

Fundación Cepsa celebrates the tenth anniversary of the Gran Canaria film and food festival with Cine+Food

- **Fundación Cepsa is taking part in the festival by staging daily culinary workshops aimed at the whole family, in a bid to promote healthy eating and responsible consumption**

Once again, Fundación Cepsa has taken part in the most eagerly awaited summer event in the capital city of Gran Canaria, the Cine+Food film and food festival. For the tenth edition of the event, Fundación Cepsa has chosen to promote healthy lifestyles and responsible food consumption among visitors to Santa Catalina Park in Las Palmas de Gran Canaria.

The initiative includes four culinary workshops for the whole family, given every afternoon by renowned chefs, including Canarian chef Lolo Román, who has worked with the likes of the Adriá brothers and who currently teaches at the prestigious Basque Culinary Center in San Sebastián.

The aim of these culinary demonstrations is to promote a healthy and balanced diet and avoid lifestyles and bad habits that can lead to diseases such as diabetes, while teaching a more environmentally friendly way of cooking by using local produce and avoiding leftovers and waste.

José Manuel Fernández-Sabugo, Cepsa's Canary Islands Director and representative of Fundación Cepsa on the Islands, explains that through these workshops "we are seeking to offer families advice on how to avoid food wastage and help instill more sustainable habits". He adds that "we are also aiming to raise awareness of how important it is to maintain a healthy diet, so that families can make good eating habits part of their daily lives and consume more zero kilometer produce".

The Workshops

'Clear as Milk' aims to make the public more aware of the different types of milk out there, including the qualities they possess, their organoleptic properties and the myths surrounding each of them. The workshop also explains what dairy production within the municipality involves, including other products such as yogurt and cheese. All family members will be able to taste the different products.

'Local delicacies and children's dishes' not only promotes local Canary Island produce, but teaches participants about their origins and on how best to prepare and cook local fare. At the same time, participants are taught to discover original and fun ways of plating their dishes, thus enhancing the creativity of all family members, who take part in the workshop as a team.

Meanwhile, the 'Blind Greens' activity gets participants to sample fruits and vegetables they are not used to. They are blindfolded and asked to identify what type of food they are tasting, based on size, texture, smell and taste, because if you cannot see the fruits or vegetables you are sampling, you will be more open to the experience of actually trying and enjoying them.

Last but not least, the workshop 'You Should Play with Food' will be given on Sunday by prestigious chef Lolo Román, who will attempt to convey the vision of a modern chef through games and demos of modern culinary techniques, including liquid nitrogen.

Fundación Cepsa will also be present at Cine+Food as one of the collaborators of the main screen at Santa Catalina Park, where a total of 50 films will be screened, including 'Bohemian Rhapsody', 'Mamma Mia', 'Avengers Endgame' and 'A Star is Born'.

Santa Cruz de Tenerife, Thursday, August 30, 2018

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