



Project "Increasing the social inclusion of the elderly by improving existing and developing new personal competencies in the field of healthy nutrition"

Project number 2022-1-LT01-KA210-ADU-000082531

Duration of project implementation: from 01.12.2022 to 30.11.2023

Project manager: Lifestyle Medicine Association in Lithuania (GBMA)

Partners: Mediterranean Diet Foundation in Italy (Fondazione Dieta Mediterranea)

Project budget: EUR 60,000.

The aim of the project is to improve the social inclusion of the elderly (age group 65+), the quality of life, knowledge in the field of healthy nutrition, and to increase the competences and knowledge of the employees of the project's partner organizations, to form the basis for further cooperation.

Project tasks:

1. Adapt the principles of a healthy diet to the elderly based on the Mediterranean diet plan.
2. To improve the knowledge of elderly people in the field of healthy nutrition in order to improve their physical and psychological health.
3. To increase the health literacy and digital literacy of older people in order to ensure quality aging.
4. To promote the communication, involvement and sharing of knowledge among older people in order to ensure active aging and lifelong learning.
5. To improve the professional competences of the organization's employees, networking between partner organizations in the field of adult education.

Project target group:

- Elderly people (65+ age group): 5 seniors from Lithuania and 5 seniors from Italy
- 3 employees from the Lifestyle Medicine Association (Lithuania / project manager)
- 3 employees from the Mediterranean Foundation organization (Fondazione Dieta Mediterranea) (Italy / project partner)

Desired results:

- Project participants will gain specific knowledge in the field of healthy nutrition based on the principles of the Mediterranean diet. They will also benefit from acquiring new skills in training and sharing information, as well as using various technologies.
- Developed healthy eating recommendations for older people. These recommendations are based on the principles of the Mediterranean diet.
- The integration of older people into society will improve, giving them the opportunity to do so through social activities (sharing knowledge, learning from each other, creating content, etc.).
- Competences of employees of partner organizations will improve.
- The physical and psychological health and well-being of the elderly will improve and interregional cooperation will develop (Lithuania-Italy).



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