



ECORADAR

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Country —Spain

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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 fórum
- Help and support contact information

We invite you to explore Ecoradar and embrace responsible consumption!

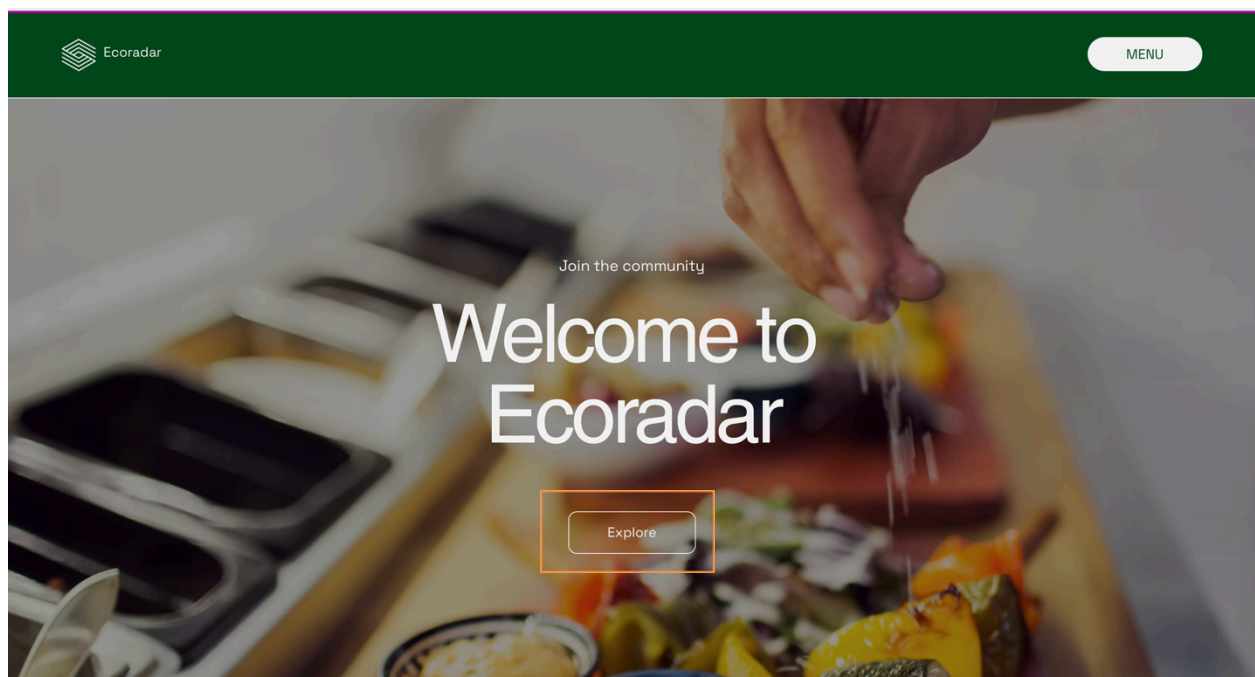
2. ACCESS

[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.

