

## **BEST FREE PUBLICATIONS 2022**

WORLD FOOD DAY - October 16

Since 2016, the Gourmand Awards publish every year the Food & Drink best free publications available for downloads on the internet. The list for 2022 includes 375 entries, from 125 countries and regions. It is published on October 16 for World Food Day 2022. All entries on the list have the right to use the free Gourmand Awards logo for the promotion of their publication.

[www.fao.org/world-food-day](http://www.fao.org/world-food-day)  
[www.cookbookfair.com](http://www.cookbookfair.com)

Edouard Cointreau  
Founder and President  
Gourmand Awards  
[www.cookbookfair.com](http://www.cookbookfair.com)



## FOOD CULTURE

### ★ A - THE BEST OF THE BEST

#### A+ BEST OF THE BEST FOR FOOD PROFESSIONALS - FREE PDF

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- Australia - Chocolate scorecard 2022 (Be Slavery Free) 10 pages
- Belgium - Guidance for Food Allergens (Food Drink Europe) 72 pages
- Colombia - Administración Estratégica de Alimentación y Bebidas, Ana María Mantilla Duarte, Luis Ernesto Martínez Velandia, 119 pages
- Denmark - Sostenibilidad, una respuesta a los desafíos alimentarios (Food Nation Denmark) 40 pages
- France - FoodTech Unicorns 2022, Matthieu Vincent, Jeremie Prouteau (Digital FoodLab)
- Luxembourg - Guide des bonnes pratiques d'hygiene pour les entreprises du secteur HORECA (Fondation HORECA) 96 pages
- Netherlands - In Action, Foreword Stephane Layani, Chairman (WUWM - World Union of Wholesale Markets) 28 page

#### A++ BEST OF THE BEST FOR ALL - FREE PDF

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- Belgium - The Politics of Protein, Philip Howard (IPES Food) 104 pages
- Brazil - Butia para todos os gostos (Embrapa Clima Temperado) 320 pages
- Canada - Canada Food Prices Report 2022 (Universities: Dalhousie, Guelph, Saskatchewan, British Columbia) 26 Pages
- Cyprus - Gastronomy of Cyprus (Department of Agriculture) 52 pages
- India - Millet Recipes, A Healthy Choice (IIMR) 186 pages
- Iraq - United through food, Raghad Al Safi, Mohamed Ghazi Al-Ahkras (UNDP) 128 pages
- Lithuania - Mano Suvilioti, Alfas Ivanauskas (VMG)
- Peru - Sabores, Conservamos la gastronomía de la reserva paisajística de Nor Yauyos Cochash (Sernanp - Instituto Continental)
- Switzerland - The World of Organic Agriculture (FIBL - IFOAM) 345 pages

#### A+++ BEST OF THE BEST DRINKS - FREE

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- Switzerland - Coffee Guide, 4th edition, Editor Henan Manson (International Trade Center - Alliance for Action) 332 pages. Also in DRINKS at the end in W1-1

#### A02 HALL OF FAME

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- UK - Sustainable Development Report 2022, Jeffrey D. Sachs, Guillaume Lafortune, Christian Kroll, Grayson Fuller, Finn Woelm (Oxford University Press) 508 pages

## ★ B - PUBLISHERS

### B04 MAGAZINES

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- China - Good Food Newsletter (Good Food Fund)
- France - The Observer of Gastronomy (LaListe.com)
- Macao (China) - Macao Magazine - Culinary Odyssey GCS - Macaolink
- Malaysia - Infofish, Firoza Buranudeen
- Philippines - PhilRice Magazine
- UAE Abu Dhabi - Blessed Tree Magazine # 3-2022 (Khalifa International Awards for Date Palm)

### B08 DESIGN - Free PDF

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- Cyprus - Gastronomy of Cyprus, Design Anna Kyriacou (Department of Agriculture) 52 pages
- Lithuania - Mano Suvilioti, Alfas Ivanauskas (VMG)

### B11 CORPORATE BRANDS - Free PDF

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- Belgium - State of Grocery Retail 2022 (McKinsey - Eurocommerce) 96 pages
- France - Consommer des huiles variees, Secret d'une bonne sante (La Tourangelle) 20 pages
- India - Wow Idli Cookbook (MTR Foods) 115 pages
- South Africa - Cooking from the heart (Pharma Dynamics - Heart & Stroke Foundation) 16 pages

### B12 TRANSLATION - Free PDF

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- Denmark - Sostenibilidad, una respuesta a los desafios alimentarios (Food Nation Denmark) 40 pages
- Norway - Bergen Guide 2022-23 (Visit Bergen) 100 pages, 5 languages, printing 300.000
- Scotland (UK) - Fun First Book (Public Health Scotland) 40 pages, 12 languages,

### B15 WEBSITES

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- Canada - [www.food-guide.canada.ca](http://www.food-guide.canada.ca)
- France - [www.rouen.fr/UNESCO](http://www.rouen.fr/UNESCO)
- India - [www.indiafoodtourism.org](http://www.indiafoodtourism.org)
- Japan - [www.tasteofjapan.matt.go.jp/en](http://www.tasteofjapan.matt.go.jp/en)
- Jordan - [www.beitsitti.com](http://www.beitsitti.com)
- Kuwait - [www.cooklikececilia.com](http://www.cooklikececilia.com)
- Norway - [www.visitnorway.com/the-norwegian-cookbook](http://www.visitnorway.com/the-norwegian-cookbook)
- Slovenia - [www.visitljubljana.com/en/kulkul](http://www.visitljubljana.com/en/kulkul)
- South Pacific - [www.pacificislandfoodrevolution.com](http://www.pacificislandfoodrevolution.com)
- Sweden - [www.visitumea.se/umea-food-symposium](http://www.visitumea.se/umea-food-symposium)
- Venezuela - [www.geografiagastronomicaven.com](http://www.geografiagastronomicaven.com)
- WFP - [www.schoolmealscoalition.org](http://www.schoolmealscoalition.org)

