

# EGEA CONFERENCE BOOK OF ABSTRACTS

EGEA edition 10

International conference

## OCTOBER 7-9, MONTPELLIER, FRANCE

## CAN DIETARY RECOMMENDATIONS FOR FRUIT AND VEGETABLE INTAKE BE MET WITHIN SUSTAINABLE FOOD SYSTEMS?


Co-chairs: **Boitshepo BIBI GIYOSE & Joël DORÉ**

Scientific Committee: **Ramya AMBIKAPATHI, Sylvie AVALLONE, Malek BATAL, Jean-Pierre CRAVEDI, Sophie DROGUE, Rémi KAHANE, Sophie NICKLAUS, Christian REYNOLDS, Mphumuzi SUKATI, Roberto UGAS**


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## EDITORIAL

« C'est avec grand plaisir que je vous souhaite la bienvenue à Montpellier pour la 10e édition d'EGEA. Depuis sa création par Aprifel en 2003, EGEA est devenu un espace privilégié de dialogue pour la science, les politiques publiques et les pratiques, réunissant chercheurs, professionnels et consommateurs du monde entier. Ce 10ème opus est donc à la fois l'occasion de faire le point sur le chemin parcouru et de se tourner vers l'avenir.

Cette année, nous avons choisi une question en apparence simple, mais complexe dans sa mise en œuvre : les recommandations en matière de consommation de fruits et légumes peuvent-elles être atteintes dans le cadre de systèmes alimentaires durables ?

Nous savons tous que les fruits et légumes sont des composantes essentielles d'une alimentation saine. Pourtant, savoir ce qu'il faudrait manger ne signifie pas que chacun soit en mesure – ou ait envie – de le faire. Les choix alimentaires sont en effet influencés par de nombreux facteurs : disponibilité, accessibilité, culture, plaisir, habitudes et environnements de vie. Atteindre les recommandations nutritionnelles de santé suppose donc de prendre en compte non seulement les choix individuels, mais aussi les systèmes alimentaires qui rendent ces choix possibles.

Pour cette 10e édition, EGEA place plus que jamais le consommateur au cœur des échanges et réunit une grande diversité de points de vue, afin d'identifier des pistes d'action réalistes.

Je tiens tout particulièrement à remercier nos co-présidents, Boitshepo « Bibi » Giyose de la FAO et Joël Doré de l'INRAE, pour leur engagement et leur contribution à la direction scientifique de cette édition, ainsi que l'ensemble des experts et partenaires qui ont contribué à sa construction, sans oublier les équipes d'Aprifel.

La force d'Aprifel réside dans sa capacité à réunir scientifiques, société civile et professionnels pour transformer la science en actions, pour transformer les connaissances en solutions concrètes.

J'espère que ces trois journées feront émerger de nouvelles idées, renforceront les collaborations et nous aideront collectivement à contribuer à rendre l'alimentation plus saine et plus durable, accessible et désirable pour tous, en particulier en ce qui concerne les fruits et légumes. »

**Christel TEYSSÈDRE**
*Présidente d'Aprifel, France*



## EDITORIAL

It is a great pleasure to welcome you to Montpellier for the 10th edition of EGEA. Since its creation by Aprifel in 2003, EGEA has become a unique forum for dialogue between science, policy and practice, bringing together researchers, professionals and consumers from around the world. This anniversary edition is therefore both an opportunity to reflect on the journey so far and to look ahead.

This year, we address a question that is seemingly simple but complex in practice: can dietary recommendations for fruit and vegetable intake be met within sustainable food systems?

We all know that fruits and vegetables are essential components of healthy diets. Yet knowing what should be eaten does not mean that everyone is able – or willing – to eat accordingly. Food choices are shaped by many factors: availability, affordability, culture, pleasure, habits and the environments in which people live. Meeting dietary recommendations requires us to consider not only individual choices, but also the food systems that make those choices possible.

For this 10th edition, EGEA places consumers, more than ever, at the heart of the discussion and brings together a wide range of perspectives to identify realistic and sustainable pathways forward.

I would particularly like to thank our co-chairs, Boitshepo "Bibi" Giyose from FAO and Joël Doré from INRAE, for their commitment and scientific leadership, as well as all the experts and partners who have contributed to shaping this edition. I would also like to thank the Aprifel team for making it all possible.

Aprifel's strength lies in bringing together scientists, civil society and professionals to turn knowledge into action, to turn scientific evidence into practical solutions and meaningful change.

I hope these three days will inspire new ideas, strengthen collaborations and help us collectively make healthier and more sustainable diets accessible and desirable for all, particularly when it comes to eating more fruit and vegetables.

**Christel TEYSSÈDRE**
*President of Aprifel, France*





# WELCOME NOTE FROM EGEA CO-CHAIRS

EGEA edition 10
International conference

**Can dietary recommendations for fruit and vegetable intake be met within sustainable food systems?**

As the co-chairs of EGEA 2026, we are honored to welcome you to the 10th edition of this **unique international conference**, which continues to place diet, health, and sustainability at the center of **multidisciplinary dialogue and action**.

This year, EGEA poses a critical and timely question: Can dietary recommendations for fruit and vegetable intake be met within sustainable food systems? In doing so, we embrace the **complexity of today's food systems**, which must simultaneously nourish a growing global population, preserve the planet's resources, and ensure livelihoods and social equity along the entire food chain.

Current scientific evidence leaves little room for doubt: a transformation of our food systems with **a shift toward plant-based diets rich in fruits and vegetables is essential** to support both human and planetary health. However, the **feasibility** of achieving such a transformation must be assessed through the lens of the consumer – understanding the economic, cultural, social, and environmental barriers that shape food choices.

In this edition, EGEA adopts a **comprehensive "food systems" perspective**, giving a central place to consumers' needs, expectations, and constraints. Through dynamic sessions and a final roundtable animated by consumer associations, EGEA 2026 will:

- Examine **health, environmental, social, and economic impacts** that achieving fruit and vegetable consumption recommendations could have;
- Showcase **contributions from multiple disciplines**-including social sciences, technology, and public policy-that offer new **tools and levers to support the consumer transition**;
- Present international **innovative projects** that aim to reimagine food environments from production to consumption;
- Discuss **key challenges and future perspectives** of achieving fruit and vegetable recommendations within sustainable food systems, and the responsibility of all actors — from policymakers to health professionals to consumers themselves.

As we gather once again to share evidence, ideas, and solutions, we hope EGEA 2026 will encourage creative solutions and collective action. Because transforming our food systems is not just a scientific imperative, it is also a societal one.

**Boitshepo GIYOSE**
*Food and Agriculture Organization of the United Nations (South Africa)*

**Joël DORÉ**
*National Research Institute for Agriculture, Food and Environment (France)*



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CHAIRED BY

## Joël DORÉ

***INRAE Micalis Institute "Food and Gut Microbiology for Human Health", France***

- Joël is Research Director at INRAE Micalis Institute "Food and Gut Microbiology for Human Health" and Scientific Director of MetaGenoPolis, offering unique expertise in quantitative and functional metagenomics.
- Gut microbial ecologist by training, Joël pioneered intestinal metagenomics towards food-microbe-host interactions as well as diagnostic applications.
- With > 38 years of academic research and > 250 publications (H Index 69), Joël aims to provide a better understanding of man-microbes symbiosis towards personalized preventive nutrition and precision medicine.
- Joël is laureate of the ERC-Advanced Homo.symbiosus and coordinator of EU program Human Microbiome Action.
- He is co-founder and scientific advisor of Maat Pharma, a startup company dedicated to provide safe and standardized microbiotherapy solutions for the reconstruction of host-microbes symbiosis in the context of cancer therapy. He is also cofounder of Novobiome and GMT bio. Member of the BoD of GMfH, he supports the www.gutmicrobiotaforhealth.com scientific web-platform.

### RECENT PUBLICATIONS

1. *Dao MC, et al. A Data Integration Multi-Omics Approach to Study Calorie Restriction-Induced Changes in Insulin Sensitivity. Front Physiol. 2019;9:1958.*

2. *Mohamed AB, et al. A mix of dietary fermentable fibers improves lipids handling by the liver of overfed minipigs. J Nutr Biochem. 2019;65:72-82.*

3. *Malard F, et al. Introduction to host microbiome symbiosis in health and disease. Mucosal Immunology. 2020;14:547–554.*

4. *Tap J, et al. Diet and gut microbiome interactions of relevance for symptoms in irritable bowel syndrome. Microbiome 2021 ; 9(74).*

5. *Ranaivo, H., et al. Increasing the diversity of dietary fibers in a daily-consumed bread modifies gut microbiota and metabolic profile in subjects at cardiometabolic risk. Gut microbes. 2022;14(1): 2044722.*





CHAIRED BY

## Boitshepo "Bibi" GIYOSE

***FAO, South Africa***

- Boitshepo Bibi Giyose is a Senior Nutrition Officer for Policy and Programmes in the Nutrition and Food Systems Division at FAO, but currently on secondment to the African Union Development Agency (AUDA-NEPAD) as special advisor to the CEO since January 2018. Her work focuses on integrating and mainstreaming nutrition into agriculture and related development agendas, and to promote a multisector approach for addressing all forms of malnutrition.
- She holds a MS in International Nutrition from Cornell University, NY. and a BS in Nutrition and Dietetics from Appalachian State University, USA.
- Ms. Giyose was awarded a "Distinguished Alumna Award" in recognition of exceptional professional achievement by Appalachian State University in 2007. She was also named Senior Policy Scholar in 2011 by the Global Child Nutrition Foundation – USA – for her work on Home Grown School Feeding.
- She continues to serve on numerous international scientific technical and policy advisory boards ND committees. She is a member of numerous Nutrition Associations and Societies.

### RECENT PUBLICATIONS

1. *Garcia-Casal MN, et al. Staple crops biofortified with increased vitamins and minerals: considerations for a public health strategy. Ann. N.Y. Acad. Sci. 2017; 1390(1):3-13.*

2. *Hunter D, et al. (2017) Schools as a system to improve nutrition: A new statement for school-based food and nutrition interventions. UNSCN Discussion Paper 64 p.*

3. *Drake L, et al. 2017. "School Feeding Programs in Middle Childhood and Adolescence." In Disease Control Priorities (third edition): Volume 8, Child and Adolescent Health and Development, edited by D. A. P. Bundy, N. de Silva, S. Horton, D. T. Jamison, and G. C. Patton. Washington, DC: World Bank.*



## Ramya AMBIKAPATHI

***Alliance of Bioversity International and CIAT, Columbia***

- Ramya holds a PhD in Human Nutrition, a certificate in Public Health Economics, and an MS in Global Disease and Epidemiology from Johns Hopkins University, with an undergraduate background in ecology.
- Before joining the Alliance of Bioversity International and CIAT, she held research positions at Cornell, Purdue, and Harvard universities in the United States.
- Her past research has examined how both personal and external food environments shape diets, using mixed methods and placing strong emphasis on gender and equity.
- Her academic interests include exploring gender dynamics in food systems from a multidisciplinary lens, as well as the role of informal food environments in shaping nutrition, livelihoods, and resilience.
- She has conducted research in a wide range of countries, including Tanzania, Laos, Peru, South Africa, and India. Ramya also served as a drafting member of the recent High-Level Panel of Experts (HLPE Report #19) on "Strengthening urban and peri-urban food systems to achieve food security and nutrition in the context of urbanization and rural transformation."

### RECENT PUBLICATIONS

**1.** *Food and Agriculture Organization of the United Nations. Strengthening urban and peri-urban food systems to achieve food security and nutrition in the context of urbanization and rural transformation.*

**2.** *O'Malley SF, Ambikapathi R, et al. Food purchase diversity is associated with market food diversity and diets of children and their mothers but not fathers in rural Tanzania: Results from the EFFECTS baseline survey. Matern Child Nutr. 2025 Jan;21(1):e13734.*

**3.** *Ambikapathi, R. et al. Resilient and inclusive rural transformation: Pathways towards improved nutrition. Global Food Security 2025;46: 100871.*

**4.** *Ambikapathi R, Mason-D'Croz D. How climate change impacts nutrition security in low- and middle-income countries.*

**5.** *Ambikapathi R, et al. Expanding the food environment framework to include family dynamics: A systematic synthesis of qualitative evidence using HIV as a case study. Glob Food Sec. 2024 Sep;42:100788.*



## Sylvie AVALLONE

***L'Institut Agro Montpellier, France***

- Sylvie Avallone is a professor of Food Science and Nutrition at L'Institut Agro Montpellier, and member of the UNESCO "World Food Systems" chair.
- She is affiliated with the Montpellier Interdisciplinary Center on Sustainable Agri-Food Systems (MOiSA).
- Her research focuses on child nutrition in low- and middle-income countries, including studies on micronutrient deficiencies, school feeding programmes, and food system transitions.
- She co-chairs the "Good example" communities of practice of the research consortium on school health and nutrition – an initiative of the School meal coalition- aiming to bridge between research and public policy.
- Sylvie has published widely on the potential of traditional recipes, fortified food and school meal programs to improve child nutrition particularly in the Global South.

### RECENT PUBLICATIONS

**1.** *Avallone S, et al. Beyond their nutritional value, school meal programs support agricultural and food transition toward sustainability by creating multi-sectoral values in France. Front Nutr. 2025 Aug 13;12:1616375.*

**2.** *Research Consortium for School Health and Nutrition. Policy insights for national school meals programmes: Annual Research Statements to the members of the School Meals Coalition – 2022, 2023, and 2024. Front Public Health. 2025 Jul 18;13:1416165.*

**3.** *Verguet S, et al. Investing in school systems: conceptualising returns on investment across the health, education and social protection sectors. BMJ Glob Health. 2023 Dec 18;8(12):e012545.*

**4.** *Thanh C, Avallone S, et al. Nutritional and microbiological dynamics in the preparation of prahoc fish paste. PLoS One. 2025 Apr 24;20(4):e0321834.*

**5.** *Thiam M, Diouf A, Icard-Vernière C, Avallone S, et al. Improvement of Iron and β-Carotene Bioaccessibility in Complementary Foods: Biofortification of Local Crops With Organic Residual Products and Microorganisms. Food Sci Nutr. 2025 Jan 19;13(1):e4745.*



## Malek BATAL

***Université de Montréal, Canada***

- Malek Batal is a Professor of Public Health Nutrition at the Department of Nutrition in Université de Montréal's Faculty of Medicine. Since 2014, he is the Director of the WHO-collaborating Centre on Nutrition Changes and Development (TRANSNUT), and, since 2020, he holds the Canada Research Chair in Nutrition and Health Inequalities (CIENS).
- Malek Batal is a Fellow of the Royal Society of Canada and of the Canadian Academy of Health Sciences. He is also a member of the Research Centre for Public Health (CReSP).
- He conducts participatory research on environmental, social, economic and cultural determinants of food choices and their link with individual and population health.
- He is involved in pan-Canadian projects: the Food, Environment, Health and Nutrition of First Nations Children and Youth (FEHNCY) and the First Nations Food, Nutrition and Environment Study (FNFNES). He is also involved in international projects, including in Ecuador and Guatemala on the potential of agro-ecology and alternative food networks in the fight against chronic disease.
- He collaborates with Indigenous and rural people internationally, putting his research findings at the service of public policy.

### RECENT PUBLICATIONS

**1.** *Deaconu A*, Batal M, Calderón CI, Caron P, McNally J, Frison E, Mercille G, Riva M, and Brisbois B. 2024. Food Systems Innovation to Nurture Equity and Resilience Globally (Food SINERGY): insights from the Food SINERGY network. FACETS. 9: 1-15.*

**2.** *Sebai I, et al. Exploring the association between the Healthy Eating Food Index-2019 (HEFI-2019), the Canadian Healthy Eating Index 2007 (C-HEI 2007), and health among First Nations adults across Canada. Appl Physiol Nutr Metab. 2025 Jan 1;50:1-12.*

**3.** *Levacher V, et al. Ultra-processed food consumption: an exploration of social determinants among Black children of African and Caribbean descent in Ottawa. Appl Physiol Nutr Metab. 2025 Jan 1;50:1-12.*

**4.** *Mobetty F, et al. Exploring Indigenous food sovereignty and food environments characteristics through food interventions in Canada: a scoping review. Int J Circumpolar Health. 2025 Dec;84(1):2438428.*

**5.** *Sebai I, et al. Eating traditional foods enhances diet quality among First Nations in Canada: an analysis using the Healthy Eating Food Index-2019 (HEFI-2019) and the Canadian Healthy Eating Index 2007 (C-HEI 2007). Appl Physiol Nutr Metab. 2025 Jan 1;50:1-13.*



## Jean-Pierre CRAVEDI

***Aprifel, France***

- Jean-Pierre Cravedi (PhD, University of Toulouse) is a toxicologist and was director of research at the French National Research Institute for Agriculture, Food and Environment (INRAE).
- Since 2020, he has chaired the Scientific Council of Aprifel, the Agency for Research and Information on fruit and vegetables, which was recognized as a public-interest organization in 2023. He was until 2019 deputy head of the Human Nutrition Division at INRAE. He is retired since September 2020.
- During his scientific career, he led or was involved in various French or international research projects concerning the fate and effects of many chemical pollutants and food contaminants. He conducted several research projects on endocrine disruptors and genotoxicants.
- Over the last 10 years, his projects have focused on the impact on human health of chemical substances present in low doses and in mixtures in food, including pesticide residues. He has published more than 300 articles in international peer-reviewed journals and has contributed to more than 150 expert reports on the risk assessment of chemical substances.
- Jean-Pierre Cravedi has been a member of various scientific boards at INRAE and ANSES and was a member of the panels on food chain contaminants and on food contact materials, enzymes, processing aids and flavourings at EFSA from 2003 to 2018. He contributed to several working groups on food contaminants in national and international risk assessment agencies.

### RECENT PUBLICATIONS

**1.** *Komati N, et al. Diet, fruit and vegetables and One Health: benefits for health, environment, society and the consumer-proceedings of the 9th edition of EGEA conference. Eur J Nutr. 2025 Mar 5;64(3):108.*

**2.** *Komati N, et al. Potential Health Benefits of a Diet Rich in Organic Fruit and Vegetables versus a Diet Based on Conventional Produce: A Systematic Review. Nutr Rev. 2025 Mar 1;83(3):e1101-e1114.*

**3.** *Lecerf JM, et al. Comparison of pesticide residue and specific nutrient levels in peeled and unpeeled apples. J Sci Food Agric. 2023;103(2):496-505.*

**4.** *Rebouillat P, et al. Prospective association between dietary pesticide exposure profiles and type 2 diabetes risk in the NutriNet-Santé cohort. Environ Health. 2022;21(1):57.*

**5.** *Kesse-Guyot E, et al. Key Findings of the French BioNutriNet Project on Organic Food-Based Diets: Description, Determinants, and Relationships to Health and the Environment. Adv Nutr. 2022;13(1):208-224.*



## Sophie DROGUE

***INRAE, France***

- Sophie Drogué is a researcher in economics at INRAE (UMR MoISA, Montpellier), where she has worked since 2011, following earlier position at INRA (UMR Économie Publique) for 10 years.
- She holds a PhD in Economics (University of Montpellier, 1998) and obtained her Habilitation à Diriger des Recherches (HDR), qualification to supervise PhD candidates, in 2021.
- For over twenty years, she has taught courses in agricultural economics, modeling, mathematical programming, and policy evaluation at institutions such as Montpellier SupAgro, AgroParisTech, ESTP, and ISAB.
- She supervises PhD and master's students, leads and contributes to national and European research projects on the link between agriculture and nutrition for sustainable food systems, and serves on several scientific advisory boards.

### RECENT PUBLICATIONS

**1.** *Pinel, P., Drogue, S., Amiot-Carlin, M. J., Vannier, C., Bourlieu-Lacanal, C., & Micard, V. (2024). Nutritional optimization through linear programming of climate-smart and gluten free pasta. LWT, 115899.*

**2.** *Chiaverina, P., Drogué, S., & Jacquet, F. (2024). Do farmers participating in short food supply chains use less pesticides? Evidence from France. Ecological Economics, 216, 108034.*

**3.** *Deteix, L., Salou, T., Drogué, S., & Loiseau, E. (2023). The importance of land in resource criticality assessment methods: A first step towards characterising supply risk. Science of The Total Environment, 880, 163248.*

**4.** *Loiseau, E., Jouve, L., Salou, T., Perignon, M., Drogué, S., Rollet, P., & Roux, P. (2023). Life cycle assessment of urban food supply: Key findings and recommendations from a French metropolitan area case study. Journal of Cleaner Production, 136788.*

**5.** *Chiaverina, P., Drogue, S., Jacquet, F., Lev, L. & King, R. (2023). Does short food supply chain participation improve farm economic performance? A meta-analysis. Agricultural Economics 54(3), 400-413.*

**6.** *Perignon, M., Rollet, P., Tharrey, M., Recchia, D., Drogué, S., Caillavet, F., Méjean, C., & Darmon, N. (2023). The revised Healthy Purchase Index (r-HPI): a validated tool for exploring the nutritional quality of household food purchases. European Journal of Nutrition, 62(1), 363-377.*



## Rémi KAHANE

***French Agricultural Research Centre for International Development (CIRAD), France***

- Rémi Kahane is an agronomist of the HortSys research unit at the French Agricultural Research and International Cooperation organization (Cirad). Cirad has a specific geographic focus on tropical and subtropical environments and partnerships with research, farmers' organizations and civil society including the private sector.
- Rémi is the horticulture leader at Cirad, responsible for cross cutting issues among 12 research units embracing all disciplines of the horticulture value chains (except ornamentals).
- He was the vice-president of the International Horticultural Congress 2022, in France, involved in joint activities with the ISHS for more than 20 years in a large international network promoting horticulture for health and prosperity, including Agrinatura, the One CGIAR, FAO, FARA, UC Davis and the World Vegetable Center.
- Rémi is the President of Aprifel's Consumer Council since 2021.

### RECENT PUBLICATIONS

**1.** *Malézieux E, et al., 2025. Les productions horticoles face au changement climatique. In : Blanfort V., Demenois J., Hrabanski M. (eds). L'agriculture et les systèmes alimentaires du monde face au changement climatique. Enjeux pour les Suds, Versailles, éditions Quæ, Chapitre 15, pp. 251-260.*

**2.** *Komati N, et al. 2025. Diet, fruit and vegetables and One Health: benefits for health, environment, society and the consumer-proceedings of the 9th edition of EGEA conference. Eur. J. Nutr. 64(3): 108.*

**3.** *Kahane R, et al. (Eds), 2023. Recueil d'articles sur l'horticulture française parus dans les bulletins de l'ISHS à l'occasion de l'IHC2022. Angers-Montpellier, France: Cirad-L'Institut Agro Angers-INRAE-Vegepolys Valley, 100 p.*

**4.** *Kahane R, et al. (Coord.), 2023. Roadmap of research activities of CIRAD over 10 years in the sector of Horticulture. CIRAD, Montpellier, France, 28 p.*

**5.** *Beed F, et al. 2021. Fruit and vegetables: Opportunities and challenges for small-scale sustainable farming. FAO & CIRAD, 2021. Rome, 177 p.*



## Sophie NICKLAUS

***National Research Institute for Agriculture, Food and Environment (INRAE), France***

- Sophie Nicklaus is Director of Research exceptional class at INRAE. Since April 2024, she is the deputy Scientific Direction of the "Food and Bioeconomy directorate" at INRAE headquarter in Paris. From 2017 to 2023, she led the team 'Determinants of eating behaviour across the life course, relationships with health' at the Centre for Taste and Feeding behavior (Centre des Sciences du Goût et de l'Alimentation) in Dijon, France.
- During her training as an agricultural engineer (AgroParisTech), she was interested in the sensory and nutritional qualities of foods and their determinants. Since her thesis at the University of Bourgogne, she has been studying children's eating behaviour (food preferences; appetite control), to assess the effect of food properties (sensory properties, energy density) in the development and evolution of food preferences and consumption in children, using experimental and epidemiological approaches (in particular within the framework of two birth cohorts, OPALINE and ELFE).
- She is particularly interested in the impact of early food experiences on later eating behaviour and their contribution to health. She has published over 130 original articles and 22 reviews in international peer-reviewed journals; 22 book chapters; 1 edited book and a book for the general public on these topics.
- She is currently collaborating with public health authorities in France to develop and evaluate updated recommendations on infant feeding.

### RECENT PUBLICATIONS

**1.** *Somaraki, M. et al. Timing of food pieces introduction and neurodevelopment: findings from a nationwide birth cohort. Int J Behav Nutr Phys Act 21, 118 (2024).*

**2.** *Cerf, M. et al. Evidence on consumers' perceptions, understanding and uses of the Nutri-Score to improve communication about its update: a qualitative study with shopping observations in France. BMC Public Health 24, 3037 (2024).*

**3.** *Riera-Navarro C, Nicklaus S. Restrictive, but not instrumental feeding, is associated with Eating in the Absence of Hunger in toddlers: A cross-sectional lab-based study. Appetite. 2025 Jan 1;204:107746.*

**4.** *Ares G, et al. The Intertwinement of the Physical and Digital Worlds in the Development of Food Literacy Competencies. Nutr Rev. 2025 Jul 1;83(7):e2144-e2145.*

**5.** *Arrazat L, Cambriels C, Noan CL, Nicklaus S, Marty L. Effects of increasing the availability of vegetarian options on main meal choices, meal offer satisfaction and liking: a pre-post analysis in a French university cafeteria. Int J Behav Nutr Phys Act. 2024 Jul 16;21(1):75.*





## Christian REYNOLDS

***City St Georges, University of London, United Kingdom***

- Christian Reynolds is a Reader in Food Policy at the Centre for Food Policy, City St Georges University, London; and is the Senior Tutor for Research at the Centre for Food Policy.
- Christian is recognised as a global expert on food loss and waste and sustainable diets and has worked on these issues in Australia, New Zealand, Indonesia, the UK, US, and Europe.
- Christian is the lead editor of the Routledge Handbook of Food Waste (2019); he has also co-authored over 50 peer reviewed publications, as well as multiple reports and book chapters. Christian has given evidence to UK and NZ parliaments on FLW and contributed to the Food Loss and Waste Accounting and Reporting Standard. Christian also researches sustainable cookery; food history; and the political power of food in international relations.
- From 2025 to 2026, Christian is the co-Investigator of "Joined Up Landscapes"; part of the £15 million Maximising UK Adaptation to Climate Change (MACC) programme, funded by UKRI and the Department for Environment, Food and Rural Affairs. Joined Up Landscapes seeks to optimise the role of nature-based solutions in the UK for climate adaptation. It is one of six transdisciplinary research projects alongside a climate change adaptation hub, led by King's College London.
- From 2024-2030, Christian is the lead of Platform 5 "Trust in Food Systems" of the Co-Centre for Sustainable Food Systems. The Co-Centre is managed jointly by Queen's University Belfast, University of Sheffield and University College Dublin, the Co-Centre brings together world-leading researchers from across Ireland, Northern Ireland and Great Britain for the first time. Platform 5 focuses on the integration of data to map the food system and undertake scenario modelling to realise improvements in food production, processing and consumption.
- From 2017 to 2020, Christian was employed WRAP as Technical Specialist in international food sustainability. In 2017-18 Christian worked on integrating healthy sustainable eating and food waste reduction messages on a wide variety of projects including the EU-LIFE funded TRiFOCAL project. From 2018-2020 Christian moved to the WRAP Global team, working on Food Waste and Sustainable Eating, working on the REFRESH project, and with multiple global partners including the World Bank, NRDC, and WWF.

### RECENT PUBLICATIONS

**1.** *Kelly NM, et al. Mismatches between UK food supply and dietary guidelines: A dietary gap assessment. Public Health Nutr. 2025 Jul 10:1-26.*

**2.** *Crowe S, et al. Consumption and Greenhouse Gas Emissions Impacts of Population-Wide Adoption of Dietary Guidelines in China. Nutr Bull. 2025 Jun;50(2):326-339.*

**3.** *Kandemir, C., et al. Using discrete event simulation to explore food wasted in the home. Journal of Simulation, 2022; 16(4):415–435.*

**4.** *Kluczkovski A, et al. An Environmental and Nutritional Evaluation of School Food Menus in Bahia, Brazil That Contribute to Local Public Policy to Promote Sustainability. Nutrients, 2022;14(7).*

**5.** *da Silva JT, et al. Greenhouse gas emissions, water footprint, and ecological footprint of food purchases according to their degree of processing in Brazilian metropolitan areas: a time-series study from 1987 to 2018. The Lancet Planetary Health, 2021; 5(11):e775-e785.*



## Mphumuzi Angelbert SUKATI

***FAO Regional Office for Africa – Accra, Ghana***

- Mphumuzi Angelbert Sukati is the Senior Food and Nutrition Officer at the FAO Regional Office for Africa, based in Accra, Ghana, serving 47 countries across the continent. He is the Regional Programme Manager for three flagship initiatives under the FAO Strategic Framework: Healthy Diets for All, Food Safety for Everyone, and the Urban Food Systems Agenda. These initiatives align with FAO's vision of Better Production, Better Nutrition, a Better Environment, and a Better Life—leaving no one behind.
- Dr. Sukati also serves as the FAO Representative in Benin (2019–2022) and Togo (2019–present). In addition, he is currently the Regional Programme Coordinator for all FAO programmes across the Africa Region.
- Before joining FAO, Dr. Sukati worked with the African Union as a Senior Policy Officer (Economics, Trade, and Marketing), where he led livestock trade and marketing programmes continent-wide. He also served as Lead Agricultural Economist at the Common Market for Eastern and Southern Africa (COMESA), supporting COMESA Member States.
- Earlier in his career, he worked with the Ministry of Agriculture in the Kingdom of Eswatini, conducting research on global food markets and food price drivers using Computable General Equilibrium (CGE) models and time series analysis. He also served as a Regional Veterinary Officer in Eswatini.
- Dr. Sukati holds a PhD in Economics from the University of Nottingham, among several other academic qualifications. He is professionally trained as an economist, public administrator, and veterinary surgeon.

