



07/05/2024
LATVIA

LAG „PAJŪRIO KRAŠTAS“ (Seaside Region LAG)



KLAIPĖDA

- Our LAG „Pajūrio kraštas“ covers Klaipėda district.
- Area 1336 km² (2% of Lithuania's area).

52 208

- Population of Klaipėda District Municipality is 52 208 (2024 January)
- Divided into 10 smaller administrative units.
- The region of 4 waters.



SHORT CHAIN SUPPLY SUPPORT IN STRATEGY

In our Strategy we have a separate measure/section for Short supply chains – it is planned to implement 2 projects.

Result:

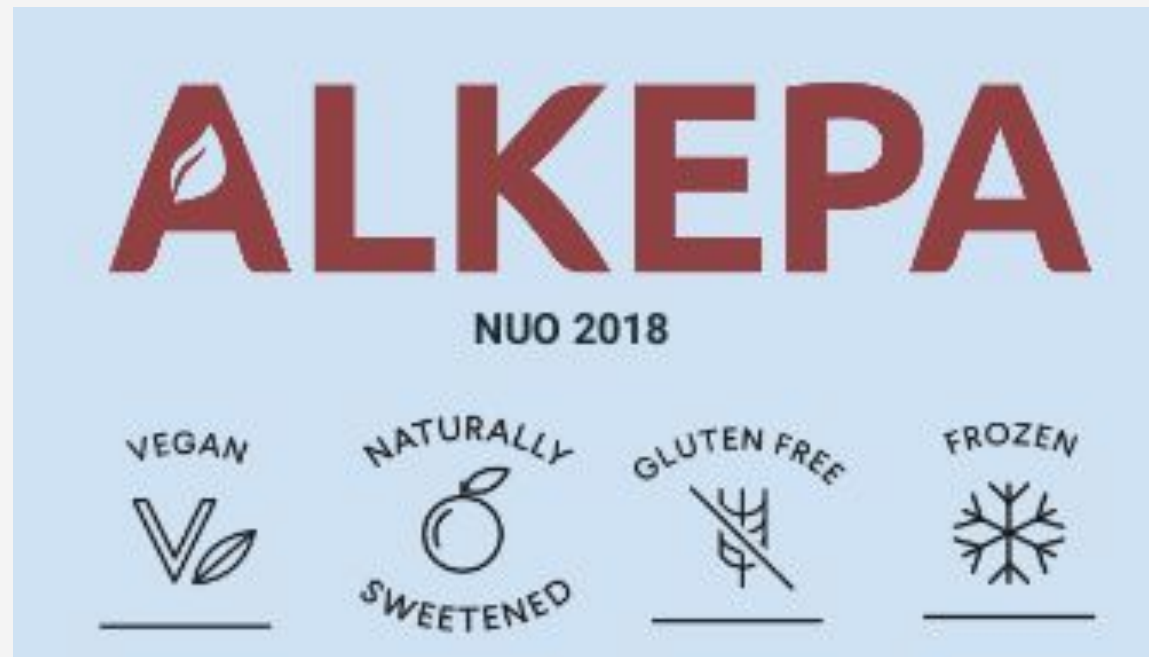
1. „Involving local growers and the community in creating a short food supply chain in the village of Brožiai“.
2. „Food lab“



FARMER TADAS MOCKUS

- An organic cereal farm was established in 2007.
- Starting with 50 hectares, the farm grew to 300 hectares.
- All fields are organic.
- In 2022, the farmer started processing his own organic hemp and rapeseed into cold-pressed oils.
- In 2023 Tadas also started producing organic wheat, rye, oat and spelt flour.
- Nowadays, he sells his own production in markets