**B22 UNIVERSITY PRESS - Free PDF**

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- Argentina - Derecho a Alimentacion Adecuada en America Latina, Laura Potassi, Maximiliano Carrasco (Universidad Buenos Aires) 559 pages
- Canada - The High Protein Cookbook for muscle health during cancer treatment, Hillary Wilson, Anissa Armet, Dr. Carla Prado (University of Alberta) 168 pages
- Switzerland - Olive Oil Awards Zurich 2002-2022, Annette Bongartz, Martin Popp (Zurich University of Applied Science) 56 pages
- Uganda - Mukone, Small Fishes Cookbook, Margaret Rasetto, Robinson Odong, A. Eve Akongo, Jackson Efitre (NutriFish - IDRC - CRDI- University Makerere) 24 pages
- UK - Agricultural & Food Systems Resilience (Leeds University - AFRICAP - GCRF) 36 pages

**B24 UNESCO CITIES OF GASTRONOMY - Free**

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- Japan - Gastronomy, Usuki City, Oita Prefecture, 37 pages
- Sarawak (Malaysia) - Kuching Creative City of Gastronomy, 72 pages
- Thailand - [www.phetchaburicreativecity.com](http://www.phetchaburicreativecity.com)

**B26 UNESCO PRODUCTS - Free**

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- France - Le Grand Mezze, Galerie de la Mediterranee (Mucem) 28 pages
- Italy - Truffle Hunting Extraction in Italy (FNATI - ANCT) 68 pages
- Morocco - Argan Tree, Symbol of Resilience ( [www.congresarganier.com](http://www.congresarganier.com)) 96 pages
- Serbia - Exportation de dattes vers l'Europe (CBI - Autentika Global) 20 pages
- UAE Abu Dhabi - Arabic Coffee (Abu Dhabi Culture) 20 pages

**B28 UNITED NATIONS DAYS 2022 - Free PDF**

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- February 10 - World Pulses Day - [www.worldpulsesday.org](http://www.worldpulsesday.org)
- March 21- International Day of Forests - State of World Forests 2022 (FAO )
- May 10 - International Day of Argania - Argan Tree , Symbol of Resilience ( [www.congres arganier.com](http://www.congres arganier.com) ) 96 pages
- May 20 - World Bee Day - Why Bees Matter (FAO - Slovenia Ministry of Agriculture) 16 pages
- May 21 - World No-Tobacco Day (WHO) -Tobacco World Atlas, Jeff Drope, Stephen Hamill (Vital Strategies - Tobacconomics)
- June 7 - World Food Safety Day - Guide, Safer Food, Better Health (FAO) 8 pages
- June 18 - Sustainable Gastronomy Day - [www.hallbars.org/news](http://www.hallbars.org/news)
- September 21 - International Day of Peace - [www.un.org/world-peace-prize](http://www.un.org/world-peace-prize)
- September 27 - International Tourism Day - [www.unwto.org/world-tourism-day](http://www.unwto.org/world-tourism-day)
- October 16 - World Food Day - Activity Book, Leave no one behind, Susanna Mattiangeli, Illustrations Lorenzo Terranera (FAO) 24 pages
- October 20 - UNESCO World Cities Day - [www.bergengastronomy.com](http://www.bergengastronomy.com)

### **B29 UNITED NATIONS YEAR OF ARTISANAL FISHERIES & AQUACULTURE 2022 - IFAYA**

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- Canada - Annual Report 2021-2022 (BC Salmon Marketing Council) 16 pages
- Colombia - Assessing the importance of artisanal fisheries (anit.gov.co) 40 pages
- FAO - World Fisheries & Aquaculture 2022, 266 Pages
- France - Plan Aquaculture d' Avenir 2021-2027 (CNC - CIPA) 87 pages
- Malaysia - Infofish 1-2022, Firoza Buranudeen (Infofish) 63 pages

### **B31 UNITED NATIONS YEAR OF MILLET 2023 - FREE**

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- India - International Year of Millet (MEA - ICAR) 45 pages
- WFP - Lessons from Odisha Millets Mission (WFP) 92 pages

### **B32 UNITED NATIONS YEAR OF CAMELIDS 2024 - FREE**

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- France - The boom of world camel milk, Bernard Faye (CIRAD - SELMET) 21 pages
- Tunisia - Valorisation marchande du lait de chamelle en Tunisie, Pr. Jaouad Mohamed (Laboratoire Economie & Societes Rurales) 29 pages
- UAE Dubai - Emirati camel milk sales system to local & international markets (Camelicious - EICMP) 45 pages