### RECENT PUBLICATIONS

**1.** *Sukati M. et al. Food Security, Nutrition, Health, and Food Safety Technical Working Group (TWG) 3 Report – May 2025: Kampala Technical Paper Series. AKADEMIYA2063.*

**2.** *Sukati M. et. al. Strengthening partnerships for improved nutrition and food systems – An overview of key stakeholders in the African region (2025).*

**3.** *Sukati M. et. al. Integrating Africa's forgotten foods for better nutrition (2024).*

**4.** *Sukati M. et. al. Compendium of forgotten foods in Africa (2024).*

**5.** *Sukati. M. Perspective: Food Environment Research Priorities for Africa—Lessons from the Africa Food Environment Research Network. Adv Nutr. 2022 May;13(3):739–47.*



## Roberto UGAS

***Universidad Nacional Agraria La Molina, Peru***

- Roberto Ugas is an agronomist specializing in ecological agriculture, agrobiodiversity and rural development. He is currently Professor of horticulture and agroecology at UNALM, where he conducts research on horticulture, agroecology, smallholders, plant genetic resources, and food systems. He is actively involved in the study, conservation and promotion of the chilli peppers (Capsicum spp) of Peru.
- He is a member of McKnight Foundation's Global Collaboration for Resilient Food Systems, supporting action-research in agroecology in Andean countries.
- He serves in Latin America continental supervisory board of Solidaridad, participates in the Latin American Scientific Society of Agroecology and in the International Society of Horticultural Sciences.
- He has been the Vice-President of the International Federation of Organic Agriculture Movements (IFOAM), advisor to the National Association of Ecological Farmers of Peru (ANPE) and board member of the International Centre for Research in Organic Food Systems.

### RECENT PUBLICATIONS

**1.** *Arbizu et al. Genetic Diversity and Population Structure Assessed by SSR in a Peruvian Germplasm Collection of Loche Squash (Cucurbita moschata, Cucurbitaceae). Biol. Life Sci. Forum 2022; 15(1): 6.*

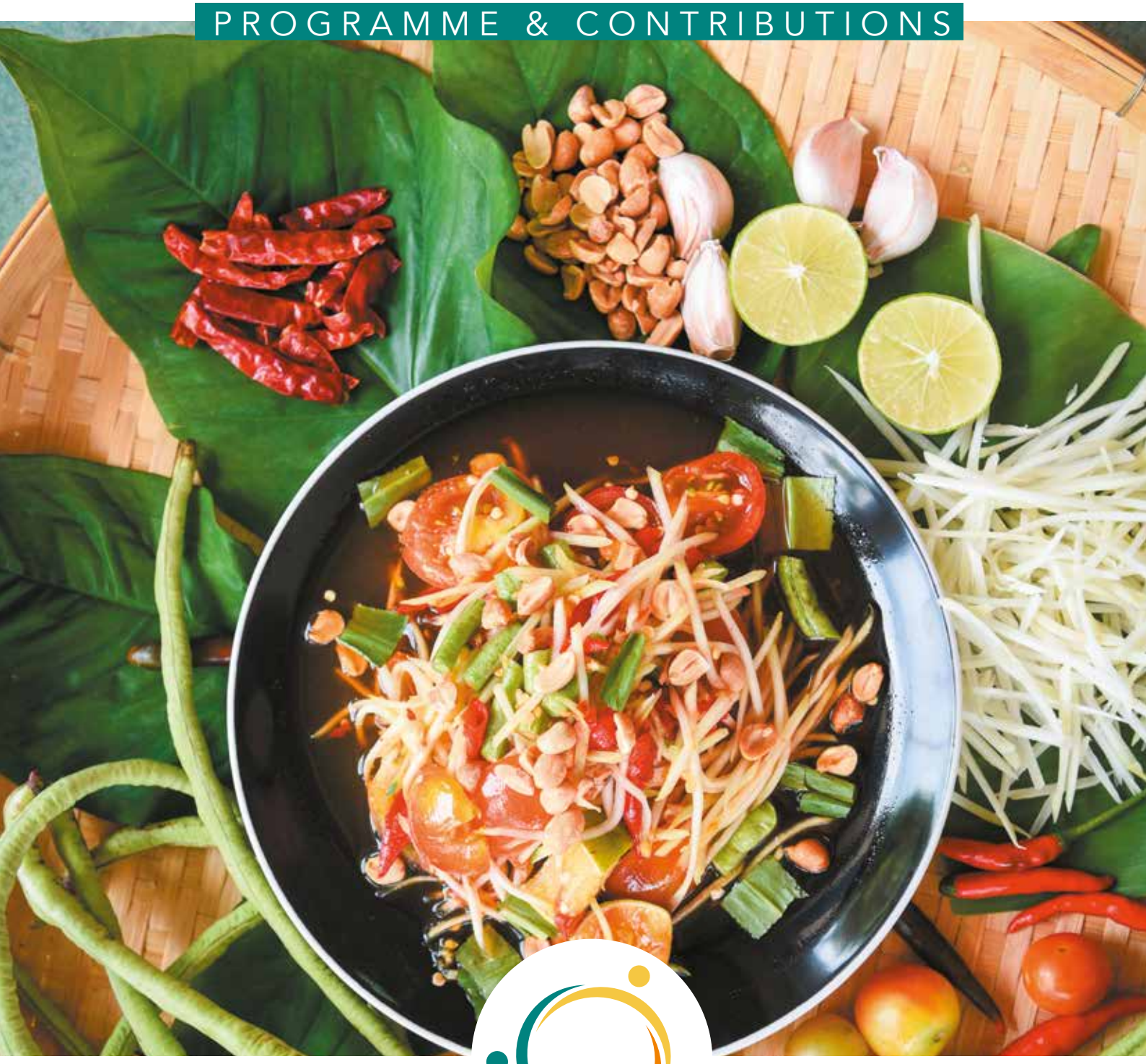
**2.** *Home R, et al. Participatory guarantee systems: organic certification to empower farmers and strengthen communities. Agroecology and Sustainable Food Systems. 2017;41(5): 526–545.*

**3.** *Meckelmann SW, et al. Compositional characterization of native Peruvian chili peppers (Capsicum spp.). J Agric Food Chem. 2013 Mar 13;61(10):2530-7.*

**4.** *Morales-Soriano E, et al. Flavor characterization of native Peruvian chili peppers through integrated aroma fingerprinting and pungency profiling. Food Res Int. 2018 Jul; 109:250-259.*

**5.** *Ugás R. The development of organic agriculture and agroecology in Latin America. Acta Hortic. 2020 Jul;(1286):1–10.*

# PROGRAMME & CONTRIBUTIONS



EGEA edition 10
International conference



# WEDNESDAY 7 OCTOBER

PROGRAMME

## 12:30 - 14:00 WELCOME (FREE LUNCH) – REGISTRATION – POSTER DISPLAY

## 14:00 - 14:30 OPENING SESSION

**Christel Teyssèdre**, *APRIFEL (FR)*
**Joël Doré**, *INRAE (FR)*
**Boitshepo Giyose**, *FAO (ZA)*
**Joël Raymond**, *Vice-Président de la Métropole délégué à l'Agriculture, l'Alimentation et la Ruralité (FR)*

## 14:30 - 15:40 KEYNOTE LECTURES

**Co-chairs: Boitshepo Giyose & Joël Doré**

• From Evidence to Action: Building the Bridge Between EGEA 2023 and EGEA 2026
**Boitshepo Giyose**, *FAO (ZA)* & **Joël Doré**, *INRAE (FR)*

• Overview of food systems, their evolution over recent years, and the role of fruit and vegetables
**Patrick Caron**, *CIRAD (FR)*

• Current dietary recommendations: Global overview
**Francesco Branca**, *Université de Genève (IT)*

## 15:40 - 16:10 NETWORKING BREAK AND POSTER VISIT

## 16:10 - 18:45 SESSION 1: The impacts of meeting fruit & vegetable recommendations

**Co-chairs: Malek Batal & Ramya Ambikapathi**

### 16:15 - 17:45 KEYNOTE LECTURES

• Relationship Between Plant-based Diets, Fruits & vegetables, and Health
**Christine Feillet-Coudray**, *INRAE (FR)*

• Cultivating response-ability at the margins: smallholder farmers as agents of climate mitigation and ecosystem repair
**Stephen Sherwood**, *EkoRural/Granja Urkuwayku/University of Wageningen (EC/NL)*

• How does promotion of fruit and vegetable intake in rural and urban consumers link to agroecology, agrobiodiversity conservation and resilience?
**Céline Termote**, *Alliance Biodiversity & CIAT (KE)*

• Equity, cultures and food justice
**Shakuntala Haraksingh Thilsted**, *CGIAR (MY)*

• Risk-benefit analysis and evidence for change
**Sara Monteiro Pires**, *Institut national de l'alimentation DTU (DK)*

### 17:45 - 18:45 ORAL COMMUNICATIONS

• Dietary patterns based on the intake of plant or animal ultra-processed and non-ultra-processed food: associations with cardiovascular diseases risk from two different approaches in the NutriNet-Santé cohort
**Benjamin Allès**, *EREN (FR)*

• Can global dietary recommendations be met within sustainable food systems?
**Charlotte Chemarin**, *CGIAR (FR)*

• Fruit, vegetable and nut content of meals and its association with combined nutritional value and environmental impact score
**Leona Lindberg**, *Queen's University Belfast (UK)*

## 19:00 - 20:00 WELCOME COCKTAIL (FREE)



# THURSDAY 8 OCTOBER

PROGRAMME

08:00 - 08:30 **WELCOME COFFEE – REGISTRATION – POSTER DISPLAY**

## 08:30 - 10:45 SESSION 2: Behaviors and levers for change

**Co-chair: Roberto Ugas**

### 08:30 - 09:50 KEYNOTE LECTURES

• Social and cultural influences on food choices
**Almudena Claassen**, *Max Planck Institut (GE)*

• Using psychological insights to change behaviour: The BIG potential of making small changes
**Gareth Hollands**, *University College London (UK)*

• Overview of public policies for healthier and more sustainable diets: What lessons can be learned?
**Céline Bonnet**, *Toulouse School of Economics/INRAE (FR)*

• Fruit and vegetable consumption in Peru: Policy and real-world practices
**Katherine Curi Quinto**, *Instituto de Investigación Nutricional (PE)*

09:50 - 10:15 **NETWORKING BREAK AND POSTER VISIT**

### 10:15 - 10:45 ORAL COMMUNICATIONS

• Association of acculturation with diet quality, food consumption and weight status among migrant students from French Overseas regions after relocation to mainland France
**Mélanie Antoine**, *Université de Montpellier (FR)*

• Fruit in the Desert: Assessing Student Access and Consumption, and Barriers and Opportunities for Improvement in the University Environment
**Temilade W Arulogun**, *University of Ibadan (NG)*

• Promotion of opportunity vegetables in urban Ethiopia: Cost-effectiveness of face-to-face cooking demonstrations versus digital media messages to increase intake of pumpkin and okra
**Ilana Cliffer**, *World Vegetable Center (TH)*

## 10:45 - 12:15 SESSION 3: Collaborative multistakeholders projects aiming to support consumers in adopting healthier and more sustainable diets with increased fruit and vegetable intake

**Co-chairs: Jean-Pierre Cravedi & Sophie Drogué**

### 10:45 -12:15 KEYNOTE LECTURES

• PASSERELLE PLUS (2024-2025) – Exploring new approaches to address food insecurity in France: evaluation of a Cash-Plus programme combining unrestricted cash transfers, social work support, and a sustainable diet workshop
**Marlène Pérignon**, *INRAE (FR)*

• MARIGO – (2021-2024) Promotion of Agroecological Transition in Tropical Areas: The Challenges of Market Gardening in Côte d'Ivoire
**Rahim Ouedraogo & Thibaud Martin**, *CIRAD (SN/FR)*

• Co-FRESH (2020-2024 ; Europe) - Co-creating Sustainable and Competitive Fruit and Vegetable Value Chains in Europe
**Inés Echeverría Goñi**, *CNTA (ES)*

• MoreMedDiet (2023-2026 ; 7 mediterranean countries) – More on the adoption of a healthy Mediterranean diet
**María de Guía Córdoba Ramos**, *University Institute for Research in Agricultural Resources (ES)*

• FutureFoods
**Véronique Lhoutellier**, *INRAE (FR)*

12:15 - 13:30 **LUNCH BREAK AND POSTER VISIT**



# THURSDAY 8 OCTOBER



13:30 - 13:50 **ORAL COMMUNICATIONS**

• GINO! Let's play not to waste food! A multistakeholder initiative to reduce food waste and foster plant-based diets in school canteens
**Alice Minichini**, *Fondazione Compagnia di San Paolo (IT)*

• School-Based Intervention for more sustainable and healthy diets: a primary school case study
**Leire Osuna-Galisteo**, *Basque Culinary Center (ES)*

13:50 - 16:00 **SESSION 4: Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

**Co-chairs: Mphumuzi Sukati & Christian Reynolds**

13:50 - 15:05 **KEYNOTE LECTURES**

• Assess to transform: improving measurement of nutritional, economic, and environmental dimensions
**Wendy Gonzalez**, *The Global Alliance for Improved Nutrition (CH)*

• Encouraging committed food choices without sacrificing pleasure: a cultural and sensory challenge from childhood onwards
**Sandrine Monnery-Patris**, *INRAE (FR)*

• Designing Inclusive Pathways to Fruit and Vegetable Consumption for Families Under Constraints: When motivation is not the problem
**Vicky Drapeau**, *Laval University (CA)*

• Improving communication and engagement: educational strategies for behavior change
**Sylvie Avallone**, *Institut Agro Montpellier (FR)*

• Health Professionals as Key Intermediaries: Addressing the Adult Nutrition Safety Net Gap in Sustainable Food Systems
**Chi-Chi Ekhator**, *Chi-Chi Ekhator (UK)*

15:05 - 15:30 **NETWORKING BREAK AND POSTER VISIT**

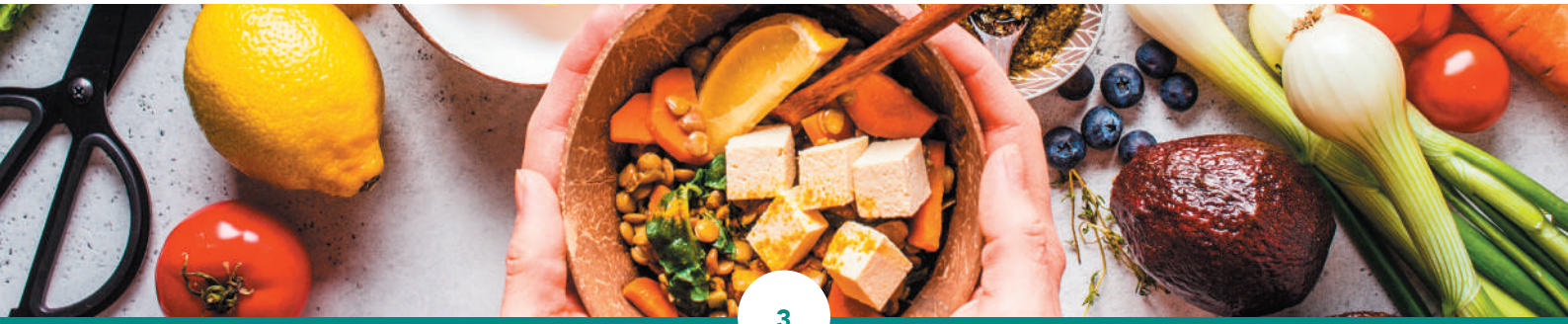
15:30 - 16:00 **ORAL COMMUNICATIONS**

• MATILDA - a global assessment tool for mapping demographic patterns and priorities across nutrition and sustainability
**Oliver Taherzadeh**, *Leiden University (NL)*

• The dietary footprints and transition priorities of over 12,000 cities
**Hongyi Cai**, *Leiden University (NL)*

• Pursuing dietary transitions requires reshaping global food production and trade networks
**Shruti Jain**, *Leiden University (NL)*

20:00 - 22:00 **GALA DINNER**





# FRIDAY 9 OCTOBER

PROGRAMME

08:30 - 09:00 **WELCOME COFFEE**

09:00 - 11:40 **SESSION 5: Round table: From expectations to action: consumer perspectives on tomorrow's food system**

**Co-chairs: Rémi Kahane et Sylvie Avallone**

09:05 - 10:30 **PANEL DISCUSSION**

**Aleksandra Nicolle**, *SNRC (FR)*
**Fabrice Declerck**, *CIAT, Chief Science Officer at EAT (FR)*
**Ana Isla Ramos**, *FAO (IT)*
**Marie Massart**, *Mairie de Montpellier (FR)*
**Pierre-Yves Romelaerre**, *La nouvelle cantine (FR)*
**Thouraya Tabbassi**, *Consumer defense organization (TN)*

10:30 - 11:00 **ORAL COMMUNICATIONS**

• Retail access and Fruit and Vegetable acquisition choices: Implications for food Waste among Supplemental Nutrition Assistance Program (SNAP) participants
**V. Chebolu-Subramanian**, *Drexel University (USA)*

• Mind the Agriculture-Health-Gap: Aligning European Food Supply with National Dietary Guidelines and Planetary Health Diet
**Anna-Lena Klapp**, *ProVeg International (GE)*

11:10 - 11:30 **SHORT ORAL PRESENTATION SESSION**

• Gender differences in eating habits and lifestyles of young students: results from MaestraNatura program
**A. Silenzi**, *Italian National Institute of Health (IT)*

• Measuring consumers' acceptability of dietary change scenarios: experimental evidence from France
**S. Teyssier**, *Grenoble Alpes University (FR)*

• Optimization of dietary patterns for reducing non-communicable disease burden using dose–response-based DALY minimization
**A. Parlesak**, *University of Copenhagen (DK)*

• Does migration from French overseas regions to mainland France affect diet quality and fruit and vegetable consumption? The case of students from overseas regions
**M. Antoine**, *Montpellier University (FR)*

11:30 - 11:45 **POSTER SESSION AWARD (PRESENTATION OF TOP 5 POSTERS - SOP1)**

11:45 -12:00 **CONCLUSIONS OF THE CONFERENCE**

**Joël Doré & Bibi Giyose** *(FR/ZA)*
**Christel Teyssèdre** *(FR)*

12:30 - 17:00 **FIELD VISIT TO LA CAISSE ALIMENTAIRE DE MONTPELLIER**

| POSTER | TITLE | AUTHOR |
|---|---|---|
| **SESSION 1** | | |
| 1 | **Vegetable consumption patterns among patients with obesity and their association with occupational and dietary habits** | J. Gligorijević Serbia |
| 2 | **Changes in the FODMAP content of onions during long-term cold storage** | C. Aubert France |
| 3 | **Fruit purées can preserve the antioxidant quality of fresh fruits** | D. Le Meurlay France |
| 4 | **Produce Prescriptions support diabetes management** | S. Matias USA |
| 5 | **Urban farming improves dietary diversity of caregivers and children in informal settlements in Nairobi** | D. Osuka Kenya |
| 6 | **Promotion of consumption of fruits and vegetables among Romanian children** | LM. Lotrean Romania |
| 7 | **Tomato powders as sustainable processed products of nutritional interest** | C. Dufour France |
| 8 | **Ready meals: nutritional quality, connection with dietary risk factors for non communicable diseases, and environmental impacts** | S. Eagles United Kingdom |
| **SESSION 2** | | |
| 9 | **How do current meat reducers in the action stage, those in the maintenance stage and former meat reducers differ from one another?** | S. Yi Canada |
| 10 | **From Sender to Receiver: Investigating Children's Roles in Food Communication Through a Randomized Controlled Trial** | N. Berlin France |
| 11 | **From policy to practice: A multinational analysis to identify factors that influence the implementation of food-based dietary guidelines by health and nutrition professionals** | A. Klapp Germany |
| 12 | **Comparative effects of immediate vs. delayed financial incentives on fresh fruit and vegetable purchases among low-income households** | D. Lima Rente France |
| 13 | **Fruit and vegetable deconsumption, factors of evolution and levers for recovery in France** | C. Baros France |
| 14 | **Sensory Evaluation and Determinants of Consumer Choice for French Pears** | V. Cottet France |
| 15 | **How Children Think About Fruit and Vegetables** | L. Thénard France |
| 16 | **Opportunities for integrating locally produced and procured food into school food provision in the Pacific Islands** | S. Burkhart Australia |
| 17 | **Multidimensional optimization of sustainable dietary solutions for Europe** | A. Fogarasi Denmark |
| 18 | **Challenging the meat–masculinity norm through the inherence heuristic: a field experiment in university restaurants** | A. Guzman-Garcia France |
| 19 | **Longitudinal dynamics of flexitarian diets in French households** | E. Castagna France |
| 20 | **Lived experiences of commercial children's foods: feeding relationalities, parental moralities and implications for fruit and vegetable consumption amongst UK children aged 1-9** | R. Claydon United Kingdom |

| POSTER | TITLE | AUTHOR |
|---|---|---|
| **SESSION 3** | | |
| 21 | **Living Labs as a Methodological Framework for Optimising Mediterranean Diet Innovations** | M.J. Benito Bernáldez<br>Spain |
| 22 | **Designing sustainable 5-a-day baskets: how fruits and vegetables selection impacts nutrition, environmental footprint and cost in France** | F. Vieux<br>France |
| **SESSION 4** | | |
| 23 | **Fruit and vegetable amount in nutritionally adequate and environmentally constrained diets: insights from individual-level diet modelling in France** | C. Nuzzaci<br>France |
| 24 | **Small-scale farming plays a critical role in sustainable dietary transitions** | S. Jain<br>The Netherlands |
| 25 | **Designing climate-friendly and nutritionally adequate diets for Belgian adults: implications for food-based policy** | A. Parlesak<br>Denmark |
| 26 | **Dietary patterns in Réunion island: understanding sustainable diets in a French overseas region** | C. Cresta<br>France |
| 27 | **Mapping and Analyzing Fruit and Vegetable Flows at the Montpellier Marché d'Intérêt National** | J. Ameller<br>France |
| 28 | **Leveraging Agrobiodiversity and Food Systems Approaches to Meet Fruit and Vegetable Recommendations in Latin America and the Caribbean** | R. Ambikapathi<br>Colombia |
| 29 | **Traditional Andean diet: Levers for resurgence and contributions to food quality and health among female smallholders' farmers in two provinces of the Ecuadorian Highlands.** | I. Azzi<br>Canada |
| 30 | **Carbon-costed diets require redistribution to ensure equitable access to sustainable diets** | H. Cai<br>The Netherlands |
| **SESSION 5** | | |
| 31 | **The consumer perceptions regarding the shifts in food prices and the potential changes in diets?** | L. Charbonnieras<br>France |
| 32 | **Local fruits and vegetables production perception in consumer-producer dialogues: understanding information gathering and trust mechanisms in Guadeloupe** | C. Elmira<br>France |
| 33 | **Effectiveness of an experiential on-site education intervention on food safety knowledge, attitude and practices among street food vendors in Nairobi's informal settlements** | D. Osogo<br>Kenya |

**▶ Consult the posters' abstracts**



## Céline BONNET

***Toulouse School of Economics, INRAE, France***

- Céline Bonnet is a Research Director at the National Research Institute for Agriculture, Food and the Environment (INRAE) in France, within the Toulouse School of Economics (TSE-R). She works on issues of industrial organisation and consumer behaviour in the agri-food sectors. Her most recent research focuses on the analysis of public nutrition policies and, more generally, the analysis of public policies for a more sustainable food supply.

### RECENT PUBLICATIONS

**1.** *Bonnet, C., Z. Bouamra-Mechemache, and H. Molina (2025), The Buyer Power Effect of Retail Mergers: An Empirical Model of Bargaining with Equilibrium of Fear, The RAND Journal of Economics, 56 (2), pp.194-215.*

**2.** *Bonnet C, Coinon M. Environmental co-benefits of health policies to reduce meat consumption: A narrative review. Health Policy. 2024 May;143:105017.*

**3.** *Bonnet C, Réquillart V. The effects of taxation on the individual consumption of sugar-sweetened beverages. Econ Hum Biol. 2023 Dec;51:101277.*

**4.** *Bonnet C, Détang-Dessendre C, Orozco V, Rouvière E. Spatial spillovers, living environment and obesity in France: Evidence from a spatial econometric framework. Soc Sci Med. 2022 Jul;305:114999.*

**5.** *Bonnet C., Z. Bouamra-Mechemache, and G. Klein. National brands in hard discounters: Market expansion and bargaining power effects, European Review of Agricultural Economics, 2022; 49(5):1113-1145.*



## Francesco BRANCA

***University of Geneva, Switzerland***

- Francesco Branca is an invited professor in the Institute of Global Health of Geneva University. His research interest is the impact of food systems on global health, using a One Health approach.
- He has been Director of the Department of Nutrition for Health and Development at WHO from 2008 to 2020, and Director of the Department of Nutrition and Food Safety from 2020 to 2025. He developed science-based recommendations on healthy diet and policies for food environment change and global policies for the improvement of nutrition and food safety. He has provided policy advice and technical support to countries, established partnerships with the UN and civil society and engaged with food manufacturers.
- Previously, he was a senior scientist at the Italian Food and Nutrition Research Institute (INRAN), where he was responsible for the design and implementation of several studies on the effects of food and nutrients on human health and the different stages of the life cycle, and for the design, management and evaluation of public health nutrition programs.
- He has been President of the Federation of the European Nutrition Societies from 2003 to 2007.
- He graduated in Medicine and Surgery and specialized in Diabetology and Metabolic Diseases at the Università Cattolica del Sacro Cuore, Roma and obtained a PhD in Nutrition at Aberdeen University.

### RECENT PUBLICATIONS

**1.** *Fernandez de Cordoba Farini C, Branca F, et al. A centre of gravity: Asia-Pacific leadership in global food systems transformation. Lancet Planet Health. 2025 Oct;9(10):101338.*

**2.** *Mendis S, Graham I, Branca F, et al. Alarming Rise of Obesity: The 4th United Nations High-Level Meeting on Noncommunicable Diseases and Mental Health Should Advance Action to Tackle Obesity. Glob Heart. 2025 Aug 28;20(1):70.*

**3.** *Neufeld LM, et al. Consensus on commitment and action to monitor healthy diets. Nat Food. 2024 Jul;5(7):533-534.*

**4.** *Pasricha SR, Rogers L, Branca F, Garcia-Casal MN. Measuring haemoglobin concentration to define anaemia: WHO guidelines. Lancet. 2024 May 18;403(10440):1963-1966.*

**5.** *Branca F, et al. A plan for accelerated action on obesity. Lancet Glob Health. 2023 Aug;11(8):e1170-e1171.*



## Patrick CARON

***Cirad, France // Agropolis International, France***

- With education in veterinary sciences (doctorate), nutrition (MSc), public health (MSc) and development geography (PhD), Patrick Caron is specialist of food systems, with focus on controversy analysis and multi-scale governance.
- Researcher at Cirad (https://www.cirad.fr/), he is co-Chair of Agropolis International (https://www.agropolis.fr/) and Chair of the CGIAR Integrated Partnership Board.
- He joined CIRAD in 1988 and has been Director for research and strategy (2010-2016). He was Chair of the High-Level Panel of Experts (HLPE) of the UN Committee on world Food Security (2015-2019), Vice President of the University of Montpellier (2019-2023) and Director of the Montpellier Advanced Knowledge Institute on Transitions (MAK'IT, 2018-2024), and member of the Science Group of the 2021 UN Food System Summit. He is a member of the French Academies of Technology and of Agriculture.
- He is actively engaged in the Montpellier Process, a collective and community-owned process convened and curated by an alliance of partners whose aim is to demonstrate more effective, more iterative, and better coordinated Science-to-Policy Interfaces (SPIs) across scales (global, national and local), across sectors (environment, health, people) and across knowledge systems.

