

## SURVEY of INITIATIVES and NORMS on Food Education and Mediterranean Diet



PARTNER	TYPE	NAME	TYPE OF AUDIENCE/STAKEHOLDERS	AREA	OBJECTIVES/NOTES	LINK TO WEBSITE/DOCUMENTS
RC	Project	Competitions for students of Campania schools: "Create your commercial"	Campania schools (students, educators)	Campania Region (Italy)	Inviting students to discover and valorize the Mediterranean Diet	<a href="http://www.agricoltura.regione.campania.it/eventi/inventa-tuo-spot-2023.html">http://www.agricoltura.regione.campania.it/eventi/inventa-tuo-spot-2023.html</a> ; <a href="http://switchtohealthy.eu/news_10.html">http://switchtohealthy.eu/news_10.html</a>
RC	Activity	Guided tours of Educational Farms	Campania schools (students, educators, educational farms)	Campania Region (Italy)	Bringing citizens closer to the agricultural world and encouraging them to follow a correct diet	<a href="http://www.agricoltura.regione.campania.it/fattorie/fattorie-didattiche.htm">http://www.agricoltura.regione.campania.it/fattorie/fattorie-didattiche.htm</a>
RC	Programme	Regional Programme of Food Education and Consumption Orientation	Citizens of Campania/Schools/Agricultural enterprises	Campania Region (Italy)	Inviting consumers to follow the principles of the Mediterranean Diet	<a href="http://www.agricoltura.regione.campania.it/home.htm">http://www.agricoltura.regione.campania.it/home.htm</a>
RC	Programme	Fruits and Vegetables in schools - EU Reg. n. 1308/2013	Students of elementary schools/Teachers/Families	UE Members States, including Italy and Campania	Inviting students to eat more fruit and vegetables and fighting obesity	<a href="http://www.fruttanellescuole.gov.it/home">http://www.fruttanellescuole.gov.it/home</a>
RC	Programme	Milk in schools - UE Reg. n. 1308/2013	Students of elementary schools/Teachers/Families	UE Member States, including Italy and Campania	Encouraging students to consume more milk and dairy products for a correct diet	<a href="https://www.lattanellescuole.it/">https://www.lattanellescuole.it/</a>
RC	Norm/Law	REGIONAL LAW N. 6 OF 30 MARCH 2012 "RECOGNITION OF THE MEDITERRANEAN DIET"	Citizens of Campania/Schools/Agricultural enterprises/Media	Campania Region (Italy)	Promoting the Mediterranean Diet and encouraging the consumption of seasonal and zero km food products	<a href="https://www.regione.campania.it/assets/documents/legge-regionale-n-6-2012.pdf">https://www.regione.campania.it/assets/documents/legge-regionale-n-6-2012.pdf</a>
RC	Norm/Law	REGIONAL LAW N. 38 OF 6 NOVEMBER 2018 "Norm for orientation towards the consumption of quality products and for food education in schools"	Schools of Campania/ School catering services	Campania Region (Italy)	Promoting food education, and promotion and consumption of quality products in schools through school catering services	<a href="http://regione.campania.it/normativa/item.php?pgCode=G19I231R1801&amp;id_doc_type=1&amp;id_tema=29">http://regione.campania.it/normativa/item.php?pgCode=G19I231R1801&amp;id_doc_type=1&amp;id_tema=29</a>
RC	Institution/body	FONDAZIONE DIETA MEDITERRANEA	General public	Ostuni - Puglia Region (Italy)		<a href="#">Home 2021 - Fondazione dieta mediterranea</a>
RC	Institution/body	ECOMUSEO DELLA DIETA MEDITERRANEA	General public	Pioppi - Campania Region (Italy)		<a href="#">Eco Museo della Dieta Mediterranea di Pioppi - Pollica - Cilento - Italy (ecomuseodietamediterranea.it)</a>
RC	Institution/body	MUSEO VIRTUALE DELLA DIETA MEDITERRANEA (MedEatResearch)	General public			<a href="#">Home - Museo virtuale della dieta mediterranea (mediterraneandietvm.com)</a>
RC	Institution/body	MEDEATRESEARCH (research centre on Med diet) Centro di ricerche sociali sulla Dieta Mediterranea - University "Suor Orsola Benincasa"	General public	Naples (Italy)		<a href="#">UNISOB Napoli - Centro di Ricerche Sociali sulla Dieta Mediterranea MedEatResearch</a>
RC	Institution/body	FUTURE FOOD INSTITUTE	General public	Bologna - Emilia Romagna Region (Italy)		<a href="#">Home - Future Food Institute</a>
RC	Institution/body	OSSERVATORIO DIETA MEDITERRANEA	General public	Naples (Italy)		<a href="#">Osservatorio Dieta Mediterranea</a>
RC	Project	MD.net- Interreg	General public	MED Area	MD.net Project challenges the problems of currently neglected and undeveloped opportunities of the Mediterranean Diet. The main objective of the project is to strengthen exploration of the Mediterranean Diet according to the UNESCO Med Diet Convention, blending comprehensive Mediterranean Diet concepts with innovative tools.	<a href="https://mdnet.interreg-med.eu/the-project/introduction/">https://mdnet.interreg-med.eu/the-project/introduction/</a>
CREDA	Guideline	Healthier and more sustainable School canteens- "Menjadors Escolars més Sans i Sostenibles"	School Canteens	Barcelona	Promote healthier diets, to avoid the hypercaloric diets with excess of animal origin protein and saturated fat, sugar and ultra-processed foods. Current surveys indicate that 80% of children and adolescent don't eat the amount of fruits and vegetables recommended	<a href="https://www.aspb.cat/MEMSS-guia-transformacio">https://www.aspb.cat/MEMSS-guia-transformacio</a>