### **B33 UNITED NATIONS DECADE OF INDIGENOUS LANGUAGES 2022-2032**

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- Australia - Jarrampa, Marshia Cook, Tamua Nuggett, Cazarus Baker (Pan Macmillan - Indigenous Literacy Foundation)
- Canada - [www.firstvoices.com](http://www.firstvoices.com)
- FAO - Labelling & Certification Schemes for Indigenous Peoples' Foods
- UNDP - 10 things the world should know about indigenous people
- UNESCO - World Atlas of Languages 2022
- United Nations - [www.idil2022-2032.org](http://www.idil2022-2032.org)



## ★ C - COUNTRIES & REGIONS

### C01 LOCAL - Free PDF

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- Brazil - Turismo Gastronomico # 9, Andrea Gumaraes, Ludmila Magro, Greyce Kelly Oliveira (RIMT) 136 pages
- Denmark - Shifting urban diets lessons from Copenhagen (EAT) 13 pages
- Japan - The Story of Usuki Gastronomy (www.gastronomy-usuki.com) 16 pages
- EU - Smart tourism for cities in Europe, Scholz Friends (EU) 89 pages
- France - Pour une approche locale de l' alimentation (Let's Food Cities) 46 pages
- India - Souvenir, Odisha Millet Mission (Government of Odisha) 196 pages
- Peru - Sabores, conservamos la gastronomía, Reserva Paisajística Nor Yauyos Cochabamba (Sernanp Instituto Continental) 120 pages
- South Korea - Gyeongju (Korea Tourism Organization) 110 pages
- UK - Birmingham Food Systems Strategy 2022-2030 (Birmingham Food Revolution) 72 pages

### C06 NORDIC - Free

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- Åland (Finland) - Taste of Åland, the dish of the century 1922-2022 (Landsbyggsdöt) 20 pages

### C08 ASIAN - Free PDF

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- Nepal - Nepal cookbook (MECS - Peedah) 66 pages

### C09 CHINESE - Free

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- UK - Lost in Translation, An A to Z of Chinese Food, Jenny Lau (Celestial Peach)

### C12 MUSLIM - Free

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- Singapore - The new Muslim consumer (Wunderman Thompson - VMLY&R Muslim Intel Lab) 112 pages

### C13 AFRICA- Free PDF

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- Madagascar - Analyse des labels, leur intérêt dans la valorisation des produits de Madagascar (Nitidae)
- Mozambique - Apoio a cadeia de valor do caju, Nitidae (AGAMOZ - AFD) 60 pages
- Uganda - Ugandan eCookbook, Agnes Naluwagga (MECS - Ministry of Energy) 45 pages,
- Zambia - Zambia's Modern Energy Cookbook, Nancy Serenje, Clement Njodvu, Precious Phiri (MECS - CEUSZ) 59 pages
- Zimbabwe - African Kale, Makhosh Mahlangu, Roger Coianiz, Paulin Maviya, Photos Prince Sivalo Mahlangu (Africa Food Revolution) 67 Pages

**C14 LATIN AMERICA - Free PDF**

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- Nicaragua - Comidas, Nicaragua Sabores Tradicionales (Vigoron) 16 pages
- Peru - Sabores, conservando sabores de la reserva paisajistica Yor Yayos Cochas, Abdias Villoslada, Rodolfo Valcarcel (Sernanp) 120 pages

**C21 CARIBBEAN - Free PDF**

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- Anguilla (BWI) - What We Do In Anguilla, Official Island Guide, Clemvio Hodge (WWDIA) 124 pages
- Belize - Belize Gold Book, Tanya McNab (McNab Publishing) 90 pages
- Cayman - Cayman Islands Culinary Guide 2022 (Visit Cayman Islands) 28 pages
- Curacao - Food Book Bonaire, Manix Stoorvogel (Entrepreneur Caribbean) 100 pages
- Guyana - Grow with Guyana (Ministry of Agriculture) 32 pages
- Guyane (France) - Journees Gouts et Saveurs (Collectivite Territoriale) 24 pages
- Jamaica - Jamaica Culinary Arts Handbook 2022 (Jamaica Cultural Development Commission) 16 pages
- St. Barthelemy (France) - Free Tourism Guide 2022, Nina Maouchi (Key-Paradise) 292 pages
- St. Lucia - 3 recipe books, Banana, Mango, Cassava (Ministry of Agriculture)
- Trinidad & Tobago - Cooking with Tropical Flours, Denise Besai, Chef Belinda Bishop (CARDI - FAO) 43 pages
- Turks & Caicos - Destination Turks & Caicos 2022, Sonia Simmons, Nicholette Thomas (Hotel Tourism Association) 152 pages

**C22 ARCTIC - Free PDF**

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- Alaska (USA) - North Pacific Observer Program, 2019 Annual Report (North Fisheries - Sustainable Fisheries Division) 208 pages
- Canada - Arctic Goose Joint Venture - Strategic Plan April 2022 ( Arctic Goose JV) 71 pages
- Finland - Natural Resource plan for the Sami, 2022-2027 (Metsa Hallitus) 380 pages
- Nunavut (Canada) - Inuit Nunawgat Food Security Strategy (ITK) 56 pages

**C23 SOUTH PACIFIC - Free PDF**

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- Cocos Keeling - Community Cookbook
- FAO - FAO in the Pacific 2021 (FAO) 42 pages
- Kiribati - Food Consumption in Kiribati (FAO)
- Marshall Islands - Food Consumption in the Marshall Islands (FAO) 92 Pages
- Nauru - Four year plan (mfat.govt.nz) 15 pages free PDF
- Niue - Waste audit report (SPREP - PAC Waste Plus) 63 pages, Free PDF
- Palau - Japan Palau Cookbook (Palau Embassy in Japan)
- Solomon Islands - Food Consumption in Solomon Islands (FAO)
- Tokelau - Tokelau CCA (UNRCO Pacific) 33 pages, Free PDF
- Tuvalu - Come & have something to eat, Teuleala Manuela, Itaia Lausavene, Eseta Lauti (Live Learn)

