



Food and Agriculture Organization
of the United Nations



Technical Workshop

**DEVELOPMENT OF VOLUNTARY
GUIDELINES FOR THE SUSTAINABILITY
OF THE MEDITERRANEAN DIET IN THE
MEDITERRANEAN REGION**

14–15 March 2017
CIHEAM-Bari, Valenzano (Bari)

A workshop in support of the



**Sustainable
Food Systems
PROGRAMME**

INTRODUCTION

The technical workshop is jointly organized by FAO and CIHEAM-Bari, as part of the implementation of the activities of the 10YFP SFSP core initiative on “*Sustainable Diets in the Context of Sustainable Food Systems*”, in which FAO and CIHEAM are both members of the 10YFP-SFSP Multistakeholder Advisory Committee (MAC).

CIHEAM and FAO, on 23 October 2015, signed a new strategic partnership aimed at working together to advance solutions on issues related to improving food security and nutrition in the region.

The 2017 workshop is a follow up to the FAO/CIHEAM-Bari side event “*From production to consumption: the Mediterranean diet as a lever in the Mediterranean, within the framework of the SDGs*”, held at the First World Conference on the Mediterranean diet, in July 2016, in Milan.

This side event was also a follow up to the FAO/CIHEAM side event on “*Planting the seeds of sustainability: from production to consumption in the Near East and North Africa Region*”, held at the 33rd Session of FAO Regional Conference for the Near East and North Africa (NENA), in May 2016, at FAO headquarters, Rome. In the NENA side event’s concluding recommendations, the role of the Mediterranean diet was highlighted as a lever to improve the sustainability of food systems and consumption patterns in the Mediterranean region.

Since 2011, the Mediterranean diet has been identified by FAO and CIHEAM-Bari as a joint case study for characterization and assessment of the sustainability of food consumption patterns and diets in the Mediterranean region. Through a series of international workshops, reports and scientific publications, a methodological MED Diet 4.0 approach was also developed towards the assessment of the sustainability of the Mediterranean diet.

AGENDA

TUESDAY 14 MARCH

- 9.00–9.30** *Welcome*
Cosimo Lacirignola, Secretary General, CIHEAM
Representative, Regional Presidency, Apulia County
- 9.30–9.45** *Opening Remarks*
Fatima Hachem, Nutrition Senior Officer, FAO
- 9.45–10.15** *Scope and Objectives of the Workshop*
Roberto Capone, CIHEAM-Bari
Sandro Dernini, FAO
- 10.15–10.30** *Outcomes from the 2016 First World Conference on the Mediterranean Diet*
Lluís Serra-Majem, IFMeD President, Spain
- 10.30–10.45** *Outcomes from the 2011–2016 FAO/CIHEAM case study on the Mediterranean diet as a sustainable diet*
Alexandre Meybeck, FAO
- 10.45–11.00** *Coffee break*
- 11.00–11.15** *From Theory to Practice: The Apulia Case Study*
Gianluigi Cardone, CIHEAM-Bari, Italy
- 11.15–12.30** *Presentation and discussion of the draft paper “Development of Voluntary Guidelines for the Sustainability of the Mediterranean diet in the Mediterranean Region”* coordinated by Fatima Hachem, FAO with Roberto Capone, CIHEAM-Bari
- 12.30–14.30** *Lunch break*
- 14.30–16.15** *Enrichments for the development of the Element 1 “Research” of the Voluntary Guidelines: Facing Priority Sustainability Challenges for Food Security and Nutrition in the Mediterranean Region*
Moderator: Ana Islas-Ramos, FAO
Contributions by: Jalila El-Ati, National Institute of Nutrition and Food Technology of Tunisia; Laura Rossi, CREA, Italy; Nahla Hwalla, American University of Beirut, Lebanon; Suzanne Piscopo, University of Malta; Ziad Abdeen, Al Quds Public Health Society, Palestine National Authority; Giuseppe Carruba, ARNAS-Civico, Palermo, Italy; Lorenzo Donini, CIISCAM/Sapienza University of Rome; Gulden Peckan, Hasan Kalyoncu University, Gaziantep, Turkey; Mauro Gamboni, CNR, Italy; Carlo La Vecchia, University of Milan
- 16.15–16.30** *Coffee break*

16.30–18.30 *Research Enrichments (Cont.)*

Moderator: Lorenzo Donini, CIISCAM/Sapienza University of Rome, Italy

Contributions by: Antonia Trichopoulou, Hellenic Health Foundation; Lluís Serra-Majem, IFMeD, Spain; Marie Joseph Amiot Carlin, INRA, Montpellier, France; Rekia Belahsen, Chouaib Doukkali University, El Jadida, Morocco; Xavier Medina, UNESCO Chair on Food, Culture and Development at the Universitat Oberta de Catalunya, Spain; Sandro Dernini, FAO; Gianluca Brunori, University of Pisa, Italy; Elliot Berry, Hebrew University, Israel; Massimo Iannetta and Milena Stefanova, ENEA, Italy; Denis Lairon, Aix-Marseille University; Flavio Paoletti, CREA; Jacques Delarue, Federation of European Nutrition Societies (FENS)

20.30 *Dinner*

WEDNESDAY 15 MARCH

9.00–10.15 *Final Paper and discussion on “Development of Voluntary Guidelines for the Sustainability of the Mediterranean Diet in the Mediterranean Region”,* coordinated by Roberto Capone, CIHEAM with Fatima Hachem, FAO

10.15–10.30 *Coffee break*

10.30–11.30 *Towards a 10YFP–SFSP Mediterranean Multistakeholder Platform on Sustainable Food Systems,* presented by Sandro Dernini, FAO

