



ImpactFinance

ECORADAR

17-04-2025

Country – Spain

Team member 1: LYDIA FERNANDEZ CORTABITARTE

Team member 2: IRENE RODILES LAGO

Team member 3: CLARA VENTURA SANTOS

Team member 4: DIEGO PEREZ CRUZ

Team member 5: GABRIEL PITA MANSO

User Manual

OUTLINE

1. INTRODUCTION

2. ACCESS

3. OVERVIEW OF THE WEBSITE

4. SUSTAINABLE OPTIONS

A) LOCAL STORES MAP

B) EDUCATIONAL GAMES

C) RECIPES

D) FORUM

5. CONTACT INFORMATION

1. INTRODUCTION

EcoRadar This website has been developed to raise awareness and promote actionable engagement in responsible, locally-focused consumption among university students. In light of the gap between sustainability awareness and concrete action observed in individuals aged 18 to 24, this platform—Ecoradar—was conceived.

In this manual, you will find:

- A step-by-step guide to Ecoradar
- Resources to support responsible consumption and foster greater participation, including:
 - o A map of local stores
 - o Interactive games
 - o Recipes
 - o A forum
- Help and support contact information

We invite you to explore Ecoradar and embrace responsible consumption!

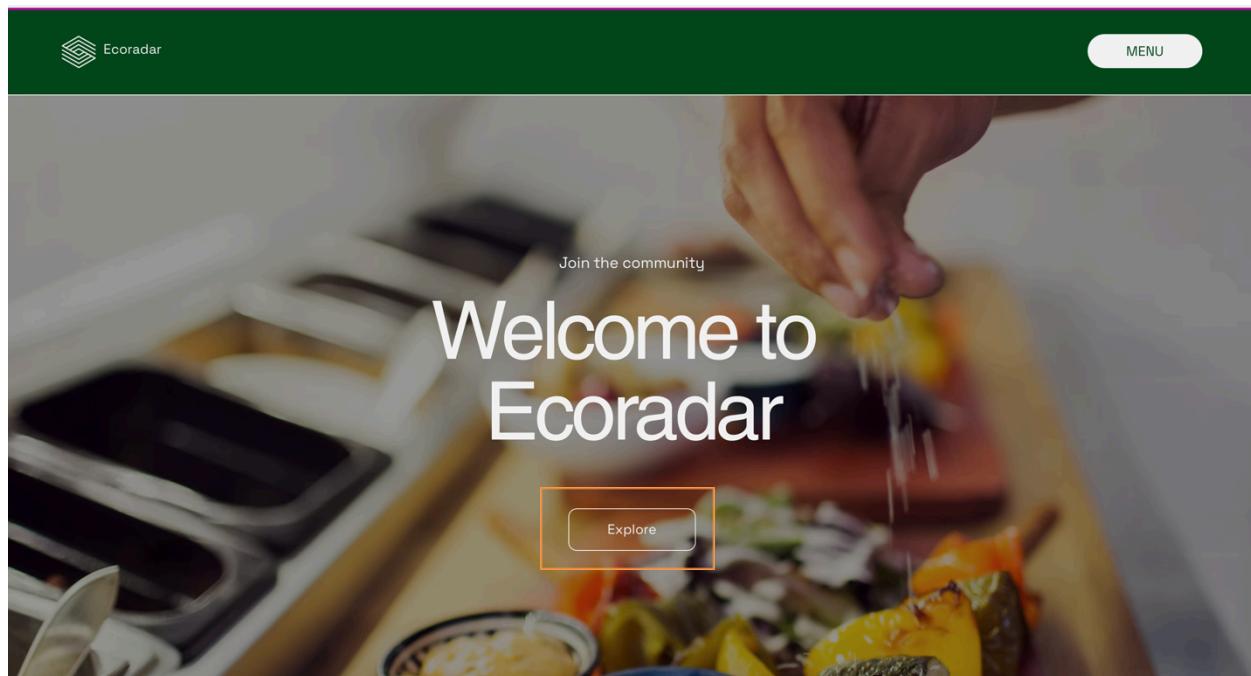
2. ACCESS

Ecoradar is compatible with Google Chrome, Mozilla Firefox, Safari, and Microsoft Edge.

To access the platform, open your web browser and enter the URL; the homepage will load automatically.