**C26 MIGRANTS - Free PDF**

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- Canada - Tous a la meme table, Recettes du monde, La Matane, Melanie Gagne, Fanny Allaire Peliquin (Sanam)
- Czech - Join the Table, Marek Hadrbolec (Nesehnuti) 49 pages
- France - Les Oiseaux Migrateurs (Chambéry Solidarite Internationale)
- Greece - Recipes from Home, Martha Roussou (IRC International Rescue Committee) 122 pages
- Kirgizstan - Migration, food security & nutrition in the Kirgiz Republic (WFP-IOM) 17 pages
- UK - What makes a Home? (Gypsy - Traveller) 24 pages





## ★ D - LIFESTYLE

### D01 FREE DOWNLOADS, PUBLICATIONS WITH RECIPES

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- Aland (Finland) - Taste of Aland, The Dish of the Century, 1922-2022 (Landsbydsut) 29 pages
- Brazil - Buita para todos os gostos (Embrapa Clima Tempado) 320 pages
- Czech - Join the table, Marek Hadrbolec (Nesehnuti) 49 Pages
- Greece - Cookbook: Recipes from home Martha Roussou (IRC - International Rescue Committee) 112 pages
- India - Millet Recipes, A Healthy Choice (IIMR) 186 pages
- Iraq - United Through Food, Raghad AlSafi, Mohamed Ghazi Al Akmas (UNDP) 128 pages
- Kuwait - A Union of European Flavours (EU Delegation to Kuwait & Qatar) 85 pages
- Scotland (UK) - Fun First Foods (Public Health Scotland) 40 pages
- Trinidad & Tobago - Cooking with tropical flours Denise Besai, Chef Belimda Bishop (CADI - FAO) 43 pages
- UAE - The Great Indian Khichdi, Flavel Monteiro and 50 Indian Chefs (Izzy Publishing)
- Wales (UK) - Our Kitchen, Eiwyn Roberts (HCC) 32 pages

### D03 CHILDREN FREE

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- FAO - Leave no one behind, Activity Book, Susanna Mattiangeli, Illustrations Lorenzo Terranera (FAO) 24 pages
- Wales (UK) - Our Kitchen, Eiwyn Roberts (Meat Promotion Wales- HCC) 32 pages

### D06 Food Tourism - Free PDF

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- Belgium - La Foret des Delices (Foret Saint Hubert Tourisme) 40 pages
- Brazil - Programa Nacional Turismo Gastronomico, Posto Pelo Brasil (Ministerio Turismo - UNESCO) 29 pages
- Canada - Peterborough Culinary Tourism Strategy, James Arteaga, Martin Lacelle, Caroline Marron (Culinary Tourism Alliance) 43 pages
- Colombia - Manual ilustrado para guias de turismo (ProColombia) 300 pages
- Estonia - Experience-led travel, brand strategy (Visit Estonia) 117 pages
- Faroe Islands (Denmark) - Official Tourism Guide 2022 (Visit Faroe) 132 pages
- France - Vallee de la Gastronomie (Auvergne - Rhone Alpes) 12 pages
- Iceland - Nordic food in future tourism, Brynja Laxdal, Pora Valsdottir, Asta Cristina Sigurjonsdottir (Matis - Nordic Council of Ministers) 60 pages
- Ireland - Kilkenny Christmas traditions (Visit Kilkenny)
- Madeira (Portugal) - Sugar cane & rum route of Madeira (Visit Madeira) 32 pages
- Malaysia - Tourism Malaysia Marketing Plan 2022-2026 (Tourism Malaysia) 60 pages
- New Zealand - Southland Morihiko Food Tourism Strategy (Great South NZ) 33 pages
- Norway - [www.visitnorway.com/the-norwegian-cookbook](http://www.visitnorway.com/the-norwegian-cookbook)
- Saint Pierre & Miquelon (France) - Guide Touristique, 71 pages
- South Korea - Kimchi (Visit Korea - Korea Tourism Organization) 34 Pages
- Spain - World Region of Gastronomy (IGCAT) 32 pages

**D08 FOOD SECURITY - FREE PDF**

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- Afghanistan - World Vision Afghanistan Report 2021 (World Vision) 44 pages
- Australia - Latrobe Valley Community Cookbook (Latrobe Health Assembly)
- Bangladesh - Country strategic plan 2022-2026 (WFP) 40 Pages
- Belgium - Another perfect storm ? (IPES Food) 27 pages
- Cambodia - Scaling Up Nutrition, SUN Business Network Cambodia 2021-2025 (WFP) 48 pages
- Cuba - Soberania Alimentaria, Seguridad Alimentaria y Nutricional (Asemblea Nacional del Poder Popular) 71 Pages
- Denmark - Danish Church Aid, International Report 2021 (DCA)
- Fiji - Policy for agriculture in Fiji 2022-2027 (Ministry of Agriculture) 36 pages
- France - Qui veille au grain?, Felix Lallemand, Arthur Grimonpont (Greniers d' Abondance) 90 pages
- Hungary - Strategic Plan 2023-2027 (European Commission) 54 pages
- India - White paper on Dr. Bidayakar Rao (IIMR - Nutri Hub) Millet nutrition security in India
- Kyrgyzstan - Migration, food security & nutrition in the Kyrgyz Republic (WFP-IOM) 17 pages
- Oman - Oman Food Investing Holding (OFIC) 43 pages
- Sweden - Food systems in conflict & peace building settings, Dr. Kristina Shinkert, Caroline Deliado (SIPRI) 25 pages
- Syria - Humanitarian needs overview, 2-2022 (UNOCHA) 109 pages
- UK - Government Food Strategy, Foreword George Eustice, MP (Department for Environment, Food & Rural Affairs) 33 pages
- United Nations - SDG 2 Zero Hunger, Extended Report 2022 (FAO) 13 pages