CREDA	Project	Interreg POCTEFA TRANSGROWTH - Take care of yourself and the others	General public	Catalunya	EVOO as a symbol of landscape, tradition, culture and territory. Quality, proximity, health and wellness	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/oli-oliva-verge-extra-catala/">https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/oli-oliva-verge-extra-catala/</a>
CREDA	Institution/body	Report of the Scientific Committee of the Spanish Agency for Food Safety and Nutrition (AESAN) on the Nutritional Reference Intakes for the Spanish population	Research centers/Nutritionists	Spain	Nutritional reference intakes in Spain	<a href="https://www.aesan.gob.es/AECOSAN/docs/documentos/seguridad_alimentaria/evaluacion_riesgos/informes_comite/INR.pdf">https://www.aesan.gob.es/AECOSAN/docs/documentos/seguridad_alimentaria/evaluacion_riesgos/informes_comite/INR.pdf</a>
CREDA	Institution/body	Dietician Recommendations for Spanish population	General public	Spain	Recommendations for a healthy diet	<a href="http://www.aesan.gob.es/AECOSAN/docs/documentos/seguridad_alimentaria/evaluacion_riesgos/informes_comite/RECOMENDACIONES_DIETETICAS.pdf">www.aesan.gob.es/AECOSAN/docs/documentos/seguridad_alimentaria/evaluacion_riesgos/informes_comite/RECOMENDACIONES_DIETETICAS.pdf</a>
CREDA	Programme	Global Alliance to Promote Fruit and Vegetable Consumption "5 a Day"	General public	32 countries	AIAM5 global alliance to promote F&V consumption. Inviting population to eat more fruit and vegetables and fighting overweight	<a href="http://ifava.org/">http://ifava.org/</a>
CREDA	Programme	5 al día	Schools of Spain/ School catering services	Spain	Inviting students to eat more fruit and vegetables and fighting obesity	<a href="https://www.saldia.org/frutas-y-hortalizas/descarga-de-materiales">https://www.saldia.org/frutas-y-hortalizas/descarga-de-materiales</a>
CREDA	Norm/Law	REGIONAL LAW DECREEE 110/2022, OF FEBRUARY 8TH, related to scholar programs on Fruits, Vegetables and milk consumption at schools	Citizens of Campania/Schools/Agricultural enterprises/Media	Spain	Promoting food education, and promotion and consumption of FRUITS, VEGETABLES AND MILK in schools	<a href="https://www.boe.es/eli/es/rd/2022/02/08/110">https://www.boe.es/eli/es/rd/2022/02/08/110</a>
CREDA	Programme	Guidelines to healthier food at School canteens and at home	Citizens of Catalunya/Schools/Media	Catalunya	Promoting food education, and promotion and consumption of proximity food for a more healthy and sustainable diet	<a href="http://salutpublica.gencat.cat/ca/ambits/promocio_salut/alimentacio_saludable/Publicacions/publicacions-alimentacio-infants-i-joves/">http://salutpublica.gencat.cat/ca/ambits/promocio_salut/alimentacio_saludable/Publicacions/publicacions-alimentacio-infants-i-joves/</a>
CREDA	Institution/body	Recipes on Mediterranean diet linked to scientific and academic documentation on FWL	General public	Catalunya	Nutritional tips and recipes on Mediterranean crops and products, related also to Food Waste prevention	<a href="https://biblioteca.upc.edu/bcbl/colleccions#evitem-malbaratament-alimentari-collaboracio-catedra-mercabarna-eeabb">https://biblioteca.upc.edu/bcbl/colleccions#evitem-malbaratament-alimentari-collaboracio-catedra-mercabarna-eeabb</a>
CREDA	Project	ORBITA4KIDS	Children and teenagers and families	La Llagosta (Barcelona)	Intervention on 2.000 children/teens to promote healthy lifestyles to prevent childhood obesity by recommendations on physical activity and sport, nutrition, hours and quality of sleep and emotional well-being.	<a href="https://gasolfoundation.org/ca/orbita4kids-lallagosta/">https://gasolfoundation.org/ca/orbita4kids-lallagosta/</a>
UNIPR	Project	PROMedLIFE - Novel food products for the PROMotion of MEDiterranean LIFeStyle and healthy diet	Children, teenagers, families and schools	Italy, Slovenia, Morocco, Tunisia, Greece	Increasing adherence to the Mediterranean Diet through a multi-actor approach by encouraging the adoption of a healthy eating lifestyle while decreasing the environmental and economic impact of food production and processing. It also aims to attain optimal food consumption and	<a href="https://sites.google.com/view/promedlifeproject">https://sites.google.com/view/promedlifeproject</a>
UNIPR	Project	MED4Youth - Mediterranean Enriched Diet for tackling Youth Obesity	Children, teenagers and families	Italy, Spain, Portugal, Israel, Jordan	Strengthening the link between the Mediterranean Diet and the health benefits against youth obesity and associated cardiovascular disease risk factors. The project has also the objective to elucidate whether the health effects of Mediterranean Diet are associated with changes in gut microbiota and gut-derived metabolites.	<a href="https://med4youth.eu/">https://med4youth.eu/</a>
