

MEDBEEsinessHubs



“Food Production based on honeybee products” Workshop

5th, and 6th of February, 2023



MEDBEEsinessHubs

Needless to say, bees are crucial for the environment and their number has been sharply decreasing. Their contribution to the economy cannot be underestimated. This applies to the whole Mediterranean area, let alone to the most deprived rural regions where beekeeping is often one of the few profitable sectors. MedBEEsinessHubs fully understands the stakes. The project intends to contribute to the development of an actual Mediterranean BEE economy by connecting clusters in five countries. It will go a lot further than just producing and selling honey. A vast range of side products is concerned from cosmetics to handcrafting souvenirs and even to the consolidation of “bee-tourism”. On its way, the BEE economy will use another abundant natural resource: youth. Young people will bring fresh BEEsiness ideas while the project will pollinize them by granting financial and technical support. By the end of the journey, new products will be developed, and a sustainable cross-border network will be in place. And, on top of all this, the vital bee population will be encouraged to come back to where they belong.

To support solving these issues, the MedBEEsinessHubs project aims to support the economies of rural areas by empowering and networking the local population in the development of beekeeping businesses and the processing of bee products, thus contributing to the creation of a rural economy based on bee products (bee-economy) through the following activities

- Linking honeybee sector stakeholders and private sector representatives to inform on and discuss best practices, important research results, and policy frameworks
- Developing and delivering training on handcrafting honeybee products and technical aspects of handcrafting honeybee products in food, cosmetics, and gifts
- Developing and delivering training for business management and finance

- **Developing and delivering training develop holistic approaches to creating sustainable destinations with a focus on the honeybee and its products**
- grants of up to €50,000 granted to young people for business and product development)
- 4-6 MSMEs involved in B2B meetings at a cross-border level to pollinize BEESiness ideas
- Creation of an online exhibition hall to promote the Mediterranean honeybee businesses, products and destinations
- Creation of a policy document incorporating the Bee economy concept in European and national policies
- 1 cross-border charter of BEESiness network and the creation of the MED-Bee destination forum signed for cross-border future cooperation between Egypt, Lebanon, Palestine, Italy and Cyprus in promoting the bee- business and bee economy concepts and products
- Developing an online training platform for tutorial videos on apiculture

About the event

Did you know that Honeybee is a renowned chemist? Honey is used as a food source due to its nutritional benefits and value. The use of bee products in a variety of food applications can improve the diet while consuming bioactive products derived from natural sources.

Due to the presence of antioxidant, anti-inflammatory, and antibacterial properties, bee products are also beneficial for human health.

This workshop will be providing insight into how to use honeybees in healthy products and to substitute processed sugar and unhealthy sweeteners with honeybee in order to create delicious dishes and products.

Participants

- Micro, small, and medium-sized enterprises that focus on honeybee products and/or handicrafts
- Existing beekeepers or honeybee handcrafters or any interested person who wishes to become engaged in beekeeping or honeybee handcrafting.
- Priority is given to young women (of less than 40 years old) with permanent residence in rural areas.
- The eligible area of the project in Egypt: Marsa Matruh, Al-Iskandanyah, Al Buhayrah, Kafr ash Shaykh, Ad Daqahliyah, Dumyat, Ash Sharquiyah, Al Isma'iliyah, Bur Sa'id.

Important note:

- Points shall be given to participants who will attend the relevant training workshops

Agenda

Day 1: Sunday, 5th of February 2023

Venue: Alexandria Chamber of Commerce, Alexandria, Egypt

Time: 11 hr to 17 hr

Honeybee and Food Production

10.30 – 11.00	Registration
11.00 – 11.30	Welcome and Introductions
11.30 – 12.00	Introduction to the types of honey and its appropriate use in food
12.00 - 13.30	Introduce set of menus and select one to explain theoretically (salads, appetizers, sauces, sweets, jams, pastries and hot dishes) • The benefits of honey compared to sugar • How to use honey in savory food
13.30 – 14.00	Coffee break
14.00 - 16.00	Essential HACCP approach (Hazard Analysis & Critical Control Point)
16.30 – 17.00	Introduce different cooking methods and the suitability of adding honey to them
17.00 – 18:00	Lunch

Day 2: Monday, 6th of February 2023

Venue: Offline, To be advised

Time: 11 hr to 18 hr

Honeybee and Food Production

10.30 – 11.00	Registration
11.00 – 11.30	Welcome and Recap
11.30 – 13.30	Demo and practical applications towards making samples of; • Appetizer • Salad • Sauce
13.30 – 14.00	Coffee break
14.00 - 16.00	Demo and practical applications towards making samples of; • Main Plate • Dessert
16.30 – 17.00	Finishing a product after knowing • Where can I buy the material? • Pricing the products
17.00 – 18:00	Lunch

Trainer's Brief

Chef Mahmoud Nabil





Chef Mahmoud Nabil has over twenty-four years of experience in the hospitality, healthy nutrition, and international hotel chains industries.

In addition to being an executive chef at a five-star hotel, he is also a certified master trainer and a professional food consultant for numerous national and international companies. Chef Mahmoud believes that everyone should learn the fundamentals of the Art of Cooking, and COVID 19 is a clear example of how food and medicine are integral components of a healthy and immune body..

For more information on the project visit: <https://www.enicbcmmed.eu/projects/medbeesinesshubs>

For more opportunities: <https://ceebea.org>

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