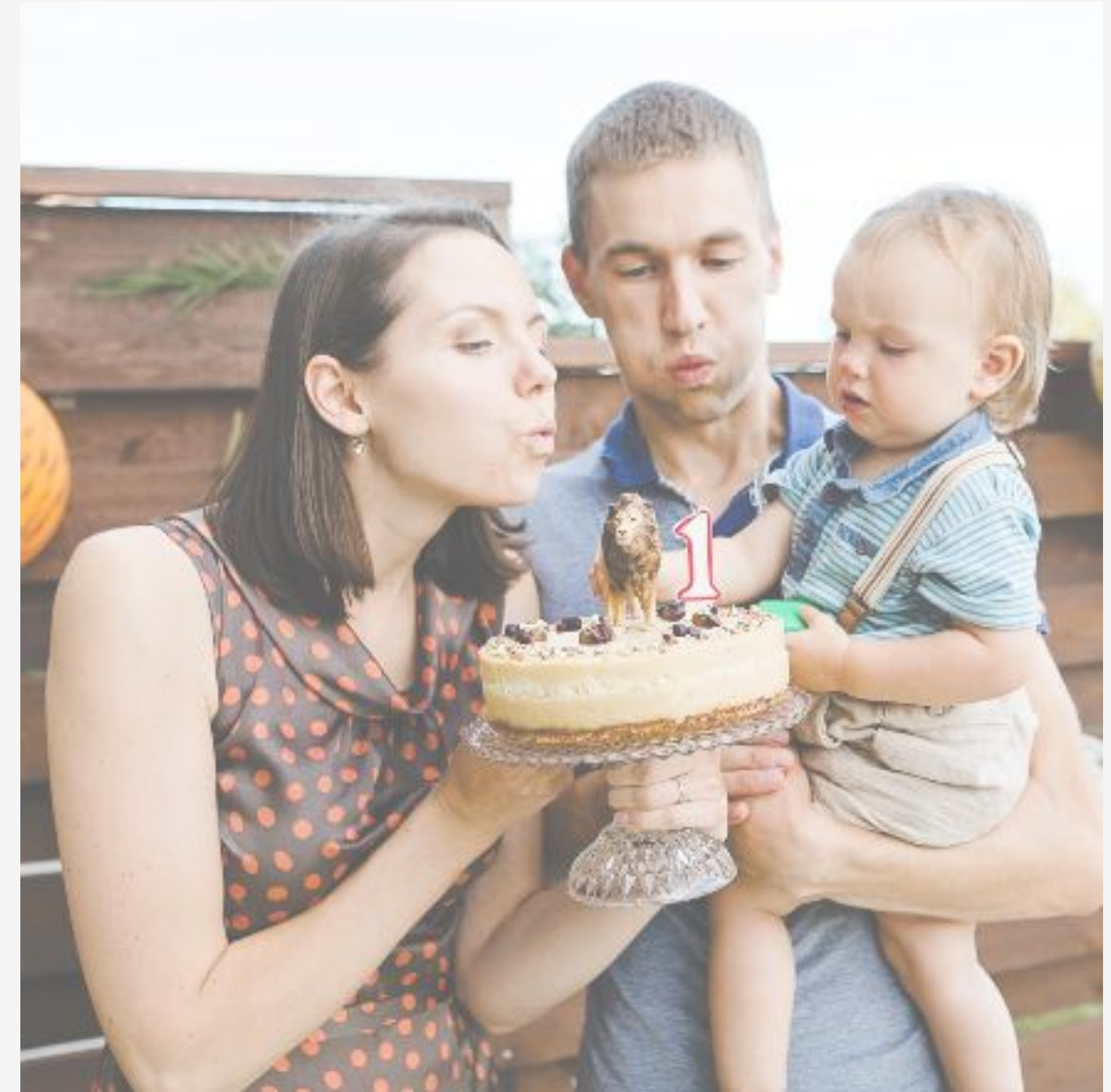


The birth of the business was prompted by their own health problems.

The sweets are gluten-free, dairy-free and naturally sweetened.

Short food chain supply:

- Workshops in Broziai, schools, international conferences
- Healthy sweets assorti for schools



BROŽIAI VILLAGE COMMUNITY

Brožiai Village Community was established on 4 January 2007.

Times were hard: the economic crisis, the village was declining, the school was closed, and young people were spreading their wings to the city.

The community came together to preserve the traditions of the village of Brožiai and to prevent it from disappearing.



At first, they considered picking berries from the forest and making healthy jams for the city. But like other communities, we started to think about more serious activities, because the village needed work and income.



2013 BROŽIAI KITCHEN

Developed a project to create a professional kitchen for the production of take away food.



