangible cultural heritage of the area, including the Mediterranean Diet. The events it organises are held both in Athens and in Koroni. Among them, we should point out the festivals, celebrations and popular meals aimed at reasserting the value of the local traditions and expertise in the community of Koroni, with particular attention to their landscapes, specialities and products, all of them imbued with millenary knowledge and symbols transmitted from generation to generation.

Moreover, the rich traditional oral heritage is also emphasised.

Other measures, at a **national level**, strengthen and support those developed by the community of Koroni, such as:

Convention for the Protection of Intangible Cultural Heritage of the UNESCO ratified by Greece, 22/12/2006, became state law 3521/2006.

Act 3028 / 2002 for the Protection of Antiquities and Cultural Heritage. Article 5: Intangible Cultural Elements should be protected and documented, Directorate corresponding to the Ministry of Culture. Law-decree defining protection measures for intangible cultural heritage.

The National Inventory of Intangible Cultural Heritage prepared and always enriched by the Ministry of Culture, according to the UNESCO guidelines from seminars / workshops.

Includes rituals, traditional crafts and social practices associated with the Mediterranean Diet.

Inventories of the Center for Ethnological Research of the Academy of Athens.

Supreme Scientific Council for Health. Adoption and Confirmation of the Dietary Guidelines for adults in Greece. Ministry of Health and Welfare, 1999.

## **ITALY**

The **community of Cilento** has done many activities for the safeguarding of the Mediterranean Diet among which are:

1 .- 2004: In Pioppi, the Mediterranean Diet Association - Cilento, Province of Salerno, the municipality of Pollica and the Cilento National Park have created the Living Museum of the Mediterranean Diet dedicated to Ancestral Keys;

2 .- 2005 - 2006 - 2007: In Camerota (Salerno), the community of Cilento held for 3 years "FOOD 4U", an awareness campaign for youth and teachers from schools of 16 European countries on the Mediterranean Diet;

3 .- 2006: The community of Cilento organizes the Mediterranean Diet Festival of the Mediterranean Diet which takes place every year and strengthens the social practice of the Mediterranean Diet;

4 .- 2007: Portal for the discovery and development of the rural Mediterranean. Produced under the cooperation project between Italy and Greece, aims to create a single brand to ensure the promotion of the area and its cuisines;

5 .- 2008: In the National Park of Cilento, the Province of Salerno and the Campania Region have organized the fifth edition of "The Green Exchange of European rural areas" which was entitled "The Sea and the Mediterranean Diet";

6 .- 2009: Roundtable "The Mediterranean Diet as a Heritage of Humanity" held at the National Archaeological Museum of Eboli (Salerno) with the participation of many NGOs and thousands of citizens;

7 .- 2009: Deliberation of the Province of Salerno to support the nomination of the Mediterranean Diet as Intangible Cultural Heritage of the Community of Cilento;

8 .- 2009: Association for the Mediterranean Diet - Diet and Lifestyle and the New Medical School of Salerno have organized an 5 days international meeting on "The pleasures and benefits of the Mediterranean Diet - a social practice to prevent cardiovascular disease".

At a **national level**, other measures strengthen and support those developed by the community of Cilento, such as:

Ministerial Decree No. 8 of the Minister of Agricultural Food and Forestry Policies and of the Minister of Cultural Heritage and Activities, 9/04/2008.

Recognition by the Office of the Prime Minister's Adviser Briefing: Proposal on recognition of the Mediterranean Diet as Intangible Cultural Heritage of Humanity by UNESCO. (n.4.18/2008/86)

Circular No. 10 Criteria and procedures for the preparation of regional lists and autonomous provinces for traditional food products. Government of Italy. 21/12/1999.

Ministerial Decree No. 350. Regulation contains standards for the individuation of traditional products. Government of Italy. 8/09/1999.

Legislative Decree No. 173. Development of the gastronomic heritage (art. 8). Government of Italy. 30/04/1998.

## **MOROCCO**

Several decisions, actions and activities supporting the enhancement and protection of the heritage of the Mediterranean Diet in Morocco have been taken or are on their way. The **community of Chefchaouen** has long engaged in activities for the safeguarding of this element, including the following examples:

1 .- 2008 call made by the "Culinary Heritage Initiative" Committee chaired by the food journalist Mohamed Kheir Bennani, followed by a campaign under the slogan "Protect Moroccan cuisine. Twenty organizations interested in Moroccan food culture, part of the Mediterranean food culture, have joined the campaign.

2 .- 2009: The Sedraoui association was heavily involved in the nomination process by organizing workshops to present the objectives of the nomination and especially in encouraging women to re-value the Mediterranean diet in their kitchen at Dar Sannae Tetouan (June 2009).

3 .- 2010: The Municipality of Chefchaouen organized on February 26-27 the Provincial Exhibition of local products, with a round table on the Mediterranean Diet. During this occasion the First Meeting between the four communities (Chefchaouen, Cilento, Coron and Soria) will be

held in Chefchaouen to strengthen relations and explore all possible collaboration projects and shared future for preservation, promotion and development of the Mediterranean Diet. Also, to contribute to the visibility of Intangible Cultural Heritage.

4 .- 2010: Under the patronage of the UNESCO, 3rd International Forum Planète Terroirs be held in Chefchaouen May31, June 1 and 2, 2010 in the heart of the Intercontinental Mediterranean Biosphere Reserve. The Forum organized through a partnership between the Ministry of Culture, the Municipality of Chefchaouen, Chefchaouen and ATED-Terroirs & Cultures, program activities and workshops on the Mediterranean Diet as intangible heritage.

Other measures, at a **national level**, strengthen and support those developed by the community of Chefchaouen, such as:

1. - 1977: Decree 864-75, 22/09/1977. Creation of the National Committee of Seeds and Plants.
2. - 1983: Decree on the homologation of the technical regulations related to the production, control and certification of the strawberry plant. 1477-83 of 21/12/83.
3. - 1987: Decree on the homologation of the technical regulations related to the production, control and certification of the olive tree, 923/87 of 29/06/87.
- 4.- 2003: Decrees on the homologation of the technical regulations related to the production, control and certification of seeds and plants of:
  - vines, 2100-03 of 03/12/2003
  - almond and fig plants, 2099-03 of 03/12/2003
  - citrus fruits. 2098-03 of 03/12/2003

### **TRANSNATIONAL MEASURES**

Final declarations: 7th Meeting of the Ministers of Agriculture and Fishing of CIHEAM Member States. Saragossa, Spain, February 3-6 2008. The absolute support to cultural, social, environmental and economic effects of Mediterranean Diet, its application and its inclusion on the List is provided explicitly in the statements.

Council of EU Agriculture Ministers (16/07/2007). Unanimous approval of the agenda item about the defence of the Mediterranean Diet and its inclusion on the Representative List of the ICH of Humanity.

These initiatives are held annually with the aim of reasserting the value of the element, thereby contributing to its visibility and safeguarding, as well as the visibility of intangible cultural heritage in general.