**D08 FOOD SECURITY AFRICA**

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- Eswatini - Annual country report 2021 (WFP) 46 pages
- Guinea - Avenir de l' agriculture en Guinee 2030-2063, Benoit Thierry, Joelle Onimus-Pfortner (HUBFIDA - IFAD) 29 pages
- Guinea Bissau - Potentially important food plants of Guinea Bissau (Rotary Australia) 76 pages
- Kenya - Food Security Monitor (AGRA - Alliance Green Revolution Africa) 27 pages
- Liberia - Assessing the socio-economic impact of Covid19 on food systems in Liberia, Emmanuel Letouze (Datapop Alliance) 81 pages
- Libya - Food security in Libya, 1-2022 (WFP) 17 pages
- Mauritania - Avenir de l' agriculture en Mauritanie, 2030 - 2063, Benoit Thierry, Assefa Woldeyes (HUB FIDA - IFAD) 30 pages
- Niger - Crisis response plan 2022 (IOM) 13 pages
- Sao Tome - Evaluation of Capacity Strengthening, June 2022 (WFP) 40 pages
- Somalia - Somalia strategic plan 2022-2025 (WFP) 40 pages
- Zambia - 2021 Zambia Food Security & Nutrition Report (Indaba Policy Research Institute) 28 pages

**D08 SCHOOL CHILDREN FOOD SECURITY - FREE PDF**

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- African Union - Guidelines for design implementation of home grown school feeding programme in Africa, 66 pages
- Australia - Stephanie Alexander Kitchen Garden Foundation Program, evaluation 3-2022, 16 pages
- Bhutan - School feeding & nutrition management handbook (Ministry of Education - WFP) 139 pages
- China - Impact evaluation of the pre-school nutrition pilot in Xiangxi, Hunan, by Han Jiang (WFP) 135 pages
- Paraguay - Alimentacion escolar en Paraguay (CADEP) 36 pages
- Togo - Approvisionnement des cantines scolaires par les organisations rurales au Togo (FIDA - ROPPA) 12 pages
- UK - Free School Meals Report (ParentPay) 16 pages
- USA - The reach of breakfast & lunch (FRAC) 18 pages
- WFP - [www.schoolmealscoalition.org](http://www.schoolmealscoalition.org)

**D08 FOOD SAFETY - FREE PDF**

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- Belgium - Guidance of Food Allergens Management (Food Drink Europe) 72 pages
- Denmark - Calidad y seguridad de los alimentos (Food Nation Denmark) 36 pages
- Gabon - Manuel d'hygiene pour l' alimentation de rue (AGASA) 20 pages
- FAO - Thinking about the future of food safety, a foresight report (FAO)
- Finland - Finnish Grain Quality 2021, Food Authority of Finland (Ruokavirasto) 63 pages
- India -White paper on millet: food security in India, Dr.Bidayakar Rao (IIMR - Nutihub)
- Luxembourg - Guide de bonnes pratiques d' hygiene pour les entreprises du secteur HORECA (Fondation Horeca) 96 pages
- Spain - Five Keys to Safer Foods and Covid-19, Nadia San Onofrio, Carla Soler, J. Francisco Merino-Torres, Jose M. Soriano (University of Valencia) 8 pages
- UK - Food You Can Trust (Food Standards Agency) 24 pages

**D09 HEALTH & NUTRITION PROFESSIONALS - FREE PDF**

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- African Union - Year of Nutrition 2022
- Brazil - Relatorio 2022 (Comunidad Latino America Caribe Nutricao Saude) 24 pages
- Brunei - Feeding Guidelines, 2-5 years old (Ministry of Health) 22 pages
- Canada - Ingredients for a healthier tomorrow, recipes, Nutrition Month (Dietitians of Canada) 20 pages
- Chile - Recetario Pais (FAO - Colegio de Nutricionistas Universitarios de Chile) 53 Pages
- Italy - Our Food, Our Health, Eleonora Lano (Slow Food) 97 pages
- Portugal - Programa nacional para a promocao de alimentacion saudavel (Direcao Geral da Saude) 94 pages
- Sweden - Swedish Dietary Guidelines, Livsmodelverket (Swedish Food Agency) 20 pages
- UK - World Obesity Atlas 2022, Tim Lobstein, Hannah Brinsden, Margot Neveux (World Obesity Foundation) 289 pages
- Uzbekistan - Health Systems in Action, Susannah Robinson (WHO) 24 pages

### D10 DIET

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- Spain - History of Slimming Diets until the 1950's, Inmaculada Zarzo, Pietro Marco Bosolli, Jose M. Soriano(University of Valencia) 12 pages