BROŽIAI VILLAGE COMMUNITY



With the help of Rural Development funds, community renovated the premises and installed a modern kitchen. The aim was to employ 3 unemployed rural women.

And today they have created 14 jobs in the kitchen.



Started to take the food produced in Brožiai - the day's lunch - to the Gargždai market.

It was a novelty - food from a kitchen on wheels. Delicious, rustic and inexpensive food (soups, second courses) quickly became popular.



Today, Brožiai Kitchen is a well-known catering brand. It can cater an event for 1500 people.

It works in Klaipėda district, Klaipėda city and surrounding areas.



BROŽIAI VILLAGE COMMUNITY



Brožiai kitchen caters for events and parties of all formats.
Sell daily lunches at the Gargždai market.

Daily catering for 2 retirement homes, 1 hospital, 1 school and 1 kindergarten.

Brožiai has been voted one of the most entrepreneurial rural communities in Lithuania.



BROŽIAI VILLAGE COMMUNITY Short food supply chain



In 2023, this community embarked on a new path, - to provide healthy, quality food first-hand, while also respecting the environment.

They implementing the project "Local producers and local communities involving in the development of a short food supply chain in the village of Brožiai".



They has set up a vegetable processing and broth production facility, a tasting room.



Waste free production.

Local produce arrives within a radius of 6-10 kilometres.





🏠 Home

🌳 Smart Rural 27

👁️ European SV Observatory

📖 SV Policies

📍 Smart Communities

📁 Smart Inventory

Smart Villages in Lithuania



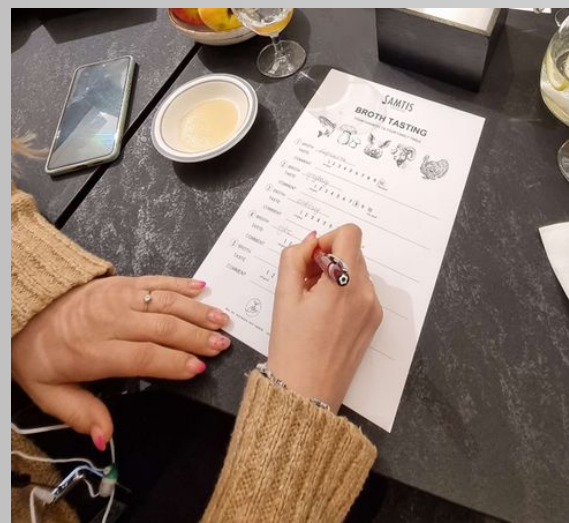
Brožiai – a village in Klaipėda district municipality, part of Vežaičiai eldership, which includes 33 villages. Brožiai is located 7 km from the main national highway, near the road from the eldership centre – Vežaičiai (8 km) to Veiviržėnai (6 km). In 2022 there were 4,569 residents in Vežaičiai eldership, in Brožiai – 83 residents. As the village’s population began to decline, with young people migrating to cities, the only school in Brožiai was closed in 2009. The resulting demographic situation determined the local residents’ livelihood – the development and cultivation of horticulture. This prompted them to cooperate with Brožiai community, which promotes sustainable local food economy. In 2021, with the funding from the LEADER program, the initiative of Brožiai village community led to the establishment of a short food

Latvia

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Want to get involved or know more on what Smart Rural 27 is doing in Lithuania? [Contact us!](#)



FOOD LAB

CHALLENGES IN SHORT SUPPLY CHAINS

01

A NARROW RANGE OF
LOCAL FOOD PRODUCTS

05

LACK OF LOGISTICS

02

LOW SUPPLY

03

HIGH COST PRICE

04

LOW LEVELS OF ENTREPRENEURSHIP
AMONG RURAL RESIDENTS AND SMALL
FARMERS

HOW TO OPEN MARKETS FOR LOCAL PRODUCTS?

