



PRODUCT SHEET

TITLE

COOKING BOXES - FRESH, HEALTHY AND QUICK KITCHEN

HIGHLIGHTS

PROJECT SUBMITTED TO THE INNOVATION TRACK / NAFEI PROGRAM AND CONTEST

RESUME

Many people want to cook fresh and delicious food while following a healthy diet. However, as planning the dishes, going to the supermarket and cooking every day can be time-consuming and difficult to adjust to a busy schedule or other responsibilities, they strive to do so. Cooking Boxes are offering a convenient solution: weekly recipe changes, quantified ingredients, home delivery and even personalized variations for specific diets (eg, vegan, vegetarian, gluten free) - all in one box. The recipes are based on seasonal ingredients, provided by local farmers. The box itself is made of environmentally friendly hemp fibers that will facilitate recycling. In short, Cooking Boxes offers a quick way to cook fresh, healthy and sustainable, adapting to your needs and food preferences.

Health awareness and sustainability are two of the main current food trends, while in consumer buying trends there is an increasing demand for detectable convenience foods. Cooking Boxes offer a wide variety of options, which allows the customer to individualize the box according to their dietary needs, but also to adapt it to new food trends.

KEY WORDS

Food, convenience, sustainability, fresh, healthy.

PROMOTERS / PARTNERS

ESB-UCP

FINANCING PROGRAM	EXECUTION DATE	GLOBAL BUDGET
Norte-01-0246- FEDER- 000032 (Northern Agrofood- Environment Innovation - NAFEI	Start date: 01/09/2017 End date: 29/02/2020	TOTAL: €460.000,00 FEDER: € 39.100,00

ADDITIONAL INFORMATION	http://www.esb.ucp.pt/pt/nafei https://www.facebook.com/nafei.esbucp/
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