### **3.b. Safeguarding measures proposed**

*For the Representative List, the safeguarding measures are those that may help to solidify the element's current viability and to ensure that its viability is not jeopardized in the future, especially as an unintended result of inscription and the resulting visibility and public attention.*

*Identify and describe the various safeguarding measures that are elaborated that may, if implemented, protect and promote the element, and provide brief information concerning, for example, their priority, scope, approaches, timetables, responsible persons or bodies, and costs.*

Within the transnational framework of this nomination, the four States Parties are working, along with the four identified communities, on implementing measures with the aim of preserving the Mediterranean Diet and avoiding possible erosions which may affect it at a national, regional and local level.

Over the last few years, due to the effects of globalisation and the large movements of people, the landscapes, techniques and knowledge related to the Mediterranean Diet are under threat.

Greece, Italy, Morocco and Spain, by working with the communities fully involved in the nomination process, agree on the need to encourage research, documentation and inventories as well as all kinds of initiatives and actions for the protection of the Mediterranean Diet. These

States wish to reinvigorate the links with the other Mediterranean countries in order to promote cooperation, exchange experiences and build joint strategies with a view to safeguarding this shared cultural heritage. This process is underway.

The process for the preparation of this nomination has unleashed great dynamism and important synergies within the four communities. This has already allowed specific proposals:

- Meeting between the institutional and community representatives and the work teams of the four communities in Chefchaouen (Morocco) on 26th and 27th February 2010 to analyse the different possibilities of cooperation in the safeguarding, promotion and dissemination of the common element of intangible cultural heritage: the Mediterranean Diet. This meeting will be followed by three others over the next few months, in each of the other communities, in which diverse projects will be approached.
- Proposal of twinning between the four communities with the aim of creating strong links in order to bring the people together based on common and shared projects and activities. Early contacts have already been established.
- Exchanges of information on the projects underway in each of the four communities with the aim of promoting dialogue and awareness and to benefit from the experiences of each of them in terms of the safeguarding of the Mediterranean Diet. Planned for 2010.

The four communities, in partnership with the four States Parties, will also develop awareness-raising programmes and campaigns with the objective of safeguarding this element and strengthening the initiatives of the four communities. Technical, legal, administrative and financial measures have already been studied and set out and will be adopted. Moreover, forums, roundtables and other forms of promotion and dissemination will be implemented. Scientific, technical and cultural studies will be encouraged. Young researchers from training centres and universities in this field will be invited to undertake research works and inventories. In the identified communities, local institutions, museums and documentation centres, as well as cultural associations, will receive support to develop initiatives for the preparation of inventories on this element as well as any action strengthening its visibility or which may contribute to its transmission. In order to improve people's knowledge and awareness of the Mediterranean Diet, education programmes, especially among youth, will be strengthened or initiated as appropriate.

Among the national measures which will make the safeguarding actions effective, we can mention, based on the transnational framework of this nomination, the creation of an online Mediterranean Diet database in Italy, which will be a national reference point for the safeguarding of this heritage and which will be linked to other databases in the other States Parties presenting this nomination. In Spain, the launching of a virtual platform of knowledge and exchanges in the transnational field will favour the social network, where all levels of civil society will find a channel to obtain information, exchange knowledge, propose initiatives and set out a transnational public forum on the Mediterranean Diet. Based on the synergies that the preparation of this nomination has already produced within the identified communities, a large number of partnerships between them have already started: future twinings, information exchanges, forums and many others.

Given the unique characteristics of this heritage, its richness and transnational nature, there will be a gradual planning of safeguarding measures, accompanying the meetings between the States Parties and their technical teams, as well as with the communities, in order to establish the details of the corresponding strategies. To this end, in this nomination project we present general objectives which are the framework within which we can adopt measures, develop actions and evaluate the exact times and resources necessary in the short and long term. From this point of view, the inscription of the Mediterranean Diet on the Representative List will provide major encouragement. Also, a series of actions on different areas directly related to the four communities and sometimes already ready to be applied, have been highlighted on the table (italic on gray background).

The following table very generally shows initiatives which will allow the protection and promotion of the element for the 2010–2012 period.

Legend:

Measure	Area of application	Priority	Calendar	Responsible Organization(s)	Resources
<b>PROMOTION OF INSTITUTIONAL TRANSNATIONAL COORDINATION AND COOPERATION</b>					
Organization of teams	National/transnational	1	2010	Inter-ministry level	Quantification pending
Definition of calendars and specific objectives	Transnational	1	2010	Inter-ministry level	
Organization and holding of the first meeting	Transnational	1	2010	Inter-ministry level	
<i>Organization and implementation of a technical coordination meeting of technical teams.</i>	<i>Transnational</i>	<i>1 Realized</i>	<i>2010 January 26th</i>	<i>Transnational Technical Coordination level</i>	<i>Budget shared by the four partners</i>
<i>Organization of the 1<sup>st</sup> meeting of the four communities</i>	<i>Transnational Local Communities</i>	<i>1 Convened</i>	<i>2010 February 26-27</i>	<i>Local community institutional level</i>	<i>Budget in preparation</i>
<b>STRUCTURING AND LAUNCHING OF RESEARCH, DOCUMENTATION AND INVENTORIES</b>					
Analysis of the current status and general definitions	Regional/National	1	2010	Competent authority according to the State parties and concerned organisms	Quantification pending
Definition of technical cooperation agreements	National/Transnational	1	2010		
Exchanges of experiences, methodologies and processes	Regional/National/Transnational	1	2010-2012		
Definition of calendars and specific objectives	Regional/National/Transnational	1	2010-2012		
<i>Meeting on experiences at the level of inventory on the Mediterranean Diet in the four communities as well as across the Mediterranean</i>	<i>Local Communities</i>	<i>1 Phase of definition</i>	<i>2010 Summer-Autumn</i>	<i>Representatives dealing with inventories of the Mediterranean Diet at community level Other institutional representatives</i>	<i>Quantification pending</i>
<b>PROMOTION OF THE ADAPTATION OF EXISTING LEGAL FRAMEWORKS AND/OR CREATION OF NEW LEGAL FRAMEWORKS</b>					
Analysis of the current status	Regional/National	1	2010-2012	Competent authority according to the States parties	Quantification pending
Exchanges of experiences during application	Regional/National/Transnational	1	2010-2012		Quantification

Definition of proposals	Regional/National	1	2010		pending
<i>Implementation and monitoring of adjustments to the new legal framework for the protection of the Mediterranean Diet introduced recently</i>	<i>Local/Community Regional/National</i>	<i>1 Anticipated</i>	<i>Late 2010 – early 2011</i>	<i>Community leaders Regional / National leaders</i>	<i>Quantification pending</i>
INCREASE OF AWARENESS, VISIBILITY AND DISSEMINATION					
Analysis of the main actions and experiences taking place	Local/Regional/National/Transnational	2	2010-2012	Institutions and associative networks of the populations	Quantification pending
Analysis of possible common actions	Local/Regional/National/Transnational	2	2010		
Study of strategies	Local/Regional/National/Transnational	2	2010-2012		
<i>Actions and strategies of development contributions throughout the entire application process in the four communities</i>	<i>Local Community</i>	<i>1 Phase of definition</i>	<i>2010 Autumn</i>	<i>Local institutions Associations</i>	<i>Quantification pending</i>
PROMOTING PARTICIPATION AND INVOLVEMENT OF THE COMMUNITIES, POPULATIONS AND THEIR ASSOCIATIVE NETWORKS					
Analysis of the current status	Local/Regional/National/Transnational	2	2010	Institutions and associative networks of the populations	Quantification pending
Definition of specific objectives	Local/Regional/National/Transnational	2	2010		
Analysis of proposals	Local/regional/national/transnational	2	2011		
Definition of areas of action	Local/regional/national/transnational	2	2011		
<i>Organization of the 1<sup>st</sup> meeting of the four communities</i>	<i>Transnational Local Communities</i>	<i>1 Convened</i>	<i>2010 February 26-27</i>	<i>Local community institutional level</i>	<i>Budget in preparation</i>
PROMOTION OF EDUCATION, TRAINING AND TRANSFER OF KNOWLEDGE					
Analysis of the current status	Local/Regional/National/Transnational	2	2010-2012	Competent institutions and organisms and concerned entities and associations	Quantification pending
Definition of specific objectives and areas of collaboration	Local/Regional/National/Transnational	2	2010		
Analysis of proposals	Local/Regional/National/Transnational	2	2010		
Definition areas of action	Local/Regional/National/Transnational	2	2011		