### D11 FAMILY - FREE PDF

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- Canada - Canada Food Prices Report 2022 (Universities Dalhousie, Guelph, Saskatchewan, British Columbia) 26 pages
- Scotland (UK) - Fun First Book (Public Health Scotland) 40 pages
- WHO - Ending inappropriate marketing of breast-milk substitutes & foods for infants, David L Clark (WHO Europe) 42 pages

### D12 SENIORS

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- USA - A Taste of Jasa (JASA, - UJA Federation New York) 81 pages, Free PDF

### D16 INDIGENOUS PEOPLE - FREE

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- Australia - ILF Impact report 2021 (Indigenous Literacy Foundation)
- Canada - Cultural resurgence through the indigenous food system, Tricia O'Meara, Shayna Cacciotti (University of Ottawa)
- Colombia - Amazona y el enigma del señor Tarovski, Luis Ernesto Martinez Velandia.
- Mexico - Bebidas tradicionales de los pueblos indigenas de Mexico (INPI)
- FAO - Labelling & Certification Schemes for Indigenous Peoples' Foods
- UNDP- Ten things the world should know about indigenous people



## ★ D - SUSTAINABILITY

### D21 FOOD SYSTEMS FREE - WORLD

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- Belgium - L'Europe devore la planete, Jabier Ruiz Mirano (WWF Belgium) 28 pages
- Canada - Mobilizing Money & Movements, (Future of Food - Transformation Investing) 68 pages
- FAO - World Food Forum 2021, The year in review (FAO) 64 pages
- Italy - Imparare, Agire, Cambiare (Barilla Food Foundation) 78 pages
- The Netherlands - In Action, Foreword Stephane Layani, Chairman (WUWM - World Union Wholesale Markets) 28 pages
- UK - The big food redesign (Ellen MacArthur Foundation) 76 pages

### D22 FOOD SYSTEMS FREE - LOCAL

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- Bhutan - Food systems for gross national happiness (Ministry of Agriculture & Forests) 9 pages
- Cambodia - Roadmap for food systems for sustainable development 2020 (FAO) 8 pages
- French Polynesia (France) - Impact environnemental de l'alimentation en PF, Shafik Asal, Marianne Petit, Jennifer Meyer (ADEME - ECO2) 62 pages
- Gambia - Food system profile Gambia (FAO - CIRAD) 48 pages
- Ghana - Accelerating Ghanaian Food Systems Transformation (Rockefeller Foundation et al.) 85 pages
- Ireland - Nurturing a thriving future, Strategy 2022 (Bord Bia - Irish Food Board) 60 pages
- Kosovo - Kosovo Food System, D. Abazi, Dora Musa (INDEP) 28 pages
- Nepal - Food System Profile Nepal (FAO - CIRAD) 28 pages
- Nunavut (Canada) - Inuit Nunawgat Food security strategy (ITK) 56 pages
- New Caledonia - UNFSS Pacific Countries Food Systems (SPC) 8 pages
- Tajikistan - Sustainable development framework 2023-2026 (UN - Government of Tajikistan) 36 pages

### D25 CLIMATE - FREE PDF

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- African Union - Climate Change Strategy 2022-2032, 128 pages
- Antigua - Climate change country programme 1-2022 (Green Climate Fund) 46 pages
- Colombia - Oportunidades no aprovechadas para la accion climatica (Alianza Global para el Futuro de la Alimentacion) 26 pages
- Denmark - National Climate targets 7 international obligations, status outlook 2022 (Danish Council on Climate Change) 21 pages
- Guinea Bissau - Climate response analysis for adaptation (UNEP) 76 pages
- Senegal - Opportunités inexploitées pour l'action climatique (Global Alliance Future of Food) 24 pages
- Vanuatu - Untapped opportunities for Climate Action (Global Alliance Future of Food) 25 pages
- Vatican - Laudato Si Community Project (EU Embassies to Holy See) 30 pages

**D26 SUSTAINABILITY - FREE PDF - WORLD**

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- Australia - Chocolate Scorecard 2022 (Be Slavery Free) 10 pages
- France - Qui veille au grain, Felix Lallemand, Arthur Grimonpont (Les Greniers d'Abondance) 90 pages
- Italy - Call to Action (Slow Food) 10 Pages
- Switzerland - Guide pour les entreprises interesseees (Max Havelaar Fondation - Fairtrade) 17 Pages
- The Netherlands - Circularity Gap Report 2022, Marc De Witt, Laxmi Haigh (Circle Economy) 49 pages
- United Nations - Sustainable Development Goals Report, Editor Lois Jensen, Foreword Antonio Gutierrez (UN) 68 pages

**D27 SUSTAINABILITY - FREE - LOCAL**

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- Andorra - Plan IberoAmericano de Gastronomía y Alimentación (PGA\_2030)
- BVI (UK) - Vision 2036, Building a Sustainable Virgin Islands (Government of BVI) 233 pages
- Canada - Indice national de rendement agroalimentaire pour la durabilité (ICPR) 23 pages
- Denmark - National Reform Program (Ministry of Finance) 76 pages
- Mexico - Gastronomía consciente para un futuro sostenible (Almanaque - Culinaria Mexicana) 100 pages
- Monaco - White paper on sustainable tourism in the Principality of Monaco (Visit Monaco) 48 pages
- New Zealand - Environment Aotearoa 2022 (Ministry of Environment) 94 pages
- San Marino - San Marino Implementation of the 2030 SDG Agenda (Repubblica di San Marino) 215 pages
- South Africa - Agriculture & The Circular Economy (CSIR) 35 pages
- Sweden - Closing the circularity gap in Sweden (RISE - Circle Economy) 86 pages
- Uganda - Ugandan eCookbook (MECS - Ministry of Energy)

