

Just Food and Drinks

The National Statistics Institute conducted a survey, concerning the total consumption of the Bulgarian nation. Data showed that the average income of Bulgarian families is 390 leva (about EUR 195) for one month. Of those, averages of 130 leva (about EUR 65) are usually spent on food and non-alcoholic drinks, while only 20 leva (about EUR 10) are paid for healthcare and transportation each. A puny 12 leva (about EUR 6) are the average sum allowed for leisure, arts and education, and 13.3 leva (about EUR 6.6) are spent on taxes. Most of a month's typical diet consists of bread and paste products-10.4 kg per household. The consumed meat is only 2.2 kg, as compared to 2.5 kg for the same month last year. The consumption of milk and fresh fruits has also slightly decreased in 2004 compared to 2003.

As a natural consequence of these eating habits professor Vladimir Hristov, chief director of the Clinic in Endocrinology at a famous Bulgarian hospital, pointed out that the country ranks fifth in Europe in amounts of overweight people. First in the line is Serbia and second in this chart is Greece. Bulgarian hospital data showed that 300 million people have the sickness of adiposity. 55% of all Bulgarians are overweight, 18% have been officially diagnosed with fattening disease, 40% of the children in Bulgaria have weight which is outside of the medically determined limits for their age and 10% of these are diagnosed with fattening disease. It is well known that overweight causes heart problems but according to professor Hristov the risk is even higher with people whose waist is over 88 centimeters (for women) and 102 centimeters (for men).

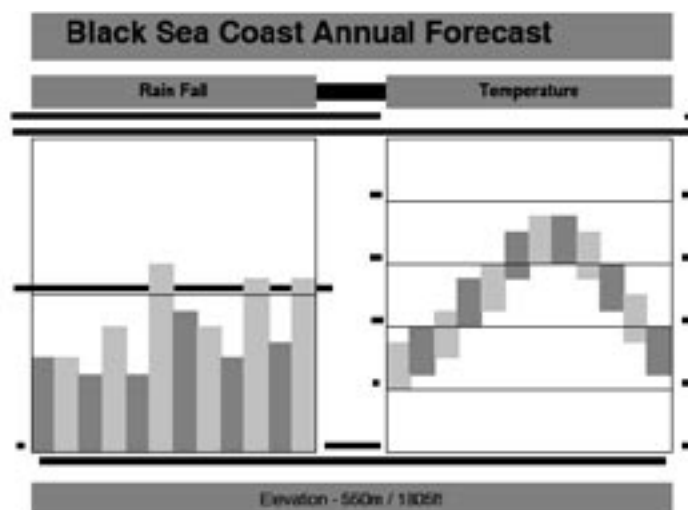
New Rules for Restaurants

It was not until recently that new rules were applied to restaurants in Bulgaria. Bulgarian catering venues are facing stricter rules for the quality of their food products. All cooking

products must have labels attached. The information about their ingredients must be clearly written and spices and other flavorings have to match higher purity standards.

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FREE ADVERTISING? CAN IT BE TRUE?

I was looking around various holiday related web-sites recently and came across an offer that seemed too good to be true, but turned out to be genuine. A UK run web-site is offering owners of holiday homes, villas and apartments the opportunity to advertise their properties **FREE OF CHARGE for the rest of this year!**

This seemed to buck the normal trend of a paid for service so I started looking deeper into this proposition, what I discovered is they have recently added Bulgaria to their listing of holiday destinations, and would like to build a portfolio of holiday accommodation available here for the independent holiday-maker who prefers to be self-catering rather than taking your normal run of the mill package deal.

Given the current trend towards eco-tourism and getting away from

the usual sand and sea packages currently offered by the tour companies, this web-site sounds to me like somewhere owners of properties here in Bulgaria should be taking a serious look at if they are interested in letting their home to the lucrative holiday and tourist markets. The site can be found at: **www.euaccommodation.biz** and then just follow the link at the bottom of the page to advertise your property, and as its free you can only gain by being listed here.

You should also couple this offer with a management package from an experienced property management company (try Black Sea Property Management on 052-612882) as this gives complete peace of mind regarding the maintenance and security of your home when you are not using it yourself.

RICOM
Real Estate Agency

3 Dragomen Street
1st floor
Varna 9000
Bulgaria
Tel: 052 699405
052 699406
Fax: 052 601098
e-mail: ricominfo@abv.bg