<i>Actions in schools</i>	<i>Local Communities</i>	<i>1 Programming according to each community</i>	<i>2010 Throughout the school year 2009-2010 / 2010-2011</i>	<i>Competent institutions and organizations and concerned associations</i>	<i>Quantification pending</i>
<b>PROMOTION OF TRANSNATIONAL NETWORKS</b>					
Analysis of the current status	Local/Regional/National/Transnational	2	2010	Institutions, organisms and civil society	Quantification pending
Definition of specific objectives	Local/Regional/National/Transnational	2	2010-2012		
Analysis of proposals for integration into the overall planning for different regional and sectoral levels	Local/Regional/National/Transnational	2	2010		
Definition of plan of action	Local/Regional/National/Transnational	2	2011		
<i>Organization of the 1<sup>st</sup> meeting of the four communities</i>	<i>Transnational Local Communities</i>	<i>1 Convened</i>	<i>2010 February 26-27</i>	<i>Local community institutional level</i>	<i>Budget in preparation</i>
<b>PROMOTION OF WHOLE OR PARTIAL TREATMENT OF THE ELEMENT</b>					
Analysis of the current status	Regional/national/transnational	2	2010	Competent institutions and organisms and concerned entities and associations	Quantification pending
Definition of specific objectives	Regional/national/transnational	2	2010-2012		
Analysis of proposals for integration into the general planning in various regional and sectorial levels	Regional/national/transnational	2	2010		
Plan of strategies	Regional/national/transnational	2	2010		
<b>PROMOTION OF MONITORING OF THE STATUS OF THE ELEMENT</b>					
Analysis of existing experiences	Transnational	2	2010	According to national structures and agreed strategies	Quantification pending
Definition of objectives, levels, methodology and calendars	Transnational	2	2010-2012		
Analysis of proposed actions	Transnational	2	2010		

<i>Dissemination of results of the different Mediterranean Diet Surveillance Systems</i>	<i>Transnational National Local Communities</i>	<i>2 Elaboration underway</i>	<i>Winter 2010</i>	<i>Responsible Institutions or association concerned</i>	<i>Assignments in each case</i>
PLANNING OF FUTURE TRANSNATIONAL SAFEGUARDING STRATEGIES					
Analysis of new measures	Transnational	2	2010		Quantification pending
Calendar of periodical meetings	Transnational	2	2010-2011		
Strategic plans	Transactional	2	2010-2011		
Evaluation of the three-year period 2008-2011 and the proposed five-year plan (2012-2016)	Transactional	2	2011		
<i>Organization of the 1<sup>st</sup> meeting of the four communities</i>	<i>Transnational Local Communities</i>	<i>1 Convened</i>	<i>2010 February 26-27</i>	<i>Local community institutional level</i>	<i>Budget in preparation</i>

Legend:

<i>Three-year evaluation...</i>	Indicated in italics and a grey background are actions and strategies on social and territorial domain of the four communities. They correspond to high-priority measures (1), that are in a state of programming or advanced definition.
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**3.c. Commitment of communities, groups or individuals concerned**

*The feasibility of safeguarding depends in large part on the aspirations and commitment of the communities, groups or, if applicable, individuals concerned. This section should provide evidence that the communities, groups or, if applicable, individuals concerned have the will and commitment to safeguard the element if conditions are favourable. The best evidence will often be an explanation of their involvement in past and ongoing safeguarding measures and of their participation in the formulation and implementation of future safeguarding measures, rather than simple pledges or affirmations of their support or commitment.*

In the communities identified there is a long tradition that reveals their commitment and desire to safeguard “their” cultural heritage, the Mediterranean Diet. This nomination widens the synergies and catalyses the efforts, which represents a significant impetus for the protection of this element.

This commitment has today deeply entered the identified communities, as proven by all the annexed demonstrations, but also in many surrounding communities. These demonstrations and other information presented in the tables below illustrate an important network of traditional structures emerged for the protection of this element, to which today a very powerful and active association fabric is added. This efficient complementarity is made evident, for example, through the brotherhoods of fishermen, groups of shepherds, farmers association, corporations of artisans, groups of women, markets, congregations for ritual festivities, NGOs or museums.

In these communities, different actors from the academic and scientific fields add their commitment to safeguarding the element. Whether universities, research centres or institutes, foundations or professional guilds, they actively work and devote their resources and efforts to it. In fact, they play an important role by contributing their scientific rigour and by adding credibility to the task undertaken by all the other community associations which they support and fortify. This strong link of cooperation, mutual help and solidarity in the community fabric of each of the identified communities is revealed again in the annexed demonstrations.

**3.d. Commitment of State(s) Party(ies)**

*The feasibility of safeguarding also depends on the support and cooperation of the concerned State(s) Party(ies). This section should provide evidence that the State Party concerned has the commitment to support the safeguarding effort by creating favourable conditions for its implementation and should describe how the State Party has previously and will in the future demonstrate such commitment. Declarations or pledges of support are less informative than explanations and demonstrations.*

The renewed interest in the Mediterranean Diet, whether from the scientific or cultural point of view, has given birth in recent years to important synergies, which represents a significant impulse with a view to the protection of this heritage. This nomination contributes to this trend by acting as a catalyser of efforts and initiatives to safeguard the Mediterranean Diet and transmit it to future generations. These synergies also benefit, in general, all intangible cultural heritage in general.

In their respective territories, the four State Parties are undertaking or have adapted both actions regarding the direct protection of the elements and initiatives aimed at creating frameworks or favourable conditions where the initiatives and effort for the safeguarding of the element can take place and develop as efficiently and with as much participation as possible.

In the last few years, laws have been created or adapted to guarantee the protection of intangible cultural heritage in particular. These laws have taken into account and widely integrated the greatest participation of the communities. In fact, in the documentation attached you can follow this development of the communities during the last few years which is accompanied both by increasingly more dynamic legal frameworks sensitive to the local realities and the needs of the heritages of the communities. This commitment and this institutional effort are well reflected in chapters 3 and 5.

The communities and the local, regional and national institutions have set about to revitalise this cultural heritage both through their institutional representatives and their civil association fabric.

The universities, institutes, foundations, research centres and other bodies have added to this movement for the safeguarding of this element, well established in the four States Parties, and support it with their expertise and skills.