CEEBA	Programme	Implementation of WHO Recommended Policies and Interventions on Healthy Diet in the Countries of the Eastern Mediterranean Region: From Policy to Action	Eastern Mediterranean Region	Egypt	The lecture presents recommendations, which help link culturally and economically between the Mediterranean diet-related activities and the Egyptian cultural identity. This link should help raise the awareness of the local community on the importance of the intangible cultural heritage, and encourage them to preserve it and operationalize the element of sustainability through transferring knowledge to future generations.	<a href="https://www.bibalex.org/en/Events/EventDetails?DocumentID=69084&amp;Keywords=">https://www.bibalex.org/en/Events/EventDetails?DocumentID=69084&amp;Keywords=</a>
CEEBA	Programme	MedDiet: Mediterranean Diet	Restaurants, Schools, local authorities	Egypt, Spain, Algeria, Tunisia, Italy, Greece, Turkey, Lebanon, Jordan	Work was launched in 2010 on the present edition of Mediterra, mobilising in partnership with CEEBA and the project partners, the European Institute of the Mediterranean (IEMed) and the Mediterranean Diet Foundation (MDF) a scientific network of international experts with profiles as diverse as they are complementary. This multidisciplinary approach was necessary in order to apprehend the various components of the Mediterranean Diet, whose analysis requires a cross-cutting intersectoral approach	<a href="https://www.ciheam.org/wp-content/uploads/2022/07/Mediterra_2012_EN.pdf">https://www.ciheam.org/wp-content/uploads/2022/07/Mediterra_2012_EN.pdf</a>
CEEBA	Activity	Med Diet 4.0: the Mediterranean diet with four sustainable benefits	General public	MED Area	The MedDiet project aims to raise the awareness of consumers about the importance of the Mediterranean Diet, as an integral part of the Mediterranean lifestyle, and as a vehicle for development, stability and solidarity in the Mediterranean basin.  The "Mediterranean diet and enhancement of traditional foodstuff - MedDiet" is a strategic project funded by European Union in the framework of the ENPI CBC Mediterranean Sea Basin Programme	<a href="https://www.med-diet.eu/">https://www.med-diet.eu/</a> <a href="https://www.ascame.org/wp-content/uploads/2020/01/MedDiet-Local-Authorities.pdf">https://www.ascame.org/wp-content/uploads/2020/01/MedDiet-Local-Authorities.pdf</a>
CEEBA	Activity	virtual webinar on Med diet between countries part of SIDUMED project	General public	Egypt, Morocco	Research to characterize the multiple dimensions and benefits of the Mediterranean diet as a sustainable diet, in order to revitalize this intangible food heritage at the country level; and to develop a multidimensional framework – the Med Diet 4.0 – in which four sustainability benefits of the Mediterranean diet are presented in parallel: major health and nutrition benefits, low environmental impacts and richness in biodiversity, high sociocultural food values, and positive local economic returns.	<a href="https://www.cambridge.org/core/journals/public-health-nutrition/article/med-diet-40-the-mediterranean-diet-with-four-sustainable-benefits/624955F8260F54B3DF1B57AF655A0ED3">https://www.cambridge.org/core/journals/public-health-nutrition/article/med-diet-40-the-mediterranean-diet-with-four-sustainable-benefits/624955F8260F54B3DF1B57AF655A0ED3</a>
CEEBA	Activity	Mediterranean Diet's principles for Agenda 2030 – Launch of the Alliance for the Promotion of the Principles of the Mediterranean Diet for Agenda 2030	General public	Cyprus, Croatia, Egypt, Greece, Italy, Jordan, Lebanon, Morocco, Portugal, San Marino, Spain and Tunisia	virtual webinar on Med diet between countries part of SIDUMED project	<a href="https://marocenv.com/15525.html/2021/">https://marocenv.com/15525.html/2021/</a>

CEEBA	Programme	Improving Household Food and Nutrition Security in Egypt by Targeting Women and Youth	local authorities and communities/ NGOs	Egypt	This webinar will focus on highlighting practices and approaches that aim at addressing consumers' needs highly relevant to the sustainability of food systems, such as for instance: to access healthy, affordable and safe food; to access adequate information enabling informed choices through appropriate tools (including digital tools); to have their views represented in decision-making processes; and to be educated on the environmental, social, and economic consequences of their choices, while contributing to shaping the offer of more sustainable products.	<a href="https://www.fao.org/3/cc3900en/cc3900en.pdf">https://www.fao.org/3/cc3900en/cc3900en.pdf</a>
CEEBA	Programme	Improved livelihoods, nutrition and empowerment of rural women and their families in Minya Governorate	local communities/ relevant agri-food value chains	Egypt	seminar and event titled "More than 2000 years of Mediterranean Diet. A journey from ancient romans to the UNESCO recognition in 2010. The cultural dimension of food" celebrating the origins, traditions and landscapes of the Mediterranean Diet, focusing also on the benefits the diet produces on human health, the environment and natural resources.  A declaration of an alliance to promote the med diet between the countries was made.	<a href="https://rapponuroma.esteri.it/rapp_onu_roma/en/ambasciata/news/dall_ambasciata/mediterranean-diet-s-principles.html">https://rapponuroma.esteri.it/rapp_onu_roma/en/ambasciata/news/dall_ambasciata/mediterranean-diet-s-principles.html</a> <a href="https://www.onuitalia.com/2020/09/19/fao-introducing-the-mediterranean-diets-principles-for-agenda-2030-initiative/">https://www.onuitalia.com/2020/09/19/fao-introducing-the-mediterranean-diets-principles-for-agenda-2030-initiative/</a>