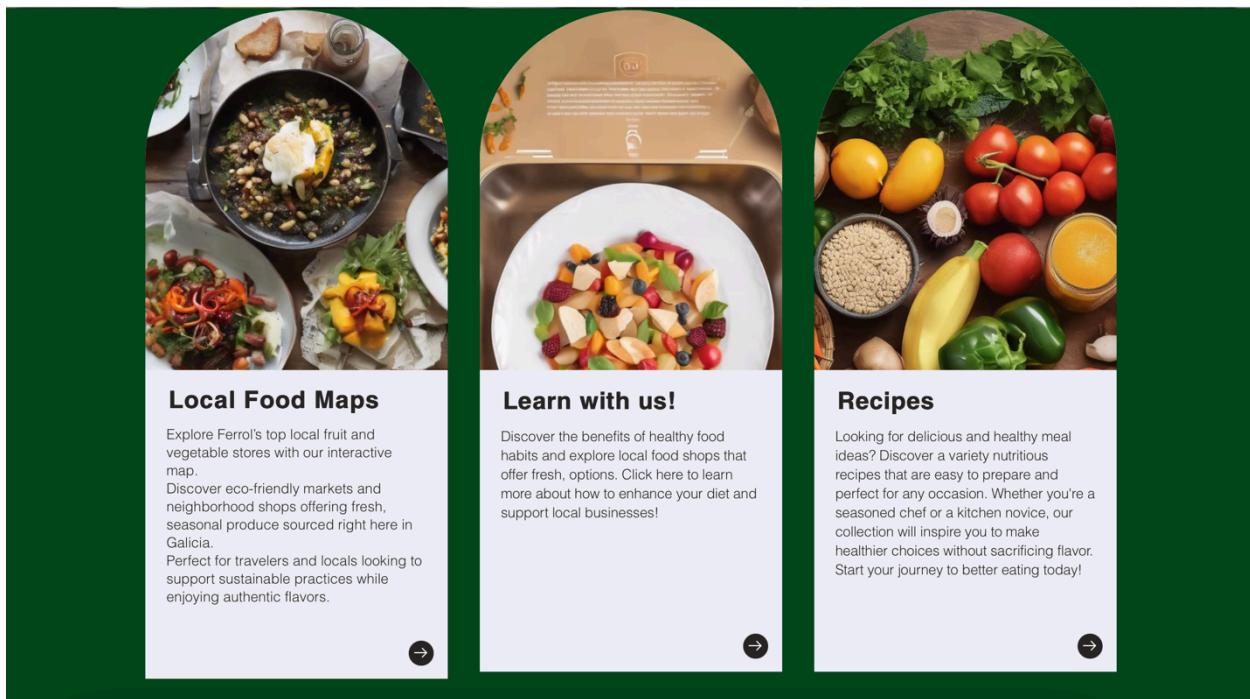
3. OVERVIEW OF THE WEBSITE

The primary interface of EcoRadar features an image carousel showcasing responsible and conscious consumption, accompanied by an “Explore” button that invites users to engage more deeply.



Below, you will find three possible pathways:

1. [Local food maps](#): In this section, you will be able to navigate the proximity-based retail outlets in your city that are registered on the website.
2. [Learn with us!](#) : In this section, you will find educational materials to expand your knowledge.
3. [Recipes](#): Do you find yourself with surplus bread and uncertain how to use it? In this section, discover sustainable recipes.



The image displays three mobile application screens arranged horizontally. Each screen features a large, rounded-top image at the top, followed by a title and a brief description.

- Local Food Maps**: Shows a meal with a poached egg and a salad. Description: Explore Ferrol's top local fruit and vegetable stores with our interactive map. Discover eco-friendly markets and neighborhood shops offering fresh, seasonal produce sourced right here in Galicia. Perfect for travelers and locals looking to support sustainable practices while enjoying authentic flavors.
- Learn with us!**: Shows a plate of colorful fruit and vegetables. Description: Discover the benefits of healthy food habits and explore local food shops that offer fresh, options. Click here to learn more about how to enhance your diet and support local businesses!
- Recipes**: Shows various fruits, vegetables, and a juice. Description: Looking for delicious and healthy meal ideas? Discover a variety nutritious recipes that are easy to prepare and perfect for any occasion. Whether you're a seasoned chef or a kitchen novice, our collection will inspire you to make healthier choices without sacrificing flavor. Start your journey to better eating today!

At the bottom of the page, you will find the opportunity to join a forum where you can share opinions, recipes, knowledge, initiatives, and much more.

Join your sustainable community!

Responsible consumption and beyond



ecoradar ecoradar

Local Food Map: Find Healthy Suppliers Near You

Are you a health-conscious individual looking to support local food suppliers in your area? If so, then you're in for a treat! Ecoradar,...