### RECENT PUBLICATIONS

**1.** *Caron Patrick, et al. Breaking the 'scaling-up' stalemate. Perspective 2025; 65: 1-4.*

**2.** *Caron Patrick. Pour saisir les désaccords, l'intérêt des expertises mondiales sur la sécurité alimentaire : l'exemple du HLPE-FSN. Cahiers Agricultures, 2025 ; 34:32.*

**3.** *Fraser Evan, et al. Uncertain times require new thinking for agri-food science to ensure food security and nutrition for all. Trends in Food Science and Technology, 2025 ; 65:105261.*

**4.** *Schneider Kate R., et al. Governance and resilience as entry points for transforming food systems in the countdown to 2030. Nature Food, 2025 ; 6 : 105-116.*

**5.** *Caron Patrick. A renewed interest in controversies. 2025. Nature Food, 6 : 121-122.*

**6.** *Shrivastava Paul, et al. Science in crisis times: The crucial role of science in sustainability and transformation. PLoS Sustainability and Transformation, 2024; 3 (10):e0000132.*



## Maria Almudena CLAASSEN

***Max Planck Institute for Human Development, Germany***

- Almudena is a postdoctoral researcher at the Centre for Adaptive Rationality at the Max Planck Institute for Human Development in Berlin, Germany.
- Her research aims to improve food- and drink-related decision-making by studying how people navigate modern food environments, including the roles of social context, motivation, and the decision strategies people use.
- Using behavioural experiments, computational methods, and theory-driven interventions such as social-norm and boosting approaches, she examines how healthier and more sustainable choices can be supported in everyday environments.
- Almudena engages with open science practices and meta-science to strengthen the robustness and transparency of behavioural research
- Almudena holds a MS degree in Social and Health psychology and a PhD degree in Psychology and Educational sciences.

### RECENT PUBLICATIONS

**1.** *Claassen MA, Mata J, Hertwig R. The (mis-) measurement of food decisions. Appetite. 2025;209:107928.*

**2.** *Claassen MA, Klein P, Klein O. I'll have what they're having: A descriptive social norm increases choice for vegetables in students. Soc Influ. 2023;18(1):2261178.*

**3.** *Claassen MA, Lomann M, Papies EK. Increased consumption despite fewer occasions: A longitudinal analysis of COVID-19 lockdown effects on soft drink consumption in England. Appetite. 2023;187:106579.*

**4.** *Claassen MA, Papies EK. Representational shifts: Increasing motivation for bottled water through simulation-enhancing advertisements. BMC Public Health. 2023;23(1):2209.*

**5.** *Papies EK, Claassen MA, Rusz D, Best M. Flavors of desire: Cognitive representations of appetitive stimuli and their motivational implications. J Exp Psychol Gen. 2022;151(8):1919.*



## María de Guía CÓRDOBA RAMOS

***University of Extremadura, Spain***

- María de Guía Córdoba Ramos is a Full Professor in the Area of Nutrition and Food Science at the School of Agricultural Engineering of the University of Extremadura, Spain. She is the coordinator of the Research Group *Food Quality and Microbiology (CAMIALI).*
- She graduated in Veterinary Science at the University of Córdoba in 1992, obtained a PhD in Veterinary Science in 1998, and earned a Degree in Food Science and Technology from the same university in 1998. She is recipient of the University of Extremadura Teaching Excellence Award (2009).
- Her research interests include food quality, food safety and food technology, with a particular focus on improving production processes and enhancing the health-promoting properties of food products and agri-food by-products. Her areas of expertise also include biocontrol, fruit shelf-life extension, food authentication and omics technologies.
- She is currently the Coordinator of the SECTI Research Group «AGA015 Food Quality and Microbiology» at the University of Extremadura.
- María de Guía served as Vice-Rector for Research and Knowledge Transfer at the University of Extremadura from 2023 to 2025. Previously, she was Director of the University Institute for Research in Agrarian Resources (INURA) from 2016 to 2022 and Deputy Director for Research at the School of Agricultural Engineering from 1999 to 2015.
- She participated in more than 70 competitive research projects, many as Principal Investigator and established over 80 collaboration agreements with agri-food companies.
- With more than 27 years of experience in higher education and research she previously combined teaching, research, university management and knowledge transfer activities throughout her academic career.
- Author of more than 150 scientific publications, including over 100 papers in JCR-indexed journals; H-index: 38, with approximately 4,000 citations.

### RECENT PUBLICATIONS

**1.** *Reyna S, Córdoba Ramos MG, Rivas Muñoz MÁ, Gudiño I, Vázquez Hernández M, Otero Tuárez V, et al. (2025). Valorization of papaya by-products: bioactive potential of peel and seeds and their in vitro bioavailability. Foods.*

**2.** *Martín A, et al., Córdoba Ramos MG. (2025). Development of antimicrobial coatings from Ficus carica latex for improving the quality of dried figs. Foods.*

**3.** *Benito MJ, et al., Córdoba Ramos MG. (2025). Antioxidant and antimicrobial activities of optimized extract obtained from almond shell residues. Molecules.*

**4.** *Hernández A, et al., Córdoba Ramos MG. (2025). Application of the e-nose as a non-destructive technique in the early detection of Monilinia laxa on plum. Sensor.*

**5.** *Rodríguez A, et al., Córdoba Ramos MG. (2025). Early detection of Monilinia laxa in yellow-fleshed peach using a non-destructive e-nose approach. Foods. 2025.*





## Katherine CURI-QUINTO

***Instituto de Investigación Nutricional (IIN), Lima, Peru***

- Katherine Curi-Quinto, PhD in Population Nutrition (National Institute of Public Health of Mexico), is Professor and Researcher at the Peruvian University of Applied Sciences and the Instituto de Investigación Nutricional (IIN), where she leads the health and nutrition component of the Young Lives–Peru cohort.
- She is a public health nutrition researcher focused on sustainable diets, school food environments, and climate change. Her work examines how social inequalities shape diet quality, malnutrition, chronic diseases, and food insecurity, integrating affordability and environmental impact into dietary assessment.
- She has extensive experience in community-based and large-scale nutrition research, including multicenter studies and the development of interventions to promote healthier diets. She completed research stays at Harvard University and the Swedish University of Agricultural Sciences.
- She is a member of PERUSAN, ALSANNA (Global Alliance for Healthy Food for Children and Adolescents – LAC), and the Latin American Leaders in Nutrition Network.

### RECENT PUBLICATIONS

**1.** *Curi-Quinto K, Aquino-Ramírez A, Tarazona-Meza C, López G, Castellanos-Gutiérrez A, Unar-Munguía M, et al. Sociodemographic disparities in adherence to the Planetary Health Diet Index in Peru: evidence from the National Food and Nutrition Survey 2017–2018. J Acad Nutr Diet. 2026. doi:10.1016/j.jand.2026.156350*

**2.** *Curi-Quinto K, Unar-Munguía M, Rodríguez-Ramírez S, Rivera JA, Fanzo J, Willett W, et al. Sustainability of diets in Mexico: diet quality, environmental footprint, diet cost, and sociodemographic factors. Front Nutr. 2022;9:855793. doi:10.3389/fnut.2022.855793*

**3.** *Curi-Quinto K, Unar-Munguía M, Rodríguez-Ramírez S, Röös E, Willett W, Rivera JA. Diet cost and quality using the Healthy Eating Index-2015 in adults from urban and rural areas of Mexico. Public Health Nutr. 2022;25(9):2554–2565. doi:10.1017/S1368980021004651*

**4.** *Wood E, Moberg E, Curi-Quinto K, Van Rysselberge P, Röös E. From "good for people" to "good for people and planet": placing health and environment on equal footing when developing food-based dietary guidelines. Food Policy. 2023;117:102444. doi:10.1016/j.foodpol.2023.10244*

**5.** *Chaquila JA, Tello-Ocaña F, [faltan autores]. Agricultural activity and household food insecurity in Peru: evidence based on the Young Lives cohort study. J Hunger Environ Nutr. 2025:1–20. doi:10.1080/19320248.2025.2601889*



## Fabrice DECLERCK

***Alliance of Bioversity and CIAT (CGIAR), France***

- Dr. Fabrice DeClerck is an ecologist and geographer helping redesign food systems for a healthier planet and healthier people.
- As Chief Science Officer at EAT and Principal Scientist with the Alliance of Bioversity and CIAT (CGIAR), he works at the intersection of science, civil society, business, and policy to turn evidence into action.
- He leads EAT's research portfolio, including the globally influential EAT-Lancet Commissions — among the most cited papers in science and policy.
- He contributes to the Alliances work on Science-Policy-Society Interfaces through a novel project "Nexus Action: the Montpellier Process, and through contributions to the Earth Commission and IPBES.
- Fabrice focuses on solutions that deliver environmental sustainability, human health, and social value. He believes food is the smartest investment we can make.
- Based in Montpellier, France, he balances global food systems work with outdoor time with his family.

### RECENT PUBLICATIONS

**1.** *Te Wierik S, DeClerck F, Beusen A, et al. Identifying the safe operating space for food systems. Nat Food. 2025 Dec;6(12):1153-1163.*

**2.** *Rockström J, Thilsted SH, Willett WC, …, DeClerck F. The EAT-Lancet Commission on healthy, sustainable, and just food systems. Lancet. 2025 Oct 11;406(10512):1625-1700.*

**3.** *Schneider KR, Remans R, Bekele TH, Aytekin D, Conforti P, Dasgupta S, DeClerck F, et al. Governance and resilience as entry points for transforming food systems in the countdown to 2030. Nat Food. 2025 Jan;6(1):105-116.*

**4.** *Gupta J, Bai X, Liverman DM, Rockström J, et al. A just world on a safe planet: a Lancet Planetary Health-Earth Commission report on Earth-system boundaries, translations, and transformations. Lancet Planet Health. 2024 Oct;8(10):e813-e873.*

**5.** *Brock S, Baker L, Jekums A, et al. Knowledge democratization approaches for food systems transformation. Nat Food. 2024 May;5(5):342-345.*



## Vicky DRAPEAU

***Université Laval, Canada***

- Dr. Vicky Drapeau is a registered dietitian and Full Professor in the Department of Kinesiology at the Faculty of Medicine of Université Laval. She is a researcher affiliated with the Centre for Research on Nutrition, Health and Society (NUTRISS), the Institute of Nutrition and Functional Foods (INAF), the Interuniversity Research Centre on Teacher Training and Professional Development (CRIFPE), and the Quebec Heart and Lung Institute Research Centre (IUCPQ), Obesity and Metabolism Axis. She is also Co-Chairholder of the Nautilus Plus Research Chair in Teaching and Leadership on the Promotion of Healthy Lifestyle Habits, Scientific Director of Université Laval's Sustainable Health Initiative, and Director of the Graduate Microprogram in Healthy Lifestyle Habits. With over 30 years of clinical experience as a practicing dietitian, Dr. Drapeau brings a strong translational perspective to her academic work, ensuring that research findings inform real-world practice.
- Her research program focuses on understanding eating behaviors related to body weight and health, and on developing targeted, evidence-based strategies to promote positive and sustainable eating behaviors among children, adults and families. A central area of expertise is the design and evaluation of family-based and web-based interventions aimed at supporting health-promoting eating behaviors, with a focus on accessibility, feasibility, and equity. Guided by the principle "Better understanding to better intervene," her work bridges research, practice, and public health to improve health outcomes at both individual and population levels.

### RECENT PUBLICATIONS

**1.** *Lemay, J., Roberge, J., Provencher, V., Tremblay, A., Panahi, S., Jacob, R., Brunelle, L., Saintonge, G., & Drapeau, V. (2025). Promoting dairy consumption among families: Development and user experience study of a web-based nutrition intervention. J Med Internet Res,9, e66582. https://doi.org/10.2196/66582.*

**2.** *Amil, S., Gagnon, M.-P., Bédard, A., Da, S.M.A.R., Mora, D.Z., Drapeau, V. & Desroches, S. (2025) Interactive conversational agents to improve dietary behaviors for health promotion: A mixed systematic review. J Med Internet Res, Nov 28:27:e78220. doi: 10.2196/78220.*

**3.** *Bordeleau, M., Purcell, M., Provencher, V., Panahi, S., Jacob, R., Alméras, N., & Drapeau, V. (2023). Impact of a web-based nutrition intervention on eating behaviors and body size preoccupations among adolescents. Children, 10(11): 1736.*

**4.** *Larose D, Chih-Shing Chen M, Paracini T, Panahi S, Yessis J, Tremblay A, Drapeau V. Evaluation of the Power Up program: a health promotion program encouraging healthy lifestyle habits among youth in summer day camps-study protocol. Front Public Health. 2025 Feb 26;13:1521438.*

**5.** *Petresin T, Shujauddin N, Annis A, Drapeau V, Haines J; f.u.n. Community Advisors. Co-designing interventions to increase food access: perceptions and experiences of community member end-users. Res Involv Engagem. 2025 Oct 14;11(1):117.*



## Inés ECHEVERRÍA

***CNTA, Spain***

- Inés Echeverría Goñi holds a degree in Agri-Food Engineering from ENSAIA (Ecole Nationale Supérieure d'Agronomie et des Industries Agroalimentaires) Nancy (France) and a degree in Biological Sciences from the University of Navarra (Spain). She has held various positions in the food industry, in the areas of Quality Control and Research and Development of New Products at the Nabisco and United Biscuits Spain biscuit production plants. She also headed the Biomass Department at CENER (National Renewable Energy Centre) before joining CNTA.
- Since February 2016, she has been Director of the R&D&I Department at CNTA (National Centre for Food Technology and Safety). She has more than 25 years of experience in the development and management of national and international R&D projects, notably as Coordinator of the European CO-FRESH Project 'Co-creating sustainable and competitive fruits and vegetables value chains in Europe' (2020-2024). She is Co-Chair of the Training and Technology Transfer Working Group of the Food For Life Spain Platform and a member of the FoodForce network among others.



## Chi-Chi EKHATOR

***Ascension Trust / AT Beacon Project, United Kingdom***

- HSJ Awards Judge, contributing to national assessment of innovation, quality improvement, and system transformation across health and care; GP Appraiser for NHS England; and GP in London, with over two decades of experience across primary care, prevention, and population health systems.
- Vice Chair of Ascension Trust and Strategic Clinical Lead of the AT Beacon Project, a scalable, place-based health inequalities model delivering prevention and early intervention through trusted community settings, aligned with neighbourhood health and integrated care priorities.
- Leads system-integrated programmes as a strategic programme developer and delivery partner with ICBs, local authorities, VCSE organisations, and public health teams, supporting delivery of the NHS Long Term Plan, Core20PLUS5, and neighbourhood-based care.
- Programme Lead for the Lambeth Fruit & Vegetables on Prescription initiative, demonstrating how food-based interventions can be commissioned to improve health outcomes, reduce inequalities, and mobilise health professionals as trusted messengers between science, policy, and communities.
- Adviser to national policy initiatives on health inequalities, including the Bishop of London's Health Inequalities Action Group and an NHS England Technical Advisory Group, contributing to policy development on community engagement, social prescribing, and system partnership with faith and community organisations.
- Recognised public speaker and media contributor, featured on BBC Newsnight, BBC News at Six, BBC Radio 4, and national policy platforms.

### RECENT PUBLICATIONS

**1.** *Health Inequalities Action Group (HIAG). On Faith, Place and Health: Harnessing the power of faith groups to tackle London's health inequalities. London: HIAG; 2022.*

**2.** *Ascension Trust; AT Beacon Project. Lambeth Fruit & Vegetables on Prescription Programme: Phase I clinical outcomes report. London; 2024.*

**3.** *Ascension Trust; AT Beacon Project. Prescribing Fresh Produce: Phase II impact report. London; 2025.*

**4.** *Referenced in: Alexandra Rose Charity. Exploring the power of fruit and veg on prescription. London; 2023.*

**5.** *Referenced in: Marmot M, Dorrell S. Health inequality is a choice – and so is fixing it. The Times. 2021 Oct 5.*



## Christine FEILLET-COUDRAY

***INRAE Dynamique Musculaire et Métabolisme (DMEM), France***

- Christine Feillet-Coudray (PhD, from the University of Montpellier) is a physiologist with expertise in nutrition and Research Director at the French National Research Institute for Agriculture, Food and Environment (INRAE).
- Her research focuses on the role of dietary bioactive compounds, lipids and micronutrients in metabolic health, with particular interest in skeletal muscle homeostasis and the pathophysiology associated with obesity and metabolic disorders.
- She has authored or co-authored more than 100 scientific publications and has contributed to several national and international research collaborations.
- She has been a member of the Human Nutrition Expert Committee at the French Agency for Food, Environmental and Occupational Health & Safety (ANSES) since 2018. From 2020 to 2024, she was also a member of the ANSES Working Group on Vegetarian Diets.

### RECENT PUBLICATIONS

**1.** *Feillet-Coudray C, Benzi C, Mariotti F, Margaritis I. Recommandations concernant les repères de consommation alimentaires et leurs modalités d'élaboration. In : Delarue J. Traité de Nutrition, Éd. 2026 Paris, TdM Éditions. In press*

**2.** *Kesse-Guyot, E., Allès, B., de Lauzon-Guillain, B., Feillet-Coudray, C., Lapidus, N., Mariotti, F., Steichen, O., Benzi-Schmid, C., Adel-Patient, K., Beaudart, C., et al. (2025), Scientific Opinion of the French Agency for Food, Environmental and Occupational Health & Safety on the establishment of dietary guidelines for people following a diet that excludes some or all foods of animal origin (vegetarians). Food Risk Assess Europe, 3: 0074E. https://doi.org/10.2903/fr.efsa.2025.FR-0074*

**3.** *Benzi-Schmid C., Adel-Patient K., Beaudart C., Bédard A., Bétry C., Borel P., de Lauzon-Guillain B., Feillet-Coudray C., Gay-Queheillard J., Goncalves A. et al. (2025). Avis de l'Anses relatif à l'évaluation des seuils maximaux recommandés d'ajout de sel, de sucre et de matière grasse dans les fruits, légumes et produits laitiers distribués dans le cadre du programme européen « Fruits et Légumes à l'École » et « Lait et Produits laitiers à l'École ». Saisine n°2024-AST-0087, Anses. 2025, p.21.*

**4.** *Goncalves A., Feillet-Coudray C. (2024). Sustainable diet, sport and physical activity. Cahiers de Nutrition et de Diététique, 59 (4), 213-223, https://dx.doi.org/10.1016/j.cnd.2024.05.003*

**5.** *Emmanuelle Kesse-Guyot, Benjamin Allès, Blandine de Lauzon-Guillain, Christine Feillet-coudray, Nathanaël Lapidus, et al.. Appui scientifique et technique relatif aux fréquences alimentaires recommandées en restauration scolaire dans le cadre de l'expérimentation du menu végétarien. Saisine n°2020-SA-0101, Anses. 2021, p. 47.*



## Frans FOLKVORD

***Tilburg University, Netherlands***

- Frans Folkvord is Associate Professor at Tilburg University (Tilburg School of Humanities and Digital Sciences) and an entrepreneur working at the intersection of behavioural science, digital technologies and health innovation.
- His research focuses on the impact of digital environments, marketing and behavioural interventions on health behaviours, with a particular interest in AI-driven solutions and data-driven healthcare systems.
- Alongside his academic work, he co-founded Forward Faster AI and PredictBy, companies focused respectively on causal analytics, artificial intelligence and predictive data solutions for policy, healthcare and business applications.
- He has authored more than 90 scientific publications, including articles in journals such as *Nature Scientific Reports*, *JMIR*, and *Appetite*, and has contributed to several large European research and innovation projects in digital health, AI and behavioural science.
- He is also a member of the WHO Regional Office for Europe's Technical Advisory Groups on Brand Marketing and on Behavioural and Cultural Insights.

### RECENT PUBLICATIONS

**1.** *Drbohlav Ollerton R, Bol N, Beets G, Folkvord F, Krahmer E. Perceived benefits of diet, physical activity, alcohol intake and smoking among cancer survivors: a cross-sectional study. BMC Public Health. 2025 Dec 22;25(1):4315.*

**2.** *Haug S, Wenger A, Arana-Arri E, Barasoain M, Vélez-Del-Burgo A, Koutra K, et al. Efficacy of an instant messaging-based life-skills training program to prevent behavioral risk factors among adolescents in Europe: study protocol of a cluster-randomized controlled trial. BMC Psychol. 2025 Nov 24;13(1):1292.*

**3.** *Innominato PF, Macdonald JH, Saxton W, Longshaw L, Granger R, Naja I, Allocca C, et al. Digital Remote Monitoring Using an mHealth Solution for Survivors of Cancer: Protocol for a Pilot Observational Study. JMIR Res Protoc. 2024 Apr 30;13:e52957.*

**4.** *Komati N, Riboli E, Dore J, Boyland E, Cravedi JP, Folkvord F, et al. Diet, fruit and vegetables and One Health: benefits for health, environment, society and the consumer-proceedings of the 9th edition of EGEA conference. Eur J Nutr. 2025 Mar 5;64(3):108.*

**5.** *Folkvord F, Bol N, Stazi G, Peschke L, Lupiáñez-Villanueva F. Preferences in the Willingness to Download an mHealth App: Discrete Choice Experimental Study in Spain, Germany, and the Netherlands. JMIR Form Res. 2023 Dec 25;7:e48335.*

### RECENT PUBLICATIONS

**1.** *Costlow L, Gilbert R, Masters WA, Ortenzi F, Beal T, Deo A, et al. Healthy diets are affordable but often displaced by other foods in Indonesia. Food Policy. 2026;140:103076. doi:10.1016/j.foodpol.2026.103076*

**2.** *Li J, Gonzalez W, Monterrosa E, Gómez MI, Nicholson CF. Choice experiments and value-chain modeling of attribute improvements to increase vegetable consumption in Kenya. Food Policy. 2024;127:102682. doi:10.1016/j.foodpol.2024.102682*

**3.** *Gonzalez W, Monterrosa E, Sutiyo W, Noor S, Khondker R, Bipul M, et al. Do consumers consider environmental considerations when making food choices? Insights from Indonesia, Bangladesh, and Kenya. Working Paper #53. Geneva: Global Alliance for Improved Nutrition (GAIN); 2025. Available from: https://doi.org/10.36072/wp.53*

**4.** *Barnett I, Tranchant JP, Prieto-Martin P, Barai A, Sultana S, Wouabe ED, et al. Factors shaping adolescent snack choices in urban Bangladeshi schools: a mixed methods study. Appetite. 2025;212:108019. doi:10.1016/j.appet.2025.108019*

**5.** *Blum LS, Swartz H, Olisenekwu G, Erhabor I, Gonzalez W. Social and economic factors influencing intrahousehold food allocation and egg consumption of children in Kaduna State, Nigeria. Matern Child Nutr. 2023;19(1):e13442. doi:10.1111/mcn.13442*



## Wendy GONZALEZ

***The Global Alliance for Improved Nutrition (GAIN), Switzerland***

- Senior Technical Specialist at GAIN, leading implementation research for programmes on consumer demand for nutritious foods and healthy diets, including on-going, multi-component interventions aimed at improving vegetable consumption in Kenya, Uganda, and Benin
- PhD in Health Promotion, Education and Behavior (University of South Carolina); Licenciatura in Human Nutrition (University of Costa Rica)
- 15+ years of experience designing, implementing, and evaluating food systems interventions to improve nutrition outcomes in low- and middle-income countries across Africa, South Asia, and Latin America
- Research focuses on understanding what drives consumer demand for vegetables and diverse diets, particularly in low-income populations



## Gareth HOLLANDS

***University College London, UK***

- Dr Gareth Hollands is Principal Research Fellow in Evidence Synthesis and Behavioural Science at the EPPI Centre, UCL.
- He studied psychology at Oxford, UCL, and the Institute of Psychiatry, KCL, where he received his PhD.
- His research aims to contribute to a cumulative evidence base for scalable interventions to improve population and planetary health, focusing particularly on the potential for the environments that we interact with to shape behaviours such as food and alcohol consumption.

### RECENT PUBLICATIONS

**1.** *Clarke N, Pechey E, Shemilt I, Pilling M, Roberts NW, Marteau TM, Jebb SA, Hollands GJ (2025). Calorie (energy) labelling for changing selection and consumption of food or alcohol. Cochrane Database of Systematic Reviews; 1:CD014845.*

**2.** *Clarke N, Blackwell AKM, Ferrar J, De-loyde K, Pilling MA, Munafò MR, Marteau TM, Hollands GJ (2023). Impact on alcohol selection and online purchasing of changing the proportion of available non-alcoholic versus alcoholic drinks: a randomised controlled trial. PLOS Medicine; 20(3):e1004193.*

**3.** *Clarke N, Ferrar J, Pechey E, Ventsel M, Pilling MA, Munafò MR, Marteau TM, Hollands GJ (2023). Impact of health warnings and calorie labels on selection and purchasing of alcoholic and non-alcoholic drinks: a randomized controlled trial. Addiction; 118(12):2327-2341.*

**4.** *Marteau TM, Hollands GJ, Pechey R, Reynolds JP, Jebb SA (2022). Changing the assortment of available food and drink for leaner, greener diets. BMJ; 377:e069848.*

**5.** *Reynolds JP, Ventsel M, Kosīte D, Rigby Dames B, Brocklebank LA, Masterson S, Pechey E, Pilling M, Pechey R, Hollands GJ, Marteau TM (2021). Impact of decreasing the proportion of higher energy foods and reducing portion sizes on food purchased in worksite cafeterias: a stepped-wedge randomised controlled trial. PLOS Medicine; 18(9):e1003743.*



## Ana ISLAS RAMOS

***Food and Agriculture Organization of the United Nations***

- Dr Ana Islas Ramos is a Nutrition Officer in FAO's Food and Nutrition Division, where she leads work on dietary guidelines. Her expertise is in consumer behaviour related to food and eating.
- She holds a bachelor's degree in nutrition and food science from Universidad Iberoamericana in Mexico City, and master's and doctoral degrees in Nutrition Education from Teachers College, Columbia University.
- Her career has spanned food technology, clinical nutrition, childbirth education, curriculum development and public-health research. She has designed nutrition education initiatives using behavioural and sustainability approaches, contributed to an educational video game for adolescents, coordinated the nutrition education component of a large school-based intervention in Mexico City, and contributed to the 2015 revision of the Mexican dietary guidelines.

### RECENT PUBLICATIONS

**1.** *Wijesinha-Bettoni R, Gazan R, Islas Ramos A, Buendia T, Hachem F. FAO DietSolve: a diet optimization tool for low- and middle-income countries developing dietary guidelines. Food Nutr Bull. 2026. doi:10.1177/03795721251379976.*

**2.** *Food and Agriculture Organization of the United Nations. Theory of change. Guidance on developing and implementing food systems-based dietary guidelines. No. 2. Rome: FAO; 2025. doi:10.4060/cd7266en.*

**3.** *Food and Agriculture Organization of the United Nations. Introduction to the manual. Guidance on developing and implementing food systems-based dietary guidelines. No. 1. Rome: FAO; 2025. doi:10.4060/cd5525en.*

**4.** *Food and Agriculture Organization of the United Nations. Food systems-based dietary guidelines: an overview. Rome: FAO; 2024. Available from: FAO Knowledge Repository, record cc9394en.*

**5.** *de Jager I, Harrison M, Wit RF, Sonneveld A, Hesen R, Uyar BTM, Verger EO, Islas Ramos A, Vargas M, Wijesinha-Bettoni R, Hachem F, Brouwer ID. PROTOCOL: Measuring diet-related consumer behaviours relevant to low- and middle-income countries to advance food systems research: An evidence and gap map. Campbell Systematic Reviews. 2022;18(4). doi:10.1002/cl2.1283*

**6.** *Aryeetey RNO, Islas Ramos A. Process and lessons learned in the development of food-based dietary guidelines in Ghana. Afr J Food Agric Nutr Dev. 2022;22(2). doi:10.18697/ajfand.107.21830.*

**7.** *Wijesinha-Bettoni R, Khosravi A, Islas Ramos A, Sherman J, Hernandez-Garbanzo Y, Molina V, et al. A snapshot of food-based dietary guidelines implementation in selected countries. Glob Food Sec. 2021.*



## Véronique LHOUTELLIER

***INRAE, Quality of Animal Products, 63122 Saint Genes Champanelle***

- Véronique Santé-Lhoutellier is a Senior Researcher at INRAE and a recognized specialist in food science. She led the Animal Products Laboratory until 2022.
- Holding a degree in Biochemical Engineering from Clermont Auvergne University (1987), she also earned a PhD in Food Science and Biochemistry there in 1993, before completing a postdoctoral fellowship at the Muscle Biology Laboratory of the University of Wisconsin–Madison (USA) in 1996.
- After working within the French poultry consortium until 2000, she joined INRA (now INRAE), where she conducted research on the quality of animal products. Her work has focused particularly on strategies for reducing salt and additives in meat products, improving their nutritional quality, and tailoring them to the specific needs of older adults.
- Since 2023, her research has contributed to the transition toward healthy and sustainable diets. In this capacity, she co-leads a work package within the European partnership FutureFoodS, dedicated to revising the strategic research and innovation agenda for sustainable food systems (Our Approach — FutureFoodS).
- She actively contributes to discussions on transforming European food systems to promote a model that reconciles health, sustainability, economic resilience, and social equity.
- Author of more than 130 scientific articles published in international peer-reviewed journals, she recently coordinated a collective scientific assessment dedicated to the quality of animal-source foods (https://doi.org/10.1016/j.animal.2021.100376).