#### **4. COMMUNITY PARTICIPATION AND CONSENT IN THE NOMINATION PROCESS (CF. CRITERION R.4)**

*This section asks the submitting State Party to establish that the nomination satisfies Criterion R.4: 'The element has been nominated following the widest possible participation of the community, group or, if applicable, individuals concerned and with their free, prior and informed consent'.*

##### **4.a. Participation of communities, groups and individuals in the nomination process**

*Describe how and in what ways the community, group or, if applicable, individuals concerned have participated actively in the nomination process at all stages, as required by Criterion R.4. States Parties are further encouraged to prepare nominations with the participation of a wide variety of other concerned parties, including where appropriate local and regional governments, neighbouring communities, NGOs, research institutes, centres of expertise and other interested parties. The participation of communities in the practice and transmission of the element should be addressed in point 1 above, and their participation in safeguarding should be addressed in point 3; here the submitting State should describe the widest possible participation of communities in the nomination process.*

Since the beginning, the four States Parties, and in particular the identified communities, respecting of course the logical diversity at the level of their organisation, representation and modes of participation, have clearly shown their active and spontaneous involvement, their commitment – profound and well-established within the community – to the safeguarding of the element and their identification with it, their dedication in the efforts necessary in the nomination process and their enthusiasm to participate in a transnational movement bringing together all the common desires of several Mediterranean communities. The fact of sharing, with other so “distant” Mediterranean communities, an effort on an element of the cultural heritage that the four communities, instead of recognising it as “their” heritage, see it as forming an essential part of their identity, has awakened in the four communities great emotion and a vibrant interest. At present, some of them are already involved in future twinings, exchanges and collaborations. The Mediterranean Diet as an intangible space of intercultural dialogue, and communication appears here in all its plenitude.

This participation has involved the whole of the communities identified, both the residents through their highly dynamic associations and the local institutions.

Thus, the communities identified have, broadly speaking, participated:

- to explain the Mediterranean Diet, its social dimension, its meaning and symbolism, and the values linked to it;
- to show the practices, gestures, rituals, from the landscape to the table, the celebrations and festivals and to explain their meanings and the feelings of identity experienced;
- to show the importance of oral communication for the element, in the transmission of common knowledge, understanding of nature, legends and proverbs but also dishes or techniques;
- to show the inventory of artisans, associations, initiatives and statements acting within each of the communities, sometimes discreetly but efficiently, for the safeguarding of the Mediterranean Diet;
- to indicate issues and procedures, initiatives for the protection of the element, but also the

dangers felt and which can threaten it.

Moreover, this participation has generated a strong impulse in these communities which are envisaging new actions and initiatives for the safeguarding of the Mediterranean Diet. This participation has given new energy and dynamism to communities which were already very active along with other neighbouring communities.

In the following point (4.b.) all the demonstrations of consent can significantly help to complete what we have explained in terms of participation of the communities. In effect, these demonstrations provide important information on the associations and the activities, linked to the Mediterranean Diet, of these communities.

Along with the direct participation of these communities, through their associations, the present nomination has had a very active and valuable involvement, whether from the outset or throughout the process or at specific stages, of an important number of centres of expertise, research centres, foundations, NGOs, universities and other private or public institutions, a list of which, with a brief description and grouped by States Parties (see annex)

#### **4.b. Free, prior and informed consent to the nomination**

*The free, prior and informed consent to the nomination of the element from the community, group or, if applicable, individuals concerned may be demonstrated through written or recorded concurrence, or through other means, according to the legal regimens of the State Party and the infinite variety of communities and groups concerned. The Committee will welcome a broad range of demonstrations or attestations of community consent in preference to standard or uniform declarations..*

*Please attach supporting evidence demonstrating such consent and indicate below what evidence you are providing and what form it takes.*

The previous points have revealed the full commitment of the communities identified to the nomination process, their desire for it to be submitted and, above all, their long-standing commitment to the safeguarding of the element. Next you will find the list, grouped by communities and States Parties, of all the demonstrations brought together in the communities which show their consent. The whole demonstrations listed below can be found in the annex:

#### **For the community of Soria\* (Spain):**

Asociación Agraria Jóvenes Agricultores (ASAJA)	SOR / 01
Asociación de Amas de Casa Consumidores y Usuarios "Numancia"	SOR / 02
Asociación de Padres y Madres del Colegio Ntra. Sra. Del Pilar	SOR / 03
Asociación de Profesionales de la Información de Soria (APIS)	SOR / 04
Asociación Unión de Campesinos COAG	SOR / 05
Asociación de Vecinos: del Barrio las Casas / de La Barriada / del Calaverón / de los Pajaritos / de Pedrajas / de Oteruelos / del Barrio de San Pedro / de Toledillo	SOR / 06 - 13
Asociación Nacional de Deporte Especial (ANDE) Soria Asociación Cultural	SOR / 14
Asociación Soriana de Hostelería y Turismo (ASOHTUR)	SOR / 15
Asociación Soriana para la Defensa y Estudio de la Naturaleza (ASDEN)	SOR / 16
Ayuntamiento de Soria	SOR / 17
Cámara Agraria Provincial	SOR / 18
Cámara Oficial de Comercio e Industria	SOR / 19
Círculo de Amistad Numancia – CASINO	SOR / 20

Club Deportivo Numancia de Soria	SOR / 21
Colegio de Abogados de Soria	SOR / 22
Colegio Oficial de Farmacéuticos de Soria	SOR / 23
Colegio Oficial de Médicos de Soria	SOR / 24
Europea de Viviendas	SOR / 25
Federación de Asociaciones de Padres y Madres de los Colegios Concertados de Soria	SOR / 26
Federación de Organizaciones Empresariales Sorianas (FOES)	SOR / 27
Federación Provincial de Jubilados y Pensionistas	SOR / 28
Fundación Científica Caja Rural	SOR / 29
Fundación Soria Activa	SOR / 30
Organización Colegial de Enfermería de Soria	SOR / 31
Productos de Calidad Cañada Real, S.A.	SOR / 32
Puertas Norma, S.A.	SOR / 33
Tierraquemada - Asociación Cultural Celtibérica	SOR / 34
Unión General de Trabajadores de Soria (UGT Soria)	SOR / 35
Universidad de Valladolid – Campus Universitario de Soria	SOR / 36
Ayuntamiento de Ágreda (*)	SOR / 37
Ayuntamiento del Burgo de Osma (*)	SOR / 38
Ayuntamiento de Duruelo de la Sierra (*)	SOR / 39
Ayuntamiento de Langa de Duero (*)	SOR / 40
Ayuntamiento de Olvega	SOR / 41

(\*) The neighbouring communities of the community of Soria which have participated, expressed their interest in sharing the initiatives of the Community of Soria or supported this nomination by sharing with the community of Soria the same element or feeling of identity, are represented by an asterisk.