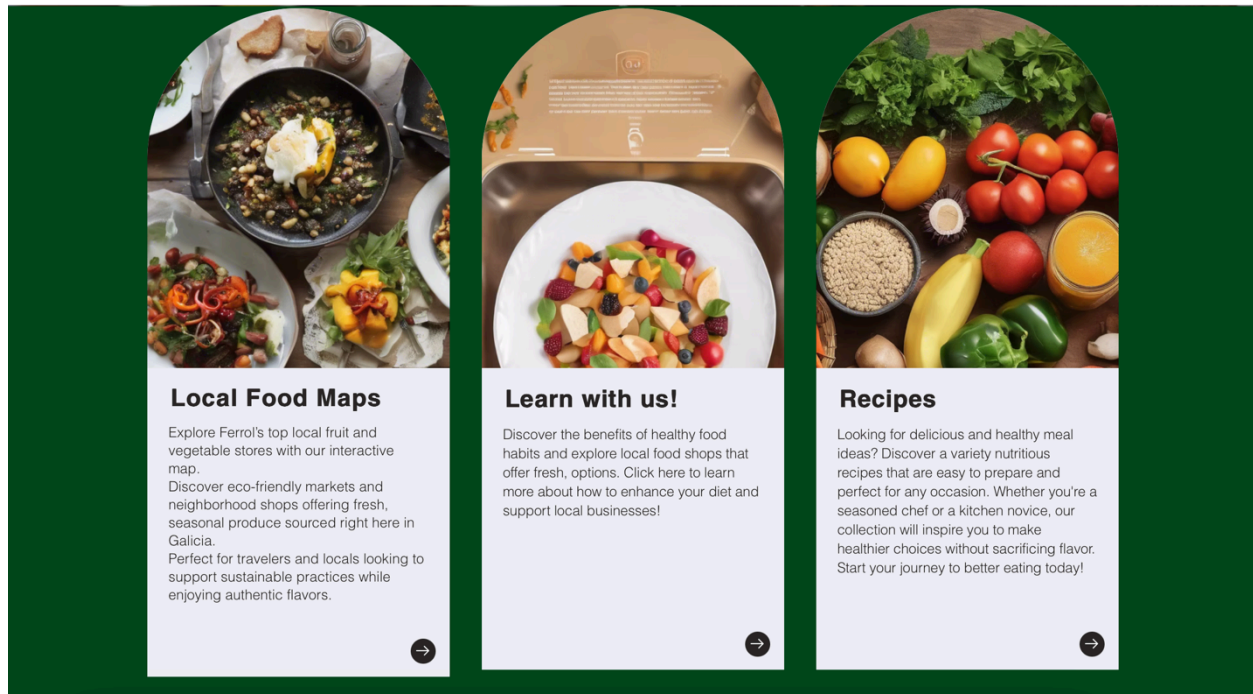
3. OVERVIEW OF THE WEBSITE

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.



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



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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,...



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Nutrition Blog: Tips and Recipes for University Students

Are you a busy university student looking to...



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Join Our Forum: Build a Community around Healthy Eating

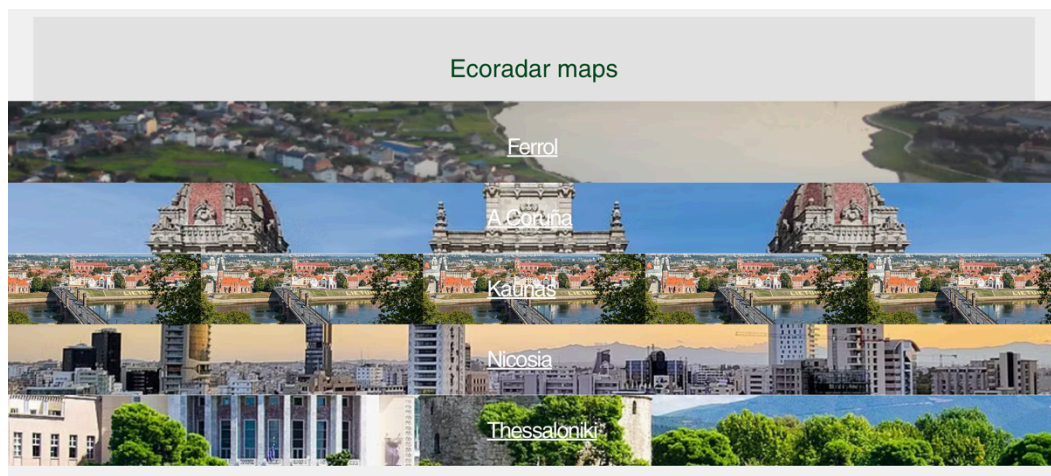
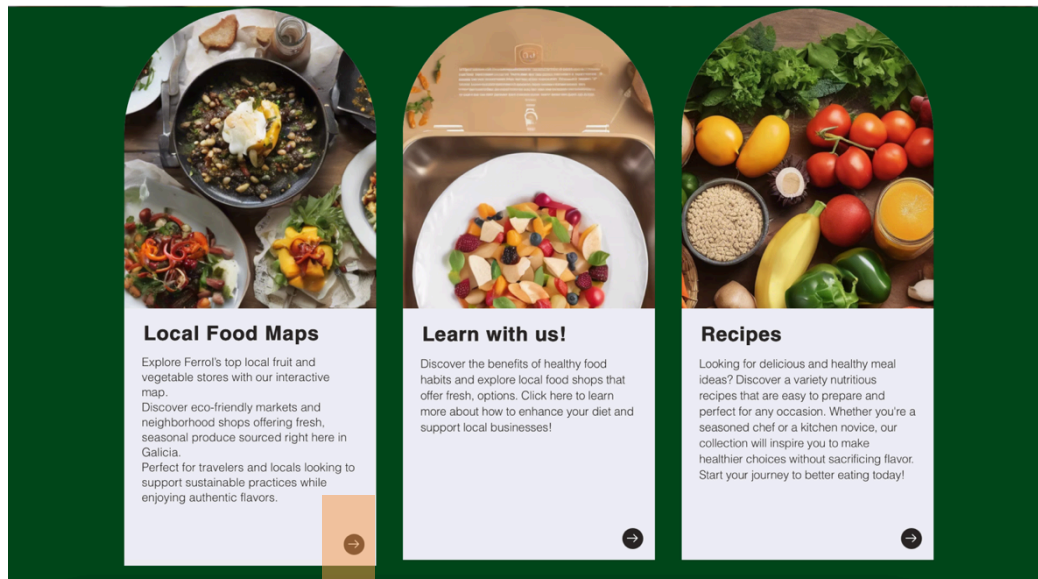
Are you looking to connect with like-minded...