### RECENT PUBLICATIONS

**1.** *Houssein Z, Pétéra M, Centeno D, Lyan B, Peyron MA, Durand S, Santé-Lhoutellier V, Bancel E, Ravel C, Pujos-Guillot E. Untargeted metabolomics for wheat bread in vitro digestate assessment. J Proteome Res. 2025;24. doi:10.1021/acs.jproteome.5c00383.*

**2.** *Astruc T, Boland M, Venien A, Theron L, Sante-Lhoutellier V, Kaur L. Impact of various preparation processes on the digestibility of meat products. France Aotearoa Sci Technol Innov. 2025:89-90. Available from: https://hal.inrae.fr/hal-05067404.*

**3.** *Jebalia I, Della Valle G, Dupont D, Sante-Lhoutellier V, Rabesona H, Henry G, et al. Functional and nutritional properties of fava bean ingredients processed by extrusion. Food Res Int. 2025;217:116804. doi:10.1016/j.foodres.2025.116804. Available from: https://hal.inrae.fr/hal-05118224.*

**4.** *Duval A, Sayd T, Bourillon S, Aubry L, Mosconi V, Ferraro V, et al. Utilizing the influence of protein enrichment of meal components as a strategy to possibly prevent undernutrition in the elderly: an in vitro approach. Food Funct. 2024;15(4):2078-89. doi:10.1039/d3fo03659f. Available from: https://hal.inrae.fr/hal-04477006.*

**5.** *Sante-Lhoutellier V. Rôle des sels nitrités dans les charcuteries: bénéfices, risques et alternatives. Cah Nutr Diet. 2024;59(5):297-306. doi:10.1016/j.cnd.2024.05.005. Available from: https://hal.inrae.fr/hal-04813493.*

### RECENT PUBLICATIONS

**1.** *Deletre, E., Latapie, C., Migeon, A., Auger, P., Larpin, N., Laboisse, S., Martin, T. (2026). Tetranychus evansi (Tetranychidae) spider mites now a major solanaceous crop pest in Côte d'Ivoire. Experimental and Applied Acarology, 96:35, 23 p.*

**2.** *Eypert, L., Martin, T., Adja, N. A., Deletre, E. (2025). Exploring biotic and abiotic factors influencing cucurbit-fruit fly damage and diversity in cucurbit crop production systems. International Journal of Tropical Insect Science Vol.:(0123456789).*

**3.** *Martin, T, Perrine, A., Risede J-M., Lammoglia S. K. D., Sester, M., Deletre E., Diabate, S., Konan, A., Le Bellec, F., Ghneim Herrera, T., Cote F-X. (2025). Chapitre 2 : Caractériser les leviers techniques permettant de développer des alternatives à l'usage des pesticides de synthèse. In : Rapport final de l'initiative « Pesticide Reduction for Tropical Agricultures » (Pretag) 2023-2024. Montpellier : CIRAD, 39-55.*

**4.** *Ouedraogo, R., Angbo-Kouakou, E., Deletre, E., Diabaté, S., Nandjui, J., Fondio, L., Martin, T., (2025). Promotion de la transition agroécologique en zones tropicales : Les enjeux du maraîchage périurbain. Policy Brief.*

**5.** *Ouedraogo, R., Lemeilleur, S., Loconto, A., Emmenegger, R., Abdou, O. K., Martin, T., & Le Bellec, F. (2025). La reconnaissance institutionnelle des systèmes participatifs de garantie d'Afrique de l'Ouest et du Centre comme levier de réduction de l'usage des produits phytopharmaceutiques de synthèse. Cahiers Agricultures, 34, 17.*



## Thibaud MARTIN

***Cirad, France***

- Deputy Director of the HortSys Research Unit from Cirad (https://ur-hortsys.cirad.fr).
- Research director in entomology, specializing in horticultural crop protection through agroecological innovations in tropical contexts.
- His research focuses on plant–insect interactions and the co-design of agroecological strategies to reduce pest pressure, thereby improving crop yield and quality.
- He was the leader of the European DeSIRA Marigo project in Côte d'Ivoire (https://www.projet-marigo.org/le-projet).



## Marie MASSART

***2nd Deputy Mayor of Montpellier, France***

- Marie Massart, 2nd Deputy Mayor of Montpellier, in charge of Food Policy, Urban Agriculture, and Ecological Mediation.
- She leads key initiatives such as the Cité de l'Alimentation, a landmark project designed to promote healthy, local, and high-quality food in school canteens, expand food education, and strengthen community solidarity across neighborhoods.
- She is deeply committed to food democracy and justice, notably through Montpellier's pilot program for a Social Security for Food, launched in 2023.
- As President of the Marché d'Intérêt National (MIN) of Montpellier, she actively drives the growth of local production, short supply chains, and local food processing.
- She also serves as President of Terres en Villes, France's leading national network for territorial agricultural and food policies.



## Sandrine MONNERY-PATRIS

***INRAE, Centre For Taste and Feeding Behaviour, France***

- Sandrine Monnery-Patris is a researcher at the Center for Taste and Feeding Behavior (CSGA), INRAE, Dijon, trained in Cognitive and Developmental Psychology.
- Her research addresses eating behaviors from early childhood onward, with a particular focus on the sensory, cognitive, and social determinants of food consumption in the context of current challenges related to public health, social equity, and environmental sustainability.
- Her work aims to identify key mechanisms underlying the acquisition, consolidation, resilience, and transformation of eating habits across development. It integrates the study of emerging food-related behaviors linked to societal changes (e.g., food system transitions, evolving social norms, food insecurity, participatory and co-creation approaches), with the objective of generating actionable knowledge to inform preventive and intervention strategies.
- Ultimately, her research seeks to contribute to the development of inclusive, acceptable, and ethically grounded approaches that promote healthier, more sustainable, satisfying, and socially responsible diets, while improving long-term health and well-being across populations.

### RECENT PUBLICATIONS

**1.** *Verdeau B, Denieul-Barbot A, Monnery-Patris S. Acceptability and effect on food choices of incentives promoting more sustainable diets among low-income consumers: A qualitative study. Appetite. 2025;207:107903. doi:10.1016/j.appet.2025.107903.*

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**3.** *Nicklaus, S., & Monnery-Patris, S. (2024). Comment la néophobie alimentaire affecte-t-elle l'alimentation de l'enfant? Origine, développement et conséquences pratiques pour les parents et les éducateurs. Cahiers de Nutrition et de Diététique, 59(1), 18-34.*

**4.** *Poquet D, Issanchou S, Monnery-Patris S. Pleasure as a lever to improve children's behaviour during mid-afternoon snack. Cahiers de Nutrition et de Diététique. 2023;58(1):29-36. doi:10.1016/j.cnd.2022.12.006.*

**5.** *Philippe K, Chabanet C, Issanchou S, Grønhøj A, Aschemann-Witzel J, Monnery-Patris S. Parental feeding practices and parental involvement in child feeding in Denmark: Gender differences and predictors. Appetite. 2022;170:105876. doi:10.1016/j.appet.2021.105876.*



## Sara
## MONTEIRO PIRES

***National Food Institute, Technical University of Denmark (DTU), Denmark***

- Sara is a senior researcher at the Risk-benefit Research Group of the National Food Institute, Technical University of Denmark (DTU) and Head of PhD School at DTU Food.
- Her overall research goals are to improve risk management and decision-making in public health and food safety policy through data analysis, epidemiology, and a range of multidisciplinary approaches.
- Her research activities focus on applying health metrics and burden of disease models, and on quantitative risk and risk-benefit assessments to provide evidence for national, regional, and international public health policy.
- She is a member of the World Health Organization Foodborne Disease Burden Epidemiology Reference Group (WHO/FERG), where she is chair of the Source Attribution Task Force.
- Sara holds an MS degree in Veterinary Medicine and a PhD degree in Epidemiology.

### RECENT PUBLICATIONS

**1.** *De Matteu Monteiro C, Sousa B, Pires S, Vieira A. Involving Citizens in Foresight – The Missing Link. Eur J Public Health. 2025 Oct 27;35(4):ckaf161.357.*

**2.** *De Matteu Monteiro C, Feliciano R, Membré JM, Monteiro Pires S, Thomsen ST, Marette S. Health impact assessment and cost benefit analysis: Exploring complementarities of methods to assess the impacts of regulations on food consumption. PLoS One. 2025 Jul 1;20(7):e0326946.*

**3.** *Országh E, Monteiro CDM, Pires, SM., et al. Holistic risk assessments of food systems. Global Food Security. 2024; 43:100802.*

**4.** *Matteu Monteiro C, Membré JM, Poulsen M, Thomsen ST, Pires SM. Risk-benefit assessment of foods and its role to inform policy decisions: outcome of an international workshop. Front Nutr. 2024 Sep 25;11:1458531.*

**5.** *Pires SM, Jensen JD, Jakobsen L, Ethelberg S, Christensen T. Health and Economic Burden of Seven Foodborne Diseases in Denmark, 2019. Foodborne Pathog Dis. 2022 Sep;19(9):581-589.*



## Aleksandra
## ROZYCKA NICOLLE

***General Delegate, SNRC - Syndicat National de la Restauration Collective***

- Aleksandra Rozycka Nicolle is the General Delegate of the SNRC (National Syndicate of Contract Catering), which federates more than 28,000 contract catering restaurants in France and represents the sector before public authorities.
- A graduate of EFAP and Sciences Po Paris, she has dedicated over twenty years to the public interest. She served as Chief of Staff in Puteaux and Bourges, as well as for the Departmental Councils of Drôme and Essonne. She was also Deputy Director General of the Hauts-de-France Region, and later of the Île-de-France Region, where she led the Sports, Health, Solidarity, and Security department. Additionally, she headed Orphéopolis, a social welfare institution supporting police officers and their families, before joining the contract catering sector as Director of Public Affairs France at Elior & Derichebourg Multiservices.
- A member of the Executive Board of L'Alliance des Services, she chairs its Public Affairs Commission. She advocates for contract catering to be recognized as a lever for public health, a catalyst for social cohesion, a structural force for French agricultural sectors, and a key player in the transition toward healthier and more sustainable food systems.



## Rahim OUEDRAOGO

***CIRAD, France***

- Economist specializing in agroecological transitions and the adoption of agricultural innovations in tropical context at CIRAD – HortSys Research Unit (Agroecological functioning and performance of horticultural systems).
- His research focuses on co-designing multicriteria assessment tools to support agroecological transition, and on analyzing the factors that shape farmers' adoption of innovations.

### RECENT PUBLICATIONS

**1.** *Ouedraogo, R., Lemeilleur, S., Loconto, A., Emmenegger, R., Abdou, O. K., Martin, T., & Le Bellec, F. (2025). La reconnaissance institutionnelle des systèmes participatifs de garantie d'Afrique de l'Ouest et du Centre comme levier de réduction de l'usage des produits phytopharmaceutiques de synthèse. Cahiers Agricultures, 34, 17. https://doi.org/10.1051/cagri/2025016.*

**2.** *Ouedraogo, R., Bamba, Y., Angbo-Kouakou, E., Martin, T. and Wane, A. (2025). Consumers' willingness to pay for organic vegetables in Ivory Coast. Acta Hortic. 1422, 107-114. https://doi.org/10.17660/ActaHortic.2025.1422.14.*

**3.** *Avadí, A., Dosso, M. & Ouedraogo, R. (2025). Environmental and socio-economic analysis of the Ivorian market vegetables suburban systems in the context of an agroecological transition. The International Journal of Life Cycle Assessment. https://doi.org/10.1007/s11367-025-02502-2.*

**4.** *Ouedraogo, R., Montginoul, M., & Barbier, B. (2024). Farmers' behavior and innovations' adoption processes in rural Sahel: Case of supplemental irrigation from farm ponds in Burkina Faso. Journal of Rural and Community Development, 19(2), 80-104.*




## Marlène PERIGNON

***INRAE, UMR MoISA, France***

- Marlène PERIGNON is a research engineer in nutrition and public health at INRAE, within the MoISA Joint Research Unit in Montpellier (https://umr-moisa.cirad.fr/)
- Her research focuses on social inequalities in access to sustainable diets. She investigates strategies to reduce these inequalities through two complementary research approaches: (i) Population Health Intervention Research (PHIR), to evaluate programmes designed to improve access to sustainable diets among vulnerable populations by examining their effectiveness, implementation, mechanisms of impact, and transferability; and (ii) observational and modelling approaches, including constrained optimization, to characterize population diets in terms of nutritional quality, environmental impact, and cost, and to identify food choices and food provision strategies (e.g. in school meal programmes and food aid) that reconcile the multiple dimensions of sustainable diets.
- She conducts her research primarily in mainland France and the French overseas territories, particularly Guadeloupe.
- She is the scientific leader of the PASSERELLE PLUS project in France (https://passerelle-plus.hub.inrae.fr/).

### RECENT PUBLICATIONS

**1.** *Darmon N, Dubois C, Vieux F, Bianchi C, Caillavet F, Maillot M, Clergeau A, Perignon M. Inégalités sociales face à l'alimentation en France : comprendre pour agir. [Social inequalities in diet in France: Understanding to guide action]. Cahiers de Nutrition et de Diététique. Elsevier Masson; 2026; DOI: 10.1016/J.CND.2026.05.003.*

**2.** *Gallinari-Safar P, Eymard-Duvernay S, Dubois C, Darmon N, Somaraki M, Hulot M, Souchereau C., Martin E., Ollivier E., Quéau H., Gosset V., Perignon, M. Étude de faisabilité du dispositif « Passerelle » couplant transfert monétaire non fléché et orientation sociale destiné à des ménages en situation de précarité en France. Can J Public Health. Springer; 2026;117(1):104–16. DOI: 10.17269/S41997-025-01120-7/TABLES/3.*

**3.** *Perignon M, Gazan R, Lamani V, Colombet Z, Méjean C, Vieux F, et al. Which dietary shifts to improve nutritional quality while reducing diet cost in the French West Indies? Nutrition Journal 2025 24:1. BioMed Central; 2025;24(1):1–16. DOI: 10.1186/S12937-024-01068-3.*

**4.** *Perignon M, Vieux F, Verger EO, Bricas N, Darmon N. Dietary environmental impacts of French adults are poorly related to their income levels or food insecurity status. Eur J Nutr. Springer; 2023;62(6):2541–53. DOI: 10.1007/s00394-023-03163-3.*

**5.** *Perignon M, Lepiller O, Intoppa B, Valette É, Roudelle O, Wood A. The role of school canteens in building more sustainable food systems: The impact pathways of the "Ma Cantine Autrement" programme in Montpellier. In: Evaluating Sustainable Food System Innovations: A Global Toolkit for Cities. Taylor and Francis; 2023. DOI: 10.4324/9781003285441-5.*

**6.** *Perignon M, Darmon N. Advantages and limitations of the methodological approaches used to study dietary shifts towards improved nutrition and sustainability. Nutr Rev. Oxford University Press (OUP); 2021; DOI: 10.1093/NUTRIT/NUAB091.*



## Pierre-Yves ROMMELAERE

***La Nouvelle Cantine, France***

- Pierre Yves trained for the BEP-CAP certificate in Cuisine in the Aude *département* in 1998, specialising in traditional and semi-gastronomic cuisine. In 2000, he perfected his technique in bistro and gastronomy in Toulouse.
- In 2006, he chose to work in collective catering in a nursing home in the Aude, where a simple apple tart triggered his interest in social catering.
- Since 2016, he has been the canteen chef at the Joseph Anglade middle school. With his team of four, he prepares 500 meals a day for pupils aged 11 to 15 years. Everything is cooked on site, from 6am to 3pm, with quantities calculated precisely to avoid waste and control costs. The menus follow the seasons and feature local produce, changing throughout the year. Every month, the team works on a large volume of raw products: pork, poultry, veal and almost 3000 eggs. Festive products – trout, scallops, fresh foie gras and oysters – also appear throughout the year, alongside a very popular weekly vegetarian meal.
- Committed and keen to teach, Pierre-Yves Rommelaere likes to ring the bell between two services to talk about a product or highlight the work of a pupil, and make the canteen a real place for knowledge transmission.
- He is co-author with Marc Perrenoud of the book *Une autre cantine est possible*, Editions du Croquant



## Stephen SHERWOOD

***EkoRural/Granja Urkuwayku, Ecuador and Wageningen University, Netherlands***

- Current work: Stephen Sherwood is a Senior Scientist at EkoRural and a Lecturer/Researcher in Knowledge, Technology, and Innovation at Wageningen University. He is also an organic grower at *Granja Urkuwayku*, a family-run organic farm and CSA in the Ecuadorian Andes.
- Regenerative thematics: His latest work explores the intersection of plant and soil health with social change, specifically «enabling response-ability» in regenerative soil management. He investigates the «relational bio-power» of seeds and the socio-biological «vitality» of everyday food, moving beyond technical definitions of agriculture to include human-nature intersubjectivity.
- Capacity-building: Stephen focuses on farmer-centered processes, recently coordinating a major stocktaking and policy briefs for the FAO on farmer-led ecosystem restoration and Farmer Field Schools. He champions «learning in the social wild» to bridge the gap between scientific policy and local practice.
- Institutionality and movements: He studies and actively builds «counter-movements» and alternative food networks, co-founding organizations such as EkoRural, *Groundswell International, and Ecuador's Colectivo Agroecológico*.
- Critical Perspective: Drawing on practice theory, his research examines the «unruly edge» of affective labor and the self-organization in food, critiquing modernization while proposing «re-imagined institutions» for regeneration.

### RECENT PUBLICATIONS

**1.** *Sherwood S, Caulfield M, Paredes M, Borja RM, Oyarun P. Response-ability: Establishing Regenerative Soil Management in the Northern Andes. In: Uphoff N, Thies J, editors. Biological Approaches to Regenerative and Resilient Soil Systems. Boca Raton (FL): CRC Press; 2024. https://doi.org/10.1201/9781003093718*

**2.** *Sherwood S, coordinator. Enabling Response-ability: a stocktaking of farmer field schools on smallholder forestry and agroforestry. Rome: FAO; 2023. https://www.fao.org/family-farming/detail/en/c/1654271/*

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**4.** *Sherwood S, Arce A, Paredes M, editors. Food, Agriculture and Social Change: The Everyday Vitality of Latin America. London: Earthscan/Routledge; 2017. https://doi.org/10.4324/9781315440088*

**5.** *Sherwood S, van Bommel S, Paredes M. Self-organization and the bypass: Re-imagining institutions for more sustainable development in agriculture and food. Agriculture. 2016;6(66):1-19. https://doi.org/10.3390/agriculture6040066*



## Thouraya TABBASSI

***Consumer Defense Organization, Tunisia***

- A Tunisian woman and an executive at the National Health Insurance Fund of Tunisia (CNAM), where I dedicate my expertise, sense of responsibility, and professional commitment to the institution every day.
- A graduate of the Faculty of Arts and Humanities, specializing in sociology, she successfully combines the subtlety of social analysis with intellectual rigor, qualities that permeate her entire career, both professionally and in her volunteer work.
- A devoted wife and mother of two, she elegantly embodies the values of dedication, compassion, and humanity.
- Driven by a sincere and unwavering enthusiasm for all noble causes and humanist ideals, she has been actively involved in numerous associations. In particular, she chaired the regional office of the association for deaf people, passionately advocating for the voices of those whom society sometimes struggles to hear.
- With conviction, she serves as Vice-President of a consumer protection organization and sit on several boards of directors of national bodies and public hospitals, where she works tirelessly for the common good and the public interest.
- She has always strived to have a respected voice in the public sphere through my regular media appearances, delivered with authority and sensitivity, passionately addressing issues related to health, citizens' rights, and social solidarity.



## Céline TERMOTE

***Alliance of Biodiversity and CIAT, Kenya***

- Dr. Céline Termote is currently the Africa Regional research leader for the food environment and consumer behavior research program at the Alliance of Bioversity International and CIAT.
- Her multidisciplinary work bridges research in ethnobotany, agroecology, market linkages, food environments, diet diversity and quality, and food system transformation, integrating community-based participatory, qualitative as well as quantitative evaluation approaches. She integrates participatory research methodologies and works in close collaboration with local communities, policymakers, NGOs, community health workers and research institutions.
- After obtaining her Master's degree in Applied Biological Sciences, Céline started her career as a development worker for a Belgian NGO. Based in Kabinda, Kasaï-Oriental, DR Congo, she worked with two local partner organizations on food security, sustainable agricultural practices, capacity building and organization strengthening.
- In late 2005, she rejoined Ghent University as an assistant at the Laboratory of Tropical and Subtropical Agronomy and Ethnobotany and started her PhD project on the use of wild edible plants in Tshopo District (Kisangani region), DR Congo. This multidisciplinary work comprised a documentation of wild edible plants within different ethnic groups through ethnobotanical surveys, actual and future market potential of wild edible plants and an evaluation of the contribution of local biodiversity to the diets of rural and urban women.

### RECENT PUBLICATIONS

**1.** *Houndolo MM, Bodjrenou S, Jordan I, Majaliwa E, Koukou E, Ngianga-Bakwin K, Azandjeme C, Katsivo MN, Termote C, Amoussa Hounkpatin W. Fruit and Vegetable Consumption Among Adolescent Secondary School Students in Boukombe and Natitingou, North Benin. Int J Environ Res Public Health. 2025 May 13;22(5):767.*

**2.** *Hanley-Cook GT, Deygers J, Daly AJ, Berden J, Remans R, Termote C, Ibsen DB, Baudry J, Van Damme P, Kesse-Guyot E, Vineis P, Schulze MB, Hoang KT, Deschasaux-Tanguy M, Heath A, Dahm CC, van der Schouw YT, Skeie G, Guevara M, Milani L, Penafiel D, Raneri JE, Oduor FO, Hunter D, Ratnasekera D, Murray KA, Touvier M, Huybrechts I, Lachat C. Dietary species richness provides a comparable marker for better nutrition and health across contexts. Nat Food. 2025 Jun;6(6):577-586.*

**3.** *Oduor F, Kaindi DM, Abong G, Thuita F, Termote C, (2025). Community-based conservation strategies for wild edible plants in Turkana County, Kenya. Conservation (1). ISSN: 2673-7159.*

**4.** *Ngigi PB, Termote C, Pallet D, Amiot MJ. Mainstreaming traditional fruits, vegetables and pulses for nutrition, income, and sustainability in sub-Saharan Africa: the case for Kenya and Ethiopia. Front Nutr. 2023 Dec 7;10:1197703.*



## Shakuntala Haraksingh THILSTED

***CGIAR, Malaysia***

- Shakuntala Haraksingh Thilsted is a specialist in nutrition-sensitive approaches to aquatic food systems. She is the Global Lead for Nutrition and Public Health at WorldFish, which is a global CGIAR research centre in Malaysia.
- Thilsted previously worked in Bangladesh and Cambodia where she examined the nutritional composition of small native fish species. She later worked as an agricultural officer in Tobago, where she was the first and only woman in the ministry of agriculture.
- Thilsted is also involved with the Global Action Network in mobilizing activities for the UN Decade of Ocean Science for Sustainable Development (2021-2030) and UN Decade of Action on Nutrition (2016-2025).
- She holds a PhD in Physiology of Nutrition from the Danish Royal Veterinary and Agricultural University.
- In 2021, Thilsted was the recipient of the World Food Prize.

### RECENT PUBLICATIONS

**1.** *Rockström J, Thilsted SH, Willett WC, et al. The EAT-Lancet Commission on healthy, sustainable, and just food systems. Lancet. 2025 Oct 11;406(10512):1625-1700.*

**2.** *Saha M, Ng H, Odjidja EN, Saha M, Olivier P, McCaffrey TA, Thilsted SH. Small Fish Big Impact: Improving Nutrition during Pregnancy and Lactation, and Empowerment for Marginalized Women. Nutrients. 2024 Jun 11;16(12):1829.*

**3.** *Ignowski L, Belton B, Ali H, Thilsted SH. Integrated aquatic and terrestrial food production enhances micronutrient and economic productivity for nutrition-sensitive food systems. Nat Food. 2023 Oct;4(10):866-873.*

**4.** *Fleming LE, et al. Enhancing Human Health and Wellbeing through Sustainably and Equitably Unlocking a Healthy Ocean's Potential. Ann Glob Health. 2024 Jul 9;90(1):41.*

**5.** *Akter MS, et al. Diet quality and associations with motivation and ability to consume a healthy diet among adolescents from urban low-income households in Bangladesh. Appetite. 2024 Sep 1;200:107563.*







# OPENING SESSION

**Co-chairs: Boitshepo Giyose & Joël Doré**

## KEYNOTE LECTURES

### *From evidence to action: building the bridge between EGEA 2023 and EGEA 2026*

**Boitshepo GIYOSE**, ***FAO, South Africa***

**Joël DORÉ**, ***National Research Institute for Agriculture, Food and Environment (France)***

EGEA conference series has progressively contributed to advancing the scientific and societal dialogue surrounding the role of fruit and vegetables in healthy and sustainable diets. Rather than providing a conventional summary of EGEA 2023, this keynote aims to position EGEA 2026 as the natural continuation of the work initiated three years earlier, highlighting the transition from understanding why fruit and vegetables matter to addressing how their recommended consumption can be achieved within sustainable food systems.

EGEA 2023 focused on a fundamental question: Why are fruit and vegetables central to One Health? The conference brought together evidence from nutrition, public health, environmental sciences, agriculture, economics and social sciences, leading to a broad consensus on the multiple benefits associated with adequate fruit and vegetable consumption. As documented in the conference proceedings, fruit and vegetables contribute not only to human health and the prevention of chronic diseases, but also to environmental sustainability, biodiversity preservation, food system resilience and societal well-being. Importantly, the conclusions of EGEA 2023 suggested that the scientific rationale for promoting fruit and vegetable consumption has become increasingly robust and coherent across disciplines.

The most important message emerging from this body of work is perhaps not the need for additional evidence. While scientific research will continue to refine our understanding, the principal challenge is no longer establishing the benefits of fruit and vegetables. Instead, attention must shift towards implementation. Despite decades of dietary guidance and public health initiatives, recommended levels of fruit and vegetable intake remain unmet in many populations worldwide. This persistent gap between recommendations and practice raises critical questions regarding affordability, accessibility, food environments, consumer behaviour, agricultural production, market dynamics and policy frameworks.

The keynote will explore how the recommendations and unresolved questions identified during EGEA 2023 have naturally shaped the agenda of EGEA 2026. Many of the priorities highlighted in the previous conference -including making dietary recommendations achievable and equitable, understanding behavioural determinants, improving food environments, fostering multi-stakeholder collaboration and aligning health and sustainability objectives- are now reflected in the structure of the current programme.

The presentation will therefore provide the scientific and policy context for the five thematic sessions of EGEA 2026. Following an introductory overview of food systems and current dietary recommendations, Session 1 will examine the health, environmental and societal impacts of achieving recommended fruit and vegetable intakes. Session 2 will focus on consumer behaviours and the levers capable of driving dietary change. Session 3 will showcase collaborative initiatives designed to support healthier and more sustainable dietary practices. Session 4 will address remaining barriers, emerging challenges and future perspectives for integrating fruit and vegetable recommendations within sustainable food systems. Finally, Session 5 will bring together diverse stakeholders in a round-table discussion exploring consumer expectations and the pathways from aspiration to action in tomorrow's food systems.

By linking the conclusions of EGEA 2023 to the objectives of EGEA 2026, this keynote will argue that nutrition science has entered a new phase. The central question is no longer whether fruit and vegetables should play a pivotal role in healthy and sustainable diets, but how societies can create the conditions that make recommended consumption levels feasible, desirable, affordable and sustainable for all. In this sense, EGEA 2026 represents a transition from evidence generation to collective action.





# OPENING SESSION

## KEYNOTE LECTURES

### *Overview of food systems, their evolution over recent years, and the role of fruit and vegetables*

**Patrick CARON**, ***Cirad, France // Agropolis International, France***

The "food systems" concept emerged in the 1990s. It was defined as the way human beings organize themselves in space and time to access and consume their food (Malasis, 1994). It aimed to better connect the complex dimensions of agriculture and food as societies have become increasingly urban and urbanized. The concept progressively spread in the 2010s, expanding to political arenas thanks to a definition developed by the High-Level Panel of Experts (HLPE) in 2014. In 2015, the UN Committee on World Food Security (CFS) subsequently asked the HLPE to prepare a report on food systems and nutrition (HLPE, 2017). Since 2015, literature on food systems has grown exponentially, both within academia and beyond, particularly in UN institutions. The 2017 HLPE conceptual framework emphasized that food systems could not merely be represented through an adjustment between food supply and demand. Because food is a social and collective process, it highlighted the importance of the overall food environment.

The concept drove a paradigm shift: from producing more as the main avenue to ensure food security to addressing a complex set of factors given the intense interaction of food with health, environment, climate, employment, water, energy, peace, etc. If food production could be seen as a problem for other sectors, food systems transformation can also serve as a for sustainability. This assumption led the UN Secretary General to call for a UN Food System Summit in 2021 and for the Global Sustainable Development Report to identify food systems as one of the six entry points towards sustainability (GSDR, 2019).