01

EDUCATE CONSUMERS
AND PRODUCERS

02

INCREASING THE NUMBER OF
PLACES WHERE PRODUCTS
ARE SOLD

03

DIVERSIFYING SALES METHODS, E.G.
LOCAL PRODUCE "DRIVE IN", VENDING
MACHINE SALES - FARMERS FRIDGE

04

DIVERSIFYING THE PRODUCT RANGE

05

DIVERSIFY CUSTOMER
SEGMENTS:
not only B2C, but also B2B, B2G

09

SETTING UP A LOGISTICS
WAREHOUSE

10

SIMPLIFYING PUBLIC
PROCUREMENT



FOOD LAB...

taking it to **a new level**



HEALING FOOD.
FROM FARM TO FORK



MY EXPERIENCE

WHAT CRITERIA DO YOU USE TO CHOOSE FOOD IN THE SUPERMARKET?



ONCOLOGY FIELD

EAT WHATEVER YOU WANT, JUST
MAKE SURE YOU GET ENOUGH
CALORIES

Some quick-and-easy snacks

- Cereal (hot or cold)
- Cheese (aged or hard cheese, cottage cheese, cream cheese, and more)
- Cookies
- Crackers
- Dips made with cheese, beans, yogurt, or peanut butter
- Fruit (fresh, frozen, canned, dried)
- Gelatin made with juice, milk, or fruit
- Granola or trail mix
- Homemade milk shakes and smoothies
- Ice cream, sherbet, and frozen yogurt
- Juices
- Microwave snacks
- Milk by itself, flavored, or with instant breakfast powder
- Muffins
- Nuts, seeds, and nut butters
- Popcorn, pretzels
- Puddings, custards
- Sandwiches (such as egg salad, grilled cheese, or peanut butter)
- Soups
- Sports drinks
- Vegetables (raw or cooked) with olive oil, dressing, or sauce
- Yogurt (low fat or Greek)

NO CHANGE IN MINDSET - NO RESULT



Making a conscious choice for organic, local production will not become a priority until people, i.e. consumers, start demanding it. Until then, any breakthrough in this market will be difficult to achieve.



Promoting consumer confidence in farmers and their products is essential

It is also necessary to raise awareness of the need to consume quality food



OUR GOALS



THE HEALING PROPERTIES OF FOOD

[Medicina \(Kaunas\)](#), 2021 Nov; 57(11): 1138. PMID: PMC8618064
Published online 2021 Oct 20. doi: [10.3390/medicina57111138](#) PMID: [34833355](#)

Analysis of the Anti-Inflammatory Capacity of Bone Broth in a Murine Model of Ulcerative Colitis

[Laura M. Mar-Solis](#)¹, [Adolfo Soto-Domínguez](#)², [Luis E. Rodríguez-Tovar](#)¹, [Humberto Rodríguez-Rocha](#)², [Aracely García-García](#)², [Victor E. Aguirre-Arzola](#)³, [Diana E. Zamora-Ávila](#)¹, [Aime J. Garza-Arredondo](#)¹, and [Uziel Castillo-Velázquez](#)¹*

Amosy E M'Koma, Academic Editor

[Author information](#) [Article notes](#) [Copyright and License information](#) [PMC Disclaimer](#)

Abstract

Background and Objectives: Nutritional deficiencies are one of the main triggers for the development of gastrointestinal diseases, such as ulcerative colitis (UC). Therefore, the objective of the present work consisted of determining the nutrients present in the bone broth (BB) and evaluating their anti-inflammatory properties in a murine model of UC, induced by intrarectal administration of 2, 4, 6-trinitrobenzene sulfonic acid (TNBS), and acetic acid (AcOH). The BB was prepared from the femur of bovine cattle and cooked in distilled water for 8 h at 100 ± 2 °C. **Materials and Methods:** The BB was administered ad libitum to BALB/c mice for 10 days before the induction of UC. Colon samples were collected for histological analysis and determination of cytokine expression levels by qPCR. **Results:** It was found that amino acids (AA) are the main nutritional contribution of BB, 54.56% of these correspond to essential AA. The prophylactic administration of BB in the murine model of UC reduced histological damage, decreased the expression of *IL-1β* (61.12%), *IL-6* (94.70%), and *TNF-α* (68.88%), and increased the expression of *INF-γ* (177.06%), *IL-4* (541.36%), and *IL-10* (531.97%). **Conclusions:** This study shows that BB has anti-inflammatory properties, and its consumption can decrease the symptoms of UC.