CEEBA	Programme	Increasing water productivity for nutrition-sensitive agriculture and improved food security and nutrition	local communities/ relevant agri-food value chains	Egypt	The Project is designed to improve the food and nutrition security of the vulnerable by improving the skills of women and the youth in food production, small animal husbandry, and other entrepreneurial activities, in addition to increasing their level of knowledge about nutrition through education and Behaviour Change Communication Plans.	<a href="https://www.fao.org/egypt/programmes-and-projects/food-nutrition-security/zh/">https://www.fao.org/egypt/programmes-and-projects/food-nutrition-security/zh/</a>
CEEBA	Activity	IFPRI EGYPT Seminar: The 100 Million Healthy Lives Initiative: Food availability, access and consumption patterns in Egypt	General public	Egypt	The project will be implemented in ten of the poorest villages in Minya Governorate of the Upper Egypt Region. Its overall objective is to reduce poverty, improve food security and nutrition and build resilient livelihoods for vulnerable rural women of different age and socio-economic groups, especially those most affected by the COVID-19 crisis. Its immediate objective is to provide 2,000 rural women and their households with improved access to efficient climate-smart agriculture practices and technologies and with technical and financial support for the establishment of agri-food enterprises in the horticulture value chain.	<a href="https://www.fao.org/egypt/programmes-and-projects/improved-livelihoods-minya-governorate/zh/">https://www.fao.org/egypt/programmes-and-projects/improved-livelihoods-minya-governorate/zh/</a>
CEEBA	Norm/Law	Technical Guidance for the Joint Approach to Nutrition and Food Security Assessment (JANFSA)	authorities	84 countries	The overall objective of the project is to improve dietary quality and diversity through the agricultural production pathway by strengthening the capacity of smallholder farmers in these settings to adopt sustainable water, soil, and agronomic management practices.	<a href="https://www.fao.org/egypt/programmes-and-projects/project-list/zh/">https://www.fao.org/egypt/programmes-and-projects/project-list/zh/</a>
CEEBA	Norm/Law	Scaling Up Nutrition in the Arab Republic of Egypt	authorities	Egypt	a series of seminars co-organized with the National Nutrition Committee (affiliated by the Academy for Scientific Research and Technology). The IFPRI Egypt seminar, "Research to support the 100 Million Healthy Lives Initiative: Food availability, access and consumption patterns in Egypt", took place at the National Nutrition Institute (NNI) on March 24, 2019.  The IFPRI-Egypt Seminar Series is part of the United States Agency for International Development (USAID) funded project called "Evaluating Impact and Building Capacity" (EIBC) that is implemented by IFPRI. The seminar supports USAID's Agribusiness for Rural Development and Increasing Incomes (ARDII) project's objectives.	<a href="https://egyptssp.ifpri.info/2019/03/26/ifpri-egypt-seminar-research-to-support-the-100-million-healthy-lives-initiative-food-availability-access-and-consumption-patterns-in-egypt/">https://egyptssp.ifpri.info/2019/03/26/ifpri-egypt-seminar-research-to-support-the-100-million-healthy-lives-initiative-food-availability-access-and-consumption-patterns-in-egypt/</a>
CEEBA	Norm/Law	improving child nutrition in Egypt	General public	Egypt	This Joint Approach for Nutrition and Food Security Assessment (JANFSA) guidance is designed for professionals and organizations intending to carry out integrated nutrition and food security assessments. It sets out the steps required and the standards for such assessments.	<a href="https://www.wfp.org/publications/technical-guidance-joint-approach-nutrition-and-food-security-assessment-janfsa">https://www.wfp.org/publications/technical-guidance-joint-approach-nutrition-and-food-security-assessment-janfsa</a>
CEEBA	Activity	Improvement of Healthy Diet Related Knowledge among a Sample of Egyptian Women in Three Upper Egypt Governorates Using a Community Based Intervention	General public	Egypt	The objective of this report, developed at the request of the government of Egypt in close collaboration with UNICEF, is to help inform the development of an updated nutrition policy and strategy and to guide nutrition investments over the next five years. The report provides an updated overview of Egypt's nutrition situation, the nutrition-specific and nutrition-sensitive interventions currently in place, opportunities to scale up the response to alleviate the burden of malnutrition, estimates of the costs and benefits of scaling up key interventions, and analyses of the fiscal space required to implement these key interventions at scale.	<a href="https://www.unicef.org/egypt/media/6931/file/Scaling%20Up%20Nutrition%20in%20the%20Arab%20Republic%20of%20Egypt.pdf">https://www.unicef.org/egypt/media/6931/file/Scaling%20Up%20Nutrition%20in%20the%20Arab%20Republic%20of%20Egypt.pdf</a>