List of other concerned parties, in the territory of SPAIN

Academia Española de Nutrición	ESP / 01
Ajuntament de Barcelona	ESP / 02
Asociación Española de Municipios del Olivo (AEMO)	ESP / 03
Ayuntamiento de Baeza (Jaén)	ESP / 04
Ayuntamiento de la muy noble y leal ciudad de Guadix	ESP / 05
Ayuntamiento de Mancha Real (Jaén)	ESP / 06
Centre de Promoció de la Cultura Popular i Tradicional Catalana	ESP / 07
Centre de Recerca en Nutrició Comunitària (Parc Científic)	ESP / 08
Comunidades Autónomas	ESP / 09

Confederación de Cooperativas Agrarias de España	ESP / 10
Federación Española de Cofradías Vínicas y Gastronómicas	ESP / 11
Fundación Dieta Mediterránea / International Scientific Committee	ESP / 12 – 13
Institut Europeu de la Mediterrània (IEMed)	ESP / 14
Institut Municipal de Mercats de Barcelona (IMMB)	ESP / 15
Instituto Agronómico Mediterráneo de Zaragoza (IAM /CIHEAM)	ESP / 16
Museu de la Mediterrània	ESP / 17
Red civil UNESCO	ESP / 18 – 29
Universitat Oberta de Catalunya UOC / Àrea de Sistemes Alimentaris, Cultura i Societat IIP	ESP / 30
Ayuntamiento de Iruela	ESP / 31
ONG Nutrición Sin Fronteras	ESP / 32
Fundación para la Investigación Nutricional	ESP / 33
Gremios y asociaciones mayoristas y minoristas de pescado	ESP / 34-39
Cátedras UNESCO	ESP / 40-44
Fundación para el Fomento de la Salud	ESP / 45
Parlament de Catalunya	ESP / 46
MERCASA	ESP / 47-53

**For the community of Koroni (Κορώνη) (Greece):**

Peloponnesus F Iklone Foundation	COR / 01
Koroni Town Council	COR / 02
Koroni Agricultural Cooperative	COR / 03
Maniatakeion Fondation	COR / 04
Panagia i Elestria Association of Koroni	COR / 05
List of other concerned parties, in the territory of GREECE	
Krysona Women's Agricultural and House Technical Cooperative	GRE / 01
Women's Association of Agriculture and Traditional Products of Ayios Antonios in Thessalonica	GRE / 02
Syros Island Women's Agro-tourist Cooperation	GRE / 03
Larissa Ethnography and History Museum	GRE / 04
Bank of Piraeus Cultural Foundation	GRE / 05
Mediterranean Information Office for Environment, Culture and Sustainable Development	GRE / 06

Museum of Greek Folk Art	GRE / 07
Kokkinogeia Women's Cooperative (Drama, Northern Greece)	GRE / 08
Association for the Spread and Education Historical and Folklore Museum of Kalamata	GRE/09
Natural History Museum of the Petrified Forest of Lesbos, Mytilene	GRE/10
Women's Agro-Tourism Cooperative in Messotopos (Isle of Lesbos)	GRE/11
Women's Agricultural Cooperative of Kiliomenos, "Oi Melissiotisses", Zakynthos Island	GRE/12
Women's Agricultural and Handicraft Cooperative of Apollona, Rhodes	GRE/13
Mediterranean Agronomic Institute of Chania (MAILCH) / CIHEAM	GRE / 14
Messinia Prefectural Authority	GRE / 15
University of Peloponnese	GRE / 16
Festival Aspects of Messinia	GRE / 17
Professor Andea Kametti – University of Bologna	GRE / 18
Hellenic Health Foundation	GRE / 19
<b>For the community of Cilento (Italy):</b>	
Provincia di Salerno	CIL / 01
Museo Vivente della Dieta Mediterranea	CIL / 02
Fonderie Culturali	CIL / 03
Parco Nazionale del Cilento e Vallo di Diano	CIL / 04
Associazione per la Dieta Mediterranea – Alimentazione e stile di vita	CIL / 05
La Nuova Scuola Medica Salernitana	CIL / 06
Centro per la promozione culturale del Cilento	CIL / 07
Pro Loco Felitto	CIL / 08
Pro Loco Teggiano	CIL / 09
Museo delle Erbe Teggiano	CIL / 10
Museo delle Arti e Tradizioni del Vallo di Diano	CIL / 11
Fondazione Alario per Elea –Velia	CIL / 12
Associazione Culturale « Colori Mediterranei »	CIL / 13
List of other concerned parties, in the territory of ITALY	
Accademia Italiana della Cucina	ITA / 01
CIA / Confederazione Italiana Agricoltori	ITA / 02
Coldiretti	ITA / 03
Slow Food Italia	ITA / 04
Terranostra	ITA / 05



Istituto Agronomico Mediterraneo di Bari IAM /CIHEAM ITA / 06

**For the community of Chefchaouen (Morocco):**

Association Talassemiane pour l'Environnement et le Développement / CHE / 01  
ATED-Chefchaouen / Association Terroir et Cultures

La municipalité de Chefchaouen CHE / 02

Délégation Provinciale de la Jeunesse et Sports de Chefchaouen. CHE / 03

Délégation de l'éducation nationale CHE / 04

Association de développement local CHE / 05

Association des artisans de Chefchaouen CHE / 06

Centre des Etudes Andalouses CHE / 07

Association Assayeda Lhorra (femme libre) CHE / 08

Fédération des coopératives et des associations féminines pour la production et la commercialisation de l'huile d'olive CHE / 09

Association Zineb du développement et de la solidarité sociale CHE / 10

List of other concerned parties, in the territory of MOROCCO

Association de développement de l'environnement des montagnes du nord MAR / 01

Association de l'activité verte MAR / 02

Association Abdelkader Sedraoui MAR / 03

Association de la protection des consommateurs MAR / 04

Centre de Formation en métiers de l'hôtellerie MAR / 05

Restaurant El Reducto MAR / 06

**4.c. Respect for customary practices governing access**

*Access to certain specific aspects of intangible cultural heritage is sometimes restricted by customary practices governing, for example, its transmission or performance or maintaining the secrecy of certain knowledge. Please indicate if such practices exist and, if they do, demonstrate that inscription of the element and implementation of the safeguarding measures would fully respect such customary practices governing access to specific aspects of such heritage (cf. Article 13 of the Convention). Describe any specific measures that might need to be taken to ensure such respect.*

Given that the Mediterranean Diet is a universal element of cultural heritage, in the communities where it is recreated and transmitted, access to this heritage is naturally and permanently fully guaranteed without any kind of limitation.

Moreover, the great symbolic value that the people of the identified communities, as well as, in the widest sense, those of the four States Parties, attach to this heritage, involves a natural respect for it.

At the same time, hospitality, one of the major values of the Mediterranean lifestyle, encourages the contact and dialogue between the Mediterranean peoples and visitors.

The States Parties submitting this nomination commit to preserve access to this heritage and to guarantee its cultural particularities.

## 5. INCLUSION OF THE ELEMENT IN AN INVENTORY (CF. CRITERION R.5)

*This section is where the State Party establishes that the nomination satisfies Criterion R.5: "The element is included in an inventory of the intangible cultural heritage present in the territory(ies) of the submitting State(s) Party(ies) as defined in Articles 11 and 12".*

*Identify the inventory in which the element has been included and the office, agency, organization or body responsible for maintaining that inventory. Demonstrate that the inventory has been drawn up in conformity with Articles 11 and 12, in particular Article 11(b) that stipulates that intangible cultural heritage shall be identified and defined "with the participation of communities, groups and relevant non-governmental organizations" and Article 12 requiring that inventories be regularly updated.*

*The nominated element's inclusion in an inventory should not in any way imply or require that the inventory(ies) should have been completed prior to nomination. Rather, a submitting State Party may be in the process of completing or updating one or more inventories, but has already duly included the nominated element on an inventory-in-progress.*

In the four States Parties and within the communities identified, there is a great tradition of protection and development of the cultural heritage. Numerous inventories include in their sections many spaces, rituals, fairs, festivals, recipes, handy-craft objects, oral expressions and traditions, beliefs, etc. A large number of them are essential parts of the Mediterranean Diet.

