

Recipes with a Story

How do your family roots taste?

Share the colours and flavours of your origins

Cascais Food Lab presents you a challenge. What about sharing a recipe that brings forward sweet old memories? Share with us the ingredients, how to prepare them and the stories behind these memories.



Application form

Name:

Nacionality:

Phone nr:

Naturalidade:

E-mail:

Picture of the recipe

Story behind the recipe
País da Receita

Name of the recipe:

How to prepare:

Ingredients:

Recipes with a Story

Personal data in this form are collected by Cascais Municipality with the purpose of contacting the participant for information on the project Recipes with a Story.

Yes

No

In case you chose to receive Foodlab Cascais' Newsletter, the e-mail address you provided will be used for this purpose.

Yes

No

Personal Data

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Data will be stored for 12 months. You can at any time exercise the right to require access, change, portability or disposal of these data. For any issue related with data privacy you can contact Data Protection Officer using atendimento.municipal@cm-cascais.pt or 800203186. You can make a complaint to control authorities, namely National Data Protection Commission / Comissão Nacional de Proteção de Dados (...). For additional information, please see privacy and security policy [HERE](#).