



Mechouar Békaa





Mechouar

Bekaa

Mechouar is a project by Madanyat, funded by the Organisation Internationale de la Francophonie, which brings together the collective efforts of local businesses and tourism enthusiasts in the Bekaa region. The main objective of this project is to empower women economically by transforming their businesses and entrepreneurial ideas into scalable ventures that can support one or more families and contribute to the country as a whole. The participants have undergone a series of training and coaching sessions to enhance their skills and develop their small businesses, which will have a direct impact on local tourism.

The Bekaa Valley is a magnificent region of Lebanon that deserves to be visited in all seasons. Join us and discover the creativity of 28 women who lead small and medium-sized businesses in the region, marvel at the beauty of its landscapes with a myriad of colors, and savor the countless flavors offered by this generous land.



Madanyat is a Lebanese Non-Governmental Organization, aiming to respond effectively to the social change occurring in the country, believing that a diversity of voices will lead to a fairer, more inclusive and democratic society. Our NGO actively contributes to reaching gender equality in all designated and elected bodies with the aim of achieving an inclusive political and public life. We equip women with the needed skills and confidence to raise their voices and be part of their community's force for change and we encourage them to lead their own initiatives and positively influence their surroundings.

www.madanyat.org



Dry fig and raisins

Zaher Abdel Rahman Amairi

It's our grandmothers' legacy, passed on from mother to daughter with love and contentment, so that the natural food chain continues generation after generation.

In every raisin and fig, dried in the scorching summer sun, you will find our love.

It is necessary for us to journey on and transmit our traditions faithfully to our children.

Email:

Amirizeher@gmail.com

Phone:

70 461 391



Labneh w habit barkeh

Hiba Jawdat Al Mays

Local Dairy products, homemade
It is one of the bounties of our land
and our plains in the Bekaa
You can order the best and most
delicious labneh and cheese

Email:

hibaalmals653@gmail.com

Phone:

76 046 988



Mounit al dayaa

Kawthar Safia

Makes jams of all kinds without artificial preservatives and from the finest types of fruits, as well as tomato paste

I always strive that my products reach the consumer with the best image and taste

Email:

ksafieh63@outlook.com

Phone:

70 522 972

jam



Inaya Darwish

Inaya Darwish

We offer healthy and natural food products, with the original taste without any chemical additives

Our best selling products:

Kishk, tomato puree, chili, grape leaves, pickles, rose water, blossom water, juices, jams, sorted food

Email:

inaya_food@hotmail.com

Phone:

71 413 798

jam



Tara min al qalb

Mira Taha

For me it's a sanctuary, with every bead I place I am taking a deep breath to help me overcome the difficulties of life. For those who see it, it is a wooden hoop and a piece of cloth, to me it's my own private world. I print a name on it on one side with some decorations, and on the other side a verse or a phrase that the customer chooses. I call it an embroidery hoop from the heart.

Email:

tahamira3@gmail.com

Phone:

71 218 923



Smile crochet

Randa Muhammad Smaili

My work consists of threads, weaved with love to perfection.

I make everything related to crochet. My dolls are made of cotton threads, with cotton filling, and their eyes are embroidered cotton threads, which makes them safe for children, and safe for washing, (this also applies to the bags and clothes)

Email:

maromn12randasmaili@gmail.com

Phone:

76 120 808



Mounet Aida

Aida Mohamad Safwan

A home without mouneh is not a home, as mouneh not only makes food and its preparation fun, but also strengthens family bonds. without the use of any preservatives. Foods offered by Aida's Mouneh include makdous, labneh with makdous, baladi cheese, green kishk, crushed kishk, olives, pickles, tomato jam, chilli jam, and various types of jams such as apricot, strawberry, fig, and lemon.