CEEBA	Activity	Addressing Food Insecurity in Egypt: Towards Sustaining Food Access for All	General public	Egypt	policy recommendations	<a href="https://dhsprogram.com/pubs/pdf/PB11/PB11.2.pdf">https://dhsprogram.com/pubs/pdf/PB11/PB11.2.pdf</a>
CEEBA	Activity	FAO Children Awareness about the Food System and Health Food	General public	Egypt	Research aimed at assessing the knowledge of mothers/caregivers towards a healthy, safe, and affordable diet and to cover the detected knowledge gap using a community-based approach	<a href="https://oamjms.eu/index.php/mjms/article/view/oamjms.2019.748">https://oamjms.eu/index.php/mjms/article/view/oamjms.2019.748</a>
CEEBA	Activity	FAO, BEL Egypt team up to raise nutritional awareness, promote healthy eating habits for Egyptian children	General public	Egypt	policy paper on food security in Egypt	<a href="https://fount.aucegypt.edu/cgi/viewcontent.cgi?article=1088&amp;context=studenttxt">https://fount.aucegypt.edu/cgi/viewcontent.cgi?article=1088&amp;context=studenttxt</a>

CEEBA	Programme	USAID Agriculture and Food Security	General public	Egypt	awareness campaign FAO, in cooperation with the Egyptian Association of Members of the Royal College of Paediatrics and Child Health (EMA-RCPCH), has produced awareness materials on diet for healthy diets.  Published on: Dec 15, 2020	<a href="https://www.fao.org/egypt/resources/children-awareness-campaign/en/">https://www.fao.org/egypt/resources/children-awareness-campaign/en/</a>
CEEBA	Programme	USAID Egypt SMART Project SBCC Materials	General public	Egypt	The Food and Agriculture Organization of the United Nations (FAO) and Bel Egypt signed a framework for cooperation and coordination with the goal of increasing nutritional awareness and promoting healthy and responsible habits in children across Egypt, driven by a common goal to promote healthy nutrition and combat malnutrition issues in Egypt.	<a href="https://www.fao.org/egypt/news/detail-events/en/c/1543267/">https://www.fao.org/egypt/news/detail-events/en/c/1543267/</a>
CERTH	Project	PLAN'EAT	Scientific community, General public	Europe	To understand the underlying factors and drivers influencing dietary behaviour.	<a href="https://planeat-project.eu/">https://planeat-project.eu/</a>
CERTH	Project	FOODITY	Scientific community, General public	Europe	Demonstrating the potential of citizens' personal data for better food systems	<a href="https://foodity.eu/">https://foodity.eu/</a>
EUT	Programme	SAFALÍN (health, family and children)	Children between 6 - 12 y and their families in vulnerable situation	<i>Catalonia:</i> Sant Boi de Llobregat (Barcelona) Girona <i>Rest of Spain:</i> Madrid Extremadura	To empower families, providing them with healthy tools that they can apply in their family routines. Group workshops with families to raise awareness about the importance of the "4 planets of the Healthy Galaxy", which correspond to the 4 pillars necessary to promote healthy lifestyles.	<a href="https://gasolfoundation.org/es/safalin/">https://gasolfoundation.org/es/safalin/</a>
EUT	Institution/body	Alicia Foundation	People of all ages, from children to adults	Catalonia	To improve the eating habits of society, to respond to the culinary needs of people with special health requirements and to advise on and achieve the improvement of the culinary proposals of collective caterers (hospitals, schools, geriatric homes...) adapting them to all needs.	<a href="https://www.alicia.cat/en/">https://www.alicia.cat/en/</a>
EUT	Guideline	Healthy eating in early childhood	Health professionals, teachers and families	Catalonia	To provide information and tools to improve the quality of children's nutrition, guarantee their overall development, promote a healthy, satisfying and pleasurable relationship with food, at the same time that takes care of the environment.	<a href="https://salutpublica.gencat.cat/">https://salutpublica.gencat.cat/</a>
EUT	Institution/body	Fundación Dieta Mediterránea	Families, researchers, companies	Spain	Safeguard the lifestyle of the Mediterranean Diet, disseminating its nutritional, health, cultural and environmental benefits. Promote healthy lifestyles among society, especially in the most vulnerable sectors of the population. Promote scientific knowledge and research on the Mediterranean Diet as a key tool to contribute to improving public health.	<a href="https://dietamediterranea.com/">https://dietamediterranea.com/</a>
EUT	Institution/body	Mediterranean Lifestyle Medicine Institute	Health professionals and policy makers	Greece	Developing and implementing educational, research, and interventional programs to study the effects of the tMedLife on healthy aging. To preserve the tMedLife for the future generations, and to help people integrate the principles of the tMedLife in their modern lifestyle.	<a href="https://medlifestyle.org/">https://medlifestyle.org/</a>
