



# SOUL Food

**Pathways: Skills, Opportunity, Upliftment, and Learning for Migrant Women through Food**

**Modular Educational Pathway for Culinary Skills, Citizenship, and Digital Learning**

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## INTRODUCTION

This handbook presents the Modular Educational Pathway on Culinary Skills, Citizenship, and Digital Learning developed within the Erasmus+ KA220.ADU project SOUL Food: Skills, Opportunity, Upliftment, and Learning for Migrant Women through Food.

The SOUL Food pathways aim to empower migrant women through culinary-based education, intercultural engagement, and inclusive community development. The curriculum targets women with a migration background who often experience double discrimination and barriers in accessing education, employment, and social participation. Secondary target groups include educators and trainers who work with adult learners and require tools, methods, and competences to deliver inclusive and culturally sensitive learning experiences.

Tailored to the specific needs of migrant women, the pathways offer professional upskilling, citizenship education, and digital empowerment. They address challenges such as limited access to training, underemployment, and the recognition of informal learning, contributing to employability, autonomy, and active citizenship. At the same time, they support educators by strengthening their capacity to design and deliver inclusive, community-rooted and learner-centred pathways.

The curriculum is modular and flexible, organised around three thematic areas:

- Culinary skills
- Digital learning
- Citizenship

These domains represent accessible and universal entry points for the social and occupational integration of migrant women.

### Target Groups and Learning Approach

The primary target group is women with a migration background, who often face multiple forms of discrimination and barriers to social and professional inclusion. The pathway aims to:

- strengthen their culinary, digital, and citizenship competences,
- support their empowerment and self-confidence,
- foster participation in community life,
- enhance their employability and autonomy.

The learning approach is:

- participatory, involving active engagement, storytelling, sharing of experiences,
- culturally sensitive, valuing diverse traditions and identities,



- community-based, encouraging bonding, mutual recognition, and collective learning,
- practice-oriented, especially through food-based activities that provide concrete and accessible learning experiences.

Educators, trainers, and social practitioners benefit from ready-to-use materials, methods, and guidelines, enhancing their capacity to design inclusive, learner-centred, empowerment-oriented training.

## What is in the handbook and how to use it

The handbook includes ten modules covering culinary, digital, and citizenship competences:

1. Cooking basics: hygiene, safety and tools
2. The world of cooking
3. Recipes from around the world: identity and dialogue
4. Healthy eating
5. Basic digital skills
6. Digital communication and social media
7. Digital services for everyday life
8. Rights and duties of citizens
9. Job search tools
10. Communication and soft skills

The modules can be implemented individually or combined into tailored learning pathways. Depending on participants' needs, language levels, and available equipment, trainers may adjust activities and timing (to enhance this possibility, please note that each module description has a specific section addressed to trainers with tips and suggestions to adapt the content to each specific context and to better address the target group's needs). Moreover, in each module, where relevant, a dedicated table links every piece of content to the corresponding competence level, supporting the design of coherent and progressive learning pathways. In addition, a self-assessment tool included in the digital toolkit, which will be published soon as a complementary tool, helps learners identify which modules fit their learning goals.

## Key innovative features

**Culinary-based education:** Food is used as an accessible medium for learning, cultural exchange and community building.

**Holistic integration strategy:** Beyond professional competences, the pathway promotes social participation, cultural expression, and empowerment.

Digital and blended learning: A complementary digital toolkit enhances accessibility and provides flexible learning opportunities.

Educator capacity-building: The handbook equips trainers with inclusive pedagogical tools, supporting long-term sustainability and scalability.

## Methodological background

The development of this educational pathway builds on the research and experimentation conducted within WP2. A comparative analysis of ten best practices on the inclusion and upskilling of migrant women—combined with a series of culinary-based intercultural events in partner countries—provided essential insights for curriculum design. These practices, selected through thirteen shared criteria, demonstrate how culinary engagement can foster empowerment, cultural expression, social participation, and community cohesion.