Email:
aida.kazoun61@gmail.com
Phone:
03 933 017

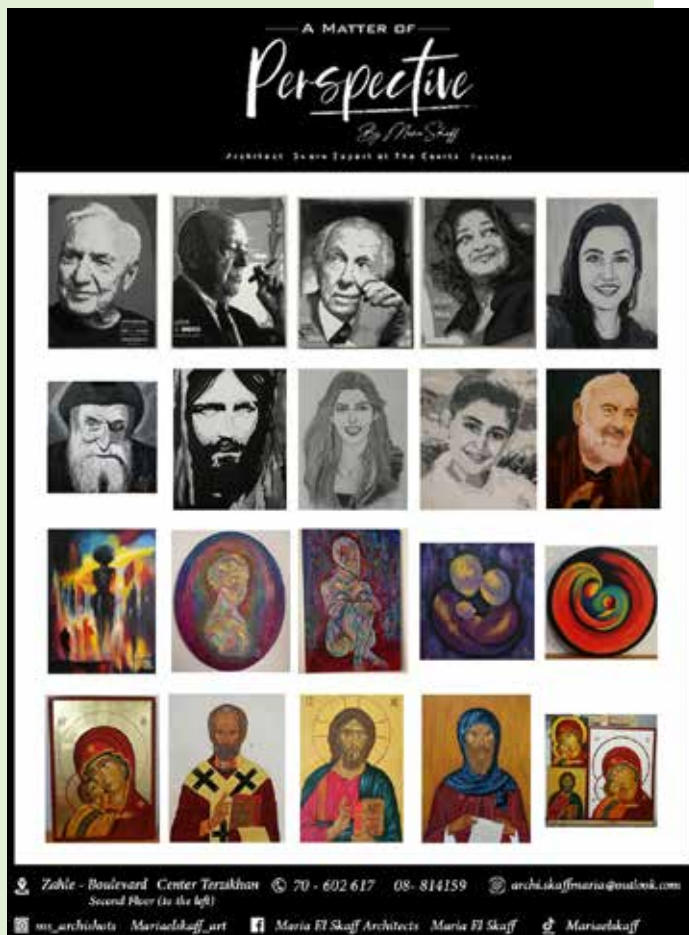


Mjafaf bekaana

Bahnana Abd Alwareth Araji

Dried fruits and nuts such as raisins, apricots, dates, figs, pistachio, macadamia, and pine are a great source of nutrients and vitamins, especially if the fruits come from our land in Bekaa. Support your diet with these healthy snacks.

Email:
arajibahnana@gmail.com
Phone:
79 324 019



A Matter of Perspective Maria El Skaff

An atelier offering art therapy through workshops and art sessions. We specialize in personalized portraits, abstract paintings, and icons for special occasions and gifts, created by a skilled architect, painter and iconographer. Let us help you tap into your inner artist and unleash your creativity. We also offers gift vouchers that can be redeemed for any of our services.