BONE BROTHS

- Nutrient testing
- Heavy metals
- Are the properties of bones of grass-fed animals different from those of grain-fed animals?
- The next step is human studies

FRESH CABBAGE JUICE

- Vitamin U (S-methylmethionine sulphonium chloride)
- Studies in people with stomach ulcers

[Calif. Med.](#), 1949 Jan; 70(1): 10–15. PMID: PMC1643665
PMID: [18104715](#)

RAPID HEALING OF PEPTIC ULCERS IN PATIENTS RECEIVING FRESH CABBAGE JUICE

[Garnett Cheney](#)

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Abstract

Thirteen patients with peptic ulcer were treated with fresh cabbage juice, which, experiments have indicated, contains an antipeptic ulcer factor. This factor (vitamin U) prevents the development of histamin-induced peptic ulcers in guinea pigs.

The average crater healing time for seven of these patients who had duodenal ulcer was only 10.4 days, while the average time as reported in the literature, in 62 patients treated by standard therapy, was 37 days.

The average crater healing time for six patients with gastric ulcer treated with cabbage juice was only 7.3 days, compared with 42 days, as reported in the literature, for six patients treated by standard therapy.

The rapid healing of peptic ulcers observed radiologically and gastroscopically in 13 patients treated with fresh cabbage juice indicates that the anti-peptic ulcer dietary factor may play an important role in the genesis of peptic ulcer in man.

FOOD IS MEDICINE. RESEARCH WITH GROUPS OF PEOPLE



- Gastric problems – gastritis, peptic ulcers
- GUT DISEASES (ulcerative colitis, Crohn's disease)
- TYPE II DIABETES
- ANEMIA
- FATTY LIVER...



REAL EXAMPLE



Tyr. data: 2023-07-18 Skatinamasis
 Pacientas: DONATAS JODENIS
 Adresas: J. Basanavičiaus g. 81-34
 Siuntimo įstaiga:
 Skyrius: Poliklinika
 Pastaba: -

Reg. Nr.: 40729046
 Gim. data: 1987-10-05 Lytis: vyras Ligos ist. Nr.:

Gydytojas: D. GRIGARIENĖ (6049)

Ėminys paimtas: 2023-07-18 09:59 GINTA PAULAUSKIENĖ (bendrosios praktikos slaugytojas)
 Ėminys priimtas: 2023-07-18 09:59 GINTA PAULAUSKIENĖ (bendrosios praktikos slaugytojas) Tir. medž: Kraujas

Tyrimas	Rezultatas	Norma	Mat. v.
HbA1c Glikozilintas hemoglobinas (HbA1c)	16:42 6,76	↑ nuo 4 iki 6	%
HbA1c Glikozilintas hemoglobinas (HbA1c_2)	16:50 50,38	↑ nuo 20 iki 42	mmol/mol