However, their transformation requires involvement of numerous stakeholders and processes operating across different time and space scales, while accounting for huge local diversity. Although it is widely perceived as progressing too slowly, profound changes are already affecting food systems, including:

- An obesogenic "epidemic"
- A "triple monotony" (in landscape, genetics and diets) affecting resilience and sustainability
- The entrenchment of global negotiations in sectoral agricultural export strategies
- A general retreat of environmental policies
- An increasing concentration in the agrifood sector of actors, resources and power
- The reconnection of agricultural and food concerns, through the numerous innovative local and city-level experiences worldwide
- A growing "excluding polarization" of positions

Given this context, diversification of diets is key, and the increase of fruits and vegetables production and consumption is unanimously recommended as a major avenue towards healthy and sustainable diets.

However, multiple barriers hamper action. They usually turn into polemics and then block innovation, hence the importance of making the handling of controversies a fertile ground to boost transformation. Scientific communities should therefore pursue four avenues of inquiry and reflection, not just technology design, experimentation, transfer and training:

(i) Provide evidence regarding food systems transformation to pool collective knowledge;

(ii) Engage in dialogue and novel arrangements to incite transformation;

(iii) Design and assess solutions to boost learning processes and articulate local, national and global dynamics; and

(iv) Identify possible, plausible futures through foresight to think the unthinkable and act appropriately to prepare an unpredictable and unknown future.





# OPENING SESSION

## KEYNOTE LECTURES

### *Current dietary recommandations: Global overview*

**Francesco BRANCA**, ***University of Geneva, Switzerland***

When we discuss the healthiness of diets we need to consider the components eaten in excess (sodium, saturated fats, free sugars) as well as those poorly consumed (whole grains, fruits, vegetables, legumes, unsaturated fats).

The 2021 analysis of the Global Burden of Disease indicated that the global average intake of fruit was about a third of what is currently recommended and that of vegetable about two thirds and that they contributed, respectively, to 1.7 million and 0.9 million deaths globally, largely due to an impact on cardiovascular diseases.

The recently published WHO guidelines on carbohydrate intake recommend an intake of at least 400 g of fruit and vegetables per day in adults and in children above the age of 10. In younger children, intakes of at least 250 g per day are recommended for 2–5 years old, and at least 350 g per day for 6–9 years old. These are considered minimal levels of intake. Systematic reviews show in fact that the risk for several health outcomes decreases further up to 800 g per day, but the risk reduction is most evident for intakes up to 400 g per day.

Most dietary guidelines round the world recognize the need to recommend the consumption of 2 fruit and 3 vegetable portions per day, and some go higher, such as China, that recommends 500-850 g or Thailand, that recommends 7-11 servings. Some countries prefer more general recommendations (eat plenty), stress the importance of diversity (variety and color), freshness, local production and seasonality.

There are large differences in worldwide consumption. In sub-Saharan Africa, average per capita consumption of vegetables can be as low as 7 kg, as in the Democratic Republic of Congo, while in China is higher than 400 kg. Sub-Saharan Africa and central and south America have consumption levels below dietary recommendations. For fruit, the lowest consumption is also observed in sub-Saharan Africa (e.g. 11 kg in Ethiopia in 2023) and the highest consumption in higher income countries (e.g. 169 kg in USA in 2023).





# SESSION 1:

## The impacts of meeting fruit & vegetable recommendations

## KEYNOTE LECTURES

### *Relationship between plant-based diets, fruits & vegetables, and health*

**Christine FEILLET-COUDRAY, Beatrice MORIO & Marie Josèphe AMIOT-CARLIN,** ***INRAE***

Plant-based diets rich in fruits and vegetables are increasingly recognized for their protective role against chronic noncommunicable diseases. The presentation will review the relationships between plant-based diets, fruits and vegetables, and the incidence of major chronic noncommunicable diseases, with particular emphasis on cardiometabolic risk factors and long-term health outcomes. The strength and consistency of these associations varies according to the type of populations, the lifestyles including dietary patterns and the nutritional qualities of food groups.

The presentation will focus primarily on cardiovascular health and type 2 diabetes, as well as cancer outcomes, including epithelial cancers of the digestive tract and colorectum and hormone-dependent cancers such as breast and prostate cancer. Emerging evidence for neurodegenerative diseases, bone and muscle health, and ocular conditions including age-related macular degeneration and cataract will also be considered.

Where a convincing or probable effect has been established, the presumed underlying biological mechanisms will be examined. Particular attention will be paid to the gut microbiota as a potential mediator between the consumption of plant-based foods and the host health outcomes.





# SESSION 1:

**The impacts of meeting fruit & vegetable recommendations**

## KEYNOTE LECTURES

### *Cultivating response-ability at the margins: smallholder farmers as agents of climate mitigation and ecosystem repair*

**Stephen SHERWOOD**, ***EkoRural/Granja Urkuwayku (EC) ; University of Wageningen (NL)***

Worldwide, the planet's 460 million smallholder farmers manage roughly 4.35 billion hectares of land, including 1.5 billion hectares poised for restoration. Effectively rehabilitating these lands — particularly by storing carbon as stable microbial necromass — could remove up to 1.5 $GtCO_2e$ annually. Yet, despite this outsized potential, smallholders receive only 0.8% of tracked global climate finance. While agricultural modernization has historically distanced farmers from ecological realities, replacing biodiverse systems with chemical-intensive monocultures, this trend can be reversed by cultivating «response-ability» - an embodied socio-biological capacity developed through ecological literacy and farmer-led experimentation. Using severely degraded volcanic soils *(cangahua)* in the Ecuadorian Andes as a case study, this paper argues that empowering marginalized farmers through discovery-based learning holds profound promise for terrestrial carbon drawdown.

We examine how organic vegetable producers in the Andes transition from climate adaptation to active mitigation when grassroots capacity-building in ecological literacy is paired with farmer-led experimentation and scientific backstopping. The aim is to demonstrate that the biological activation of degraded soils transforms small farms from net carbon sources into sinks, simultaneously improving agricultural yields, incomes, and food security.

Drawing on a 25-year chronosequence of regenerative agroecology among FFS participants on Ecuador's Ilaló Volcano, we utilize a five-stage successional matrix. We integrate longitudinal ethnography of farmer-led innovations with biochemical soil forensics to measure and validate complex microbial processes. We tracked Soil Organic Carbon (SOC), multi-trophic metabolic function, and greenhouse gas drawdown rates across a spectrum: from sterile parent material *(cangahua)* and conventional plots, to restored agroecological systems and a native forest baseline.

We observed that farmers, recognizing that the primary constraint of degraded cangahua is biological starvation rather than physical hardness, applied their ecological literacy to active biological management. This approach multiplied baseline SOC 6.5 times (from 0.58% to 3.80%), restoring 54% of the native forest's original carbon-carrying capacity and yielding an estimated drawdown rate of 14.1 $tCO_2e/ha/yr$. Biological data confirms that reactivating the soil's metabolic engine drives profound ecological repair while sustaining, and often enhancing, vegetable production and economic viability.

In conclusion, smallholder farmers operating on degraded soils represent a vital, underutilized resource for planetary health. By cultivating «response-ability» and bypassing the extractive logic of the industrial food regime, these farmers demonstrate that local agricultural practices can spark profound hydrological, biological, and energetic regeneration. Their experiences prove that grassroots experimentation aligned with soil health effectively rehabilitates degraded margins. Redirecting a fraction of the USD 150 billion global climate finance gap toward farmer-led learning networks offers a scalable pathway to achieve Paris Agreement targets, ensuring agriculture repairs rather than exhausts the ecosystems we depend upon.





# SESSION 1:

## The impacts of meeting fruit & vegetable recommendations

## KEYNOTE LECTURES

### *How does promotion of fruit and vegetable intake in rural and urban consumers link to agroecology, agrobiodiversity conservation and resilience?*

**Céline TERMOTE**, ***Alliance Biodiversity & CIAT, Kenya***

Fruit and vegetables (F&V) are essential components of a healthy diet, yet consumption in most countries remains below the WHO recommendation of 400 g/day, and global production is insufficient to meet this need. Despite 1,097 vegetable species historically cultivated worldwide, only a small fraction is well researched, conserved ex situ, or represented in FAOSTAT statistics. Limited information and weak conservation status constrain the use of, esp., traditional vegetables. Leafy vegetables — especially African and Asia-Pacific species — are among the least studied and conserved, restricting their potential contributions to nutrition, livelihoods, and climate-resilient food systems.

Many African leafy vegetables (ALVs) are well adapted to low-input conditions, performing under poor soils, erratic rainfall, and high pest pressure. Several species are highly nutritious, with vitamin and mineral levels exceeding those of introduced vegetables such as cabbage or lettuce. Recognizing their rapid disappearance from farms and plates, Bioversity International (now the Alliance of Bioversity and CIAT) and partners began documenting, identifying, and characterizing ALVs in the mid-1990s. In Kenya, 210 ALVs — including wild species — were identified and collected for ex situ conservation. Improved horticultural practices, strengthened market linkages, and consumer awareness campaigns stimulated renewed interest among farmers and consumers. Today, 3–5 ALVs are commonly available in Kenyan supermarkets, wet markets, and other outlets.

Recent community-based projects in Vihiga, Turkana, and Busia Counties in Kenya have further demonstrated the value of locally available agrobiodiversity for dietary diversity and resilience. Through co-creation processes, communities supported by other stakeholders (NGO, research, policy, extension) prioritized traditional leafy vegetable production and nutrition awareness for their community action plans. Implementation of these plans led to significant improvements in women's and children's dietary diversity in Vihiga and buffered communities in Turkana against deteriorating diet quality during five consecutive failed rainy seasons. Access to quality seed for ALVs remains a major bottleneck, except in Vihiga where a community seed bank conserves and distributes 50 ALV varieties.

As over 70% of today's food-insecure populations live in peri-urban and urban areas, strengthening localized, efficient F&V value chains, making F&V available, accessible and affordable to the urban vulnerable consumers, has become a further objective of the Alliance research on resilient food systems providing healthy diets for all. In Nairobi's Viwandani settlement, Diabetes Awareness Trust promotes healthy diets and stimulates F&V demand, while Feedback to the Future supports farmers to produce and aggregate F&V agroecologically. Mapping and understanding how food environments are (dis-)incentivizing healthy food choices constituted a first step towards the ongoing co-creation of F&V vendor-networks in Viwandani. The aim is to improve informal vendor livelihoods through developing activities such as joint procurement (addressing inefficiencies in F&V provisioning), labelling of safely produced F&Vs, joint access to credit, etc. The underlying hypothesis is that increased vendor sales of F&V simultaneously enhances livelihoods and supports higher consumer intake.





# SESSION 1:

**The impacts of meeting fruit & vegetable recommendations**

## KEYNOTE LECTURES

### *Equity, cultures, and food justice*

**Shakuntala HARAKSINGH THILSTED**, ***CGIAR, Malaysia***

Dr Shakuntala Thilsted will discuss equity and food justice, addressing inequalities in access to food, the cultural and identity dimensions of nutrition, and the risks of nutritional injustice. She will highlight the key role of public policies and local markets in democratizing fruit and vegetable consumption.

Her presentation will refer to the planetary health diet proposed by the EAT-Lancet Commission (2025), which advocates for increased fruit and vegetable intake to ensure both human health and system sustainability. While designed as a global guideline, its implementation must naturally adapt to local economic and cultural realities.

She will emphasize the vital role of youth, who are often overlooked in food system transformation, focusing on practical access including affordability, kitchen facilities, and culinary skills. The importance of school feeding programs will also be highlighted for their lifelong impact on healthy habits, alongside broader examples involving women and indigenous communities.

Furthermore, the lecture will examine fruits and vegetables as an essential food group, emphasizing their complementarity with other foods and their universal presence across cultures. Finally, Dr Thilsted will address food loss and waste reduction across storage, transport, and retail as a crucial lever to lower fruit and vegetable costs.

Her distinguished background as a pioneering agricultural officer in Tobago, key contributor to UN initiatives, and recipient of the 2021 World Food Prize fully underpins the depth and authority of her insights on these issues.





# SESSION 1:

**The impacts of meeting fruit & vegetable recommendations**

## KEYNOTE LECTURES

### *Risk-benefit analysis and evidence for change*

**Sara MONTEIRO PIRES**, ***National Food Institute, Technical University of Denmark (DTU), Denmark***

Unhealthy diets remain a major and preventable cause of disease worldwide. In Europe alone, dietary risk factors were responsible for more than 1.3 million deaths and nearly 29 million healthy life years lost in 2023. Low intake of plant-source foods, including fruits and vegetables, is among the leading dietary risks, linked to cardiovascular disease, diabetes, and cancer. Despite consistent recommendations to increase consumption of fruits and vegetables, adherence remains low in many populations; in Denmark, for example, only around 7% of individuals meet current recommendations. Shifts towards plant-rich diets are also promoted to minimize the environmental impacts of food systems and to improve the health of both populations and the planet. While imperative, this transition raises an important question: how can diets be made both healthy and safe at the same time?

Increased consumption of plant-source foods can change exposure to foodborne hazards, including chemical contaminants and pathogens. In the European region, the WHO estimated that foodborne hazards accounted for approximately 2.1 million healthy life years lost in 2021, with a large proportion attributed to inorganic arsenic and lead, largely due to exposure through the consumption of plant-source foods. Other hazards, such as pesticides, PFAS, and other endocrine-disrupting chemicals, are not yet captured in current burden estimates.

Addressing this challenge requires moving beyond siloed perspectives on nutrition and food safety. Dietary guidance must weigh both the health benefits and the potential risks of food consumption, accounting for geographic variability in contamination levels, pathogen epidemiology, dietary habits, and preparation practices. Risk-benefit assessment offers a framework to combine evidence from nutrition, toxicology, microbiology, and epidemiology to estimate the net health impacts of foods, dietary patterns, or dietary substitutions. The approach can also incorporate environmental and socioeconomic considerations, supporting more comprehensive evaluations of sustainable diets.

Beyond generating quantitative evidence, risk–benefit assessment also functions as an integrative platform. By bringing together methods, data, and expertise from otherwise disconnected fields, it creates a common evidence base that can engage stakeholders across sectors, including public health authorities, food safety agencies, environmental and agricultural policymakers, and industry. This framework can help identify policies that deliver co-benefits across health, safety, and sustainability objectives, and help build the coalitions needed to translate dietary guidance into coordinated action.

This presentation will demonstrate how risk-benefit assessment can bridge evidence across nutrition, food safety, and sustainability to support the development and evaluation of dietary recommendations. Drawing on examples from recent applications, it will highlight current evidence on the health and environmental implications of fruit and vegetable consumption and discuss how integrated assessments can help transform evidence into effective cross-sector policy action.





# SESSION 1:

## The impacts of meeting fruit & vegetable recommendations

## ORAL COMMUNICATIONS

### *Dietary patterns based on the intake of plant or animal ultra-processed and non-ultra-processed food: associations with cardiovascular diseases risk from two different approaches in the NutriNet-Santé cohort*

***C. Prioux[1], S. Wagner[2], E. Kesse-Guyot[1], B. Srour[1], L. K. Fézeu[1], J. Baudry[1], J.A. Nazare[3], S. Hercberg[1], M. Touvier[1] and B. Allès[1]****

#### OBJECTIVES

Very few studies have examined the link between plant-based dietary patterns and health accounting for the level of processing, while the latter represents a major challenge with the current increasing intake of ultra-processed foods worldwide. Two complementary approaches are commonly used in nutritional epidemiology to assess the relationship between dietary patterns and health: literature-based (called a *priori)* and data-driven (called a *posteriori*) approaches.
The objectives were to (i) develop indices incorporating both plant-based dietary and food processing level and examine their associations with incident cardiovascular disease (considered here as the a priori approach), and (ii) derive sex-specific dietary patterns comprising plant/animal origin and processing level using reduced rank regression (RRR), an a *posteriori* approach, and assess their prospective associations with CVD in a large French cohort.

#### METHODOLOGY

We used data from the NutriNet-Santé prospective cohort (2009–2024). In the a *priori* approach (n = 63,835; median follow-up time 9.0 years), healthy and unhealthy plant-based diet indices (hPDI and uPDI) were computed from repeated 24-hour dietary records. Each component was weighted according to its contribution to unprocessed or ultra-processed foods, leading to new indices: hPDI-unprocessed, hPDI-ultra-processed, uPDI-unprocessed, and uPDI-ultra-processed. Multivariable Cox models estimated associations with incident overall, coronary, and cerebrovascular CVD. In the a *posteriori* approach based on a sample with clinical data, sex-specific dietary patterns were derived using RRR, with cardiometabolic risk factors as response variables. Food groups were classified by plant/animal origin and processing level. Pattern scores were then transposed to the aforementioned sample and related to incident CVD using similar multivariable Cox models.

#### RESULTS

In the a *priori* analysis, higher hPDI-unprocessed score, reflecting a diet richer in healthy and unprocessed plant food such as fruits and vegetables was associated with lower CVD risk (HR per 10-point increase: 0.94; 95% CI: 0.89–0.98; P = 0.01). Following a diet richer in healthy but ultra-processed plant food (higher hPDI-ultra-processed score) was not associated with CVD. In the a *posteriori* analysis, in women, two distinct dietary patterns were identified: only a higher adherence to the second pattern rich in ultra-processed plant and animal products was associated with higher CVD risk (highest vs. lowest quintile: HR 1.79; 95% CI: 1.34–2.40). In men, similar results were observed: one rich in animal products and alcohol (highest vs. lowest quintile: HR 1.40; 95% CI: 1.06–1.83) and another rich in plant-based and ultra-processed products (highest vs. lowest quintile: HR 1.41; 95% CI: 1.11–1.78).

#### CONCLUSION

The converging results of these complementary approaches highlight the need to consider both the plant or animal origin of foods and their level of processing when assessing the link between diet and cardiovascular risk, and justify further research about underlying biological pathways separately in men and women.

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# SESSION 1:

## The impacts of meeting fruit & vegetable recommendations

## ORAL COMMUNICATIONS

### *Can global dietary recommendations be met within sustainable food systems?*

***Sarah K. Jones[1], Charlotte Chemarin[1*], Fernando Orduna-Cabrera[2]***

#### OBJECTIVES

The EAT–*Lancet* Commission on healthy, sustainable, and just food systems (2025) sets out global dietary guidelines designed to promote both human health and environmental sustainability, emphasizing increased consumption of fruits, vegetables, and plant-based foods. Yet, the feasibility of adopting such diets across diverse national contexts remains uncertain as well as the implications in terms of land use, climate and biodiversity.

We assessed the national and regional implications of shifting toward EAT–*Lancet*-aligned diets, including increased fruit and vegetable intake. Pathways evaluated how those dietary changes interact with agricultural production, land use, greenhouse gas emissions, and biodiversity outcomes.

#### METHODOLOGY

Using the Food, Agriculture, Biodiversity, Land-Use, and Energy (FABLE) Calculator - an open-access food and land use modelling tool – we assessed the national and regional implications of shifting toward EAT–*Lancet*-aligned diets, including increased fruit and vegetable intake. We applied this diet scenario to a database of national food and land use pathways designed by local research and policy teams across 20 countries and 6 complementary regional pathways. Additionally, we use the Ethiopia and Guatemala country cases to provide in depth analysis of the feasibility and magnitude of change required and potential health, climate and biodiversity outcomes.

#### RESULTS

Results show that adopting healthier diets can significantly reduce environmental pressures, particularly by lowering agricultural land demand and related greenhouse gas emissions, at national, regional and global level. Additional structural changes such as reduced food loss and waste, increased yields, and adoption of diversified farming practices are needed to achieve food, climate and biodiversity targets in tandem. The feasibility and impacts of diet shifts vary widely across countries, depending on local production systems, trade dynamics, and socio-economic conditions. We show that in many contexts, scaling up fruit and vegetable consumption will require substantial changes to production systems and supply chains.

#### CONCLUSION

Our work demonstrates that transitioning toward EAT–*Lancet* diets is globally desirable but will require transformative changes in many countries and depends on well-coordinated transboundary food system management. By linking dietary change with broader sustainability outcomes, this approach provides actionable insights for policymakers seeking to align nutrition and environmental goals.

**(1)** Alliance BI-CIAT, France

**(2)** IIASA, Austria

***Presenting author:**
Charlotte Chemarin

**Published in 10/2025:
It builds on the work we published in The EAT–Lancet Commission on healthy, sustainable, and just food systems and adds on national case studies (unpublished)**





# SESSION 1:

## The impacts of meeting fruit & vegetable recommendations

## ORAL COMMUNICATIONS

### *Fruit, vegetable and nut content of meals and its association with combined nutritional value and environmental impact score*

***L. Lindberg[1*], D. Livingstone[1], E.L. Thomas[1], A.P. Nugent[1,2], J.V. Woodside[3], P. Brereton[1]***

#### OBJECTIVES

Increasing the fruit, vegetable and nut content of a meal not only contributes to increased intakes of these foods but may also improve the combined nutritional value and environmental impact of the meal. Using the Sus-Health score, a co-created methodology designed to assess the nutritive value and environmental impact of foods/meals through a single score(1), this study aimed to assess whether higher fruit, vegetable and nut content of meals was correlated with better Sus-Health scores.

#### METHODOLOGY

The Sus-Health index utilizes already established methodology including the UK Nutrient profiling model (NPM) to assess nutritive value(2) and the European Food Environmental Footprint Single Index (EFSI)(3) to assess environmental impact. Both scores are normalized and aggregated using equal weighting to create a combined Sus-Health score which can be presented quantitatively and qualitatively (A-E), with lower values indicating better scores(1). As part of the NPM calculation, the % of a meal consisting of fruit, vegetables and nuts is quantified. This data was used in combination with the normalized Sus-Health score to assess correlation. A Spearman's rank-order correlation was run to determine the relationship between Sus-Health score and fruit, vegetable and nut content of meals. SPSS software version 30 was used for the analysis. Statistical significance was set at the 5% level.

#### RESULTS

A total of 24 real meals served in 3 restaurants in the UK and Finland were included in the analysis. Normalised Sus-Health scores ranged from 0.1 – 0.5 (A-D) with n=2 A's, n=11 B's, n=6 C's and n=5 D's. Five meals were awarded ≥ 1 point for % of fruits, vegetables and nuts. All 5 of these meals were vegetarian and consisted of 41.5% - 82.8% of fruits, vegetables and nuts. Spearman's correlation showed a moderate, statistically significant negative relationship between fruit, vegetable and nut content and Sus-Health score ($r_s(22) = -0.412$, $P = 0.045$), indicating that meals with a higher percentage of fruit, vegetable and nut content tended to have better (lower) Sus-Health scores.

#### CONCLUSION

Increased fruit, vegetable and nut content of a meal is associated with a moderate improvement in Sus-Health score. While increasing these foods in a meal may be a useful tool to enhance overall nutritional quality and environmental impact, they are not the sole determinants of a better Sus-Health score.

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# SESSION 2:

## Behaviors & levers for change

Co-chairs: Sophie Nicklaus & Roberto Ugas

## KEYNOTE LECTURES

### *Technology & digital tools to guide consumers toward better food choices: pros & cons of social media*

**Frans FOLKVORD**, ***Tilburg University (NL)***

Digital technologies have fundamentally transformed the way consumers search for, evaluate, and make decisions about food. Social media platforms, mobile applications, wearable technologies, online communities, and increasingly artificial intelligence (AI)-driven recommendation systems now influence dietary behaviors on a daily basis. While these technologies create unprecedented opportunities to promote healthier food choices, they also introduce significant challenges related to misinformation, commercial influence, and widening health inequalities.

This presentation explores the dual role of digital media in encouraging healthier consumption, with a particular focus on fruit and vegetable intake. Drawing on evidence from behavioral science, public health, and digital marketing research, the presentation examines how algorithms, influencers, personalized content, and social norms shape consumers' food preferences and purchasing decisions. Digital environments are not neutral; they actively influence attention, preferences, and behavior through sophisticated personalization and persuasive design techniques.

On the positive side, digital technologies offer powerful mechanisms to support healthier lifestyles. AI-enabled personalization, behavioral nudges, gamification, just-in-time adaptive interventions, and peer support communities can increase engagement, strengthen motivation, and facilitate sustained dietary change. Well-designed digital interventions can make healthy eating more accessible, enjoyable, and responsive to individual needs, while providing scalable solutions for public health promotion.

However, the same technologies that can encourage healthy choices are also extensively used to promote highly processed foods and unhealthy consumption patterns. Commercial food marketing, influencer advertising, algorithmic amplification, and misleading nutrition claims often compete directly with evidence-based health communication. Furthermore, digital health interventions frequently fail to reach populations with lower digital literacy, lower socioeconomic status, or limited access to technology, potentially exacerbating existing health inequalities. Consumers are also increasingly exposed to contradictory nutrition advice, misinformation, and an overwhelming volume of wellness content, making it difficult to distinguish credible information from commercial or ideological messaging.

Dr. Folkvord will discuss how policymakers, researchers, healthcare professionals, and technology developers can work together to create healthier digital food environments. Particular attention will be given to responsible AI, transparent digital marketing, ethical personalization, and evidence-based behavioral interventions that prioritize consumer well-being over engagement metrics. Rather than asking whether digital technologies are inherently beneficial or harmful, the presentation argues that their societal impact depends on how they are designed, governed, and implemented.

Ultimately, technology should not replace human decision-making but empower individuals to make healthier, more informed food choices. By combining advances in behavioral science, digital innovation, and responsible governance, digital ecosystems can evolve from drivers of unhealthy consumption into powerful tools for improving nutrition, reducing health inequalities, and supporting more sustainable food systems.





# SESSION 2:

## Behaviors & levers for change

## KEYNOTE LECTURES

### *Social and cultural influences on food choices*

**Maria Almudena CLAASSEN**, ***Max Planck Institute for Human Development, Germany***

Eating is rarely a solitary act. Even in northern European countries, fewer than one in three meals are eaten alone, and shared eating has been a cornerstone of human social life throughout history. Data from over 150,000 people across 142 countries show that sharing meals is a strong predictor of life satisfaction and positive affect. Yet the majority of frameworks in nutrition and behaviour change research have treated eating as an individual behaviour, looking at personal attitudes, knowledge, and self-regulatory capacity, while giving less importance to the social contexts in which most eating actually takes place.

Drawing on evidence across structural and interpersonal levels, this talk argues that social context shapes dietary behaviour and that understanding these influences is essential for explaining what people eat and designing effective interventions. At the structural level, social position matters: lower socioeconomic status is systematically associated with poorer dietary quality, and material access alone does not explain this gradient. Experimental research shows that perceptions of environmental harshness increase desire for caloric food, partially through negative emotions that stimulate intake. Food choices also carry symbolic value: foods are associated with social class identities, and adherence to class-based food norms can maintain social gradients in diet.

At the interpersonal level, lab-based experiments have long established that social others shape what and how much we eat, but understanding how this operates in everyday life calls for more naturalistic designs. For example, results from a longitudinal panel study show that partners influence each other's diets and weight over time, and a randomised clinical trial found that longer family meal duration supports greater fruit and vegetable intake in children. Social network studies further reveal that eating behaviours of people around us, such as how much meat they consume, predict changes in one's own consumption over time. Ongoing research in a rural community extends this network approach beyond WEIRD contexts, examining how sharing meals relates to food security across socioeconomic and gender groups.

There is growing reason to think that engaging the social contexts in which eating takes place, rather than targeting individuals in isolation, may be a more effective basis for intervention. Dyadic and family meal interventions provide early evidence for this, and community-based approaches that build on shared meal settings offer a promising direction for future work.





# SESSION 2:

## Behaviors & levers for change

## KEYNOTE LECTURES

### *Using psychological insights to change behaviour: The BIG potential of making small changes*

**Gareth HOLLANDS**, ***EPPI Centre, UCL Social Research Institute, University College London***

This talk seeks to examine how psychological processes, particularly those which may be outside of conscious awareness, shape dietary behaviours. It will highlight how such understanding informs interventions that target the environments that surround us in order to encourage healthier, more sustainable choices.

There remains a widespread view that our behaviour is predominantly determined by rationally motivated judgements and preferences, and accordingly that decisions about our behaviour are typically governed by information that is available or given to us as individuals. Related to this is the view that decisions about people's behaviour are only determined by that individual, who thus takes responsibility for making sense of the information they have available to them. While these aspects can undoubtedly be important, these conceptions of behaviour, where it is shaped predominantly by the individual's agency, their conscious and deliberative judgements, are incomplete. They also inform historically predominant approaches to changing behaviour that are rooted in information provision. For changing population health behaviour, at least towards healthier and more sustainable behaviours that may not be so readily promoted, such approaches can be limited in effectiveness and by the scale and selectiveness of their delivery.

The talk will explain this position and highlight some of the potential benefits of better addressing the structural and environmental determinants of behaviour through interventions built on such insights. These approaches are in principle scalable, and likely rely less on individuals' conscious engagement and cognitive resources that may be limited. They also recognise that decisions taken by individuals are not only determined by those individuals but by wider systems. These include the environments people are exposed to, and in turn those individuals and entities that shape those environments (e.g. retailers) who also need to be considered as responsible for and able to exert important influence on behaviour. Real-world examples will be drawn from a range of interventions that have sought to alter aspects of the retail environment to encourage healthier and more sustainable behaviours.





