



# WELCOME

TO OUR FINAL FITR E-ZINE!

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### Introduction

As an official closure of the project we have launched and celebrated the FITR results during the successful final project event on the 2<sup>nd</sup> of June in Roscommon. As the FITR partnership, we are very happy to announce that we have learnt a lot from the project and it has had a great impact on our regions. All FITR materials are available online and we hope it will be of use to you and it will encourage you to recognise the potential of food incubators and their role as a driver for regional entrepreneurship in a fast growing sector!

## Launch of FITR results in Roscommon!



The **final FITR event**, held on 2 June in Roscommon, was a real success! The event was officially opened by the Vice President of the European Parliament, Mairead McGuinness. After that, partners from the FITR partnership presented the FITR results including the toolkit, regional partnerships and action plans and the course curriculum. This was followed by a panel discussion in which expert speakers shared their view on key aspects of food and food incubators including 'Nurturing new food entrepreneurs', 'Access to Finance', 'Distribution – key to success' and 'Developing a Food Incubation Hub – challenges and opportunities'. Then there was a showcase featuring a live Demo Kitchen representing what a "virtual timeshared kitchen" looks like. At the end, partners enjoyed a delicious buffet prepared by Jonathan Keane, Executive Head Chef at The Lodge at Ashford Castle.

The event provided a great opportunity for food businesses, development agencies and trainers to network, learn best practices and promote innovation and incubation within the food industry.

## FITR Goals

We aim to forge an effective & replicable model to provide the learning and structure to develop kitchens & incubators in local communities. In this project we will:

- Establish 4 Regional Partnerships to study and capture best practice in the development of Food incubators;
- Create & publish "The Food Incubator Guide" to facilitate the replication of these Regional Partnerships across Europe;
- Develop a course curriculum, guiding Vocational Education and business development practitioners on how to establish a Food incubator;
- Publish an online toolkit focusing on "how-to" strategies for food hub establishment and operation;
- Trial and publish the toolkit and curriculum online for free and widely publicise it to encourage usage in other regions;
- Organise four National & International events to evangelise our work and ensure widespread uptake.

## FITR Benefits

Management and staff from business development agencies, local community groups, VET & HEI providers, chambers of commerce and enterprise centres will benefit from:

- An improved understanding of the potential of food incubators and their role as a driver for regional entrepreneurship in a fast growing sector;
- Direct professional development, organizational learning and an increase in professional reputation;
- The development of a robust regional partnership formula for use in the food sector which can also prove useful in other sector in community development;
- Improved network links to food enterprises, and other support agencies and stakeholders throughout Europe;
- Access to unique proven tools and operational strategies enabling you to further the development of food businesses and maximise their contribution to regional growth.

## All FITR results available online!

After two years of working on the FITR project and its results, the project is now closing. In the past two years we have established **4 regional partnerships** in Ireland, Slovakia, the United Kingdom and The Netherlands. These partnerships studies and captured best practice in the development of food incubators and created action plans to further develop their regional food eco-systems. To support the establishment and development of these regional partnerships we developed the FITR Toolkit. **Use this toolkit** to start and run your own FITR partnership! Finally, the FITR course is now available online. There are two versions:

### Online course

The online course is a specially designed online learning programme which you can access at a time that suits you. It consists of 6 modules and you can dip into and out of the modules as you choose. However, we recommend that you follow the modules in the suggested 1 to 6 order. Each module comprises a main presentation on the topic (a slide share) supported by a set of extra resources such as exercises, videos and case studies.

### Download the Classroom Course

Please click the link below to download the Classroom Course

Download "Download Classroom Course"  
– Downloaded 29 times – 4 KB



### The classroom course

This course is aimed at teachers and trainers who have a keen interest in teaching, encouraging and supporting people in the food industry. Each module has three different training resources:

1. PowerPoint/PDF presentation
2. Trainer's Guide
3. Learners Workbook

You can download the course as a zip file. Although the classroom course is designed as a complete curriculum, each module can be used as a stand-alone session. Therefore, each module starts with a basic introduction about the topic. If you want to concentrate on a specific topic you can jump in at your point of interest – although using the whole course is suggested.

All the FITR results are available online on our project website:

[www.foodincubators.how](http://www.foodincubators.how)