An important part of this heritage, which is the Mediterranean Diet, is included, although sometimes in a fragmentary and disperse way, in many of the official inventories and catalogues, at a local, regional or national level, which gives them different specific degrees of protection. One of the objectives in an immediate future is to prepare an exhaustive census of this heritage in the four States Parties and within the communities identified in order to be able to submit a coherent and integrated plan of administrative and legal protection of the Mediterranean Diet.

In the four States Parties the legal protection of the cultural heritage has a very marked component regarding the communities concerned. In fact, they play a decisive role both in stimulating the protection and development of their heritage and in participating in the production of measures of protection. This is even more accentuated in the case of the intangible cultural heritage because the communities are linked to it through a stronger and more intimate feeling.

As of 25th August 2009, the following inventory processes are in progress or completed:

### **SPAIN**

- The creation of a specific Mediterranean Diet inventory. The Archives of the Municipality of Soria, with this inventory, strengthen the principles of safeguarding, protection and conservation of this element of intangible cultural heritage, which includes various sections (oral traditions, social practices and rituals). September 1st 2009.
- Declaration of the Mediterranean Diet as an Element of Cultural Interest (BIC): maximum level of protection in Spain. Autonomous Community of the Region of Murcia (CARM). Law 4 / 2007 of March 16, 2007. Included on the Registry / Inventory of Elements of Cultural Interest in the code II-B-999-00002. Statement from the application of civil society, with the participation of communities, associations and institutes during the process.
- Approval by the Senate Plenary Session of the Report on the Promotion and Defence of the Mediterranean Diet. Senate Plenary Session. Spain. 21 November 2002.
- Motion approved by the Senate Plenary Session of 10 October 2000 in defence and promotion of the Mediterranean Diet. Spain. 10 October 2000.
- List of foods, fairs, festivals and other social and cultural manifestations, equipment and utensils, and traditional dishes, Inventory of the University of the Balearic Islands / Government of the AC Balearic Islands. March 2008
- General Catalogue of AC Andalusian Historical Heritage. Law 14/2007 of 26 November 2007.

- Inventory of Products of the land. Government of AC Catalonia. October 2003
- Inventory of AC Aragonese Intangible Cultural Heritage. Cultural Heritage Law 3/1999 of 10 March
- Inventory of Ethnological Heritage. AC Catalonia. Law 2/1993 of 5 March, of Promotion and Protection of Popular and Traditional Culture and of Cultural Association Movements
- In Spain cataloguing / inventorying the heritage related to the Mediterranean Diet is a work in progress in several Autonomous Communities.

#### **GREECE**

- Incorporation of the Mediterranean Diet into the National Inventory of the Intangible Cultural Heritage: the Directorate of Modern Cultural Heritage is in process of preparing the National Inventory of the Intangible Cultural Heritage which will comprise five main categories of intangible cultural goods, following the 2003 Convention. Incorporation of the Mediterranean Diet into this Inventory.
- Law 3028 / 2002, for the Protection of Antiquities and Cultural Heritage. In article no. 5, it is mentioned that intangible cultural goods should be protected and documented, and for that task the relevant Directorate of the Ministry of Culture is responsible. A decree-law is prepared to define the measures of safeguarding of the ICH.
- Supreme Scientific Health Council, Adoption and Issuance of Dietary Guidelines for Adults in Greece, Hellenic Ministry of Health and Welfare, 1999.
- In Greece cataloguing / inventorying the heritage related to the Mediterranean Diet is a work in progress by the Ministry of Culture.

#### **ITALY**

- Creation of the Specific Inventory of the Mediterranean Diet for the Community of Cilento in the Museum of Herbs in Teggiano (SA) – Museum of Popular Arts and Traditions of Vallo di Diano. Letter of the Museum attesting the Specific Inventory attached.
- Decree of the Central Institute for Cataloguing and Documentation (ICCD), of the Ministry of Cultural Heritage and Activities 1/10/2008, establishing the Inventory devoted to the Mediterranean Diet, formalised on the basis of an inventory record for Intangible Heritage devoted to the element.
- In Italy, the Ministerial Decree no. 8 of the Ministry of Agriculture, Food and Forestry Policies and the Ministry of Cultural Heritage and Activities, for the recognition of traditional Italian food products, whose list is included in the D.M. 18/07/2000 and the subsequent additions, as an expression of Italian Cultural Heritage. Government of Italy. 9th April 2008.
- Catalogue and Inventory of the Standards of Intangible Cultural Heritage (BDI form), 2 vol., 2002 and 2006, Catalogue and Inventory of the Standards of Tangible Cultural Heritage (BDM form), 1 vol., 2000, Istituto Centrale per il Catalogo e la Documentazione, Ministry of Cultural Heritage and Activities.
- Inventory of the Italian Ethno-Anthropology Museums (2006-2007), Directorate General of Architectural, Historical, Artistic and Ethno-Anthropological Goods, Ministry of Cultural Heritage and Activities.
- In Italy, the cataloguing and inventory of the heritage linked to the Mediterranean Diet is underway within the Ministry of Cultural Heritage and Activities.

#### **MOROCCO**

- Inclusion of a specific component of the Mediterranean Diet in the general inventory of the Ethnographic Museum of the Qasba, Chefchaouen. The inventory will preserve intangible cultural manifestations of the Mediterranean Diet. November 20, 2009.
- In Morocco, the cataloguing and inventory of the heritage linked to the Mediterranean Diet is underway within the Ministry of Culture in the framework of the Inventory of Intangible Heritage.
- Several decrees on the homologation of technical regulations related to the production, control and conditioning and to the certification of several substantial products of the

Mediterranean Diet.

• Revision underway of Law 22-80 (1980) and the amendments to Law 19-05 (2006), issued for the integration of intangible cultural heritage and the automatic inscription/inventory of the Mediterranean Diet within the framework of the National Inventory (agreement 13/01/09).

### **TRANSNATIONAL LEVEL**

Inclusion of the Mediterranean Diet in the Mediterranean Transnational Inventory, mainly conceived to inventory the Mediterranean intangible cultural heritage within the framework of Medins Project – Identity is Future: Mediterranean Intangible Space (PIC Interreg IIIB Medocc) of the European Commission.

