

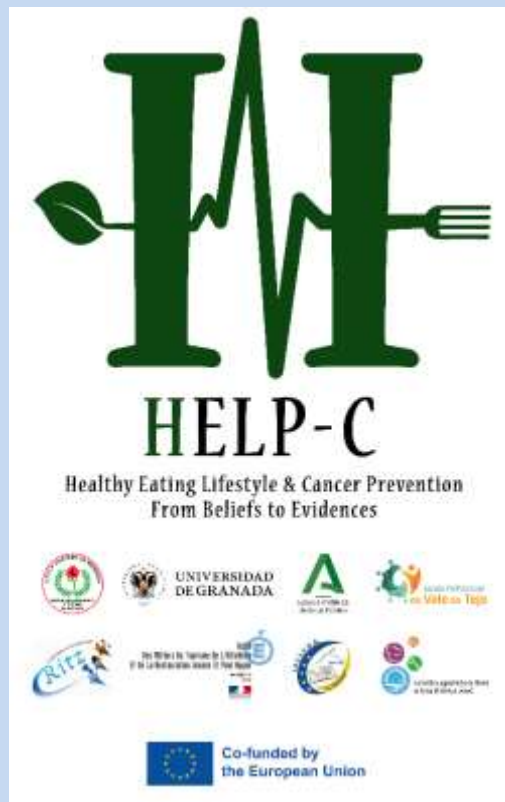
10/07/2023
PRESS REALEASE

The CPIFP Hurtado de Mendoza obtains an European project on food and cancer in collaboration with the UGR, the EASP and five other European hotel schools, funded with 250,000 euros

The School of Hospitality and Tourism (CPIFP Hurtado de Mendoza) of Granada has been awarded funding (250,000 euros) under the ERASMUS+ program to carry out a project entitled "Healthy Eating Lifestyle & Cancer Prevention: From Beliefs to Evidence" ("HELP-C"). The main objective of the project is to incorporate good culinary practices to prevent cancer in the curricula of several hotel and catering schools in different countries of the Mediterranean arc, as well as in society in general. The project is aligned with the *Europe's Beating Cancer Plan*, focused on the prevention and early detection of cancer. These good practices will be based on the recommendations provided by the "Scientific Nucleus" composed of renowned researchers from the University of Granada (UGR) and the Andalusian School of Public Health (EASP). Names such as Mariana Fernández, Ester Molina, Jose Exposito and Nicolás Olea from the UGR, or María José Sánchez from the EASP, among others, will be in charge of endorsing more than 50 recipes and gastronomic elaborations that will be developed in the six European hotel and catering schools, taking advantage of the diversity and Mediterranean cultural richness of the different areas participating in the project. The project will last three years and will end with the organization of a final congress aimed at all national and international stakeholders.

It should be emphasized that the School of Hospitality and Tourism of Granada has been working and collaborating with experts from the UGR for almost ten years for the development of healthy recipes. The motivation of the School with this new project is to extend its experience to the creation of typical recipes from different European countries in each and every one of the partner schools, so

that they incorporate in their curriculum elaborations and culinary techniques based on scientific evidence. All the recipes will be published digitally in the European reference hotel schools, and will be available to hospitals and different European cancer associations. The recipes will serve as a reliable resource for hospitals, educational institutions, cancer associations and society in general. The project stands out for its translation, as it would be the first time that typical recipes from Mediterranean countries will be published with the aim of promoting the health of Europeans and preventing many diseases, including cancer.



Confirmed partners to the KA220VET Project.

- School of Medicine. University of Granada (UGR), Granada, Spain. Responsible researchers, Dr. Nicolás Olea Serrano, Dr. Mariana F. Fernández Cabrera and José Expósito Hernández.
- School of Pharmacy. UGR, Granada, Spain. Researcher in charge, Esther Molina Montes.
- Andalusian School of Public Health (EASP). Granada, Spain. Researcher in charge, Maria José Sánchez Pérez.

Partner Schools of Hospitality:

- CPIFP Hurtado de Mendoza. Granada, Spain
- Lycee Pau Augier. Ecole hôtelière de l'excellence. Nice, France
- Scuola professionale "Cesare Ritz". Merano. Italy
- Anton Stifanica Porec. Porec, Croatia

- Escola Profissional Vale do Tejo. Santarém, Portugal
- IPSSEOA "Giovanni Falcone". Giarre, Italy

Confirmed associated partners

- Spanish Association Against Cancer (AECC).
- Federation of Hotel and Tourism Companies of Granada.

NOTES TO EDITORS

For more information about Erasmus project please contact: Borja Torres Villafaina (Phone: xxxxxxxx, borjatorres@hurtadodemendoza.es)

Cancer

Cancer is one of the leading causes of death worldwide, with more than 18.1 million new cancer patients (2.7 million in Europe) and almost 10 million cancer deaths (1.3 million in Europe) by 2020. Thanks to improvements in early diagnosis and treatment, survival rates for people with cancer have improved substantially in recent decades and are expected to continue to increase in the coming years. Consequently, the population of cancer survivors is growing.

Cancer is one of the most important public health problems worldwide, with significant social and economic repercussions. The World Cancer Research Fund (WCRF) in its third Expert Report, based on evidence from multiple epidemiological studies, concluded that diet, nutrition, alcohol intake, excessive body weight and low blood sugar are contributing factors to cancer.

According to numerous studies, some foods of plant origin (whole grains, vegetables, legumes, nuts and seeds, cereals and vegetable oils), which are rich in fiber and other bioactive compounds, are likely to play an inhibitory role in several carcinogenic mechanisms. Alcohol consumption has also been shown to be associated with an increased risk of cancer in general, causing about 376,200 cancer deaths worldwide in 2016 (about 80 000 in Europe).

About the Erasmus+ program

The new Erasmus+ 2021-2027 program has as its main objective, in the field of education and training, the promotion of educational mobility of individuals and groups, both students and staff, as well as cooperation, quality, inclusion and equity, excellence, creativity and innovation at the level of organizations and policies. In relation to European education policies, especially the European Education Area 2025, the Program's priorities are inclusion and diversity, digital transformation, the environment and the fight against climate change, and participation in democratic life.

- **Web:** www.hurtadodemendoza.es
- **Instagram:** <https://www.instagram.com/cpifphurtadodemendoza/>
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