The example of the 10YFP-SFSP core initiative “Organic Food System Programme”

Flavio Paoletti, CREA, FHQ

11.30–12.00 *Closing remarks*

Anna Lartey, Director, Nutrition and Food Systems Division, FAO
Maurizio Raeli, Director, CIHEAM-Bari

12.15–13.30 *Lunch*

The workshop is supported by



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Federal Department of Economic Affairs,
Education and Research EAER
Federal Office for Agriculture FOAG

THE MEDITERRANEAN DIET AS A SUSTAINABLE LEVER LINKING FOOD CONSUMPTION TO PRODUCTION IN THE MEDITERRANEAN

Within the international debate on a shift towards more sustainable food systems and diets, interest in the Mediterranean diet as a model of a sustainable diet has increased. The notion of the Mediterranean diet has undergone a progressive evolution over the past 50 years – from that of a healthy dietary pattern for the heart to a model of a sustainable diet. The Mediterranean diet is a significant part of Mediterranean food systems, from consumption to production – not just a diet, but more as a lifestyle, an expression of the diversity of Mediterranean food systems and cultures and their different culinary systems. Despite the fact that the Mediterranean diet has been acknowledged as a healthy diet, it is paradoxically becoming less the diet of choice in most Mediterranean countries. Southern and eastern Mediterranean countries are passing through the “nutritional transition” in which problems of undernutrition coexist with overweight, obesity and food-related chronic diseases. The erosion of the Mediterranean diet heritage is alarming as it has undesirable impacts not only on health but also on the social, cultural, economic and environmental trends in the Mediterranean region.

THE 2017 FAO/CIHEAM-BARI TECHNICAL WORKSHOP

The international workshop is built on the outputs of four previous FAO/CIHEAM-Bari meetings: the international workshop on “Development of guidelines for improving the sustainability of food consumption patterns and diets in the Mediterranean area”, in Bari, November 2011; the international seminar on “Sustainability of food systems in the Mediterranean area”, in Malta, September 2012; the international workshop on “Mediterranean sustainable food systems towards the Expo Milan 2015: from theory to practice: linking territory, food quality production, food consumption and dietary patterns for improving the sustainability of the Mediterranean diet. The Apulia case study”; and the side event “The Mediterranean diet as a case study for the assessment of sustainable diets”, held within the Expo Milan 2015 event “Does the Mediterranean diet still exist?”, organized by CNR, CIHEAM-Bari, CREA, ENEA and the Forum on Mediterranean Food Cultures.

The programme of this workshop is within the scope of the 10YFP SFSP core initiative “Sustainable Diets in the Context of Sustainable Food Systems”. It is built on the active participation of the following 10YFP SFSP MAC members from the Mediterranean region: ENEA, UNESCO Chair on Food, Culture and Development at the Universitat Oberta de Catalunya and the Hebrew University; and partner members: IFMeD, CIISCAM, Hellenic Health Foundation, CREA, Aix-Marseille University/INSERM/INRA, FQH, American University of Beirut, Chouaib Doukkali University, El Jadida, Al-Quds Public Health Society -Al Quds University, and other experts.

This FAO/CIHEAM-Bari workshop also advances the 2016 Call for Action for the *Revitalization of the Mediterranean Diet*, which was issued, at the First World Conference on the Mediterranean Diet, within the UN Decade of Action on Nutrition, and as a follow up to the 2015 MEDIET EXPO Call for Action: “*Time to Act*”, issued at the EXPO 2015 Milan.

The workshop will contribute to strengthening collaboration among key stakeholders to consolidate the role of the Mediterranean diet *as a lever to improve the sustainability of food systems and consumption patterns in the Mediterranean region*, towards achieving the 2030 Agenda’s goals for this region, as stressed in the concluding recommendations of the NENA side event, as well as to contribute to the new CIHEAM Strategic Agenda 2016–2025.

In September 2016, at the 11th Meeting of the Ministers of the CIHEAM member states in Tirana, the promotion of the Mediterranean diet was inserted as Thematic Priority 4 of the new CIHEAM Strategic Agenda 2016–2025, as well as in the CIHEAM Action Plan 2025, within Flagship Initiative 2 “Mediterranean Compact for Sustainable Agriculture and Food”, in which the Mediterranean diet has been highlighted *as a development asset to create interfaces with other sectors such as tourism and gastronomy and contribute to growth and job creation in local economies. Even more, it has been also underscored as a major asset if included in the strategies of the private sector especially in philanthropic initiatives or social and environmental responsibility.*

OBJECTIVES

- To produce a discussion paper on the development of voluntary guidelines for the sustainability of the Mediterranean diet in the Mediterranean region, as a contribution to the 10YFP Sustainable Food Systems Programme core initiative “*Sustainable Diets in the Context of Sustainable Food Systems*”. It is built on the outcomes of the 2012 FAO/CIHEAM-Bari discussion paper on “Towards the development of Guidelines for improving the sustainability of diets and food consumption patterns in the Mediterranean area” and the 2015 FAO/CIHEAM-Bari White Paper “*Mediterranean food consumption patterns: diet, environment, society, economy and health*” issued at the EXPO 2015 Milan. It will also serve towards the development of the first section “Research” of the voluntary guidelines to be further developed.
- To finalize a proposal for the development of a 10YFP-SFSP core initiative for a *Mediterranean Multistakeholder Platform on Sustainable Food Systems*, as a contribution to the achievement of the objectives of the 2016 FAO/CIHEAM side event at the NENA Regional Conference, as well as to advance the *2016 Call for Action for the Revitalization of the Mediterranean Diet*, as a follow up to the *2015 CIHEAM Med Diet Expo Call: Time to Act*, towards more sustainable food systems for present and future generations.