ecoradar ecoradar

Nutrition Blog: Tips and Recipes for University Students

Are you a busy university student looking to



ecoradar ecoradar

Join Our Forum: Build a Community around Healthy Eating

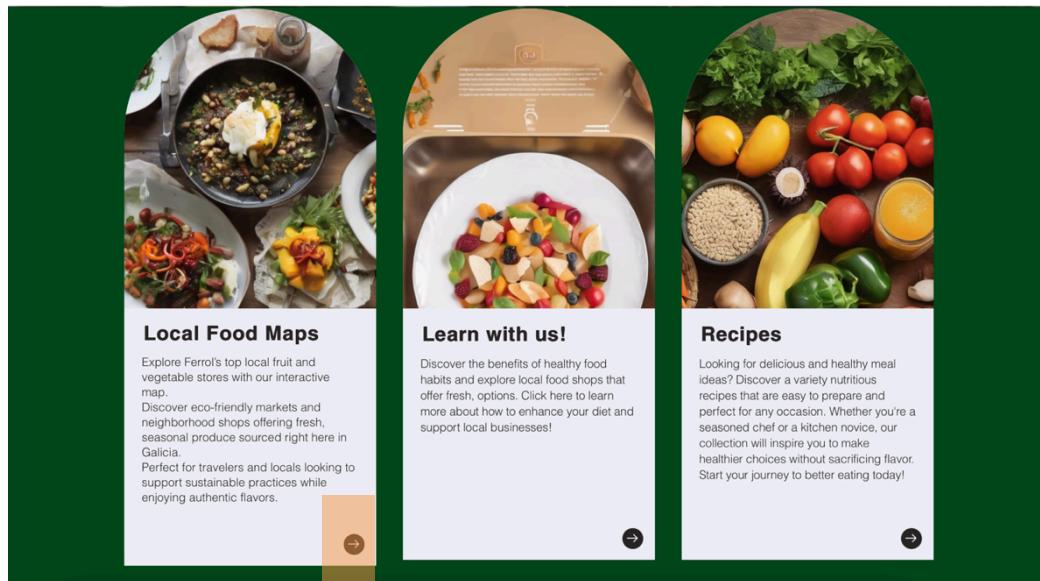
Are you looking to connect with like-minded

4. SUSTAINABLE OPTIONS

In the following, we will explain the sustainable options available on Ecoradar.

A) LOCAL STORES MAP

This section will feature a map enabling users to locate every local retail outlet, complete with each store's contact details, a concise description, and its precise location.



Ecoradar map



— Mercado da Terra —



Let's play!

B) EDUCATIONAL GAMES

This section features a series of educational games that users can engage with to expand or deepen their understanding of conscious and sustainable eating.

The image is a collage of three distinct photographs. The top left shows a close-up of a plant's leaves with visible veins. The top right shows a hand holding a small, round, yellowish fruit, possibly a lime or lemon. The bottom image is a landscape view of a green, hilly field under a clear blue sky with a few wispy clouds.

The image displays four distinct digital resources for environmental education:

- WHO IS WHO?** (EcoRiddle): A game where players guess a word based on visual clues. The interface includes a search bar, a magnifying glass icon, and a "GUESS THE WORD WITH AS FEW CLUES AS POSSIBLE." instruction. It also features a "UNLOCKED IN-DEPTH" button.
- Group sort: Sort the season** (Wordwall): A drag-and-drop game where users sort items into seasonal groups. It includes a "START" button, a play icon, and a "Drag and drop each item into its correct group." instruction. The footer indicates it is "Powered by Wordwall".
- CRACK FOOD WASTE** (Giant): A game with a space-themed interface. It features a central jet fighter, floating food waste icons, and a "START" button. The footer includes the "Giant" logo and navigation icons.
- EcoRoads**: A timeline from 1990 to 2029 showing milestones in food waste reduction. The milestones include:
 - Earth Summit: The UN Conference on Environment and Development (1992)
 - Food Waste Reduction: UNFCCC publishing the first Global Framework for Sustainable Waste Management (1992)
 - Zero Food Waste: Starting of the Zero Waste movement in San Francisco (1993)
 - SDG 12: Adopted by the UN General Assembly (2015)
 - Food Waste Reduction: UNFCCC publishing the second Global Framework for Sustainable Waste Management (2019)

C) RECIPES

This section will demonstrate how to utilize every last gram of your products through healthy, sustainable recipes designed to accommodate any intolerance or allergy.

Ecoradar

Healthy Recipes

Discover Spanish-inspired dishes made with local, seasonal ingredients.

These eco-friendly recipes help you enjoy flavorful meals while reducing environmental impact.

Bon appétit!