# SESSION 2:

**Behaviors & levers for change**

## KEYNOTE LECTURES

### *Overview of public policies for healthier and more sustainable diets: What lessons can be learned?*

**Céline BONNET,** ***Toulouse School of Economics, INRAE, France***

Obesity has become one of the major public health challenges worldwide. Since 1975, its prevalence has more than tripled globally, affecting more than one billion people in 2022. France has long maintained one of the lowest obesity rates among high-income countries, yet prevalence has steadily increased from 8.5% of adults in 1997 to 18.1% in 2024, despite more than two decades of national nutrition policies. In France, Caby in 2016 (in TRÉSOR-ECONOMICS No. 179) estimates that the social cost of obesity was around €20bn in 2012, comparable to that of tobacco and alcohol. This persistent increase highlights the need to better understand why existing interventions have delivered only modest improvements and how future policies can more effectively promote healthy diets.

France has adopted ambitious public health objectives through successive National Nutrition and Health Programmes (PNNS). The most recent programmes aimed to reduce adult obesity by 15%, decrease childhood overweight and obesity by 20%, improve dietary quality, increase physical activity, and reduce social inequalities in nutrition.

To achieve its public health objectives, France has implemented a broad portfolio of nutrition policies, including information, fiscal, and supply-side interventions. Information policies have been the most widely used, encompassing national dietary guidelines («Five fruits and vegetables a day»), mass-media campaigns, the mangerbouger.fr platform, regulation of nutrition and health claims, and front-of-pack nutrition labelling through the voluntary Nutri-Score. While these measures have improved consumers' nutritional knowledge and their ability to identify healthier products, their effects on purchasing behaviour have remained relatively modest. Fiscal policies, notably the sugar-sweetened beverage tax introduced in 2012 and strengthened in 2018 with a sugar-content-based design, have generated stronger behavioural responses by reducing purchases of taxed beverages and encouraging product reformulation. Finally, supply-side measures, including voluntary reformulation agreements, nutritional standards in school meals, improvements in public catering, regulation of food advertising, have contributed to healthier food environments, although their overall impact has been more limited due to their largely voluntary nature.

This presentation argues that the limited effectiveness of French nutrition policies can largely be explained by the economic mechanisms they activate. Information policies primarily address information asymmetries but have little influence on prices, convenience, or food environments. Fiscal policies generate stronger demand- and supply-side responses by altering relative prices and creating incentives for both consumers and firms, but they have been applied to only a limited number of products. Supply and marketing policies seek to reshape food environments but often rely on voluntary commitments, resulting in incomplete implementation and weak incentives for firms to reformulate products or modify their marketing strategies. More broadly, fruits and vegetables remain relatively expensive, less convenient, and far less promoted than unhealthy foods. The main lesson is that improving diets requires a combination of complementary policies targeting consumer behaviour, firm incentives, and food environments. In particular, increasing fruit and vegetable consumption will require stronger economic incentives, improved accessibility, and marketing strategies that make healthy choices easier, more attractive, and more affordable.





# SESSION 2:

## Behaviors & levers for change

## KEYNOTE LECTURES

### *Fruit and vegetable consumption in Peru: policy and real-world practices*

**Katherine CURI QUINTO**, ***Research Professor, Universidad Peruana de Ciencias Aplicadas (UPC), and Researcher, Instituto de Investigación Nutricional (IIN), Peru***

Peru presents a striking paradox. Although it is one of the world's leading exporters of fruits and vegetables, this agricultural abundance is not reflected in the diets of its own population. National dietary surveys consistently show that fruit and vegetable intake remains well below the World Health Organization recommendation of 400 g/day, with pronounced disparities across socioeconomic groups and geographic regions. Rural populations, particularly those living in the Andean highlands, experience the lowest consumption levels despite being important agricultural producers. These inequalities are driven by multiple barriers, including limited physical and economic access to fresh produce, seasonal availability, and cultural dietary practices.

Evidence from nationally representative studies and community-based research suggests that these barriers extend beyond affordability and access. Traditional dietary patterns are characterized by vegetables being consumed mainly as ingredients within cooked dishes rather than as side dishes or salads, resulting in relatively low vegetable intake. Furthermore, education, household wealth, and urban residence consistently emerge as major determinants of fruit and vegetable consumption. These findings underscore that low intake is not solely an issue of individual choice but also reflects broader structural, environmental, and sociocultural determinants.

Over the past decade, Peru has implemented several initiatives to improve access to fruits and vegetables. Community and school-based interventions have promoted home and school gardens, locally adapted greenhouse technologies (fitotoldos), and community programs that strengthen vegetable production under challenging environmental conditions. Other initiatives have encouraged the recovery of surplus produce from local markets for incorporation into community meal programs, while culturally adapted interventions — including recipe development and cooking strategies tailored to local food traditions — have sought to increase the acceptability and consumption of fruits and vegetables.

At the policy level, Peru has established an important framework to promote healthy diets, including food labeling regulations and the National School Feeding Programme. The updated school feeding regulations, implemented in 2025, incorporate a daily fruit serving and promote procurement from local smallholder farmers, creating new opportunities to improve children's access to fresh produce while strengthening local food systems. Nevertheless, existing interventions remain limited in scope and are often implemented in isolation, with insufficient integration across sectors to address the structural, environmental, and sociocultural barriers that constrain fruit and vegetable consumption. Moreover, evidence on the effectiveness of these interventions in improving dietary intake remains limited.

This presentation will provide an overview of fruit and vegetable consumption in Peru, integrating evidence on consumption patterns, sociocultural determinants, community interventions, and national policies. It will discuss current challenges and opportunities for increasing fruit and vegetable intake through culturally appropriate interventions and food systems approaches that strengthen policy implementation, improve equitable access to fruits and vegetables, and contribute to healthier and more sustainable diets.





# SESSION 2:

## Behaviors & levers for change

## ORAL COMMUNICATIONS

### *Association of acculturation with diet quality, food consumption and weight status among migrant students from French Overseas regions after relocation to mainland France*

***M. Antoine[1*], H. Charreire[1], S. Eymard-Duvernay[1], G. Lawrence[2], P. Rollet[1], M. Somaraki[1], C. Basurko[3], L. Tibère[1,4], C. Méjean[1]***

#### OBJECTIVES

Young adults from French overseas regions (FOR), particularly tertiary students, experience sudden changes in both food and socio-cultural environments that could affect their dietary behaviors and nutritional status when they move to mainland France (MF). Acculturation, defined as the process of cultural assimilation to the new life context, seems to be related to dietary changes. This study aimed to assess associations of diet quality, food consumption, weight status, with acculturation level after relocation.

#### METHODOLOGY

Between 2024 and 2025, a cross-sectional survey (n=393) was conducted among students born in one of the five FOR and studying in MF, using a quota sampling method. Participants completed an online questionnaire about their dietary behaviors. Diet quality was assessed using a score of adherences to the French recommendations (PNNS score) and the adherence for each food group recommendations. Consumption of food items specific to the FOR was studied (e.g., consumption vs. non-consumption of tubers and roots). Participants reported their height and weight to compute Body Mass Index (BMI) and indicated perceived weight changes since relocation (no variation, loss or gain of weight). Acculturation was measured using the duration of residence and age at arrival in MF. Proximity to FOR socio-cultural norms was captured through the self-reported creole language proficiency and the composition of social networks in MF. Associations of diet quality, food consumption and weight status with acculturation level were assessed with regression models adjusted for individual-level covariates.

#### RESULTS

A longer duration of residence in MF (≥3 years) was associated with a lower percentage of low fruit consumers (84% vs. 71%), and a higher proportion of tubers and roots from FOR consumers (43% vs. 56%). Students who had lived in MF for more than 3 years were more likely to have higher BMI (β=1.41, 95%CI=[0.13, 2.77]) and to reported weight gain (OR=2.34, 95%CI=[1.17, 4.66]) compared to those who had relocated more recently. Age at arrival was not associated with the outcomes after adjustment for covariates. Compared with students who had closer ties to the FOR socio-cultural norms, those who were more distant showed a lower percentage of low fruit and vegetable consumers and a higher adherence to recommendations for whole starchy foods, seafood, and unsalted nuts. Finally, students who had a lower proficiency in creole language had a lower BMI (β=-1.50, 95%CI=[-2.80, -0.19]) and were less likely to be overweight (OR=0.53, 95%CI=[0.30, 0.94]).

#### CONCLUSION

While acculturation was not associated with overall diet quality, more acculturated and socio-culturally distant students appeared to have healthier dietary behaviors. The coexistence of improved dietary behaviors and higher BMI with longer residence in MF highlights the complexity of acculturation process and the need for further research.

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# SESSION 2:

## Behaviors & levers for change

## ORAL COMMUNICATIONS

### *Fruit in the desert: assessing student access and consumption, and barriers and opportunities for improvement in the university environment*

***T. W. Arulogun[1*] and F.O Samuel[1]***


#### OBJECTIVES

Although fruits and vegetable (FV) are a vital component of a healthy and varied diet, their consumption is generally below WHO recommendation, particularly among University of Ibadan (UI) students. The UI's food environment has been implicated in this low consumption and has been perceived as a "FV desert" necessitating a need for interventions aimed at increasing FV access and consumption, development of which requires a good understanding of environmental mapping, consumer behaviour, and stakeholder perspectives. This study, therefore, sought to map retail access, identify behavioural barriers and enablers, and explore stakeholder's strategies to improve FV access and consumption in UI.

#### METHODOLOGY

This mixed-methods cross-sectional design mapped FV retail points in UI with the Geographic Information System, randomly surveyed 1038 UI students to assess FV access and consumption, willingness to pay (WTP) using Contingent Valuation (CV), and explore improvement strategies. A sub-sample of 145 students participated in a barrier and enabler analysis (BA). Participants with a FV-Global Dietary Recommendation Score of ≥4 were classified as doers while those with a score below were non-doers for FV consumption. For FV access, purchase within or outside UI was used as criteria for categorizing participants as doers and non-doers. Additionally, all three administrators involved in FV retail in UI were engaged in key informant interviews. Quantitative data was analysed using the IBM SPSS version 21.0 and summarized as frequencies and percentages; barrier analysis was done using the Barrier Analysis Calculator; while thematic analysis was employed to analyze qualitative responses from both students and administrators.

#### RESULTS

Overall, there was low adherence to the WHO 5-a day recommendation among male (87.5%) and female (88.2%) respondents. However, these findings challenge the traditional behaviour-centered model of dietary change. BA revealed high student self-efficacy and FV health benefit knowledge, and CV revealed 85% WTP if FV were readily available. These suggest that suboptimal intake in UI is primarily a result of market and infrastructural failure rather than student behaviour. Spatial mapping revealed a sparse distribution of only 14 FV retail points for a population exceeding 41,000 students. While students cited high cost, availability and proximity as barriers, administrators identified unreliable electricity and inadequate infrastructure as the major drivers of these barriers.

#### CONCLUSION

Inadequate FV in UI is a consequence of systematic and infrastructure failure rather than individual choices solely. Despite students' high WTP, demand remains unmet due to structural barriers. Addressing this requires shifting from behaviour focused to coordinated system wide interventions. Effective strategies to improve this situation should be multifaceted, supported by enabling infrastructure and policy interventions.


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**Conflict of Interest:**
**The authors declare no conflict of interest**





# SESSION 2:

## Behaviors & levers for change

## ORAL COMMUNICATIONS

### *Promotion of opportunity vegetables in urban Ethiopia: Cost-effectiveness of face-to-face cooking demonstrations versus digital media messages to increase intake of pumpkin and okra*

***I. Cliffer[1]*, T. Tamerat[2], L. Ignowski[1], J. de Bruyn[3], A. Mekonnen[4], B. Ewnetu[5], P. Schreinemachers[1]***


#### OBJECTIVES

Vegetable intake needs to double from current levels to support optimal human health within planetary boundaries. In urban Ethiopia, features of the food environment, affecting accessibility, affordability, availability, and desirability, limit demand for many vegetables. Opportunity vegetables are nutrient-dense, climate-resilient crops that are underutilized in modern diets. This study generated evidence on the cost-effectiveness of alternative demand-creation models to increase intake of two opportunity vegetables in urban Ethiopia: okra and pumpkin.

#### METHODOLOGY

We conducted a cluster-randomized controlled trial to compare intake of pumpkin and okra before and after demand stimulation through either in-person cooking demonstrations or digital content delivered through Telegram, a widely used messaging application in Addis Ababa. Intake was measured with a binary indicator (consumed within a 15-day reference period) as well as in grams per day from a 24-hour recall. Using difference-in-difference analysis, we estimated changes between baseline (July 2025) and endline (October 2025) in intake, knowledge and practices related to these vegetables. Cost-effectiveness was evaluated using incremental cost-effectiveness ratios (ICERs) linking per-respondent costs to percentage point (pp) increases in intake of each vegetable.

#### RESULTS

We enrolled 865 participants (291 in-person, 292 digital, 282 control). At baseline, 94.3% of participants had ever tasted pumpkin, compared to 19.5% for okra. Recent intake was uncommon, with 7.2% of participants reporting pumpkin intake in the previous 15 days, and 1.9% reporting okra intake. Mean knowledge scores of vegetable-specific health benefits (range: 0-9 for pumpkin; 0-8 for okra) were 1.21 for pumpkin and 0.15 for okra. Engagement was limited: 34% of participants in the digital arm interacted with at least one message, while 50% of those in the in-person arm attended at least one demonstration (defined as compliers). Under an intention-to-treat framework, the digital intervention cost $105.20 per respondent, while the in-person intervention cost $216.60, an additional $111.40. The in-person intervention increased okra consumption by 14.1 pp more than the digital arm (p=0.002), at an additional cost of $790 per respondent consuming okra. No significant difference between demand creation models was observed for pumpkin. Among compliers, the in-person intervention increased okra consumption by 26.7 pp relative to digital delivery (p<0.001), reducing the ICER to $453.

#### CONCLUSION

In-person cooking demonstrations achieved higher engagement and were more effective than digital messaging for increasing okra intake, but at a higher cost. For pumpkin, there was no meaningful advantage of in-person delivery, likely given the higher baseline level of pumpkin intake compared to okra. Overall impact was constrained by limited engagement, particularly in the digital arm: a key challenge for behavior change interventions. While digital approaches allow lower-cost scalability, in-person cooking demonstrations engaged more consumers in this urban setting of Ethiopia and may be better suited for promoting intake of lesser-known vegetables.



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# SESSION 3:

**Collaborative projects aiming to support consumers in adopting healthier and more sustainable diets with increased fruit & vegetable intake**

**Co-chairs: Jean-Pierre Cravedi & Sophie Drogué**

## KEYNOTE LECTURES

### *PASSERELLE PLUS – Exploring new approaches to address food insecurity in France: evaluation of a Cash-Plus programme combining unrestricted cash transfers, social work support, and a sustainable diet workshop*

**Marlène PÉRIGNON**, ***INRAE, France***

In France, food insecurity affects approximately 11% of the population. The main policy response relies on food aid, primarily through the distribution of food products (food parcels, meals, and social grocery stores). While this in-kind system provides essential support, it also presents important limitations, including stigmatization, restricted freedom of choice, and logistical constraints, contributing to high levels of non-take-up. It is estimated that around half of food-insecure individuals do not access food aid. More broadly, the non-take-up of social rights has become a major public policy concern. These challenges call for complementary approaches that address the multiple determinants of food insecurity while promoting dignity, autonomy, and access to rights. While cash transfer (CT) programmes, particularly when combined with complementary components, have demonstrated positive impacts in low- and middle-income countries, evidence from high-income settings remains limited, especially regarding unrestricted cash transfers.

The Passerelle Plus project was co-designed by Action Against Hunger, INRAE, and the Salvation Army Foundation and implemented in Montreuil (Paris metropolitan area, France) in 2024–2025 among households in vulnerable situations. The project evaluated an innovative Cash-Plus programme combining unrestricted cash transfers, delivered through a payment card that could be used for food and non-food purchases as well as cash withdrawals, with individualized social work support, and a group workshop on sustainable diets.

A rigorous mixed-methods evaluation was embedded within a randomized controlled trial involving more than 340 households to assess both programme effectiveness and the mechanisms underlying observed outcomes. Participants were identified by local social organizations (social centres, neighbourhood associations, etc.) through a declarative, trust-based approach (no proof of income was required) and that relied on a broad definition of precarity based on "vulnerability signals" that had been collectively defined during the project's co-design phase. Programme effectiveness was assessed at three and six months. Complementary quantitative and qualitative data were combined to examine programme implementation, satisfaction, utilization, perceived effects, and cost-effectiveness.

The programme significantly improved food security, mental well-being, and social connection after 3 months. Findings suggested improvements in diet quality, including greater dietary diversity and higher fruit and vegetable expenditures. Process evaluation highlighted several mechanisms and factors that facilitated program impacts.

The project provides robust evidence that a program combining unrestricted cash transfers with social work support and a group-based empowerment workshop on sustainable diets can effectively reduce food insecurity and improve well-being among vulnerable households in France. Beyond effectiveness, it provides important insights into how and why such programmes work. This research helps fill an important gap in the evidence base on Cash-Plus interventions in high-income settings and offers policy-relevant insights for addressing food insecurity and social inequalities in these contexts.





# SESSION 3:

**Collaborative projects aiming to support consumers in adopting healthier and more sustainable diets with increased fruit & vegetable intake**

## KEYNOTE LECTURES

### *Promotion of agroecological transition in tropical areas: the challenges of market gardening in Côte d'Ivoire*

**Thibault MARTIN & Rahim OUEDRAOGO,** ***Cirad, France***

Peri-urban horticulture is central to food and nutrition security in rapidly expanding tropical urban areas. However, the reliance on synthetic pesticides and fertilizers generates significant risks for human health, environmental quality, and the long-term resilience of production systems. Agroecology has emerged as a promising pathway for transforming these systems by enhancing ecosystem services, social inclusion, and economic viability.

Over a five-year period, the EU-funded MARIGO project supported agroecological transition processes across four major peri-urban vegetable production areas in Côte d'Ivoire through a participatory and systems-based research approach. A multidisciplinary team engaged directly with 80 pilot farmers to identify biophysical, technical, and socio-economic constraints to agroecological transition. Empirical data were collected through participatory diagnostics, field and on-farm experiments, and socio-institutional and microeconomic analyses.

Results highlight that agroecological transition depends not only on the availability of technical innovations but also on enabling institutional and organizational conditions. Key leverage points included secure access to land and water resources, improved soil health and fertility management, context-specific plant protection strategies, conservation and dissemination of locally adapted seeds, and access to bio-inputs and post-harvest tools. Technological innovations, such as drip irrigation, organic fertilisers, plant-based pesticides and insect-proof netting, enhanced resource-use efficiency while reducing pesticide dependence.

Institutional innovations were also critical. Participatory Guarantee Systems (PGS) demonstrated the feasibility of localized quality assurance mechanisms that strengthened consumer trust and enhance farmer revenues. Organizational innovations such as multi-stakeholder platforms facilitated participatory governance, collective learning, and scaling of agroecological innovations, bringing together farmers, researchers, NGOs, and policymakers.

The MARIGO project experience demonstrates that agroecological transition in peri-urban horticulture is already underway and can be accelerated through the combined action of technical, organizational, and institutional innovations. These findings provide actionable insights for scaling agroecological transition and support a One Health perspective by showing how agricultural sustainability, environmental quality and human health can be jointly improved through agroecological approaches in tropical urban food systems.





# SESSION 3:

**Collaborative projects aiming to support consumers in adopting healthier and more sustainable diets with increased fruit & vegetable intake**

## KEYNOTE LECTURES

### *Co-FRESH (2020-2024; Europe - 10 EU countries): Co-creating sustainable and competitive fruit and vegetable value chains in Europe*

**Inés ECHEVERRÍA GOÑI,** ***CNTA, Spain***

The transition towards healthier and more sustainable food systems requires new forms of collaboration capable of accelerating innovation across fruit and vegetable value chains. To address this challenge, the Horizon 2020 project CO-FRESH (Co-creating Sustainable and Competitive Fruit and Vegetable Value Chains in Europe) developed and confirmed innovative approaches to enhance the sustainability and competitiveness of agri-food value chains through the integration of technological, social, organisational, managerial and institutional innovations. The project brought together 26 partners from 10 European countries and focused on seven pilot cases standing for diverse fruit and vegetable value chains across Europe.

CO-FRESH adopted an Intervention Research approach combined with a structured co-creation framework, engaging farmers, processors, retailers, researchers, consumers and other key stakeholders through participatory workshops, living labs, multi-actor platforms and joint evaluation activities. This collaborative method enabled stakeholders to identify challenges, define priorities and co-design sustainability-oriented innovations tailored to the specific needs of each value chain.

More than 200 innovation ideas were generated across the 7 pilot cases, resulting in the selection, implementation and validation of 19 technological and non-technological innovations. These innovations addressed challenges related to product development, resource efficiency, circularity, digitalisation, sustainable packaging, management practices and value chain governance. Their impacts were assessed through environmental, socio-economic and consumer acceptance evaluations, providing evidence of their contribution to more sustainable, resilient and competitive agri-food value chains.

Beyond the pilot innovations, CO-FRESH generated a range of transferable outcomes, including the SICO Framework (Sustainability-Oriented Innovation through Collaboration), a Business Model Toolkit, a voluntary Certification Mark and policy recommendations aimed at supporting the replication and scaling-up of sustainable innovations across Europe.

In particular, the SICO Framework, constituted a science-based framework designed to strengthen collaboration in sustainability-oriented innovation processes. Rather than providing a prescriptive method, SICO serves as a structured reflection and dialogue tool that helps stakeholders analyse key dimensions of successful collaboration, including partner complementarity, communication, coordination, commitment and enabling conditions. In doing so, it supports the creation of stronger multi-actor partnerships and increases the capacity of value chains to co-create and implement sustainable innovations.

Ultimately, CO-FRESH has shown that bringing together actors from across the value chain through structured co-creation processes can be a powerful lever for developing and scaling sustainable innovations, thereby accelerating the transition towards more sustainable, competitive and consumer-oriented fruit and vegetable value chains.





# SESSION 3:

**Collaborative projects aiming to support consumers in adopting healthier and more sustainable diets with increased fruit & vegetable intake**

## KEYNOTE LECTURES

### *MOREMEDDIET: More on the adoption of a healthy Mediterranean diet*

**María de Guía CÓRDOBA RAMOS**, ***University of Extremadura, Spain***

The European project MoreMedDiet, funded by the PRIMA Programme, aims to promote adherence to the Mediterranean Diet (MD) among young people through the development of innovative, healthy, and sustainable foods, integrating nutritional research, food innovation, and advanced digital tools. The project adopts a multidisciplinary approach that combines the active involvement of consumers and food sector stakeholders with the scientific evaluation of new products inspired by Mediterranean Diet principles.

The studies carried out within the project showed that, although the Mediterranean Diet continues to be perceived as a healthy, balanced, sustainable dietary pattern based on fresh, local, and traditional foods, adherence levels are currently low to moderate across most Mediterranean countries, particularly among younger generations. Scientific evidence revealed that higher adherence is associated with older age, higher educational attainment, and greater income levels. In contrast, urbanization, dietary westernization, increasing consumption of ultra-processed foods, rising food costs, and changing lifestyles contribute to the gradual abandonment of this dietary model.

Based on these findings, five innovative Mediterranean Diet-inspired recipes were designed and developed through co-creation methodologies, Living Lab sessions, and participatory processes involving consumers and other stakeholders. The project also promoted the valorization of local varieties, native breeds, underutilized marine resources, and bioactive compounds recovered from agri-food by-products. Consumer evaluations demonstrated positive acceptance of all five recipes and highlighted the importance of providing transparent information regarding ingredient origin and nutritional properties.

The potential health benefits of the developed recipes were assessed through a ten-week intervention study involving 24 participants. Preliminary results showed reductions in waist circumference and improvements in parameters related to glucose metabolism. These findings were complemented by in vitro digestion studies using a dynamic gastrointestinal model, which enabled the assessment of bioactive compound bioavailability. The results indicated favorable effects on antioxidant activity and the generation of metabolites of nutritional interest.

Finally, the project developed a blockchain-based digital traceability infrastructure to ensure transparency and food safety throughout the entire supply chain. The platform integrates authentication and monitoring tools, digital identities, mobile applications, and a digital marketplace for the promotion and commercialization of products and recipes.

Overall, MoreMedDiet demonstrates that the integration of food innovation, scientific validation, and digitalization can effectively support the adoption of healthier and more sustainable dietary patterns, aligned with Mediterranean Diet principles and international obesity prevention strategies.





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## KEYNOTE LECTURES

### *Conclusion remarks*

**Véronique LHOUTELLIER,** ***INRAE, France***

The transition toward healthy and sustainable diets represents a critical challenge at the nexus of public health, environmental sustainability, and food system resilience. The FutureFoods Partnership on Food Systems Transition provides a comprehensive framework to address these challenges through coordinated research and innovation structured around four key domains of the Strategic Research and Innovation Agenda SRIA : changing the way we eat, changing the way we process and supply food, changing the way we connect to food systems, and changing the way we govern food systems.

By fostering shifts in dietary patterns toward healthier and lower-impact consumption, supporting innovation in food processing and supply chains, and strengthening citizens' engagement and awareness of food system dynamics, the partnership seeks to drive systemic transformation. In parallel, it promotes more coherent and inclusive governance models to align policies across sectors and scales. These integrated actions aim to bridge existing gaps between nutrition, sustainability, and socio-economic equity, while addressing the needs of diverse populations, including the growing elderly demographic and vulnerable population.

Through interdisciplinary collaboration among researchers, policymakers, industry, and civil society, the FutureFoods Partnership advances harmonized methodologies, shared metrics, and evidence-based solutions. The food system  approach is essential to accelerate the transition toward food systems that deliver healthy, sustainable, and accessible diets for all.





# SESSION 3:

**Collaborative projects aiming to support consumers in adopting healthier and more sustainable diets with increased fruit & vegetable intake**

## ORAL COMMUNICATIONS

### *GINO! Let's play not to waste food! A multistakeholder initiative to reduce food waste and foster plant-based diets in school canteens*

***A. Minichini[1], E. Pagliarino[2]***

#### OBJECTIVES

The Mission Protecting the Environment of Fondazione Compagnia di San Paolo (FCSP) supports the ecological transition in Piedmont, Liguria and Valle d'Aosta through concrete initiatives in sustainable food systems, circular economy and healthy diets. Among the projects funded under the Re:actions call is GINO! Let's play not to waste food!, implemented by the Institute for Environment and Education Scholé Futuro – WEEC Network. From June 2023 to January 2024, the project aimed to reduce food waste in the canteens of all nursery and primary schools in Grugliasco (Turin area), involving over 2,000 students in educational activities on waste reduction and healthy eating. GINO! was developed through a broad partnership including the Municipality of Grugliasco, the Italian National Research Council, a catering company and the local public health authority.

#### METHODOLOGY

The project included:

- A city-wide zero food waste challenge across all primary schools to engage children and raise awareness.
- Measurement of food waste in school canteens over three weeks, with active student participation in all phases — from collecting and weighing leftovers to analysing data — as a citizen science activity (75 classes, 1,267 children, 104 teachers).
- Distribution of 2,552 food bags to allow students to take home leftover bread and fruit, as a nudging action.
- Food education activities for students and teachers based on experiential and play-based methodologies.

#### RESULTS

- Average daily per capita food waste was 126 g, with over 30% of meals discarded. Average daily waste per class reached 2.27 kg. Overall, primary schools in Grugliasco wasted 177.46 kg of food per day — around 35.49 tonnes per year. Waste was concentrated on foods disliked by children (fruit, vegetables, legumes). A clear improvement was recorded during the final week of the challenge.
- The food bag proved to be an effective nudging tool.

#### CONCLUSION

- School canteens proved crucial for advancing sustainable food systems.
- Citizen science, nudging and gamification effectively supported behavioural change.
- A multistakeholder approach, supported by strong political commitment, generated lasting local impact.
- FCSP funded the follow-up project GINO & VIOLA, broadening the focus to food waste reduction and more plant-based diets, involving younger children and families.
- Future implications include a local food alliance among municipal actors, schools, third-sector organizations and the health authority, laying the groundwork for coordinated local food policies; some partners have already secured FCSP funding to continue this work.

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**Ethical approval**
The project received approval from the Committee for Ethics and Research Integrity of the National Research Council (Prot. No. 0121000 of 11 April 2025).





# SESSION 3:

**Collaborative projects aiming to support consumers in adopting healthier and more sustainable diets with increased fruit & vegetable intake**

## ORAL COMMUNICATIONS

### *School-based intervention for more sustainable and healthy diets: a primary school case study*

***L. Osuna-Galisteo[1,2*], P. Torán-Pereg[1], A. Loroño-Leturiondo[3], C. Lomba-Fernández[1], I. Batalla-Garlito[3]***

#### OBJECTIVES

To explore how a multi-actor, school-based intervention integrating gastronomic and sustainable oriented strategies, co- developed in collaboration with a catering company affects student-reported acceptability and plate waste in a primary school canteen. The study examines the complexity of promoting healthier and more sustainable eating behaviors in real-world school food environments.

#### METHODOLOGY

A quasi-experimental pre–post study design was conducted in a primary school canteen in Gipuzkoa (Spain), using a school-based convenience sample of children aged 8–11 years (n = 55). Baseline data were collected during May–June 2025, and intervention data were collected in November 2025. Menu reformulation strategies were co-developed with a catering company and included increasing plant-based dishes, reducing animal-based proteins, and applying healthier culinary techniques.