Pacientas: DONATAS JODENIS
 Gimimo data: 1987-10-05 Lytis: Vyras

TYRIMO PROTOKOLAS

Užsakymo data: 2023-08-31 07:30 Nr.: 11049015

Tyrimas (mato vnt.)	Rezultatas	Norma	SVP/Instrukcija	Atlikimo laikas	P	A	M	TM	AK
[PSDF] Šeimos gyd. normos tyrimai									
Techninė informacija									
ASAT Aspartataminotransferazės aktyvumo nustatymas (ŠG norma) (U/l) [104]	115	<34 Suaugusiems nuo 19 m.	SVP B-02, leidimas 3.0, 2019-09-25	2023-08-31 14:56	129	129	1	85	AK
ALAT Alaninaminotransferazės aktyvumo nustatymas (ŠG norma) (U/l) [104]	198	10-49 Suaugusiems nuo 19 m.	SVP B-01, leidimas 3.0, 2019-09-25	2023-08-31 14:56	129	129	1	85	AK
TSH Tiotropino koncentracijos nustatymas (ŠG norma) (mIU/l) [104]	3,400	0,550-4,780 Suaugusiems nuo 20 m.	SVP I-14, leidimas 2.0, 2019-09-30	2023-08-31 15:23	50	50	1	7	AK
CHOL Bendras cholesterolis (ŠG norma) (mmol/l) [104]	5,41	≤5,00 Optimalu; 5,01-6,50 Saikingas padidėjimas; 6,51-8,00 Ženklius padidėjimas; >8,00 Kritinis padidėjimas	SVP B-04, leidimas 3.0, 2023-06-02	2023-08-31 14:56	129	129	1	31	AK
DTL Didelio tankio lipoproteinų cholesterolis (ŠG norma) (mmol/l) [104]	0,87	>1,00 Vyrams	SVP B-05, leidimas 5.0, 2023-06-02	2023-08-31 14:56	129	129	1	53	AK
MTL Mažo tankio lipoproteinų cholesterolis (apskaičiuojamas) (ŠG norma) (mmol/l) [104]	Neapskaičiuojamas	<3,00	TV-6 5.7-1, leidimas 9.0, 2023-08-14	2023-08-31 15:08	129	129	1	50	
TRIG Trigliceridai (ŠG norma) (mmol/l) [104]	7,34	<1,70 Optimalu; 1,70-2,25 Saikingas padidėjimas; 2,26-5,64 Ženklius padidėjimas; ≥5,65 Kritinis padidėjimas	SVP B-09, leidimas 3.0, 2023-06-02	2023-08-31 14:56	129	129	1	42	AK
Ne DTL cholesterolis (mmol/l) [104]	4,54	≤3,8 Tiriant nevalgius; ≤3,9 Tiriant pavalgius	TV-6 5.7-1, leidimas 9.0, 2023-08-14	2023-08-31 14:56	129	129	1	50	
Pastaba tyrime Lipidograma (CHOL, DTL, TRIG, MTL apskaičiuojamas, ne DTL cholesterolis) (ŠG norma): Esant trigliceridams >4,50 mmol/l, MTL neapskaičiuojamas. Rekomenduojama atlikti tiesioginį MTL cholesterolį.									
Biochemija									
Techninė informacija									
GGT Gamaglutamiltransferazės aktyvumo nustatymas (U/l) [104]	153	<73 Vyrams nuo 19 m.	SVP B-11, leidimas 3.0, 2019-09-25	2023-08-31 14:56	129	129	1	41	AK
ALP Šarminės fosfatazės aktyvumo nustatymas (U/l) [104]	82	46-116 Suaugusiems nuo 19 m.	SVP B-23, leidimas 3.0, 2019-09-25	2023-08-31 14:57	50	50	1	86	AK
FER Feritino koncentracijos nustatymas (μg/l) [104]	439,4	22,0-322,0 Vyrams	SVP I-09, leidimas 3.0, 2019-09-30	2023-08-31 15:28	50	50	1	7	AK
CREA Kreatinino koncentracijos nustatymas (μmol/l) [104]	64,8	61,9-114,9 Vyrams >19 m.	SVP B-07, leid. Nr. 3.0, 2023-06-14	2023-08-31 14:56	50	50	1	82	AK
LDH Laktatdehidrogenazė (U/l) [104]	248	120-246	SVP B-46, leidimas 1.0, 2023-06-08	2023-08-31 14:57	129	129	1	31	
TP Bendro baltymo koncentracijos nustatymas (g/l) [104]	73	57-82 Suaugusiems ≥19 m.	SVP B-33, leidimas 3.0, 2019-09-27	2023-08-31 15:00	50	50	1	82	AK
djCRB Didelio jautrumo CRB koncentracijos nustatymas (mg/l) [104]	6,34	≤3,00 Suaugusiems. KŠL rizika: <1,00 Nedidelė; 1,00-3,00 Vidutinė; >3,00 Didelė; >10,00 Gal būt uždegimo ar infekcijos indikatorius.	SVP B-25 leid. Nr. 4.0, 2021-11-19	2023-08-31 14:57	50	50	1	17	AK

Klinikinė diagnostinė laboratorija
 Laboratorinių tyrimų rezultatai

Tyr. data: 2023-12-01 Mokamas
 Pacientas: DONATAS JODENIS
 Adresas: J. Basanavičiaus g. 81-34
 Siuntimo įstaiga:
 Skyrius: Poliklinika
 Pastaba: -