The analysis highlighted the importance of language support, cultural sensitivity, participatory methodologies, and sustainable practices, as well as the role of partnerships and community involvement. This handbook translates those findings into actionable educational modules, offering trainers a structured and adaptable framework for empowering women with a migration background through learner-centred, culturally responsive and community-driven practices.



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### Ingredients

- 1 cup Language & Communication Support
- 1 cup Cultural Integration & Empowerment
- 1 cup Social Empowerment & Community Engagement
- 1/2 cup Financial & Resource Sustainability
- 1/2 cup Environmental Sustainability
- A dash of Program Evaluation & Adaptation
- A pinch of Onboarding & Integration
- A sprinkle of Legitimacy & Recognition

### Instructions:

1. **Mix language and communication** support thoroughly to ensure everyone understands and feels included.
2. **Fold in cultural integration and empowerment** to blend diverse traditions and build confidence.
3. **Stir in social empowerment and community engagement** to create strong, supportive networks.
4. **Add financial and resource sustainability** to keep your program thriving long-term.
5. **Sprinkle environmental sustainability** to keep things green and responsible.
6. **Season with program evaluation and adaptation** so your recipe stays fresh and effective.
7. **Gently fold in onboarding and integration** to welcome participants warmly.
8. **Top with legitimacy and recognition** to give your program credibility and pride.



For further insights, the full analysis and the interactive Best Practice Repository are available on the project website and through the [S-nodi Library](#).



*...and now, enjoy the journey!*

## MODULE 01 - COOKING BASICS: HYGIENE, SAFETY AND TOOLS

### General Goal of the Module

The module introduces fundamental knowledge and practices to ensure food hygiene and personal safety in the kitchen, with reference to the basic principles of the HACCP system, promoting autonomy in the correct use of food preparation tools.

### Learning Objectives

- Recognise the fundamental rules of food hygiene and preservation.
- Apply basic safety practices when working in a kitchen environment.
- Identify and correctly use basic kitchen tools.
- Distinguish suitable methods for food preservation.

*(Reference: European LifeComp Framework – “Managing daily life” and “Personal, social and learning to learn competence”)*

## MODULE 02 - THE WORLD OF COOKING

### General Goal of the Module

The module provides a comprehensive introduction to essential culinary techniques. It focuses on mastering basic processes such as ingredient preparation, correctly operating cold preparation with equipment like knives and mixers, as well as hot preparation tools including stoves and ovens. It also offers elements of kitchen organization and mise en place.

### Learning Objectives

- Master fundamental culinary techniques for ingredient preparation.
- Learn correct use and handling of cold preparation equipment (knives, mixers...).
- Understand operation and safety of hot preparation tools (stoves, ovens...).
- Acquire basic skills in kitchen organization and mise en place.



## MODULE 03 - RECIPES FROM AROUND THE WORLD: COOKING AS A FORM OF IDENTITY AND DIALOGUE

### General Goal of the Module

This module aims to create a space of intercultural exchange of the participants through culinary storytelling. It acts as a complementary module to Module 4. After gaining basic technical knowledge, this step allows participants to reconnect through the cultural dimensions of the culinary realm.

### Learning Objectives

- Getting participants to engage in culinary dialogues with each other
- Acknowledging the importance of the cultural aspects of culinary practices
- Acquisition of soft skills like public speaking, organizing a presentation, writing a recipe and presenting it.

## MODULE 04 - HEALTHY AND SUSTAINABLE EATING: AN OPEN LEARNING LAB (OLL)

### General Goal of the Module

This module explores the connection between food, climate, health, and sustainability. It encourages participants to reflect on their eating habits, understand the environmental and bodily impact of their choices, and learn about responsible waste management. Through interactive demonstrations and discussions, the module promotes holistic awareness of how food relates to both personal well-being and the planet.

### Learning Objectives

- To understand the relationships between food production, climate, and sustainability.
- To identify and adopt healthy eating habits that benefit both body and environment.
- To learn and apply sustainable waste reduction and food preservation methods.