With passion, Maria Skaff

Email:
archi.skaffmaria@outlook.com

Phone:
70 602 617



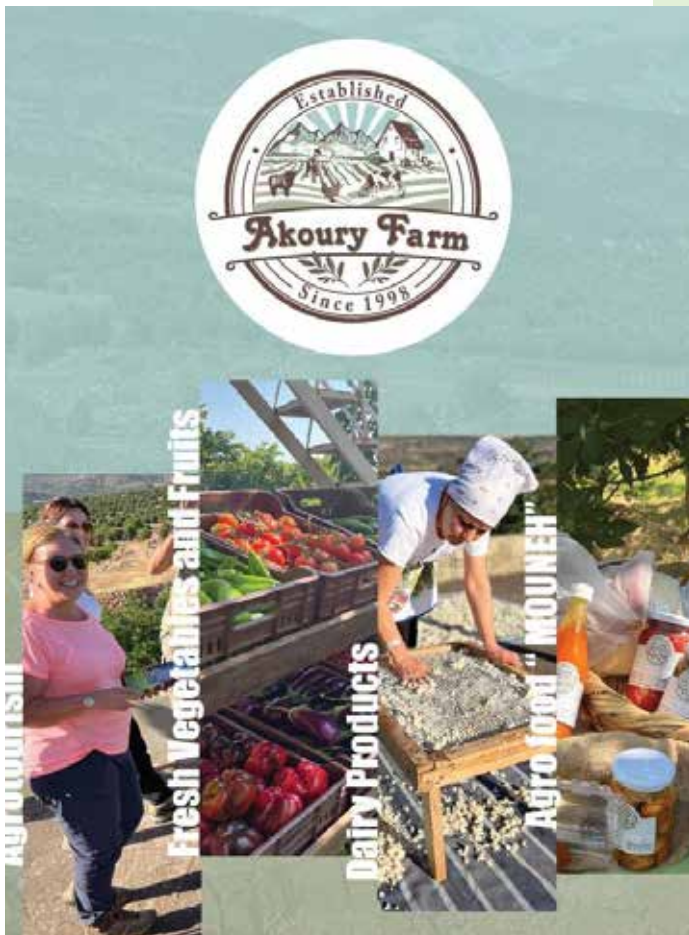
Nour canvas art Nour al Marabouni

Introducing a small business that celebrates the beauty of canvas embroidery! Canvas embroidery is a unique and stunning technique that combines the traditional art of embroidery with modern canvas painting to create beautiful and textured works of art. If you are looking for a special gift don't hesitate to order now.

Email:
nourmaara@gmail.com

Phone:
70 890 259

Instagram:
@Nour_canvas.art



Akoury Farm

Petra Akoury

Is a family business with all family members wholeheartedly involved in the business.

It's a second generation business, funded by the father in 1998.

The farm spans 100,000m² within an oak fence. It is nestled in a small village called Mazraat Beit Matar in North West Bekaa valley, Lebanon, at 1100 m altitude. It is located 100 km from Beirut, 13 km from Baalbeck and 45 km from the Cedars of Becharreh. Akoury Farm is unique by the diversity of activities, in fact it's a multi sectorial business.

There's fresh vegetable and fruit production with more than 30 products, with agrofood processing of many kinds of "mouneh" like jams, pickles, syrups, sauces and dried vegetables and fruits.

There is also raising of chicken, goats, and cows at free range hence processing of many dairy products such as labneh, cheese, and kechek.

Akoury farm is an ideal destination for agrotourism for visitors seeking an escape in nature, discovery of rural life, and tasty local food.

Akoury Farm is a typical initiative of sustainable rural development in Bekaa, engaging local people from the neighborhood especially

women and youth.

It has participated in 2009 among 35 family businesses, in the young entrepreneurs and family businesses exchange program for Jordan, Lebanon, United Arab Emirates and Northwest Ohio USA, implemented by the Great Lakes consortium in the U.S embassy in Lebanon.

Akoury Farm was awarded in 2011 from "Nowara" National Observatory for Women in Agriculture and Rural Area, as the best economic initiative for rural women in the Lebanese rural area in the field of agriculture, within a program between Ministry of Agriculture in Lebanon and the Mediterranean Agronomic Institute CIHEAM Bari.

Phone:
81 514 787



Meals on wheels

Diana Nazih Baalbaki

We are a small company based in Qabb Elias that provides food from start to beginning to end consumer which is focused on providing the freshest and highest quality produce to consumers all over Lebanon.

We use only the best sustainable methods and strive to maintain a low environmental impact. We grow vegetables in an organic, sustainable, and humane way, hand picking and harvesting them from our farms each day.

We specialize in seasonal produce, with a focus on freshness and taste. Our skilled multinational staff are dedicated to producing the highest quality product available in the market, while working hard to reduce our environmental footprint. We also deliver to businesses, restaurants, and retail outlets.