Reg. Nr.: 40793123
 Gim. data: 1987-10-05 Lytis: vyras Ligos ist. Nr.: 23A-113648

Gydytojas: D. GRIGARIENĖ (6049)

Ėminys paimtas: 2023-12-04 07:12 INGA CIKAS (bendrosios praktikos slaugytojas)
 Ėminys priimtas: 2023-12-04 07:12 INGA CIKAS (bendrosios praktikos slaugytojas) Tir. medž: Kraujas

Tyrimas	Rezultatas	Norma	Mat. v.
VitD Vitaminas D (D2+D3) (16:18)			
VitD Vitaminas D (D2+D3) (VitD)	48,5	↑ nuo 30 iki 100	μg/l
VitD Vitaminas D (D2+D3) (VitD_c)	121,3	↑ nuo 75 iki 250	nmol/l
HCY Homocisteinas (16:11)			
HCY Homocisteinas	20,31	↑ nuo 3,7 iki 13,9	μmol/l

Ėminys paimtas: 2023-12-04 07:12 INGA CIKAS (bendrosios praktikos slaugytojas)
 Ėminys priimtas: 2023-12-04 07:12 INGA CIKAS (bendrosios praktikos slaugytojas) Tir. medž: Kraujas

Tyrimas	Rezultatas	Norma	Mat. v.
HbA1c Glikozilintas hemoglobinas (HbA1c)	15:32 5,1	↑ nuo 4 iki 6	%
HbA1c Glikozilintas hemoglobinas (HbA1c_2)	15:42 32,24	↑ nuo 20 iki 42	mmol/mol

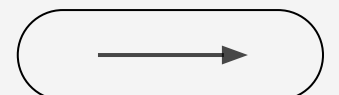
Atliko: 2023-12-04 15:42 ()
 Ėminys paimtas: 2023-12-04 07:12 INGA CIKAS (bendrosios praktikos slaugytojas)
 Ėminys priimtas: 2023-12-04 07:12 INGA CIKAS (bendrosios praktikos slaugytojas) Tir. medž: Kraujas

Tyrimas	Rezultatas	Norma	Mat. v.
Ne DTL cholesterolis	15:56 5,26	↑ nuo 0 iki 3,899	
CHOL Cholesterolis bendras (CHOL)	15:56 5,98	↑ nuo 0 iki 4,99	mmol/l
DTL Cholesterolis (D-HDL)	15:56 0,72	↓ nuo 1 iki 99	mmol/l
MTL Cholesterolis (LDL)	15:56 4,43	↑ nuo 0 iki 2,9999	mmol/l
TGL Trigliceridai (TRIG)	15:56 1,82	↑ nuo 0 iki 1,999	mmol/l
ALAT Alaninaminotransferazės aktyvumo nustatymas	15:56 48	↑ nuo 10 iki 49	
ASAT Aspartataminotransferazės aktyvumo nustatymas	15:56 25	↑ nuo 0 iki 33,99	
FER Feritinas (FER)	16:12 243	↑ nuo 22 iki 322	μg/l
ALB Albuminas (ALB)	15:57 46,6	↑ nuo 34 iki 48	g/l
Fe Geležis (IRON 2)	15:56 13	↑ nuo 11,6 iki 31,3	μmol/l
djCRB CRB didelio jautrumo (hsCRP)	16:07 20,11	↑ nuo 0 iki 3	mg/l
LDH Laktatdehidrogenazė (LDH)	15:56 123	↑ nuo 120 iki 246	IU/L
GGT Gamaglutamiltransferazė (GGT)	15:56 29	↑ nuo 0 iki 72,99	U/l

Atliko: 2023-12-04 15:56 ()

RESULTS

- DISCONTINUE MEDICINE FOR TYPE II DIABETES
- DISCONTINUE MEDICINE FOR BLOOD PRESSURE
- DISCONTINUE MEDICINE FOR GOUT
- WEIGHT LOSS: 46 KG (DURING 7.5 MONTHS)



THANK YOU FOR ATTENTION



LOCAL ACTION GROUP „PAJŪRIO KRAŠTAS”
CHAIRWOMAN RAIMONDA DAMULIENĖ

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