## MODULE 05 - BASIC DIGITAL LITERACY: APPS, RESEARCH AND CYBER-SECURITY

### General Goal of the Module

The module introduces fundamental knowledge and practices to ensure secure and confident usage of the most important applications on smartphone, tablet, PC and the internet.

### Learning Objectives

- Demonstrate basic skills of smartphone/tablet usage.
- Demonstrate basic skills of PC usage.
- Perform basic research and browsing on the internet.
- Apply basic safety practices when using digital devices and/or the internet.

*(Reference: European DigComp Framework 2.2 – “1 Information and Data Literacy” and “4 Safety” [<https://publications.jrc.ec.europa.eu/repository/handle/JRC128415>] and European LifeComp Framework – “Critical Thinking” [<https://publications.jrc.ec.europa.eu/repository/handle/JRC120911>])*

## MODULE 06 - DIGITAL COMMUNICATIONS AND SOCIAL MEDIA

### General Goal of the Module

The module provides learners with practical skills for using digital communication tools (email and WhatsApp) effectively and safely. It focuses on how to present oneself online in a respectful, professional, and culturally aware manner, while at the same time highlighting risks and best practices in digital security and privacy.

### Learning Objectives

- Use email and WhatsApp effectively for personal and professional communication.
- Present self online in a clear, respectful, and culturally appropriate manner.
- Highlight and recognize the risks related to online communication and apply best practices for digital safety, security, and privacy



## MODULE 07 - DIGITAL SERVICES USEFUL FOR EVERYDAY LIFE

### General Goal of the Module

The module introduces fundamental knowledge and practices to enable participants to understand how to access to and use of those essential digital (online) services that simplify daily activities, improve convenience and enhance work productivity.

### Learning Objectives

- Identify key digital services for communication, finance, health, government/authorities and shopping.
- Use digital payment systems safely and access government e-services and utilities online.
- Practice safe and responsible digital behavior and utilize digital tools to improve everyday efficiency.

## MODULE 08 - RIGHTS AND DUTIES OF CITIZENS

### General Goal of the Module

The module introduces fundamental knowledge and practices to build awareness, understanding, and commitment to upholding civil and social rights as fundamental principles of human dignity and equality.

### Learning Objectives

- Define civil and social rights and distinguish between them.
- Understand the role of citizens, institutions and communities in safeguarding rights and identify key laws and international instruments protecting these rights.
- Recognize real-world examples of rights in action and apply rights-based approaches in their professional and civic lives.



## MODULE 09 - JOB SEARCH TOOLS

### General Goal of the Module

The module aims to provide an overview of the essential digital tools and resources for active job searching in the target countries (Austria, Sweden, Greece, Spain, and Italy), increasing participants' autonomy in navigating the European employment landscape.

### Learning Objectives

- *Recognise* the main European and national platforms and agencies (EURES, National Agencies) for job searching in the target countries (Austria, Sweden, Greece, Spain, Italy).
- *Apply* effective digital tools for creating and adapting CVs and cover letters for specific job markets.
- *Distinguish* the cultural and legal specificities of the job search and application process in at least three of the target countries.
- *Develop* an online and offline networking strategy consistent with the use of digital tools.

(Reference: European DigComp Framework – “Navigating, searching and filtering data, information and digital content”; European LifeComp Framework – “Personal, social and *learning to learn competence*”)

## MODULE 10 - COMMUNICATION AND SOFT SKILLS

### General Goal of the Module

This module aims to strengthen essential soft skills that enhance personal, social, and professional effectiveness. Through experiential learning and reflection, participants will develop key transversal competences such as effective communication, problem solving, adaptability, and teamwork, which all fundamental to employability, social interaction, and lifelong learning.

### Learning Objectives

- Communicate ideas clearly and empathetically in diverse contexts.
- Identify and solve problems creatively and effectively.



- Demonstrate adaptability and emotional regulation in changing circumstances.
- Collaborate constructively within teams, valuing diversity and shared goals.