Email:
dianamedica4@gmail.com

Phone:
71 680 640



FOOD SERVICES
Mouneh baytyii



Heyam Meals
76 514 568



Heyam meals
Heyam Hasan Alaa

Is the owner of project 'Heyam Meals'
Providing kitchen services for all
occasions, and homemade Lebanese
mouneh in the Beqaa fashion.

Email:
heyammerhi072@gmail.com
Phone:
76 514 568



Mounet Fatima
Fatima Omar Abel Rahim

Best mouneh from my house to yours
A variety of kishk, makdous, jams, and
pickles are all available

Email:
fbdalrhym383@gmail.com
Phone:
81 141 346





Green & Blue Zahle
Vineyards Trail
Al Jord Trail
Wine Route
Stories & Foodies
Zahle Religious Heritage

Who we are?

We are #3aDroubZahle
12 citizens of Zahle, in love with
our city, trained to help you make
the most of Zahle can offer,
rediscover simple pleasures while
enjoying Hospitality at its finest.
Our goal is to:
Support Zahle's local community
through Tourism
Retain its Talents
Preserve its Heritage

3a Droub Zahle

Gaelle Marwan Hlal
Chloe Maatouk
Danielle Al Khayat
Nathalie Borgy

**"The Destination you need to
bookmark"**

We offer 8 touristic itineraries, for an
offbeat tailor- made experience of
Zahle.

From the narrow alleways of the old
part of the city to where the raptors
nestle in its highlands.

We have it all: Culture,Architecture,
Storytelling, Gastronomy, Adventures,
Vibes, Sceneries...

Our Trails:

Old Zahle Trail

Jesuites Trail

Email:

hlalgaelle@gmail.com

Phone:

70 041 533

Email:

freshsummer9@gmail.com

Phone:

70 831 681

Email:

danielekhayat@gmail.com

Phone:

03 698 945

Email:

3adroubzahle@gmail.com

Phone:

70 831 681





Saj em Mahmoud
Samira Kassem Al Hachimi

We have saj bread - manakish of all kinds - black seed talami - kaak

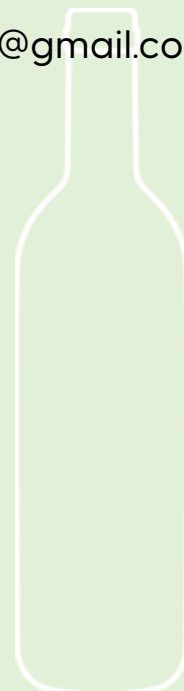
Email:
 samirahochaymi@gmail.com
Phone:
 76 184 794



Kanoué Mohammad Smaili

Smaili olive oil to secure quantities of high quality original olive oil
 Everything about olives from A to Z

Email:
 konouesmaili@gmail.com
Phone:
 81 722 009





Faten crafts and goodies

Faten khazzaka

I prepare seasonal, healthy mouneh, consisting of natural products free of any preservatives, artificial or harmful products.

A small sample of what I do:

Our peanut butter with dried fruits and nuts, or cocoa.

Or our new 'Energy Ball' stuffed with dates or pistachios upon request.

Email:

khazzakafaten@gmail.com

Phone:

76 033 884



Rackelle mouné

Gerogette Najib Hanouch

From the bounties of our home
to our visitors

Mouneh and syrups of any kind

Loved by all ages

from 'Rackelle Mouneh'

Email:

georgettehannouche015@gmail.com

Phone:

70 582 351





Angel's touch crochet **Malak Hatem Handous**

Angel's touch crochet is a project that grew from small hobby to small business.

I sought to break out of the traditional idea of crochet and create new and attractive ideas made with unique and unfamiliar materials.

People loved my products because they're all made with love.

Email:

Malakhendous86@gmail.com

Phone:

81 818 555



Oldies antiques **Souzan Youssef Arafat**

Our heritage contributes to strengthening and reviving the local economies, especially as a touristic attraction.

Our heritage is a symbol of our identity and humanity throughout the ages. It strengthens the link between the past, present and future.

In short, it is what our ancestors left us.