KTB	Policy-Programme/ Guideline	Milk in schools - 28/8/2015 date 29459 statement	Elementary and pre-school students	Turkey	Distribution of milk 3 days of a week to every student to promote healthy eating habits	<a href="https://hsgm.saglik.gov.tr/tr/okul-sagligi/okul-s%C3%BCT%C3%BC-program%C4%B1.html">https://hsgm.saglik.gov.tr/tr/okul-sagligi/okul-s%C3%BCT%C3%BC-program%C4%B1.html</a>
KTB	Policy-Programme/ Guideline	Nutrition Friendly Schools	Children, teenagers and families	Turkey	The program aims to increase the awareness of healthy nutrition and active life in schools, to support good practices in the field and to improve health of school public of every age	<a href="https://hsgm.saglik.gov.tr/tr/okul-sagligi/beslenme-dostu-okullar-program%C4%B1.html">https://hsgm.saglik.gov.tr/tr/okul-sagligi/beslenme-dostu-okullar-program%C4%B1.html</a>
KTB	Policy-Programme/ Guideline	School Food Logo	Children, teenagers and families	Turkey	It is obligatory to obtain school food approval from the Ministry and bear logos for prepackaged foods that will be offered for sale and consumption directly to students in food establishments such as canteens, cafeterias and cafeterias of the schools and institutions affiliated to the Ministry of National Education	<a href="https://www.tarimorman.gov.tr/Konu/2054/okul_gidasi">https://www.tarimorman.gov.tr/Konu/2054/okul_gidasi</a>
KTB	Policy-Programme/ Guideline	Adult and Childhood Obesity Prevention and Physical Activity Action Plan	Children, teenagers and families	Turkey	To ensure that all citizens have access to healthy food for a balanced and healthy diet. Developing healthy behaviors and ensuring the appropriate growth of children, supporting healthy nutrition, sleep and physical activity in early childhood, and providing guidance	<a href="https://hsgm.saglik.gov.tr/tr/beslenmehareket-yayinlar1/beslenmehareket-programlar/585.html">https://hsgm.saglik.gov.tr/tr/beslenmehareket-yayinlar1/beslenmehareket-programlar/585.html</a>
KTB	Survey - Activity	Fast food out, Mediterranean diet in. What Are the Eating Habits of Today's Youth?	Teenagers	Izmir	Research of the nutritional habits of high school and university students from Izmir. According to the results of the research, young people from Izmir are closer to Mediterranean cuisine	<a href="https://haber.yasar.edu.tr/saglik/fast-food-out-akdeniz-diyeti-in.html">https://haber.yasar.edu.tr/saglik/fast-food-out-akdeniz-diyeti-in.html</a>

KTB	Programme	Izmir95 project	Pregnant and Postpartum Women and Babies	Izmir	Developed to support parents and children, the Izmir95 project extends from pregnancy to postpartum. Within the scope of the project that gets its name from 95 centimeters, which is accepted as the average height of a 3-year-old healthy child by the World Health Organization, social workers makes visits to pregnant women determined in the regions, beginning on the seventh month of pregnancy, 3 times before birth and once every 2 weeks after birth until the child becomes one year old. With the Izmir95 project, a "Pregnant Nutrition Package" is distributed to expectant mothers, and during these meetings, necessary information is provided for the healthy growth of the baby. The games and books that support the development of the baby are introduced to the families, and the awareness is kept being raised with regular visits.	<a href="https://www.izmir.bel.tr/tr/Haberler/buyuksehir-belediyesi-nden-anne-adaylarina-gebe-beslenme-paketi/47760/156">https://www.izmir.bel.tr/tr/Haberler/buyuksehir-belediyesi-nden-anne-adaylarina-gebe-beslenme-paketi/47760/156</a>
KTB	Programme	Lunch boxes	6-14 year old students	Izmir	Contributing to healthy nutrition of children by distributing dried fruits and fresh fruit for the primary and secondary school students of low-income families to consume as snacks	<a href="https://www.izmir.bel.tr/tr/Haberler/beslenme-cantalari-izmir-dayanimsasiyla-doluyor/47815/156">https://www.izmir.bel.tr/tr/Haberler/beslenme-cantalari-izmir-dayanimsasiyla-doluyor/47815/156</a>
DACC	Institution/Body	Mediterranean Diet Foundation	General public	Spain	Promotes MD, its foodproducts and healthy lifestyle for the spanish population and industry	<a href="https://dietamediterranea.com/">https://dietamediterranea.com/</a>
DACC	Institution/Body	Gasol Foundation	Children and its families	Spain and USA	Promotes healthy habits between school children but also its families, specially in undeserved communities in order to improve obesity rates	<a href="https://gasolfoundation.org/">https://gasolfoundation.org/</a>
DACC	Exposition	Menja, Actua, Impacta EXPO (Eat, act and impact on Expo)	all audience (consumers, schools, companies, etc.)	Catalonia	Get aware of the 5 areas that can have impact on people and the planet, by promoting a healthy diet	<a href="https://menjaactuaimpacta.org/">https://menjaactuaimpacta.org/</a>
DACC	Guideline	Small Changes to eat better	General public	Catalonia	Identify key aspects that, with small modifications, can significantly improve the quality and sustainability of your diet.	<a href="https://salutpublica.gencat.cat/ca/ambits/promocio_salut/alimentacio_saludable/Publicacions/Alimentacio-saludable-per-a-tothom/Petits-canvis-per-menjar-millor/index.html#googtrans(ca en)">https://salutpublica.gencat.cat/ca/ambits/promocio_salut/alimentacio_saludable/Publicacions/Alimentacio-saludable-per-a-tothom/Petits-canvis-per-menjar-millor/index.html#googtrans(ca en)</a>