**D30 FOOD WASTE - FREE PDF**

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- Cote d'Ivoire - Projet Agrovalor (Nitidae) 51 pages
- France - Why food waste is everybody's problem (Cap Gemini) 76 pages
- Laos - Towards rebuilding single use plastics in Lao Republic, Magnus Bentsson, Steven Frederick Long (Switch Asia - EU) 110 pages
- Niue - Waste audit report (SPREP - PAC Waste Plus) 62 pages
- UK - How to conduct a food waste audit (Winnows) 30 pages
- UNEP - Food Waste Index Report 2021, First Report (UNEP) 100 pages
- Vietnam - Guide de la réduction des déchets au Vietnam, Emmanuel Cerise, Marie Nguyen Lan Leroy, Yen Ba Vu (Nha Nam Editions) 40 pages

## ★ E - SUBJECTS

### E02 SINGLE SUBJECT - Free PDF

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- France - Consommer des huiles variees (La Tourangelle) 20 pages
- Gabon - Le manioc sous toutes ses formes de consommation (AGASA) 15 pages
- India - Knowledge paper on millets, Super food for India (ASSOCHAM - ICAR)
- Morocco - Argan Tree, Symbol of Resilience (Congres Arganier) 96 pages
- South Korea - Kimchi (visitkorea.or.kr - KTO) 34 pages
- Trinidad & Tobago - Cooking with Tropical Flours, Denise Besai, Chef Belinda Bishop (CARDI - FAO) 43 pages

### E03 PASTRY FREE

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- Guyana - Namilco Cookbook Calendar 2022, 15 pages

### E05 FISH & SEAFOOD - Free PDF

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- China - Rice-Fish Culture System in China, Liu Moucheng (FAO - China Academy of Science) 20 pages
- Christmas Island (Australia) - Food Web (marinewaters.fish.wa.gov.au)
- France - Livre blanc de la filiere piscicole Ain, 2022-2025 (APPED - Departement de l' Ain)
- Guam (Micronesia) - Guam Lunar Calendar 2022-2023 with fish recipes (Western Pacific Regional Fishery Management Council) 28 pages
- Uganda - Small Fishes Cookbook (NutriFish - IDRC - CRDI) 24 pages
- USA - Aquaculture 2022 (WAS) 84 pages

### E07 CHOCOLATE - Free PDF

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- Belgium - Future of Food Service #1: To Go (Chocolate Academy) 24 pages
- Cameroun - Tracabilite transparence, Durabilite, Filiere Cacao, Nitidae (EU - EFI) 75 pages

### E08 BREAD - Free PDF

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Serbia - Atlas of the Bread Museums in Europe, Dimitrije Vuyadinovic (Project Bread ) 72 pages

### E09 DAIRY - Free PDF

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- Denmark - Strategy 2022, increased competitiveness through dairy research (Danish Dairy Research Foundation) 16 pages
- France - The boom of world camel milk, Bernard Faye (CIRAD - SELMET) 21 pages
- Tunisia - Valorisation marchande du lait de chamelle en Tunisie, Pr.Jaouad Mohamed (Laboratoire d' Economie et Societes Rurales) 29 pages
- UAE Dubai - Emirati camel milk system to local & international markets (Camelicious - EICMP) 45 pages

**E10 MUSHROOMS & TRUFFLES - Free**

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- France - Saison de la Truffe au Pays d' Uzès (Vins-Truffes-Terroirs - Uzès ) 24 pages
- Italy - Truffles Hunting & Extraction in Italy (FNATI - ANCT) 68 Pages

**E11 FRUITS - Free PDF**

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- Brazil - Butia para todos os gostos (Embrapa Clima Temperado) 320 pages
- Burkina Faso - Valorisation de la coque de la noix de cajou, Nitridae (Ministere - CBA) 63 pages
- Colombia - Chigua, Alimento Prehistorico, Luis Ernesto Martinez Velandia

**E12 MEAT - Free PDF**

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- Belgium - The Politics of Protein, Philip Howard (IPES Food ) 104 pages
- Canada - Game Changer, Burgeoning industry of insects as food & feed (Natural products Canada) 19 pages
- European Union - Insects Novel Foods Authorizations, Rafael Perez Berdejal (EU Health & Food Safety) 21 pages
- Germany - Meat Atlas (Heinrich Boell Stiftung - Friends of the Earth) 76 pages
- India - Building an eco-system for cultivated meat in India (CIIE - GFI India) 62 pages
- Namibia - Meat & Meat Products roundtable (SACU) 23 pages
- UK - Cultivated Meat & Seafood, 2021 State of the industry report (Good Food Institute) 65 pages
- USA - More than Meats the Eye (IRI) 34 pages
- Wales (UK) Our Kitchen, Eiwyn Roberts (Meat Promotion Wales - HCC) 32 pages

**E12 GAME MEAT FREE**

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- Canada - Moose Management Plan (Newfoundland Labrador Ministry Fisheries Forestry Agriculture) 42 pages
- South Africa - Game Meat strategies for South Africa 2022, (Ministry of Forestry, Fisheries , Environment) 99 pages
- Sweden - Remote Meat Control, Arja Helene Kautto (Livsmedelsverket) 25 pages