It is our duty to preserve and develop it so that it remains an asset for this country and for future generations.

Email:

arafatsouzan@gmail.com

Phone:

71 703 490



Karoun's art studio

Karoun Pamboukian

Is the place where handcrafted art is available for your special occasions. It's the perfect place to find a useful and decorative piece of art for your home, a heartfelt customized gift for your loved ones, and why not a personalized gift for yourself.

Email:

karoun.p@gmail.com

Phone:

71 620 373

Instagram:

@karounsartstudio



Natbrodrie

Nathalie ghorra

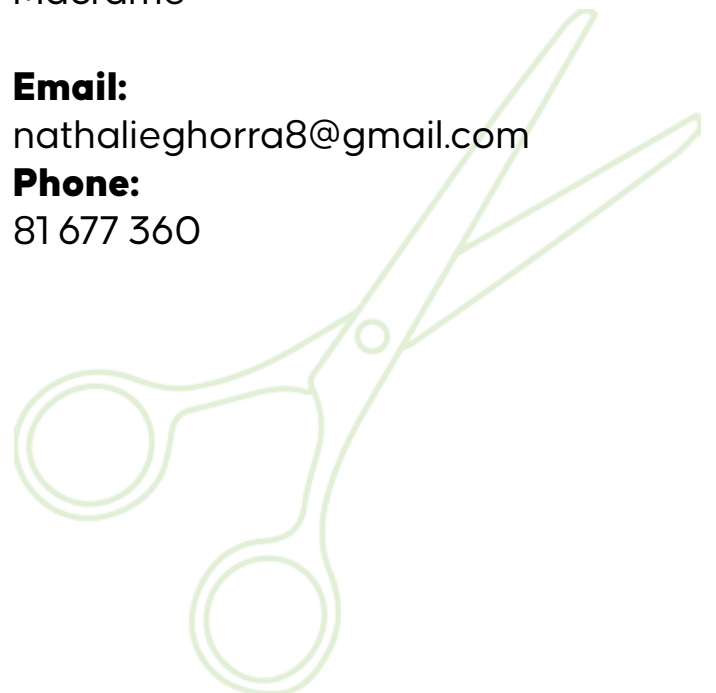
Is a start-up business specializing in embroidery, crochet, Milan dentelle breton, knitting, and Macrame

Email:

nathalieghorra8@gmail.com

Phone:

81 677 360





Mounet El Rayiss

Georgette Lotfalla Al Rayes

Homemade Lebanese mouneh, free of preservatives.

All types of mouneh:

jam of all kinds

kishk

labneh madaabali with all flavors

olives, olive paste, and olive makdous

grape leaves, and grape leaves with

labneh, chilli pepper, and walnuts

With sugar-free jam and syrups,

made for people with high blood sugar

Email:

georgetterayess1911@gmail.com

Phone:

03 453 080



Monaaldalank

Mona Mhamad Ahmad

I make all kinds of mouneh like Keshk, bulgur, and labneh, and all kinds of jam made from fresh products from our land, without any artificial additives.

I also make rose water distilled from the freshest flowers and roses.

I thrive to satisfy my customers, and maintain the highest level of quality for my products.

Email:

mona09mona09@gmail.com

Phone:

71 503 904



Les provisions de Rima

Rima Al Berkashy

Is a passionate trainer in the field of mounneh, food processing, food drying, and food safety.

Rima established her own food production workshop "Les Provisions de Rima" in which she prepares traditional Lebanese meals as well as a wide variety of local food products for all occasions.

Her love for her town and country prompted her to actively promote tourism in Deir al-Ahmar, where she chose to be a tour guide. In addition, Al-Barqashi initiated the opening of the first guest house in the region under her management, as it serves delicious traditional Lebanese meals and provides its guests with a unique experience that blends authenticity, hospitality and passion for food preparation.

Email:

rimaberkachy@hotmail.com

Phone:

03 618 407