DACC	Leaflet	Estimate of the economic cost of a basic healthy diet in Catalonia 2022 (cost de despesa saludable bàsica a Catalunya)	General public	Catalonia	Inform about the cost of the basic shopping basket in Catalonia during 2022, that can achieve the nutritional requirements promoted by national and international authorities	<a href="https://salutpublica.gencat.cat/web/.content/minisite/aspocat/promocio_salut/alimentacio_saludable/02Publicacions/pub_alim_salu_tothom/infografia-cost-alimentacio-saludable-basica/infografia-cost-alimentacio-saludable-basica.pdf">https://salutpublica.gencat.cat/web/.content/minisite/aspocat/promocio_salut/alimentacio_saludable/02Publicacions/pub_alim_salu_tothom/infografia-cost-alimentacio-saludable-basica/infografia-cost-alimentacio-saludable-basica.pdf</a>
DACC	Leaflet	Lunchboxes to take to school (Dinars de carmanyola per portar a escola)	Families	Catalonia	Provide practical ideas to prepare healthy lunchboxes	<a href="https://salutpublica.gencat.cat/web/.content/minisite/aspocat/promocio_salut/alimentacio_saludable/02Publicacions/pub_alim_inf/dinars_carmanyola_als_centres_educatius/dinars-carmanyola-escola.pdf">https://salutpublica.gencat.cat/web/.content/minisite/aspocat/promocio_salut/alimentacio_saludable/02Publicacions/pub_alim_inf/dinars_carmanyola_als_centres_educatius/dinars-carmanyola-escola.pdf</a>
DACC	Programme	PREME - School Menu Review Program in Catalonia	Schools	Catalonia	Offers educational centers in Catalonia the review of the menu program served in the school canteen, with the preparation of a report with suggestions to improve the quality of the offer.	<a href="https://salutpublica.gencat.cat/ca/ambits/promocio_salut/alimentacio_saludable/PREME/">https://salutpublica.gencat.cat/ca/ambits/promocio_salut/alimentacio_saludable/PREME/</a>
DACC	Programme	Here yes: Fruit and Health (Aqui si: fruita i salut)	restaurants, caterers, markets, hotels, greengrocer's, etc.	Catalonia	Identify and recognize establishments committed to offering customers portions of fresh fruit, ready to eat.	<a href="https://salutpublica.gencat.cat/ca/sobre_lagencia/Plans-estrategics/pinsap/accions-eines-i-projectes-relacionats/aqui_si_fruita_i_salut/">https://salutpublica.gencat.cat/ca/sobre_lagencia/Plans-estrategics/pinsap/accions-eines-i-projectes-relacionats/aqui_si_fruita_i_salut/</a>
DACC	Regional Law	Llei 5/2017 - Fiscal tax on sweetened beverages	General public	Catalonia	Tax on the price and purchase of Sugar sweetened beverages in order to promote changes in buying but also in the consumption habits of population so as to reduce obesity	<a href="https://portaljuridic.gencat.cat/ca/document-del-pjur/?documentId=781993">https://portaljuridic.gencat.cat/ca/document-del-pjur/?documentId=781993</a>
DACC	Plan	PAAS - Comprehensive Plan for the promotion of health through physical activity and healthy eating	Schools, Health professionals, Companies, Researchers and Teachers	Catalonia	Prevent and control the obesity epidemic experienced by industrialized countries and which is at the basis of many chronic health problems	<a href="https://salutpublica.gencat.cat/ca/sobre_lagencia/Plans-estrategics/PAAS/">https://salutpublica.gencat.cat/ca/sobre_lagencia/Plans-estrategics/PAAS/</a>
DACC	Plan	PEAC - Strategic Food Plan of Catalonia (PEAC)	Food companies, consumers, institutions, etc.	Catalonia	Inside the Catalan Food Strategy pretends to move towards a more sustainable, safe, fair, cohesive, resilient, healthy food system with universal access.	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/estrategia-alimentaria/pla-estrategic/">https://agricultura.gencat.cat/ca/ambits/alimentacio/estrategia-alimentaria/pla-estrategic/</a>
DACC	Institution/Body	Catalan Food Council	Experts and entities of the 4 areas involved	Catalonia	Body for participation and collaboration, for debate and advice, consultation and proposal in matters of agri-food. It aims to achieve a new national food policy based on local production of food and the sustainable management of the environment	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/consell-catala-alimentacio/">https://agricultura.gencat.cat/ca/ambits/alimentacio/consell-catala-alimentacio/</a>
DACC	Project	Catalonia declared European Gastronomy Region	General public / Tourism	Catalonia	Highlight and promote Catalan food and gastronomy (local products, cuisine, etc.)	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/plans-projectes-sectorials/projectes-europeus/regio-europea-gastronomia/index.html#googtrans(ca en)">https://agricultura.gencat.cat/ca/ambits/alimentacio/plans-projectes-sectorials/projectes-europeus/regio-europea-gastronomia/index.html#googtrans(ca en)</a>
DACC	Project	Agri-food promotion - catalan products	Consumers	Catalonia	promote catalan products and contribute to the recognition of farmers, fishers, etc.	