In June 2008, the results of the Medins Community Project– Medocc were presented, in which the Regional Centre for the Cataloguing and Documentation (CRICD) of the Cultural Heritage Authority participated as chef-de-file in Italy. This project brought together numerous and important partnerships including the four States representing the nomination of the Mediterranean Diet – Greece, Italy, Morocco and Spain – with the joint objective of increasing awareness of the intangible cultural heritages of the Euro-Mediterranean regions, among which is the Mediterranean Diet, in order to ensure an appropriate supervision and permanent reassertion of its value. It has been revealed that the Mediterranean must be considered not only as a geographic but also as a cultural area, characterised by common elements but above all by diversities which determine its richness, mainly in terms of diet and related social practices. The activities of the Medins Project aimed at the creation of operative models and instruments to develop the reciprocal awareness of the different Mediterranean cultures and the process to increase the value of the areas. Greece, Italy, Morocco and Spain have adopted a unique inventory record which is the basis for the Mediterranean Transnational Inventory which will be completed in late 2010 with the objective of safeguarding and increasing the value of the joint cultural heritage of the four emblematic communities, especially the common elements of the Mediterranean Diet

## **DOCUMENTATION**

### **a. Required and supplementary documentation**

Photos: 10 photos (national framework), numbered from 1 to 10 (F1/F10), titled, in A4 format, photo quality paper, 300 dpi resolution.

10 photos (four communities framework), numbered from 1 to 10 (F1c/F10c) titled, in A4 format, photo quality paper, 300 dpi resolution.

Video:

Illustrative audiovisual on the Mediterranean Diet, including images of the four identified communities.

Supplementary information:

Photos:

30 photos, numbered from 11 to 40 (F11/F40), titled, in A4 format, photo quality paper and 300 dpi resolution.

Video:

Illustrative audiovisual on the Mediterranean Diet, including images of the four States parties and original soundtrack.

Book:

Cresta, M. AND Teti, V.: 1998 «The Road of Food Habits in the Mediterranean Area». *Rivista di Antropologia*. Supplemento al volume 76, Istituto Italiano di Antropologia, Rome.

Contreras, J., Riera, A. AND Medina, X.: 2005 *Sabores del Mediterráneo. Aportaciones para promover un patrimonio alimentario común*. IEMed, Barcelona.

GONZÁLEZ TURMO, I. AND MATAIX VERDÚ, J.: 2008 *Alimentación y Dieta Mediterráneas*.

*Patrimonio Cultural Inmaterial de la Humanidad*. Consejería de Agricultura, Junta de Andalucía, Sevilla.

## **b. Cession of rights including registry of items**

Required cession of rights provided.

## **c. List of additional resources**

- ABU-SHAMS, L.: 2004 "Marruecos: haram y halal. Una sociedad, una forma de vivir", en Millan, A. (dir.) Arbitrario cultural. Racionalidad e irracionalidad del comportamiento comensal. Homenaje a Igor de Garine: 349-360. La Val de Onsera, Huesca.
- DIÈTE MÉDITERRANÉENNE. Candidature Transnationale, Espagne, Grèce, Italie, Maroc. Août 2009 • 44
- Alimentos Sagrados, Pan, vino y aceite en el Mediterráneo Antiguo. 2001. Museu d'Historia de la Ciutat, Barcelona
- AUBAILE-SALLENAVE, F.: 1996 "La Méditerranée, une cuisine, des cuisines", en Information sur les Sciences Sociales, 35.
- BALTA, P.: 2004 Boire et manger en Méditerranée. Actes Sud. Arles
- BIVONA, R: 2005 'La mensa in scena magrebina, ovvero il cibo come pre-testo narrativo', Napoli, Arte Tipografica Editrice, Lo specchio del Mediterraneo, 2005, 288 p.
- BRAUDEL, F.: 1985 La Méditerranéenne: L'Espace et l'Histoire/ La Méditerranéenne:les Hommes et l'Héritage. Flammarion. Paris
- BUCKLAND G, BACH A, SERRA-MAJEM L.: 2008 "Obesity and the Mediterranean diet: A systematic review of observational and intervention studies". Obes Rev. 2008 Jun 10. DOI: 10.1111/j.1467-789X.2008.00503X
- CASTELLS GÓMEZ, J., ALVAREZ JARAIZ, M. (dir): 2006 Aprende a cocinar en familia, 50 recetas de la Dieta Mediterránea. Fundación Dieta Mediterránea & Argis Congress SL., Barcelona/Madrid. Best world cookbook for children and families. Gourmand World Cookbook Awards 2007.
- CONTRERAS, J. (Dir.): 2004 Mercados del Mediterráneo. IEMed, Barcelona.
- CONTRERAS, J., RIERA, A. Y MEDINA, X. (dir.): 2005 Sabores del Mediterráneo. Aportaciones para promover un patrimonio alimentario común. IEMed, Barcelona.
- CRESTA, M. AND TETI, V. (eds.): 1998 "The Road of Food Habits in the Mediterranean Area", in Rivista di Antropología. Supplemento al volume 76, Istituto Italiano di Antropologia, Rome.
- ESTRUCH R, MARTÍNEZ-GONZÁLEZ MA, CORELLA D, SALAS-SALVADÓ J, RUIZ-GUTIÉRREZ V, COVAS MI, FIOL M, GÓMEZ-GRACIA E, LÓPEZ-SABATER MC, VINYOLES E, ARÓS F, CONDE M, LAHOZ C, LAPETRA J, SÁEZ G, ROS E: PREDIMED Study Investigators. Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. Ann Intern Med. 2006;45:1-11.
- FLANDRIN, J.-L. ET MONTANARI, M.: 1996 Histoire de L'Alimentation. Fayard, Paris.
- FOURNIER, D. and D'ONOFRIO, S. (eds.): 1991. Le Ferment Divin, Maison des Sciences de l'Homme, Paris
- GARINE, I. DE: 1997 "Alimentación mediterránea et réalité", en González Turmo, I. y Romero de Solís, P. (eds.) Antropología de la Alimentación: nuevos ensayos sobre la Dieta Mediterránea", Universidad de Sevilla.
- GONZÁLEZ TURMO, I. EL OUARDANI, F. Y EL AALLALI, A.: 2007 Rojo y verde. Alimentación y cocinas en Marruecos. Trea, Gijón.
- GONZÁLEZ TURMO, I. Y MATAIX VERDÚ, J.: 2008 Alimentación y Dieta Mediterráneas. Patrimonio Cultural Inmaterial de la Humanidad. Consejería de Agricultura, Junta de Andalucía,

Sevilla.

