### Some clarification...

#### Why FOST?

In the past ten years, food research has gained tremendous interest in the humanities and social sciences. Sociologists, anthropologists, economists, historians, art historians, social geographers, linguists, philosophers, archaeologists, ethnologists, and social and cultural theorists devoted attention to the seemingly banal acts of shopping, cooking, eating and drinking. This was characterized by a myriad of approaches and themes, which comprised social and economic policy, health concerns, identity formation, sociability, inequality, signification, and globalization.

As of the 1970’s, the Department of History of the Vrije Universiteit Brussel plays an important role in this research field, in Belgium and on an international level. In recent years, colleagues from other departments have shown vivid interest in food studies, and today this expertise is present in various departments of the university. This attention and qualification led to the submitting of several research proposals dealing with food studies.

#### What is FOST?

These researchers wanted to institutionalize the expertise by setting up a new research group at the Vrije Universiteit Brussel. Therefore, in April 2003, FOST (Social & Cultural Food Studies) was founded. FOST works in collaboration with the Vlaams Centrum voor Volkscultuur, the Institut Européen de l'Histoire de l'Alimentation and the Institut National de Recherche Agronomique.

FOST aims at consolidating the expertise by inviting (foreign) specialists to workshops and colloquia, by operating within networks, by publishing and contemplating about food studies, and by performing new (multidisciplinary) food research. This multidisciplinary, internationally rooted base guarantees a diversity of approaches, methodologies and theories around a common research field.
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| January 2005 meant the start of the first FOST research project: ‘European Culture and Identities. Diversity and Convergence in Food Habits, 1800-2000’. This research project will investigate food habits over the past two centuries in order to gain insight in social and cultural diversity and convergence.  

Daniëlle De Vooght explores the food habits of the aristocracy, more particularly the food culture at the nineteenth century royal court of Leopold II. [More...](...)  

Steven Van den Berghe wants to find out whether and how social and cultural relationships surface in language use about restaurants in the (second half of the) 20th century. [More...](...)  

Nelleke Teughels investigates the emergence of supermarkets and their influence on society’s food habits. [More...](...)  

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| **HOA** |
| January 2009 brought forth the start of the second FOST research project. This HOA project is a combined effort with IMDO (Industrial Microbiology and Food Biotechnology).  

Historian Anneke Geyzen examines the myths, perceptions and constructions surrounding the quality of artisanal fermentable foods. [More...](...)  

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| **Free research** |
| Maureen Duru investigates the role of food in identity formation. [More...](...)  

Olivier de Maret deals with Italian immigrants in Brussels, their meeting-places and the construction of identity linked to food and foodways between 1880 to 1935. [More...](...)  

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| Inge Mestdag looks for changes in the (Flemish) eating habits by examining time budget data. Her research involves organizing a meal and how to fit it in daily life. [More...](...)  

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| **Flemish government** |
| Sofie Onghena prepared an exhibition on aristocratic desserts of the 19th century. [More...](...)  

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**FOST-publications**

- **2006**

- **2007**

- **2008**

  Click here for the online version of the article.

- **2009**


### Food Links

A selection of web pages related to food history

#### Food in Europe

- Colloquia and publications of 'The International Commission for the Research into European Food History'
- Calendar, bibliography, discussion groups, links of the 'Institut Européen de l'Histoire et des Cultures de l'Alimentation'
- Website of the European network of regional culinary heritage

#### Northern Europe

Food in Finland

- Gastronomy in Finland
- Finnish cooking

#### Food in Norway

- The history of food in Norway
- The history of food in Norway, according to the Ministry of Foreign Affairs
- Fancy food in the 19th century

#### Food in Sweden

- Food in Sweden: regional specialities and festive foods

#### Eastern Europe

Food in Bulgaria

- Food and tradition in Bulgaria

Food in Estonia

- An (historical) overview of Estonian cuisine
- A short history of Estonian cuisine
- Estonian cuisine according to 'the Estonian Institute'
- Defining Estonian food
- Christmas in the Estonian way

Food in Latvia

Food in Poland

- Polish cuisine
- Polish food: cuisine, history, traditional recipes
- Bella Online: the voice of the women (with food recipes online)
- (Food) History of Krakow
- Polish cuisine according to the Free dictionary
- Polish vodka
- The history of Zubrowka
- Christmas in Poland

Food in Romania

- Romania tourism
- Romanian foodways: a crossroad of tastes

Food in Russia

- The background of Russian vodka
- A history of vodka
- A taste of history: food from Russia and the former USSR

Food in Slovakia

- Tourism in Slovakia: some interesting traditional recipes
- General food habits

Southern Europe

Food in Cyprus

- A history of wine and wine making

Food in Greece

- Mediterranean cuisine
- Greek recipes
- Relaxing in Greece
Food in Italy

- Museo Nazionale delle Paste Alimentari
- Italian cooking history
- US Italy mania
- Ethnic food
- Master in Cultura dell'Alimentazione, University of Bologna
- Glossary of Italian cooking terminology, ‘culinary academy’, cinema recipes
- Rome's travel portal
- Italy online: historical research with regional recipes
- Accademia Internazionale della Gastronomia
- The official site of the foods and wines of Italy

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Food in Spain

- History of the gazpacho
- The origin of tapas
- The history of olives and olive oil

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Food in Turkey

- The 'art of cooking' according to the Turkish Cultural Foundation
- 1000 years of cooking
- Past, present and future of the Turkish cuisine
- A general introduction on Turkish cuisine
- A broad survey of food history
- The story of Turkish food
- Online culinary journalism
- Everything about the Turkish national drink: raki
- Turkish food according to the Ultimate Travel Guide
- History and general culinary information according to P. Conant
- Focus on Turkish cuisine: A history of Turkish food

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Western Europe

Food in Belgium

- Vlaams Centrum voor Volkscultuur: a large collection of general, peculiar, strange and funny websites (click on 'dossiers')
- The one and only original Belgian fries website
- Frites in Belgium
- Cuisine de Belgique
- Information for the professional
- The history of chocolatier Côte d'Or
- 'The Academy of Regional Gastronomy'
- Website of the "Centrum voor Agrarische Geschiedenis" (KU Leuven)
- Website of the inventor of the Belgian praline
- 'The Gourmet Museum': archaeology, history, and folklore of good eating
- Belgian beer: brewing, beers, cafés, museums,....
- Chocolate museum in Bruges

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Food in Germany

- German food
- General information on German food (some historical information)
- Typical German food
- Dining, cuisine, food and drink in Germany
- Christmas in Germany
- Medieval cookbooks

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Food in France

- History of French cuisine
- 'Les arts de la table'
- A history of French cuisiniers
- Activities related to the 'Week of Taste'
- Official website of the annual 'Week of Taste'
- Observatory of food habits

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Food in Luxembourg

- Welcome in Luxembourg
- Recipes from Luxembourg
- Verken Luxembourg

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Food in the Netherlands

- Haute cuisine in the Netherlands
- Dutch food and eating habits
- Dutch recipes, regional cooking, associations, ...
- Dutch food
- Three cookbooks, 1500-1700
- Culinary cookbook

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Food in Austria

- A portal to Austrian cuisine
- Het Sacher Café in Vienna
- The Fürst Konditorei Salzburg
- A history of Austrian and Viennese cuisine

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Food in the United Kingdom

- 'Chocolate paradise' in Birmingham
- The Oxford Symposium on Food and Cookery

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