Sustainable
Spanish Vegetable
Paella



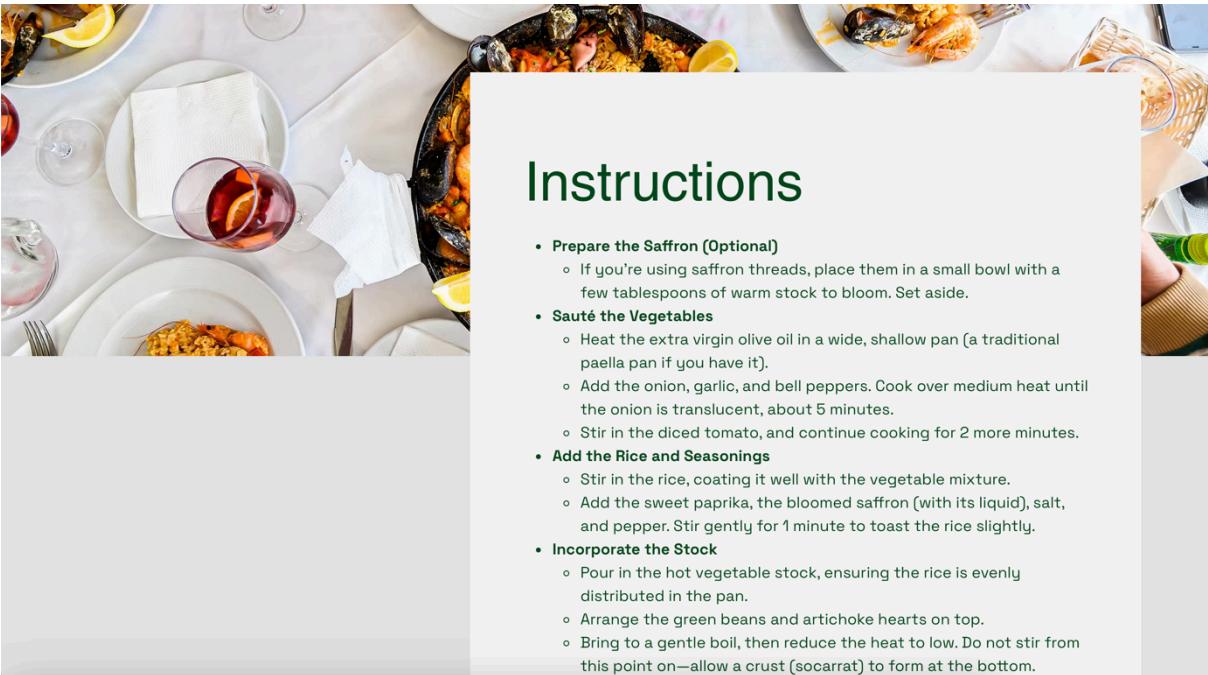
Ecoradar

MENU

Sustainable Spanish Vegetable Paella

Ingredients (4 Servings)

- 2 cups of Bomba or Calasparra rice (or any short-grain rice)
- 4 cups of vegetable stock (preferably homemade or low-sodium)
- 1 medium onion, finely chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 large tomato, diced
- 2 garlic cloves, minced



Instructions

- **Prepare the Saffron (Optional)**
 - If you're using saffron threads, place them in a small bowl with a few tablespoons of warm stock to bloom. Set aside.
- **Sauté the Vegetables**
 - Heat the extra virgin olive oil in a wide, shallow pan (a traditional paella pan if you have it).
 - Add the onion, garlic, and bell peppers. Cook over medium heat until the onion is translucent, about 5 minutes.
 - Stir in the diced tomato, and continue cooking for 2 more minutes.
- **Add the Rice and Seasonings**
 - Stir in the rice, coating it well with the vegetable mixture.
 - Add the sweet paprika, the bloomed saffron (with its liquid), salt, and pepper. Stir gently for 1 minute to toast the rice slightly.
- **Incorporate the Stock**
 - Pour in the hot vegetable stock, ensuring the rice is evenly distributed in the pan.
 - Arrange the green beans and artichoke hearts on top.
 - Bring to a gentle boil, then reduce the heat to low. Do not stir from this point on—allow a crust (socarrat) to form at the bottom.

More recipes



[Greek Fasolada
\(White Bean
Soup\)](#)



[Lithuanian Bulviniai
Blynai \(Potato
Pancakes\)](#)



[Cypriot Louvi me
Lahanana \(Black-
Eyed Pea and Turnip
Stew\)](#)



D) FORUM

This section will provide a forum in which users can share their ideas, expand their knowledge, and connect with their community.

Responsible consumption and beyond

 ecoradar ecoradar Local Food Map: Find Healthy Suppliers Near You Are you a health-conscious individual looking to support local food suppliers in your area? If so, then you're in for a treat! Ecoradar	 ecoradar ecoradar Nutrition Blog: Tips and Recipes for University Students Are you a busy university student looking to	 ecoradar ecoradar Join Our Forum: Build a Community around Healthy Eating Are you looking to connect with like-minded
---	---	--

5. CONTACT INFORMATION

Do you require any further information?

Ecoradar

ecoradar@gmail.com

Rúa A Coruña 8 Rúa Ferrol,
O Barco, 32300 O Barco de
Valdeorras, Ourense, Spain



[Privacy Policy](#)
[Accessibility Statement](#)
[Terms & Conditions](#)
[Refund Policy](#)

© 2035 by Ecoradar. Powered and secured by [Wix](#)