4. SUSTAINABLE OPTIONS

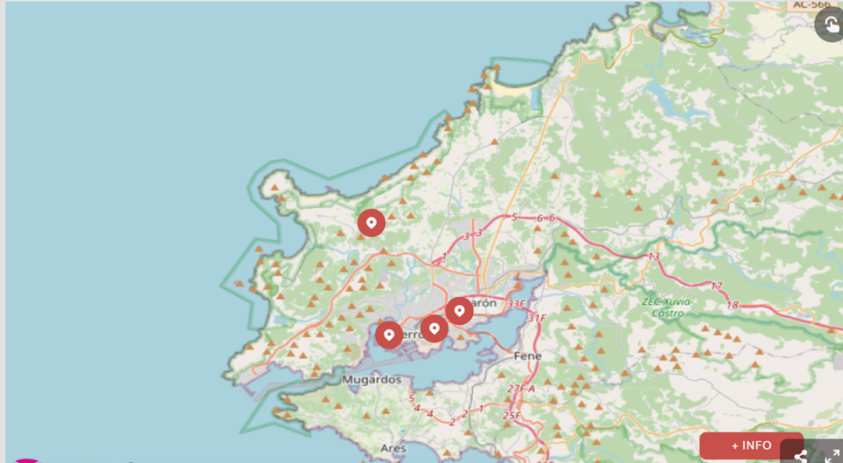
In the following, we will explain the sustainable options available on Ecoradar.

