



## Welcome to SWITCHtoHEALTHY newsletter!



Are you interested in the topics related to the Mediterranean Diet and healthy lifestyle?

Click the button below to subscribe to our newsletter and learn about the project SWITCHtoHEALTHY aims and activities!

You will receive the next issues of the SWITCHtoHEALTHY e-newsletter only if you agree to subscribe.

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**SWITCHtoHEALTHY - Project presentation**



## Switching Mediterranean Consumers to Mediterranean Sustainable Healthy Dietary Patterns

### SWITCHtoHEALTHY is online!

*1st e-Newsletter*

The project SWITCHtoHEALTHY aims to generate a dietary behaviour change in the direction of a greater adherence to the Mediterranean food model, by strengthening the role of families in the process of acquiring and maintaining healthy eating habits and lifestyle. The Mediterranean Diet is a healthy and sustainable food model, with an essentially plant-based dietary pattern (high consumption of fresh fruits and vegetables, cereals and legumes).

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### UPCOMING EVENTS



## THE PROJECT AT THE AMAHLS V Conference

*December 13-14, 2022 in Tangier*

The Project will be presented by Université Mohammed Premier I at The Fifth International American Moroccan Agricultural, Health, and Life Sciences Conference (AMAHLS V Conference) next December 13-14, 2022 in Tangier, Morocco

VISIT WEBSITE



## SWITCHtoHEALTHY at international fair Travel Turkey

*December 8-10, 2022 in Izmir*

The Project will be presented at the international fair Travel Turkey by Izmir İl Kültür ve Turizm Müdürlüğü located in Turkey next December 8-10, 2022 in Izmir, Turkey

[VISIT WEBSITE](#)

## PAST EVENTS



## THE PROJECT AT THE EFFoST CONFERENCE

*Dublin, 9th of November 2022*

The project SWITCHtoHEALTHy was presented at the 36th **EFFoST International Conference 2022**, hosted by **University College Dublin**, Ireland, 7-9 November 2022.

The project results from 1000 surveys conducted in Italy, Spain, Turkey, Egypt and Lebanon were presented by the coordinator **ENCO srl** (Italy) by delivering the oral presentation entitled “The Adherence and Significance of Mediterranean Diet as Sustainable Healthy Dietary Pattern”

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# HORIZONTE REDES

Pamplona, Navarra (Spain) 10th of November 2022



## SWITCHtoHEALTHY at the event “HORIZONTE REDES”

*Pamplona, Navarra (ES) 10th of November 2022*

The project SWITCHtoHEALTHY was presented by CNTA (Spain) under the thematic session “Healthy and Sustainable Food” of Horizonte Redes.

Horizonte Redes is an event focused on the presentation of relevant European projects aligned with the areas of S4 in Navarra (S4EstrategiaNavarra).

During the presentation CNTA’s representatives showed the project general overview, the expected results and the forthcoming steps.

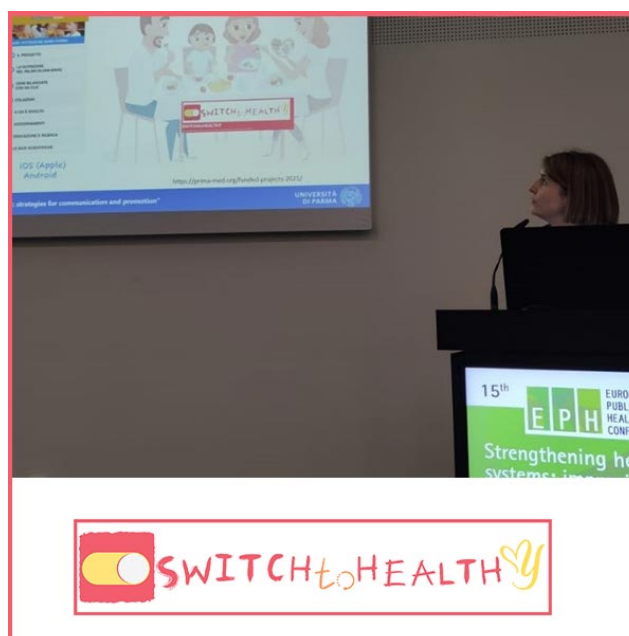


## SWITCHtoHEALTHY in international food fairs

SWITCHtoHEALTHY project had already landed in Turin (Italy) at the international fair "Salone del Gusto - Terra Madre" 22-26 September 2022 and in Paris at the international food fair "SIAL" 15-19 October 2022.

The project's main aims and methodology were illustrated to the public present at the stands of Campania Region and aroused much interest among visitors.

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## SWITCHtoHEALTHY at the EPH Conference 2022 - Berlin

The project SWITCHtoHEALTHY was introduced in Berlin by Francesca Scazzina from Università di Parma during the 15th "European Public Health Conference 2022 - Strengthening health systems: improving population health and being prepared for the unexpected".

The EPH Conference Conference is an annually organised scientific conference on public health issues in Europe. Each year the conference is organised in a different country by the EPH Conference Foundation in close cooperation with one or more local partners.

## FOCUS ON



### Project's coordinator interview Simona Mincione (Enco srl)

#### Project's coordinator interview

*Simona Mincione (Enco srl)*

Project's coordinator interview: Simona Mincione (Enco srl) tells us why SWITCHtoHEALTHY project is so special and so necessary and inaugurates the video series "Meet the project partners". Check out her complete interview on the SWITCHtoHEALTHY project YouTube channel!

WATCH THE VIDEO



<https://www.switchtohealthy.eu/>





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