**E18 RICE - Free PDF**

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- China - Rice-Fish Culture in China, Liu Moucheng (FAO - China Academy of Science) 20 pages
- Philippines - The Drive to Thrive, Annual Report 2021 (IRRI - International Rice Research Institute) 48 pages
- Thailand - Strategic Plan 2021-2025 (Sustainable Rice Platform) 34 pages
- UAE - The Great Indian Khichdi, Flavel Monteiro and 50 Indian Chefs (Izzy Publishing)

**E19 FERMENTATION - Free**

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- Belgium - Fermentation, 2022 State of the Industry, Audrey Gir (GFI - Good Food Institute) 79 pages
- South Korea - Kimchi (Visit Korea - KTO) 34 Pages



**E20 BEES - Free**

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- Australia - Bring your Buzz! (Australia Farmers Markets Association - When Bee Foundation) 10 pages
- Canada - Hive Lights (Honey Council) 70 pages
- Slovenia - Why Bees Matter (FAO - Slovenia Ministry of Agriculture) 16 pages
- USA - 25 facts about wild American bees (Rutgers University) 26 pages



★ **G - GASTRO DIPLOMACY**

**G01 EMBASSIES GASTRODIPLOMACY, Free PDF**

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- Austria - Refreshingly Natural, Austrian Wine Tasting (Austrian Advantage - Austria in Thailand) 70 pages
- Estonia - Taste Estonia (EAS - Embassy of Estonia in Abu Dhabi) 28 pages
- Guatemala - Terra Amica (Com.it.es - Embassy of Italy in Guatemala)
- Kuwait - A Union of European Flavours (European Union Delegation to Kuwait & Qatar) 85 pages
- Palau - Palau Japan Cookbook
- Poland - Mes a mes, Sabor Polones, Marysienka Zeman (Embajada de Polonia en Buenos Aires) 98 pages
- Vatican - Laudato Si Community Project (EU Embassies to the Holy See) 30 pages



## DRINKS

### ★ W1 WORLD OF WINE

#### W1-1 BEST OF THE BEST DRINK PUBLICATION - Free

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- Switzerland - Coffee Guide, 4th edition, Editor Henan Manson (International Trade Center - Alliance for Action) 332 pages

#### W1-3 MAGAZINE

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- China - Global Gourmet Wine issue, in English & Chinese, Richard Xu May - June 2022

#### W1-8 WINE TOURISM - Free PDF

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- Australia - Wine Trails, Tasmania 2022 (Wine Tasmania) 54 pages
- Chile - Vinos de Nicho de Chile, Nadia Parra (Ocho Libros - ProChile) 128 pages
- Czech - The Best from the Wine Tourism in the Czech Republic (Wine from Moravia - Wine from Bohemia) 108 pages
- France - Dijon, Cite Internationale Gastronomie & Vin (Metropole Dijon) 14 pages
- Germany - Sweden - Sustainable Wine Tourism (Geisenheim University - winetourism.com) 88 pages
- Moldova - Enotourism Guide, foreword Dr. Gheorghe Arpentin (Wine of Moldova) 88 pages
- Scotland (UK) - The Scotch Whisky Experience, 76 Pages
- Serbia - Vojvodina Region Wines (Vojvodina Development Agency) 11 pages
- Ukraine - The Wine Trade Awards Guide (Communications Medis Good Drink) 215 Pages
- Wales (UK) - Welsh Vineyards & Tourism Report (Welsh Government) 76 pages

#### W1-10 WINE PROFESSIONALS - Free

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- Belgium - Annexes, Study on Sustainability Institutions in the wine appellation sector, Arcadia International (EFOW) 141 pages
- Finland - Alko 's Review of the Year, Beverages Trends 2022 (Alko) 20 pages
- Mexico - La industria vitivinicola mexicana en el sigloXXI (CIATEJ) 589 pages

## ★ W2 OTHER DRINKS

### W2-1 LOW ALCOHOL - Free

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- Argentina - Produccion de Yerba Mate, 2022 (FCF - UNAM Eldorado) 62 pages

## ★ W3 LIFESTYLE

### W3-6 DRINKS & HEALTH - Free PDF

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- Belgium - Annual Report 2020, Wine Social Sustainability (Wine in Moderation) 56 pages
- Canada - Alcohol & the body (Alberta Health Services) 13 pages
- China-UK-USA - Population-level risks of alcohol consumption, Global burden of disease study 2020 (The Lancet) 51 pages
- New Zealand - State of the nation 2022, Kali Mercier, Helen Jarrett, Foreword Sarah Helm (NZ Drug Foundation) 64 pages
- Scotland (UK) - Drug & Alcohol Services (Audit Scotland) 20 pages
- WHO - Global Alcohol Action Plan 2022-2030, Strategy to reduce the harmful use of alcohol (WHO) 37 pages

## ★ W4 SPECIAL AWARDS

### W4-2 SUSTAINABILITY & WINE - Free publications

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- Belgium - Study on the state of play of sustainability initiatives in the wine appellation sector, Arcadia International (EFOW) 45 Pages
- Finland - Beverages trends 2022 (Alko) 20 pages
- Germany - Sweden - Sustainable Wine Tourism (Geisenheim University - winetourism.com) 88 pages
- Italy - Wine & Sustainability White Paper (Terra Institute) 14 pages