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

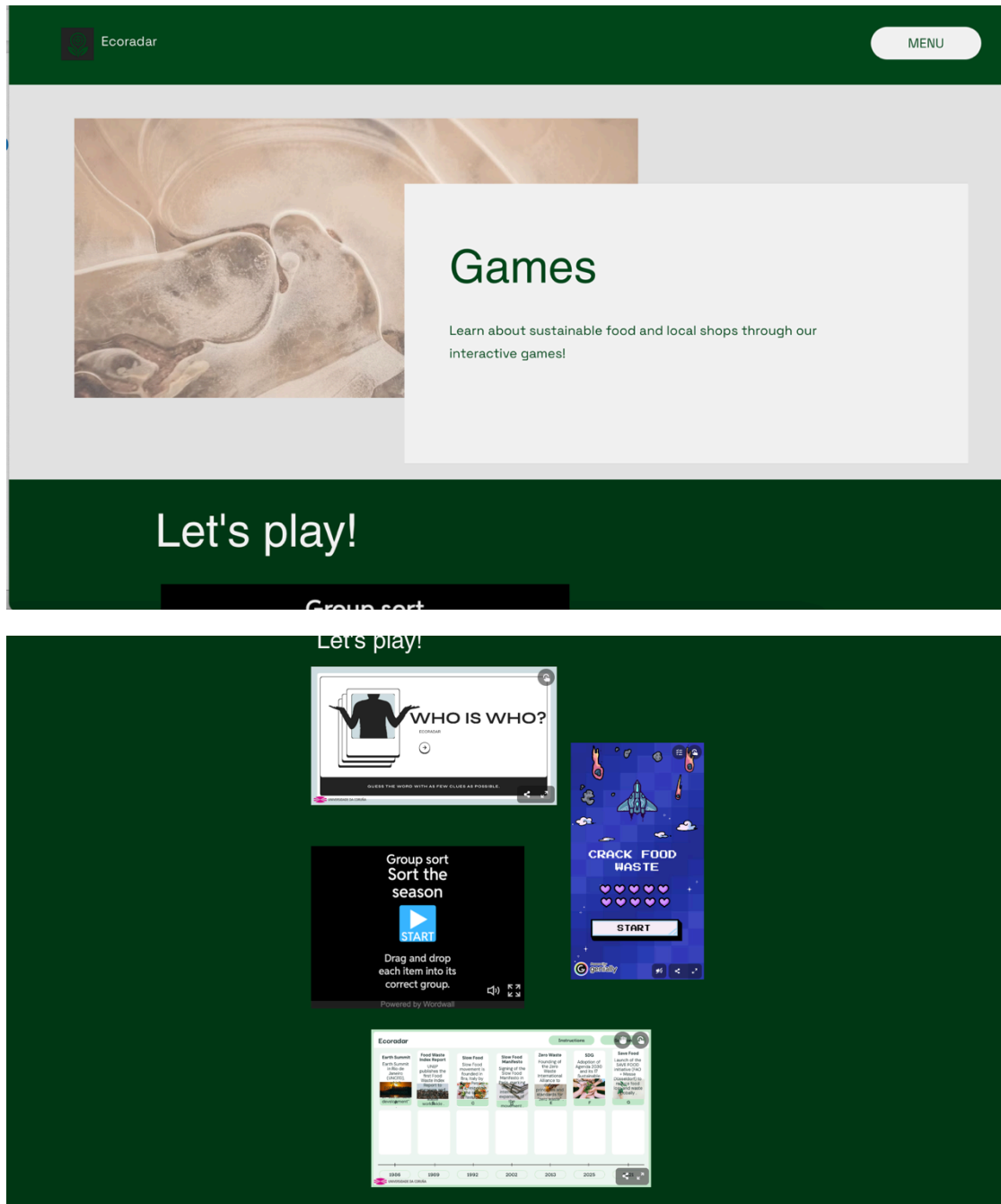
Nicaragua, 10-12, 15404 Ferrol

A food store focused on 100% organic products, including fruits, vegetables, bread, empanadas, and other healthy foods. It is a reference in sustainable local commerce, with an emphasis on products produced using environmentally respectful methods.

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.



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



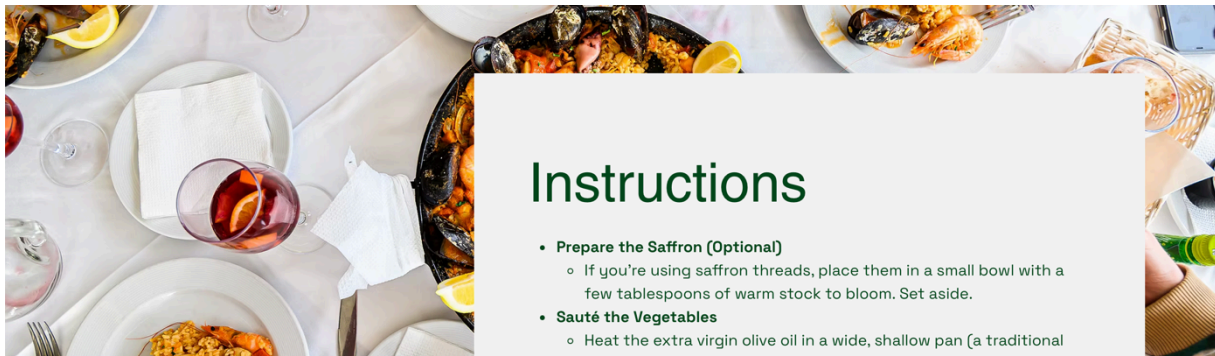
MENU



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
Lahana (Black-






What to Do with
Leftovers

Discover

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

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|  <p>ecoradar ecoradar</p> <p>Local Food Map: Find Healthy Suppliers Near You</p> <p>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</p> |  <p>ecoradar ecoradar</p> <p>Nutrition Blog: Tips and Recipes for University Students</p> <p>Are you a busy university student looking to</p> |  <p>ecoradar ecoradar</p> <p>Join Our Forum: Build a Community around Healthy Eating</p> <p>Are you looking to connect with like-minded</p> |
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5. CONTACT INFORMATION

Do you require any further information?

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