- HARRIS, MARVIN: 1987. The sacred cow and the abominable pig. Riddles of food and culture, A Touchstone Book.
- HERVIEU, B.: 2008 Terra med. El futuro del sector agroalimentario en el Mediterráneo. CIHEAM, Madrid.
- KANAFANI-ZAHAR, A., 1999 Le mouton et le mûrier. Rituel du sacrifice dans la montagne Libanaise. PUF, Paris.
- KEYS AB, KEYS, M: 1975 How to Eat Well and Stay Well the Mediterranean Way, Doubleday, Garden City, N. York.
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- MARÍN, M. y WAINES, D. (eds.): 1994. La alimentación en las culturas islámicas. Agencia Española de Cooperación Internacional (AECI), Madrid.
- MAZOYER MARCEL: 1997, Histoire des agricultures du monde, Seuil, Paris.
- MEDINA, F. X. (ed.): 1996 La alimentación mediterránea. Proa, Barcelona.
- PADILLA, M.(ed): 2000 Alimentation et nourritures autour de la Méditerranée. CIHEAM/Karthala, Paris.
- PSARAKI-MPELESIOTI NIKI: 1978, Παραδοσιακές καλλιέργειες (Traditional cultivations), Benaki Museum, Athens.)
- SERRA-MAJEM, L, ROMAN, B, ESTRUCH, R: 2006. "Scientific evidence of interventions using the Mediterranean diet: a systematic review". Nutr Rev.;64(2 Pt 2): S27-47.
- TETI, V. (coord.): 1996 Mangiare meridiano. Carical, Vibo Valentia.
- TRICHOPOULOU A, COSTACOU T, BAMIA C, TRICHOPOULOS D.:2003. Adherence to a Mediterranean diet and survival in a Greek population. N Engl J Med. Jun 26; 348(26):2599-608.
- TRICHOPOULOU A, LAGIOU P.: 1997. Healthy traditional Mediterranean diet –An expression of culture, history and lifestyle. Nutr Rev; 55:383-389.
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- Αμπελοοινική Ιστορία στο χώρο της Μακεδονίας και της Θράκης (Grape and wine history in Macedonia and Thrace): 1998, Proceedings of the 5th working three-day held in Naousa, 17-19.9.1993, Cultural and Technological Foundation of National Bank of Industrial Development, Athens.
- Ελιά και Λάδι (Olive tree and olive oil): 1996, Proceedings of the 4th working three-day held in Kalamata, 7-9.5.1993, Cultural and Technological Foundation of National Bank of Industrial Development, Athens.
- "Ο Άρτος ημών" Από το σιτάρι στο ψωμί ("Our everyday bread". From wheat to bread): 1994, Proceedings of the 3rd working three-day held in Pilion, 10-12.4.1992, Cultural and Technological Foundation of National Bank of Industrial Development, Athens.

## CONTACT INFORMATION

### a. Contact person for correspondence

#### Spain :

Ángeles Albert  
General Director of Fine Arts and Cultural Assets  
Ministry of Culture  
Plaza del Rey, 1  
28004 Madrid  
Tel.: 00 34 91 7017383  
Fax: 00 34 968 277 762  
E-mail : angeles.albert@mcu.es  
(Main Contact)

#### Greece :

Maria Vlazaki – Andreadaki  
General Director of Antiquities and Cultural Heritage  
Ministry of Culture  
20-22, Mpoupoulinas St.  
Athens – 10186  
Tel : +30-210-82.01.306  
Fax : +30-210-82.01.305  
E-mail : gda@culture.gr

#### Italy :

Giuseppe Ambrosio  
Chief of Cabinet of the Minister  
Ministry of Agricultural Food and Forestry Policies  
Via XX Settembre 20, 00187 Roma  
Tel. 0646653112  
E-mail: g.ambrosio@politicheagricole.gov.it

#### Morocco :

Ahmed Gouitaa  
General Secretariat  
Ministry of Culture  
1, Rue Ghandi  
Rabat  
+2125209429  
+2125209418  
E-mail: s.gl@minculture.gov.ma

### b. Competent body involved

#### Spain :

Archivo Municipal del Ayuntamiento de Soria  
Plaza Mayor, 8  
42002 SORIA  
Tel.: 00 34 975 223654  
Fax: 00 34 975 234150  
E-mail : jamdemarco@yahoo.es  
Municipal Archivist / Head of Archives: José Antonio Martín de Marco

#### Greece :

Piraeus Bank Group Cultural Foundation  
Contact person : Mme Aspasia Louvi  
General Director, docteur-ès-Byzantinologie

6, Agg.Gerontas St.  
Athens  
Tel : +30-210-32.18.105  
E-mail: piop@piraeusbank.gr

**Italy :**

INRAN  
Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione  
Via Ardeatina 546  
00178 Roma  
Tel.: +39 06 51494.1 - Fax: +39 06 51494550

IAMB  
Mediterranean Agronomic Institute of Bari  
Via Ceglie, 9  
70010 Valenzano (Bari)  
Tel: +39/080/4606204 - 4606281 – 4606111  
Fax +39/080/4606206  
IAMBAR-I Secretariat: <mailto:iamdir@iamb.it>

**Morocco :**

Délégation Provinciale de la Culture  
Siège administratif,  
91000 Chefchaouen  
Tel : 212661103978

**c. Concerned community organization(s) or representative(s)**

**Spain:**

Fundación Científica Caja Rural  
Director General: Juan Manuel Ruiz Liso  
C/ Diputación 1, Casa del Agricultor  
42002 Soria  
[ruizliso@gmail.com](mailto:ruizliso@gmail.com)  
Federación Provincial de Asociaciones de Vecinos de Soria  
Président: Amos Acero  
C/ Zaragoza 2 Centro Cultural  
42003 Soria  
[amosinito@hotmail.com](mailto:amosinito@hotmail.com)  
Federación de Amas de Casa de Soria  
Presidente: Carmen Lopez Casariego  
C/ Campo 5, 1º  
42001 Soria  
Fax: +34975226975  
Asociacion de jóvenes agricultores de Soria (ASAJA-SORIA)  
Président: Carmelo Gómez Sanz  
C/ San Juan de Rabanera 3, Bajo  
42002 Soria  
[asaja@asajasoria.com](mailto:asaja@asajasoria.com)

**Greece:**

Piraeus Bank Group Cultural Foundation  
Contact person : Mme Aspasia Louvi  
General Director, docteur-ès-Byzantinologie  
6, Agg.Gerontas St.  
Athens  
Tel : +30-210-32.18.105  
E-mail: piop@piraeusbank.gr  
Ethnographic Foundation of Peloponnesse



Municipality of Koroni  
Mayor: Thodoris Salantis  
Koroni – 24004  
Tel : +30-2725 –0 – 22500  
Fax : +30-2725 –0 – 22552  
dkoroni@otenet.gr

**Italy :**

Museo Vivente della Dieta Medietrranea “Ancel Keys”  
Palazzo Vinciprova – fraz. Pioppi, Pollica, Salerno  
T. +39 338 1418220  
dietamediterranea@email.it  
www.dietamediterranea.it  
Parco Nazionale del Cilento e Vallo di Diano  
Piazza S.Caterina – 84078  
Vallo della Lucania (SA)  
T. +39 0974 719911  
F. +39 0974 7199217  
www.cilentoediano.it  
Fonderie Culturali  
Associazione culturale  
Via Gramsci, 10 – 84081  
Baronissi (SA)  
T. +39 347 7781485  
T. +39 348 7653626  
F. +39 089 878684  
info@fonderieculturali.org  
www.fonderieculturali.org

**Morocco :**

Association Talassemiane pour l’Environnement et le Développement,  
Vice-président : Abdelilah Tazi  
Avenue Moulay Ali Ben Rachid  
Boîte Postale : 101.  
91000 Chefchaouen  
Musée ethnographique de Chefchaouen  
Kasbah Outa Hammam,  
91000 Chefchaouen  
Tél. : (212)599 98-67-61.

**SIGNATURE ON BEHALF OF THE STATE PARTY**

Name: Ángeles Albert

Title: General Director of Fine Arts and Cultural Assets, Ministry of Culture, Spain

Name: Maria Vlazaki-Andreadaki

Title: General Director of Antiquities and Cultural Heritage, Ministry of Culture, Greece

Name: Giuseppe Ambrosio

Title: Chief of Cabinet of the Minister, Ministry of Agricultural Food and Forestry Policies, Italy

Name: Ahmed Gouitaa

Title: General Secretariat, Ministry of Culture, Morocco

Date: 16 February 2010

Signature: <signed>