Plate waste was assessed visually using standardized percentage categories based on the Comstock method (Comstock et al., 1981; Llorens Ivorra et al., 2017). Students' acceptability ratings of the dishes were collected using a validated 7-point Likert scale (Swaney-Stueve et al., 2018; Urkiaga et al., 2025). Environmental impact, including carbon and water footprints, was calculated using the Switch Food Explorer tool (Switch Food Explorer, 2025).

#### RESULTS

Food choice distribution differed significantly between phases ($p < 0.0001$), with increased selection of vegetable-based dishes (27% to 46%) and a slight increase in legume-based options (29% to 32%), alongside reduced selection of cereal-based and red meat choices. The environmental impact of selected menus decreased significantly, with reductions of 45% in carbon footprint ($p = 0.040$) and 32% in water footprint ($p = 0.034$). However, mean plate waste increased from 15.5% to 21.9% ($p < 0.0001$), particularly for some reformulated plant-based dishes. Acceptability decreased overall and showed a strong inverse association with plate waste, with each one-point increase in liking associated with an approximate 6-percentage-point reduction in waste.

#### CONCLUSION

School-based interventions aimed at promoting healthier and more sustainable diets may improve the environmental profile of school meals and shift children's food choices toward more plant-based options. However, these improvements may not translate into actual consumption, as lower acceptability and increased plate waste can partly offset environmental benefits. Beyond collaboration with catering companies, greater involvement of culinary professionals and consideration of children's perspectives may help improve actual consumption and reduce waste. Continuous monitoring remains essential to design more effective and sustainable school food strategies.

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# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

**Co-chairs: Mphumuzi Sukati & Christian Reynolds**

## KEYNOTE LECTURES

### *Assess to transform: improving measurement of nutritional, economic, and environmental dimensions*

**Wendy GONZALEZ**, ***the Global Alliance for Improved Nutrition***

Improving diets within sustainable food systems requires organizations working across food systems to make deliberate choices about which foods to prioritize for investment and support. These choices shape demand-generation activities, enabling-environment work such as policy support, and assistance to small and medium enterprises (SMEs), yet they are rarely straightforward: foods that perform well nutritionally may carry high environmental costs, or remain unaffordable for the populations who need them most.

This presentation examines three tools that inform such decisions. The Nutrient Value Score (NVS) rates a food's nutritional value by combining its richness in essential nutrients (i.e., vitamins, minerals, protein, omega-3s, and fiber) with the balance of nutrients tied to chronic disease risk, such as sodium-to-potassium and saturated-to-unsaturated fat, and a penalty for ultra-processed foods. It adjusts for bioavailability of iron and zinc and scores foods both per calorie and per gram, so light and energy-dense foods are judged fairly, closing a gap in earlier tools, which typically capture nutrient richness or disease risk, but not both. Nutritional Life Cycle Assessment (nLCA) is an emerging approach that expresses a food's environmental footprint relative to its nutritional value, rather than its mass or energy content alone. This reveals, for example, that fruits and vegetables, especially dark green leafy vegetables, often perform well across both dimensions, while some animal-source foods present sharper trade-offs. The Cost of a Healthy Diet (CoHD) calculates the lowest price at which a nutritionally adequate diet can be assembled from local foods; comparing that cost against household income or food budgets then indicates whether the diet is actually affordable.

We illustrate these tools through two examples of the Global Alliance for Improved Nutrition (GAIN)´s work in Indonesia. Using nLCA, GAIN has identified sustainable, nutritious local foods across eight provinces in partnership with Ministry of National Development Planning, directly informing national and subnational food and nutrition action plans. Using CoHD, we found that a healthy diet was affordable for over 98% of Indonesian households, yet most still under-consumed fruits, vegetables, and legumes in favor of discretionary foods, a finding that helped shift programmatic focus toward demand-generation interventions rather than price-based approaches alone.

We discuss the methodological challenges inherent to each tool, including functional-unit selection, data availability in low- and middle-income countries, and the risks of collapsing multi-dimensional performance into single scores. We also situate these tools alongside a related but distinct strand of work: True Cost Accounting does not rank or select foods, but instead monetizes externalities, such as long-term health system costs or environmental degradation, to reveal what a food or diet truly costs society, offering a valuable lens for policy and decision making. We conclude by identifying priorities and future perspectives for strengthening the evidence base needed to guide food prioritization decisions in support of sustainable, nutritious diets.





# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

## KEYNOTE LECTURES

### *Encouraging committed food choices without sacrificing pleasure: a cultural and sensory challenge from childhood onwards*

**Sandrine MONNERY-PATRIS**, ***INRAE, Centre For Taste and Feeding Behaviour, France***

Current public health messages advocating both healthy and sustainable diets place increasing demands on consumers, which can contribute to a growing burden of food-related anxiety. Despite widespread dissemination of dietary guidelines, their effectiveness in promoting lasting behavioural change remains uncertain, as fruit and vegetable consumption continues to fall well below recommended levels, with persistent and pronounced socioeconomic inequalities. Moreover, a growing body of scientific evidence suggests that nutrition-focused messages may lead to counterproductive effects. In particular, children may infer that foods labelled as "healthy" are less palatable, ultimately reducing their willingness to consume them. In this context, innovative strategies have emerged to promote healthier and more sustainable eating behaviours, going beyond traditional normative recommendations. Rather than relying on nutrition education, these innovative strategies use sensory and hedonic approaches to make healthy foods more appealing.

This presentation will provide an overview of experimental and interventional studies that have explored alternative sensory and behavioural levers, examining their impact through two complementary dimensions of eating behaviour: the qualitative dimension (food repertoire, dietary diversity, food acceptance and rejection) and the quantitative dimension (energy intake regulation, portion size, and eating patterns). Drawing on experimental and intervention studies from the behavioral and social sciences — conducted with both children and adults — we will review interventions aimed at enhancing the sensory, social, and symbolic pleasure associated with consuming foods considered beneficial for both health and sustainable development, particularly fruits and vegetables. We will also discuss approaches aimed at reconnecting individuals with their internal bodily signals — including hunger, satiety, and sensory awareness — in order to promote the regulation of food intake or moderate portion sizes without sacrificing satisfaction.

By challenging the assumption that nutritional knowledge alone is sufficient to promote healthier food choices, this presentation will highlight scientific evidence supporting pleasure-oriented and behavioural approaches to dietary behaviour change. We will discuss how these strategies may foster greater acceptance and consumption of fruits and vegetables while contributing to healthier and more sustainable dietary patterns. More broadly, this work invites a reconsideration of current public health paradigms by exploring how pleasure and health can be reconciled as complementary, rather than competing, drivers of food choice.





# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

## KEYNOTE LECTURES

### *Designing inclusive pathways to fruit and vegetable consumption for families under constraints : when motivation is not the problem*

**Vicky DRAPEAU**, ***Université Laval, Canada***

#### OBJECTIVES

- Explain why family-level structural constraints rather than lack of motivation, are the primary barrier to meeting fruit and vegetable recommendations, drawing on behavioural science evidence.
- Present evidence-based, family-centred and co-designed intervention strategies including digital/web-based formats that are feasible, accessible and equitable, and that preserve pleasure and strengthen family cohesion rather than treating them as trade-offs against health.
- Demonstrate why household-level usability and equity are preconditions not side effects for the successful, real-world adoption of sustainable food systems, linking individual and family behaviour change to system-level impact.

#### ABSTRACT

Meeting fruit and vegetable (FV) intake recommendations remains a persistent public health and food systems challenge, and low intake is too often attributed to a lack of motivation or nutrition knowledge. Yet a growing body of behavioural and public health nutrition evidence shows that awareness and motivation are necessary but not sufficient: families' food choices are shaped by structural, day-to-day constraints (e.g. time scarcity, cost, cognitive load and food environments) that act cumulatively and interactively, well beyond individual willpower. This presentation reframes the challenge of increasing FV consumption in families as a problem of feasibility, not motivation, and argues that interventions designed for 'ideal' conditions systematically fail families living under real-world constraints.

Drawing on behavioural science and over a decade of research on family-based and digital nutrition interventions conducted with the presenter's team at Université Laval, this talk first examines why current approaches, often information-heavy and grounded in individual-responsibility framing, mismatch the lived reality of families facing multiple, interacting barriers. It then presents what does work: family-centred, feasible, co-designed interventions, including digital and web-based delivery formats, that lower the practical cost of healthy choices rather than simply raising awareness of them. Eating pleasure and family cohesion fostered through shared meals, and commensality are treated as design assets linked to better diet quality and family functioning, not as trade-offs against health. Equity is embedded explicitly into intervention design, so that solutions reach, rather than bypass, the families facing the greatest constraints.

Finally, the presentation connects this family/household-level, implementation-focused perspective to the session's broader food systems lens: sustainable food systems can only deliver on their health and environmental promise if the diets they promote are actually adopted at the household level. A gap between system-level design and real-world usability is itself a barrier to sustainable food systems success meaning that family-centred intervention design is not a peripheral concern for nutrition education, but a precondition for the uptake side of sustainable food systems transitions. The presentation closes with key messages and practical implications for researchers, practitioners and policymakers seeking to design fruit and vegetable interventions and food environments that are usable, enjoyable and shared by real families, not only accessible in principle.





# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

## KEYNOTE LECTURES

### *Improving communication and engagement: educational strategies for behavior change*

**Sylvie AVALLONE**, ***L'Institut Agro Montpellier, France***

Fruit and vegetable consumption remains below recommended levels in most countries despite decades of nutrition education and communication campaigns. This persistent gap highlights that knowledge alone is insufficient to change dietary behaviours, which are shaped by interactions between individual, social, cultural and environmental factors. Education therefore plays a fundamental role from early childhood in establishing lasting food preferences.

In this context, school meal programmes have a key role to play. International evidence shows that stakeholders involved in school meal programmes considered nutritional standards are among the top priorities for quality and effectiveness.

Repeated exposure to fruits and vegetables, combined with sensory education, cooking activities and school gardens, improves children's acceptance of healthy foods. In Dijon, reformulating plant-based recipes (using vegetables and legumes) together with training kitchen staff made it possible to serve vegetarian meals that were as well accepted as meat-based meals, while reducing food waste.

Improving the nutritional quality of school meals can also generate long-term benefits for children's nutritional status. In the United States, a longitudinal cohort study found that the implementation of nutritionally balanced school meals contributed to preventing overweight and obesity among children, particularly those from socioeconomically disadvantaged backgrounds. Increasing fruit and vegetable consumption could therefore not only be a nutritional recommendation but also a cost-effective prevention strategy for health systems and public finances.

However, food education should extend throughout the life course and evolve towards food systems education, helping people understand the links between food, agriculture, the environment, climate and social issues. This systems-based approach is already reflected in the French EGAlim and Climate and Resilience laws, which define food quality criteria for school meals and promote more sustainable food choices (i.e. organic and/or local products, quality labels, vegetarian meals) .

Increasing fruit and vegetable consumption requires creating food environments that make healthy choices accessible, affordable and attractive. School meal programmes, combined with high-quality food education linked to school programmes, represent a powerful lever for strengthening citizens' empowerment and supporting the transition towards healthier and more sustainable food systems.





# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

## KEYNOTE LECTURES

### *Health professionals as key intermediaries: addressing the adult nutrition safety net gap in sustainable food systems*

**Chi-Chi EKHATOR**, ***Ascension Trust / AT Beacon Project, United Kingdom***

Despite overwhelming evidence that diets rich in fruit and vegetables reduce the risk of chronic diseases including cardiovascular disease, type 2 diabetes and several cancers, consumption remains persistently below recommended levels across many populations, particularly within socioeconomically disadvantaged communities. While dietary advice is routinely delivered in clinical settings, the ability of individuals to act on this advice is often constrained by food affordability, accessibility and wider social determinants of health. This raises important questions about the role of health professionals in supporting dietary change beyond the consultation room and highlights the need for stronger connections between healthcare, public health, food systems and social policy.

This presentation proposes the Adult Nutrition Safety Net Gap as a policy framework for understanding the absence of preventative nutrition support for adults living with, or at risk of, chronic disease. While many countries have established nutritional safety nets for young children through initiatives such as Healthy Start, school meal programmes and maternal nutrition schemes, comparable support for adults is largely absent. Yet this is the very stage of life when obesity, hypertension, type 2 diabetes and cardiovascular disease become increasingly prevalent and where dietary intervention has the potential to prevent or delay disease progression. The presentation will explore whether current health systems place too much emphasis on individual responsibility for dietary change while insufficiently addressing the structural barriers that prevent people from accessing healthy food.

The presentation will explore how health professionals can act as trusted intermediaries between nutrition science, public policy and the lived realities of patients. It will argue that poor diet should be understood not simply as an individual behavioural issue, but as a systems challenge requiring greater integration of healthcare, food policy and community-based interventions. Drawing on experience from the Lambeth Fruit and Vegetable Prescription Programme, delivered through A.T Beacon in partnership with healthcare and community organisations, the presentation will demonstrate how produce prescription schemes can connect clinical referral pathways with practical food access, behaviour support and community engagement. Such approaches illustrate how healthcare systems can move beyond dietary advice alone towards preventative interventions that address the barriers patients face in achieving healthy diets. Rather than replacing individual responsibility, these interventions seek to create the conditions in which healthy choices become realistic, achievable and sustainable.

Finally, the presentation will consider how nutrition and sustainability can be more effectively embedded within healthcare education and clinical practice. It will argue that health professionals are uniquely positioned as trusted messengers who can bridge scientific evidence, policy priorities and the everyday realities of the communities they serve. Sustainable food systems cannot be considered successful unless they are also equitable, affordable and culturally relevant. The discussion will conclude by challenging whether healthcare should move beyond prescribing lifestyle change towards prescribing access to healthy food as an essential component of disease prevention. It will invite delegates to consider whether addressing the Adult Nutrition Safety Net Gap should become a central priority in future strategies to improve population health, reduce health inequalities and create more sustainable food systems.





# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

## ORAL COMMUNICATIONS

### *MATILDA - a global assessment tool for mapping demographic patterns and priorities across nutrition and sustainability*

***Taherzadeh, O.[1]; Schoorlemmer, A.[1]; Behrens, P.[1,2]; Bruckner M.[3]; Cai, H.[1]***

#### OBJECTIVES

Global food system models lack detailed knowledge of food consumers and their differentiated environmental and social risks, an essential prerequisite to design national food policies that are targeted, fair and effective. Integration of micro-data into food system models has been inconsistent, fragmented, and limited in scope. Recent work has focused on individual country case studies [1], or regions [2], preventing a global and inter-country comparison of environmental footprints driven by socio-demographical groups. To address this, we developed a scalable model, MATILDA (Micro-Macro Assessment Tool to Identify Low-impact Dietary Actions), to assess diet and environmental footprint variations across demographic subgroups, by age, gender, education level, and urban-rural residence.

#### METHODOLOGY

MATILDA integrates consumer intake information across 165 countries and 72 socio-demographic sub-groups with global food supply chain information. We achieve this by combining the Food and Agriculture Biomass Input–Output Model (FABIO) [3], a macro-level model for food system environmental footprints, the Global Dietary Database (GDD) [4], and global synthetic population database (GLOPOP-S) [5]. By harmonising data across multiple scales and enabling subgroup-specific analysis, MATILDA bridges macro and micro perspectives.

#### RESULTS

We find highly educated urban males aged 15 – 34 have the highest emissions (median: 4.11 kg $CO_2$-eq/2,000 kcal, IQR: 2.91 – 5.69), with 64.8% of their diets plant-sourced. Low education, rural females aged 35 – 54 have the lowest (2.48 kg $CO_2$-eq/2,000 kcal, IQR: 1.80 – 3.58), with plant-sourced foods comprising 72.3% of their diets. Each 5% increase in AHEI is associated with an 8.6% reduction in GHG emissions, a 4.9% reduction in water use, and an 8.7% reduction in land use, highlight co-benefits of nutritious diets for sustainability outcomes. At the country level, we identify three archetypes of dietary patterns — health inequities at varying environmental cost, sustainable but unhealthy diets, and sustainable diets with uneven nutrition, illustrating that most countries will require targeted rather than uniform strategies to accelerate sustainable dietary transitions. Our findings highlight the need for the use of micro-level intake data to deliver targeted and equitable dietary policies that focus on high-emission groups, such as young, urban, highly educated men, while supporting low-emission, nutritionally vulnerable populations.

#### CONCLUSION

By harmonising data across multiple scales to enable subgroup-specific analysis, MATILDA bridges macro and micro perspectives to obtain comprehensive and comparable assessments of dietary environmental footprints based on nation-specific food supply chains. Although Life-Cycle Analysis (LCA) can be used towards this end [6], it often relies on impact data that are spatially and sectorally coarse and use varying system boundaries, limiting cross-study comparability.

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# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

## ORAL COMMUNICATIONS

### *The dietary footprints and transition priorities of over 12,000 cities*

***H. Cai[1*], S. Jain[1], D. Moran[2], O. Taherzadeh[1]***

#### OBJECTIVES

Urban areas are major drivers of global environmental pressures, yet cities lack harmonised evidence to benchmark, compare, and prioritise dietary sustainability actions. Existing consumption-based footprinting approaches typically operate at national scales or rely on coarse economic proxies that poorly represent physical food intake. This study aims to quantify diet-related greenhouse gas emissions (GHGE), water use, and land use across more than 12,000 cities worldwide, identify high-impact urban hotspots, and assess how city-specific dietary transitions — particularly adoption of the EAT–Lancet 2.0 reference diet — could reshape environmental outcomes at both global and transnational network levels.

#### METHODOLOGY

We develop MATILDA-City, a spatially explicit extension of the MATILDA (Micro–Macro Assessment Tool to Identify Low-impact Dietary Actions) framework. The model integrates harmonised dietary intake data from the Global Dietary Database, supply-chain environmental footprint coefficients from the Food and Agriculture Biomass Input–Output (FABIO) model, and high-resolution demographic and economic datasets. Dietary intakes are adjusted to reflect realistic city- and demographic-specific energy consumption using a two-step approach: GDP-based calorie scaling and anthropometry-based age- and sex-specific energy intake estimates. We estimate total and per-capita dietary GHGE, water use, and land use for 12,683 cities across 159 countries, and evaluate baseline diets alongside counterfactual scenarios in which cities adopt the EAT–Lancet 1.0 and 2.0 diets, both globally and within major transnational city networks.

#### RESULTS

Global city-level dietary GHGE amount to 5.16 Gt $CO_2$-eq/year and are highly concentrated in a small number of megacities. The 200 cities with the largest dietary footprints account for roughly 15% of the global urban population but nearly half of total urban dietary emissions. Full adoption of the EAT–Lancet 2.0 diet across all cities reduces global urban dietary GHGE by 14%, land use by 16%, and water use by 5%, but outcomes are highly heterogeneous. High-footprint cities achieve reductions through lower meat and dairy consumption, whereas more than half of cities, primarily in South Asia and parts of sub-Saharan Africa, experience increases in one or more indicators due to low baseline intake of animal-source foods. In contrast, coordinated adoption within transnational city networks yields much larger net reductions, amounting to 22% in C40 Cities, 50% in Eurocities, and 30% among Milan Urban Food Policy Pact members.

#### CONCLUSION

Urban dietary environmental impacts are unevenly distributed, with a limited number of cities driving a disproportionate share of global pressures. While universal dietary targets deliver modest global gains, targeted interventions in high-impact cities and coordinated implementation within city networks can generate substantially larger benefits. MATILDA-City provides a globally harmonised evidence base to benchmark, rank, and monitor city-level dietary footprints, supporting context-specific and equitable strategies for sustainable urban food-system transitions.

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# SESSION 4:

**Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems**

## ORAL COMMUNICATIONS

### *Pursuing dietary transitions requires reshaping global food production and trade networks*

***S. Jain[1, 2]*, M. Clark[2], J. Hall[3], J. Verschuur[4]***

#### OBJECTIVES

Sustainable dietary transitions are increasingly recognized as essential for human health and environmental sustainability, yet the implications of dietary shifts for global food trade and production remain poorly quantified. This study addresses how dietary transitions interact with climate change and trade regimes to reshape bilateral food trade networks, which countries face the greatest divergence in production and export outcomes, and how dietary shifts affect import dependencies and supplier concentration.

#### METHODOLOGY

We developed a spatial price equilibrium model projecting bilateral trade flows, production, and consumption for 32 crops across 153 countries from 2020 to 2050. The model was calibrated to 2018-2022 trade flows, incorporating country-specific production costs, bilateral transport costs, and tariffs. We modeled five dietary scenarios (benchmark, flexitarian, pescatarian, vegetarian, and vegan based on EAT-Lancet targets), two climate pathways (RCP 2.6 and 7.0), and two trade regimes. For each combination, the model solves for equilibrium prices, quantities, and bilateral flows at five-year intervals. We assessed production trajectories, bilateral trade flows, import dependence, and supplier concentration, and decomposed scenario-driven divergence in production and exports to dietary, climate, and trade drivers.

#### RESULTS

Today's major food trade flows, particularly grain and soybean exports from the Americas to Asia, weaken considerably under plant-rich dietary scenarios as feed demand declines, while trade in fruits and vegetables intensifies across most regions. Major producing countries, including China, Brazil, and the United States, face highly divergent production trajectories depending on which dietary pathway materializes, with the magnitude and even direction of required supply changes varying dramatically across scenarios. Variance decomposition confirms that dietary transitions emerge as the dominant source of divergence by 2050, with trade regimes contributing meaningfully but climate pathways exerting comparatively modest effects – though this finding rests on assumed continued technological progress and sustained investment in agricultural R&D. While dietary choices primarily shape regional production requirements, trade regimes determine the spatial distribution of flows: liberalization consistently increases both import dependence and supplier concentration across crop groups, suggesting a trade-off between allocative efficiency and supply diversification. Under plant-rich diets import dependence for feed crops like soybeans is lower but is higher for fruits and vegetables, while concentration varies little across diets. Regional exposure to these trade-offs varies markedly, with some regions experiencing heightened concentration while others see diversification. For instance, Oceania faces rising import dependence and concentration for several crop groups, while Latin America sees both decline for grains and soybeans.

#### CONCLUSION

Realizing sustainable dietary transitions will require substantial reconfiguration of how food is produced and traded globally. The modelled scenarios represent exploratory pathways rather than forecasts, but reveal structural implications that underscore the need for strategic coordination of dietary guidelines with agricultural investment and trade policies, and for differentiated regional approaches to manage efficiency-diversification trade-offs.

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# SESSION 5:

**From expectations to action: consumer perspectives on tomorrow's food system**

## ORAL COMMUNICATIONS

### *Retail access and fruit and vegetable acquisition choices: implications for food waste among supplemental nutrition assistance program (SNAP) participants*

***V. Chebolu-Subramanian[1*], J. Quinlan[2]***


#### OBJECTIVES

Consumer food acquisition choices are shaped significantly by income as access to retail outlets is influenced by neighborhood income levels in the United States. Research on the impact of food acquisition choices on household food waste is limited. Fruit and Vegetable are central to healthy and sustainable food systems, but they are also among the most commonly wasted food categories in households. This study examined how food acquisition choices and retail access influenced household food waste, with a specific focus on Fruit and Vegetable among lower-income participants of the Supplemental Nutrition Assistance Program (SNAP). It investigated whether the types of outlets where participants shopped for Fruit and Vegetable influenced food waste The objective was to identify how improving access to healthier retail environments can reduce waste and enhance food security.

#### METHODOLOGY

A nationwide online survey was administered to (n=712) SNAP participants in 2024. The questionnaire incorporated elements from validated surveys, with modifications to capture food acquisition from charitable food systems, dollar stores and takeout establishments, and new questions tailored to the SNAP context. Respondents self-reported the amount of household food waste. Key explanatory variables included food acquisition channels (instore, online, takeout, charitable systems), retail formats (supermarkets, supercenters, convenience stores, dollar stores), and acquisition choices for Fruit and Vegetable. Descriptive and bivariate statistics and ordered probit regression models were estimated to assess associations between acquisition choices and food waste.

#### RESULTS

Instore food acquisition was significantly associated with lower household food waste, including for Fruit and Vegetable ($p < 0.01$). In contrast, takeout and online acquisition channels were associated with higher food waste overall, specifically for Fruit and Vegetable ($p < 0.01$ and $p < 0.05$, respectively). Among retail formats, supermarket shopping was associated with reduced food waste ($p < 0.01$), while convenience store use was associated with increased waste ($p < 0.01$). Results showed that obtaining Fruit and Vegetable through takeout increased the probability of high food waste by approximately 7.7%, while instore purchasing reduced it by about 3.6%. Online purchasing increased the probability of high food waste by 2.7 %. Charitable food systems were not significantly associated with food waste outcomes.

#### CONCLUSION

Results highlight that improving access to supermarkets and instore acquisition of Fruit and Vegetable can reduce food waste among lower-income households, enhancing both dietary quality and sustainability. Conversely, reliance on takeout and online channels may undermine these goals by increasing waste of perishable, nutrient dense foods. Policies expanding equitable access to supermarkets, improving healthy food availability in convenience stores, and supporting low effort, nutritious meal options through SNAP could reduce waste while strengthening food security. Integrating food waste considerations into nutrition and food access policies is critical for advancing healthier and more sustainable diets.


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# SESSION 5:

**From expectations to action: consumer perspectives on tomorrow's food system**

## ORAL COMMUNICATIONS

### *Mind the agriculture-health-gap: aligning european food supply with national dietary guidelines and planetary health diet*

***A.-L. Klapp[1,2*], J. Bisig[2], D. Braune[2], J.Trewern[2]***

#### OBJECTIVES

National food-based dietary guidelines (FBDGs) are essential policy instruments designed to bridge nutritional science and public health. However, adherence remains low across Europe, where diets are characterized by excessive animal source food intake and insufficient consumption of legumes and vegetables. Because food environments are shaped in part by production, trade, and subsidies, it's critical to assess whether agricultural and trade systems actually supply food in alignment with dietary recommendations. Furthermore, the healthfulness of diets is inseparable from environmental sustainability; current global food systems are primary drivers of climate change and biodiversity loss. This study provides a first-of-its-kind assessment across 35 European countries and 11 distinct food groups. By utilizing each nation's individualized FBDG as a primary benchmark alongside the updated 2025 Planetary Health Diet (PHD), we offer a nuanced analysis of the structural alignment between food supply, domestic production, and dietary targets in Europe.

#### METHODOLOGY

We conducted a dietary gap analysis for 35 European countries with FBDGs published as of April 2026. Data on national food supply and agricultural production were sourced from FAO Food Balance Sheets. FBDG recommendations were standardized into 11 food groups and harmonized with FAO commodity categories using a methodology adapted from Springmann et al. (2020). Food supply and self-sufficiency were calculated for three scenarios: current consumption, FBDG-aligned consumption, and PHD-aligned consumption. To ensure comparability, per-capita recommendations were adjusted for food loss to calculate the total supply required for population-level adherence.

#### RESULTS

Results reveal a systemic oversupply of animal products and a chronic deficit in plant-based foods. Compared to national FBDGs, red meat is oversupplied in 94% of countries, reaching 393% of aggregate European requirements. Conversely, 80% of nations undersupply vegetables and 76% face legume deficits, with aggregate European supply meeting only 62% and 60% of FBDG targets, respectively. Only 6 countries (17%) produce enough vegetables to satisfy domestic FBDG requirements. Under PHD benchmarks, misalignments escalate: aggregate red meat supply reaches 609% of target levels, while vegetables (72%) and legumes (11.5%) show profound deficits.

#### CONCLUSION

A massive agriculture-health-gap exists in Europe, where agricultural specialization directly contradicts public health and environmental goals. Overall, European food systems disproportionately favor food groups that should be limited while failing to adequately supply those recommended for healthy, sustainable diets. This is a missed opportunity to enable needed dietary shifts, and requires a fundamental realignment of agricultural production and trade policies. Bridging this gap is essential for building a resilient food system that supports both human and planetary health.

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**Conflict of Interest statement:** A-LK is an employee of ProVeg International, a non-governmental organization, and a PhD candidate at the University of Göttingen. JB, DB, and JT are employees of ProVeg International. This research was conducted independently of organizational influence, and the design, data analysis, and conclusions presented are exclusively those of the authors. The authors declare no other potential conflicts of interest.





# SESSION 5:

**From expectations to action: consumer perspectives on tomorrow's food system**

## SHORT ORAL PRESENTATION

### *Gender differences in eating habits and lifestyles of young students: results from MaestraNatura program*

***A. Silenzi [1*], L. Giona[2,3], G. Zanchi[1], A. Tammaro[1,4], V. Monteleone[1], M. D'Archivio[1], C. Santangelo[1], R. Masella[1], B. Scazzocchio[1], R. Varì[1]***

#### OBJECTIVES

Unhealthy diet and sedentary life represent the main risk factors for chronic Non-Communicable Diseases. Investing in children's health education leads to benefits for their whole lifespan and the whole of society. MaestraNatura (MN) is an education program addressed to increase knowledge and skills about food and nutrition in students from primary and first-level secondary school. Objectives: a) evaluating eating habits and the adherence to the principles of the Italian dietary guidelines (IDG) of 8–14 years old children to identify possible influences of gender and parents on their eating choices and behaviors; b) testing potential benefits of MN on promoting changes in lifestyle and dietary patterns.

#### METHODOLOGY

Questionnaires on eating habits and physical activity were completed by 1,037 students and 220 parents from primary and secondary schools from 6 Italian regions. One hundred fifty-eight questionnaires were filled in by a subgroup of secondary schools' students before and after two consecutive years of MN program. During the program dedicated combine theoretical units, hands-on laboratory activities, and home cooking experiments involving families. Teachers are supported via structured materials and a dedicated e-learning platform; parents are engaged as active partners in reinforcing healthy behaviours. Differences between groups in the responses to questions were assessed by Chi-squared ($\chi 2$) tests. Differences in the IDG adherence score were assessed by analysis of variance (ANOVA), with gender (males, M vs. females, F) and/or type of school as between-subjects' factors, as appropriate.

#### RESULTS

Data showed an average degree of adherence to the principles of the IDG for children with a similar distribution in M and F. Analysis of individual responses revealed differences between F and M in daily consumption of vegetables (F > M), water (M > F), and in weekly consumption of nuts (F > M) and commercial cookies (M > F). Furthermore, M are more engaged in physical exercise compared to F. Results from a subgroup of students attending MN for two consecutive years showed increases in the consumption of water, vegetables, fruit and legumes, and a decrease in the intake of commercial snacks, as well as an increase in physical activity.

#### CONCLUSION

Italian children evidence gender differences in eating behaviors. Specific nutrition programs are needed to raise children's awareness of the importance of a healthy lifestyle and to correct eating habits.

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# SESSION 5:

**From expectations to action: consumer perspectives on tomorrow's food system**

## SHORT ORAL PRESENTATION

### *Measuring consumers' acceptability of dietary change scenarios: experimental evidence from France*

***Fernandez Julien[1], Nicklaus Sophie[2], Teyssier Sabrina[1*]***


#### OBJECTIVES

This paper aims to assess consumers' acceptability of dietary transition scenarios by measuring how monetary valuation changes when individuals are required to comply with sustainability-oriented dietary constraints. Acceptability is proxied by willingness-to-pay (WTP) for a basket of lunch meals, reflecting the trade-offs consumers are willing to make when adapting their food choices. The study specifically investigates (i) whether increasing dietary constraints reduces WTP, (ii) whether responses differ between students and the general population, and (iii) whether observed changes are driven by particular food categories.

#### METHODOLOGY

We conducted an incentivized laboratory experiment in France using the Becker-DeGroot-Marschak (BDM) mechanism to elicit non-hypothetical WTP. Participants were asked to select and value five lunch meals, including the main meal and two other products among starters and desserts, across three stages. In the baseline stage, no dietary restrictions were imposed. In the two subsequent stages, participants were required to comply with "Medium" and "Strong" dietary constraints derived from sustainable diet scenarios, involving reduced shares of animal-based products (meat/fish and dairy) and increased shares of plant-based foods (vegetables and legumes). The experiment involved real economic incentives: participants could purchase the selected meals depending on their stated WTP, ensuring incentive compatibility. The sample was stratified to include both students and non-students, allowing for controlled comparisons across groups. In addition to WTP, we collected data on participants' expectations regarding others' valuations, first- and second-order beliefs about scenario feasibility and desirability, and subjective enjoyment of the chosen meals.

#### RESULTS

The findings reveal a small but statistically significant decline in WTP as dietary constraints intensify, suggesting a moderate reduction in acceptability when consumers are required to adjust their diets. Students exhibit a larger relative decrease in WTP, implying greater sensitivity to imposed constraints when measured proportionally to their baseline valuation. Importantly, the reduction in WTP does not appear to be driven by specific food categories. Instead, it reflects a more general response to the presence of constraints rather than to particular substitutions (e.g., meat versus plant-based foods). Additional measures suggest that participants' beliefs about feasibility and desirability, as well as their expectations about others' behavior, are only moderately affected, further supporting the idea of partial but not strong resistance to dietary change.

#### CONCLUSION

Overall, the results indicate that while dietary constraints consistent with sustainability scenarios slightly reduce consumers' valuation of food baskets, the effect remains modest. This suggests that such transitions may be more socially acceptable than often assumed, at least in controlled settings with real economic incentives. The absence of strong resistance and the limited role of specific food categories highlight that consumers may adapt to systemic dietary changes without substantial welfare losses.


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**Unpublished**





# SESSION 5:

**From expectations to action: consumer perspectives on tomorrow's food system**

## SHORT ORAL PRESENTATION

### *Optimization of dietary patterns for reducing non-communicable disease burden using dose–response-based DALY minimization*

*T. Masino[†,1], A. Fogarasi[†,1], M. Manø Nørgaard[2], C. C. Dahm[2], I. Tetens[1], A. Parlesak[1]**


#### OBJECTIVES

Increasing fruit and vegetable consumption is widely recommended for chronic disease prevention, yet their optimal integration within whole-diet patterns remains unclear due to complex interactions with other food groups. This study develops a quantitative framework to identify health-optimized dietary patterns by integrating dose–response (DR) relationships between food group intakes and non-communicable disease (NCD) burden.

#### METHODOLOGY

A semi-structured literature search identified 194 DR functions across 21 food groups and 13 major NCDs, covering approximately 71% of all potential food group–disease interactions. DR curves were digitized and modeled using cubic spline regressions on the log-relative risk scale, with intake values constrained to documented regression ranges. Relative risks were re-centered to habitual intake levels and combined multiplicatively across food groups to estimate disease-specific risks considering all food groups within a nominal energy range, segregated by sex and eleven age groups. Baseline Disability-Adjusted Life Years (DALYs) were obtained from national burden of disease data and used to weight disease-specific outcomes. Dietary patterns were optimized by minimizing total DALYs using a Generalized Reduced Gradient algorithm under constraints limiting deviations from habitual intake.

#### RESULTS

Optimized dietary patterns within pre-defined energy intake ranges consistently suggested to increase fruit and vegetable intake substantially, with vegetables rising by approximately 150–300 g/day and fruits by 100–250 g/day, depending on constraint levels. These shifts were accompanied by increased intake of whole grains, fermented milk products, and legumes and reductions in red and processed meat. Across the different scenarios, total DALYs were reduced by up to ~60–80% relative to baseline, with particularly strong contributions from reductions in cardiovascular disease, type 2 diabetes, and certain cancers. Fruits and vegetables accounted for a large share of the DALY reduction due to their consistent protective associations across multiple NCDs. However, optimization also revealed complex trade-offs: for example, moderate increases in some food groups (e.g., other dairy than fermented milk products, eggs, or alcoholic beverages) were observed in certain scenarios, reflecting non-linear DR relationships and interactions between dietary components.

#### CONCLUSION

While increased fruit and vegetable intake emerges as a robust cornerstone of health-optimized diets, the magnitude of achievable health gains depends strongly on overall dietary composition and realistic constraints. Full-lifetime DALY reductions likely overestimate real-world effects, highlighting the need for age-specific modeling and incorporation of latency effects. Integrating DR-based evidence across multiple food groups demonstrates that substantial reductions in NCD burden are achievable, with fruits and vegetables playing a central but not isolated role within optimized dietary patterns.


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**Unpublished**





# SESSION 5:

**From expectations to action: consumer perspectives on tomorrow's food system**

## SHORT ORAL PRESENTATION

### *Does migration from French overseas regions to mainland France affect diet quality and fruit and vegetable consumption? The case of students from overseas regions*

***M. Antoine[1*], H. Charreire[1], S. Eymard-Duvernay[1], G. Lawrence[2], P. Rollet[1], M. Somaraki[1], C. Basurko[3], L. Tibère[1,4], C. Méjean[1]***


#### OBJECTIVES

French Overseas regions are facing a nutrition transition characterized by changes in food environment and food habits. Migration from these territories to mainland France provides a valuable model to understand how environmental changes may affect diet and health, particularly among young adults who frequently move to mainland France. Our study aims to assess the associations between migration and diet quality and fruit and vegetable consumption among students native to French Overseas regions who relocated to mainland France, compared with students who stayed in the French Overseas regions ("Overseas regions/Overseas regions"), and those born and studying in mainland France ("Mainland/Mainland").

#### METHODOLOGY

Between 2024 and 2025, a cross-sectional survey (n=903, 301 per group) was conducted using a quota method sampling. Relocated students (migrants) were compared with two matched non-migrant groups: "Overseas region/Overseas region" and "Mainland/Mainland". Participants completed an online questionnaire on their dietary behaviors. Diet quality was assessed using a score of adherences to the French recommendations (PNNS score) and the adherence for each food group recommendations, including low fruit and vegetable consumption (<3.5 servings/day). FI was measured using the 10-items US. Household Food Security Survey Module. Associations were assessed with regression models adjusted for sex, age, education level and French Overseas regions origin or study place, and embedded models were used to tested potential mediators.

#### RESULTS

The mean PNNS score was lower among migrants than among "Mainland/Mainland" students with no difference between the two French Overseas regions groups. Diet (omnivorous or vegetarian) seems to partly mediate this association (β of the 1st model= -1.40, 95%CI = [-1.89, -0.92] to β to 2nd model= - 1.14, 95%CI = [-1.62, -0.67]). Migrants showed a higher percentage of low fruits and vegetables consumers (82% vs. 70%), while no difference with the "Overseas regions/Overseas regions" group was observed. The effect of migration status on low fruit and vegetable consumption persists after adjustment for diet and living conditions (live with or without parents), but was slightly attenuate with the successive introduction of the frequency of fast-food restaurant use and FI (OR of the 1st model=1.98, 95%CI = [1.34, 2.94] to OR to 5th model= 1.51, 95%CI = [0.91, 2.49]). No mediator was fully captured in our analysis, except for diet in the association with the PNNS score.

#### CONCLUSION

Students from French Overseas regions showed unhealthier diet than their mainland France counterparts, and no migration effect was observed. Further research should explore additional unmeasured factors to clarify underlying mechanisms, such as health literacy, financial constraints and social norms, as well as the influence of environmental determinants, including the access to healthy and affordable food.


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**Unpublished**



# EGEA 2003 - 2026

## FROM BARCELONA TO MONTPELLIER, 10 EDITIONS OF EGEA

In 2003 Aprifel created EGEA, an international conference designed to **bring together all scientific disciplines and stakeholders** interested in diet and the place of fruit and vegetables in it. This initiative has been placed under the **permanent chairmanship of Prof. Elio Riboli** – an expert in epidemiology and cancer prevention. The conference aims to **formulate concrete scientific-based recommendations to change practices and policies** in favour of healthy, sustainable diet that is accessible to all.

In 2003 the first EGEA conference was organised in Crete, on the shores of the Aegean Sea (in French "Mer Égée"), from which the conference takes its name. The first editions focused on the place of fruit and vegetables in a **Mediterranean dietary pattern and their health benefits**. Over the years, the conferences have opened to other fields (i.e. economics, sociology, public policies, etc. ) linked to diet and the consumption of fruit and vegetables.

### FROM SCIENCE TO ACTION

EGEA consensus have played an active role notably in guiding, the European School Scheme, a vast European policy promoting the consumption of fruit and vegetables in schools. The WHO has also recognised EGEA as an effective and practical strategy for promoting fruit and vegetables consumption (WHO Europe, October 2008). «From science to action» is thus the spirit of the EGEA conferences.

**2003**
*«Health benefits of Mediterranean diet - Cancer & Cardiovascular Diseases»*
**Heraklion, Crete**

**2004**
**Perpignan, France**
*«Health benefits of Mediterranean diet - Obesity & Type II Diabetes Prevention»*

**2005**
*«Health benefits of Mediterranean diet – From science to preventive actions»*
**Rome, Italy**

**2007**
**Bruxelles, Belgium**
*«The role of fruit & vegetables in the fight against obesity»*

**2008**
*1st Fruit & vegetables summit– UNESCO – Nutrition/Marketing/ Economy*
**Paris, France**

**2010**
**Bruxelles, Belgium**
*«Social and health benefits of balanced diets : the role of fruit & vegetables»*

**2015**
*«Healthy diet, healthy environment within a fruitful economy: The role of fruit & vegetables»*
**Milan, Italy**

**2018**
**Lyon, France**
*«Nutrition & Health: from science to practice»*

**2023**
*«Diet, Fruit and Vegetables and One Health: What contributions?»*
**Barcelona, Spain**

**2026**
**Montpellier, France**
*«Can dietary recommendations for fruit and vegetable intake be met within sustainable food systems?»*

# EGEA 2026 SPONSORS

***The EGEA conference secretariat warmly thanks the companies and associations that supported the organization of this 10th edition.***

**CSIF-** The French Trade Association of Fresh Fruit and Vegetable Importers (CSIF) is a professional association governed by the French Law of 1884. It represents companies specialised in the import of fresh fruit and vegetables from outside the European Union. It serves as a forum for exchange and representation for a majority of import stakeholders on the French market.

CSIF brings together the main French companies involved in the trade of fresh fruit and vegetables imported from non-EU countries. Its member companies account for a significant share of the volumes imported into France and contribute to structuring the sector at national level.

CSIF is a member of the main organisations in the sector, such as INTERFEL at national level, where it officially represents the importers' category, and FRESHFEL at European level. In particular through Freshfel, it takes part in European consultations and bodies dealing with key issues for the fruit and vegetable sector.

**More information on: https://csif.eu/**

**INTERFEL** was founded in 1976 and encompasses all the fresh fruit and vegetables production trades. Every aspect is represented: production, shipping, import, export, wholesaling, distribution (large supermarkets, specialized businesses, and institutional restaurants). As a private organization by law and initiative, Interfel is a recognized National Interprofessional Farming Association under French rural law, and under the European Union, since 21 November 1996, as part of the single CMO (Common Market Organization).

**The challengers of the sector:**

- Rebuilding competitiveness on the national and international levels.
- Supporting and developing the consumption of fresh fruit and vegetables.
- Supporting the market share of our production in consumption in France and developing that of our operators on the foreign markets.
- Strengthening the support given to research, experiment, and innovation actions of the sector.

**More information on : www.interfel.com/**

**SAVEURS COMMERCE** is the National Federation of Specialized, local, Food Shops in France. It represents fruit and vegetables traders, whether in stores or on markets. Saveurs Commerce helps to bring together and promote the profession to public authorities and consumers.

**More information on: https://www.saveurs-commerce.fr/**

**SNIFL** - The National Union of Importers/Exporters of Fruits and Vegetables – Saint-Charles, (SNIFL-SC) is a professional association law 1884, based on Perpignan International Saint-Charles, the first European platform for Marketing, Transport and Logistics in fruit and vegetables.

The SNIFL currently brings together 71 companies involved in the trading of fruit and vegetables (import/export) and 54 "Associate Member" companies (These associate members are transporters/logisticians, Ssii, training centers, equipment manufacturers, organizations financial, etc.).

The SNIFL adheres to all the major structures in the sector, such as INTERFEL at the National level or FRESHFEL at the European level. The Syndicate is also represented, via FRESHFEL, at the European Commission in Brussels by two experts within the framework of the Observatory of Fruits and Vegetables.

**More information on: www.interfel.com/connaitre-interfel/membres/snifl/ & https://public.saintcharlesinternational.com/**

## CONFERENCE VENUE

**Corum**

Esplanade Charles de Gaulle, 34000 Montpellier, France

*Access:*

- Tramway lines 1, 2 and 4 – Stop "Corum"

## CONFERENCE OPENING HOURS

- **Wednesday, 7 October:** 12:30 p.m. – 7:00 p.m
- **Thursday, 8 October:** 08:30 a.m. – 6:45 p.m.
- **Friday, 9 October:** 08:30 a.m. – 12:00 p.m.

## ACCESS AND BADGES

For organizational and security reasons, we would like to kindly request all participants to always wear their name badge during the conference.

## LANGUAGES

The official language of the conference is English. Translation into French will be provided during the sessions.

## FOOD AND DRINKS

Welcome cocktail, coffee, tea, and lunches are included in the registration fee and offered to all participants.

Please note that no food or drink are allowed in the session room.

## INTERNET CONNECTION

**Free access to the Corum network:**

*Network:* EGEA2026

*Password:* montpellier

## PHOTO & VIDEO

Photos & footage will be taken during the conference and gala dinner and will be used by Aprifel to promote EGEA and disseminate its conclusions. If you do not wish to issue authorisation to be filmed and for your image to be used, please report this to registration desk.

## LOST AND FOUND

For lost and found items, please refer to the registration desk.

## GETTING AROUND

Montpellier has a well-developed public transport network and favours soft mobilities.

Choose healthy walking, the tramway, taxi bikes, bicycles... to reach the conference venue and get around Montpellier.

## FIRST AID / MEDICAL ASSISTANCE

**In case of emergency call 112** (medical emergencies, fires, and police assistance).

This emergency services system is available 24/7. It will connect you to the appropriate emergency service, depending on your situation.

## WEBSITES OF INTEREST

- **Montpellier official website:** www.montpellier-france.com
- **Montpellier public transport website:** www.tam-voyages.com/
- **Montpellier cycle lanes map:** www.velocite-montpellier.fr

## LET'S MOVE!

To encourage participants to stay active before, during and after the conference, we have set up an online challenge.

**Download the Kiplin app** and enter the code **EGEA2026** to join the challenge.

Download on the App Store

GET IT ON Google Play

## GALA DINNER

**Thursday, 8 October - from 7:30 p.m.**

2026 marks the 10th edition of the EGEA conference. The celebration gala dinner is fully booked.

If you have registered for the gala, you should have received a bracelet at conference registration. If not, please contact the organizers.

We kindly ask you to present this bracelet at the gala entrance.

*Venue*

MOCO Museum in Montpellier
13 rue de la république, 34000 Montpellier

By tramway: lines 1, 2, 3 or 4 - Gare Saint Roch station

## YOUR FEEDBACKS MATTER

**To better meet your expectations, we'd like to know your opinion. Thank you for taking the time to share your feedback with us.**

# PLACING SUSTAINABILITY AT THE CORE OF EGEA CONFERENCE

**Sustainability will be an essential feature of EGEA conference: whether in the presentations, the discussions or in the organisation itself. Indeed, EGEA steering committee has aimed at including this dimension as much as possible in the practical aspects of the conference, while guaranteeing the experience of the participants. Here are some explanations on how sustainability has guided the organisation of EGEA conference.**

From the very beginning of the planning of the event, sustainability criteria were included in the specifications as broadly as possible. Specific requirements were thus stated for catering, travel, inclusiveness among speakers and participants, and sobriety in the use of resources.

## WORKING WITH COMMITTED COMPANIES

Aprifel selected a professional conference organiser, a conference venue and a caterer certified **ISO 20121**[1], to help organise the event.

For the other actors of the conference – restaurants, printer etc. – specific charters have been drawn up to set out the requirements about:

- **Catering** to ensure the nutritional quality and the proportion of plant-based and minimally processed products, the careful management of the quantities served and the use of reusable and plastic-free crockery.
- **Material aspects of the event:** Reusable equipment (table, chairs, set design) has been selected when possible and the communication tools have been limited to the essentials (badge, participant booklet and bag) - and are made with sustainable resources. For example, the paper booklet is made from sustainably managed forests and vegetable-based inks, and the bag material is spun and assembled in France by a company employing disabled workers.

## LIMITING TRANSPORTATION NEEDS

Montpellier was chosen to host the conference for its easy access and as it offers alternatives to flying. The city has an **international airport and easy connections by train or car** from several European countries. Montpellier also offers an **extensive public transportation network** to reach the city and navigate the downtown area.

The venue is at the heart of Montpellier and opens the possibility of a **walking-first congress**. It is served by **multiple tramway and cycle lanes**. Montpellier also offers a **wide range of accommodations within a 15-minute walk of the Corum**, at all rates.

The choice of **venues for the social part of the event** was also guided by the desire to encourage soft mobility. Both are less than a 15-minute walk from the conference venue. Finally, specific **information** has been sent to participants regarding sustainable transportation, and a **connected challenge** has been set up to encourage participants to move before, during and after the conference.

## A DEDICATED PROCESS TO MAKE THIS COMMITMENT CONCRETE

To make these commitments tangible and verifiable, the EGEA steering committee has updated the **indicators defined for EGEA 2023 conference** to monitor its commitments. Considering the specific aspects of the conference, some 25 commitments covering 7 sustainability topics have been made and are closely monitored. Evidence are collected by Aprifel and its subcontractors to verify these commitments objectively. A sustainability lead has been appointed in the Aprifel team to oversee this process and keep participants informed on this matter.

After the conference, the **event's carbon footprint** (travel and food of the participants) will be estimated and shared. Based on the results, a compensation plan will be put in place.

**CONTRIBUTE TO THE COMPENSATION ACTION** → Send an email to **registration-egea@formulemagique.com** to obtain a secured link

1. ISO 20121 is a voluntary international standard for sustainable event management

## EGEA COMMITMENTS ENCOMPASSES 7 SUSTAINABILITY TOPICS

**1•VENUE**
**Minimise negative impacts on the host site and residents.**

**2•RESPONSIBLE USE OF RESOURCES**
**Limit event-related objects, reduce and optimise printing, and choose reusable furniture.**

**3•SUSTAINABLE TRANSPORTATIONS**
**Suggest incentives for participants to use public transport, cycle paths and compensation for flights.**

**4•SUSTAINABLE CATERING**
**Offer a large plant-based and no/minimally processed meals; prevent food-waste.**

**5•AN EVENT FOR EVERYONE**
**Adapt registration fees to resources, select an accessible venue and ensure gender balance of speakers.**

**6•ENGAGING THE AUDIENCE**
**Publish an environmental report on the conference and information on the measures put in place**

**7•ORGANISATION AND PROGRESS**
**Include sustainability criteria in the specifications of our suppliers and define indicators for future EGEA editions.**







# ABOUT APRIFEL

## FROM SCIENCE TO ACTION

The French agency for research and information on fruit and vegetables (Aprifel) is an **association** under the law of 1901, **founded in 1981**. Recognized as being of general interest, Aprifel acts as an **interface between scientists, civil society and fruit and vegetables professionals**.

**« Our aim is to inform and mobilise all stakeholders, to translate science into action in favour of healthy and sustainable diet for all. »**

**Christel TEYSSÈDRE,**
**Aprifel's President**

**To achieve this goal, Aprifel:**

- Works for the popularisation and transmission of scientific data on fruit and vegetables.
- Engages the national and international scientific community.
- Produces and disseminates scientific publications and organizes information meetings and international conferences.

## TWO AREAS OF ACTION

**Science constitutes the basis of Aprifel's action**. Thanks to a permanent **scientific watch**, Aprifel nurtures its work and constitutes a **network of international experts**. To **provide new knowledge** related to diet and fruit & vegetables, the association also carries out **research**, alone or with partners.

The second aspect of Aprifel's action aims at **sharing information** to multiple audiences: scientists and experts; health and education professionals; the general audience.

Most of this dissemination is carried out with **expert media partners** (France TV, Réseau Canopé, medical press, etc). Aprifel's **website and social media accounts** also constitute a **knowledge hub**. Among its information tools, **Aprifel publishes two newsletters**: Equation Nutrition for the French-speaking public and The Global Fruit and Vegetable Newsletter – GFVN - sharing a **monthly overview of scientific news on healthy and sustainable diets**.

Finally, to facilitate **the transition from knowledge to action**, Aprifel organizes **events bringing together various stakeholders**.

▶ **Follow Aprifel on Linked in**

▶ **Discover GFVN**

**6** NATIONAL INFORMATION MEETINGS

**10** INTERNATIONAL SCIENTIFIC CONFERENCES

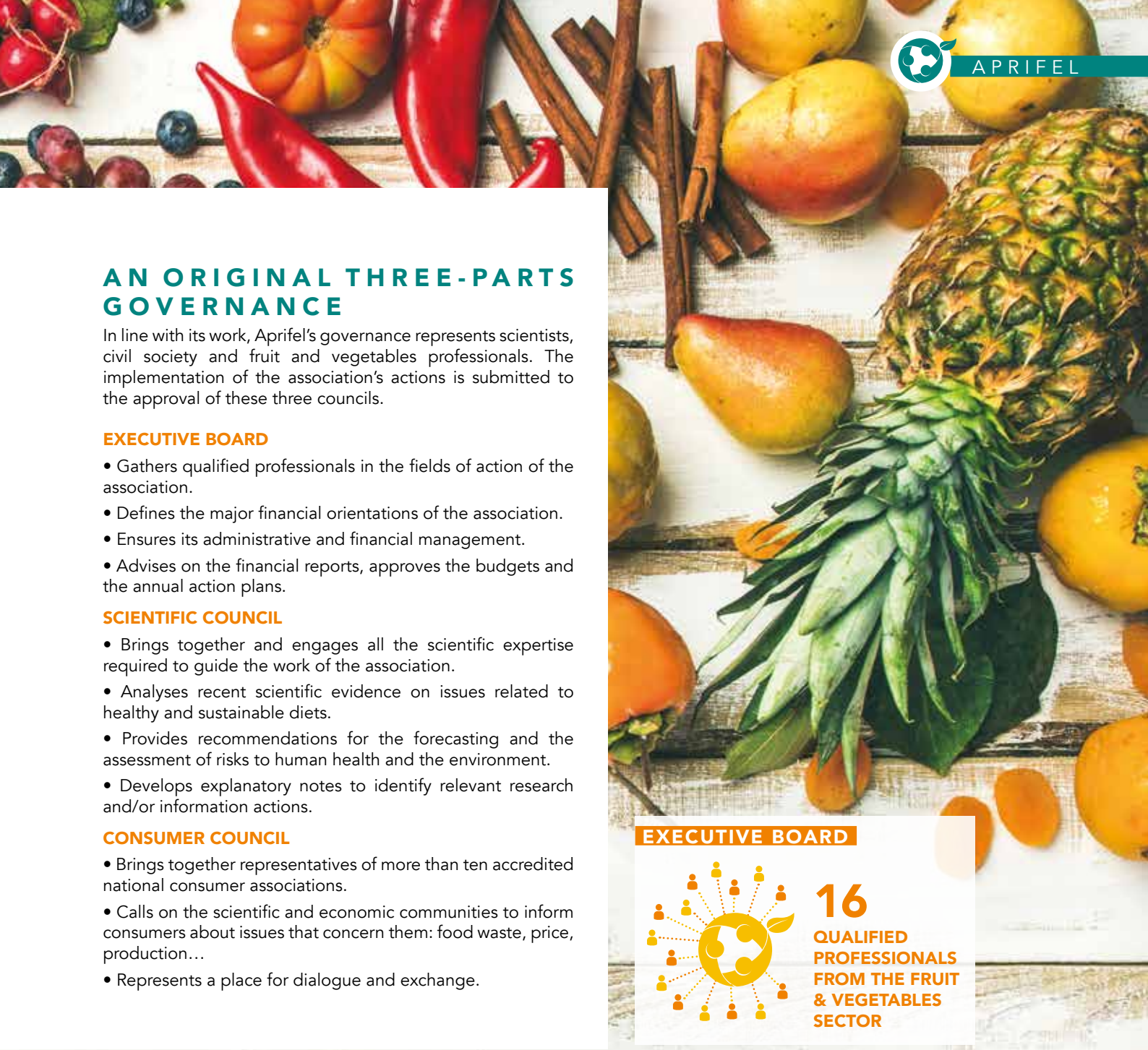
with more than **300** SPEAKERS since 2003

**EQUATION NUTRITION / GFVN**

**10** ISSUES PER YEAR

French **6 667** SUBSCRIBERS

English **10 614** SUBSCRIBERS



## AN ORIGINAL THREE-PARTS GOVERNANCE

In line with its work, Aprifel's governance represents scientists, civil society and fruit and vegetables professionals. The implementation of the association's actions is submitted to the approval of these three councils.

### EXECUTIVE BOARD

- Gathers qualified professionals in the fields of action of the association.
- Defines the major financial orientations of the association.
- Ensures its administrative and financial management.
- Advises on the financial reports, approves the budgets and the annual action plans.

### SCIENTIFIC COUNCIL

- Brings together and engages all the scientific expertise required to guide the work of the association.
- Analyses recent scientific evidence on issues related to healthy and sustainable diets.
- Provides recommendations for the forecasting and the assessment of risks to human health and the environment.
- Develops explanatory notes to identify relevant research and/or information actions.

### CONSUMER COUNCIL

- Brings together representatives of more than ten accredited national consumer associations.
- Calls on the scientific and economic communities to inform consumers about issues that concern them: food waste, price, production…
- Represents a place for dialogue and exchange.

**EXECUTIVE BOARD**

**16** QUALIFIED PROFESSIONALS FROM THE FRUIT & VEGETABLES SECTOR

**CONSUMER COUNCIL**

**12** NATIONAL CONSUMER ASSOCIATIONS

**SCIENTIFIC COUNCIL**

**8** SCIENTIFIC EXPERTS

**Agency for the Research and Information on Fruit And Vegetable**
Publication Director : Stéphanie Kuss
Writing : Aprifel
Création graphique : Agence Abracabea
Exécution : Formule Magique
Photo credits : Aprifel, Shutterstock
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# EGEA edition 10

International conference

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