DACC	Project	Agri-food promotion - lamb's meat	professional (cookers, butchers, etc.) who work with this meat and can make recommendations on consumers	Catalonia	valorization of lamb meat , all the while making known its sensorial, nutritional, and gastronomic qualities.	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/promocio-carn-xai/index.html#googtrans(ca en)">https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/promocio-carn-xai/index.html#googtrans(ca en)</a>
DACC	Project	Agri-food promotion - lamb's meat leaflet	professional (cookers, butchers, etc.) who work with this meat and can make recommendations on	Catalonia	valorization of lamb meat , all the while making known its sensorial, nutritional, and gastronomic qualities.	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/promocio-carn-xai/index.html#googtrans(ca en)">https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/promocio-carn-xai/index.html#googtrans(ca en)</a>
DACC	Project	Promotion of seasonal food products - monthly	General public	Catalonia	Give monthly nutritional information about products (individually or by type) but also extra information about its characteristics, production or harvest	<a href="https://agricultura.gencat.cat/ca/actualitat/productes-temporada/">https://agricultura.gencat.cat/ca/actualitat/productes-temporada/</a>
DACC	Project	Fruit amb milk at schools!	schools	catalonia	Grant to receive free fruit and milk for children to consume at breakfast or snack time within the school grounds.	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/fruita-llet-escoles/">https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/fruita-llet-escoles/</a>
DACC	Project	Commitment to promote seasonal and local fruit and vegetables in Catalonia	General public	Catalonia	Promote the consumption of local fruits and vegetables to benefit from their properties but also to contribute with a living, balanced and dynamic territory	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-fruits-verdura-catalunya/">https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-fruits-verdura-catalunya/</a>
DACC	Institution/Body	EAT-Lancet Commission on Healthy Diets From Sustainable Food System	Experts and policy makers	Worldwide	Promote healthy diets from sustainable food systems	<a href="https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/">https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/</a>
DACC	Project	Gastroteca	General public / Tourism / Food companies, restaurants, etc.	Catalonia	Tool to inform about catalan food products and all the information relates (when to eat, where, recipes, etc.)	<a href="https://www.gastroteca.cat/es/">https://www.gastroteca.cat/es/</a>
DACC	Project	Corpus alimentari	General public, cooks, etc.	Catalonia	Cookbook with traditional catalan recipes and gastronomy	

DACC	Seasonal Campaign	Mercabarna - summer camps and other healthy eating habits promotions	Children at risk of social exclusion	Catalonia	Summer camp and other educational campaigns where healthy habits are learned by playing	<a href="https://www.mercabarna.es/responsabilitat-social/campus-estiu/">https://www.mercabarna.es/responsabilitat-social/campus-estiu/</a>
DACC	Training courses	Training on health professionals	Health professionals	Catalonia	Free training for professionals about health and diet related issues	<a href="https://promocio.cat/">https://promocio.cat/</a>
DACC	Programme	AMED Programme	restaurants, caterers, etc.	Catalonia	Promote Mediterranean diet as a healthy food model on restaurants	<a href="http://amed.cat/home.php">http://amed.cat/home.php</a>
DACC	Collective action	World Healthy food Day - 16th october		Worldwide	Collective action to promote awareness and actions related to global challenges related with food and feed	<a href="https://www.fao.org/world-food-day/en">https://www.fao.org/world-food-day/en</a>
DACC	Project	Health promotion company	Companies	Catalonia	Promote health in the work environment and contribute to improving the health of the working population	<a href="https://canalsalut.gencat.cat/ca/vida-saludable/empresa-promotora-salut/index.html#googtrans(ca en)">https://canalsalut.gencat.cat/ca/vida-saludable/empresa-promotora-salut/index.html#googtrans(ca en)</a>
DACC	Guideline	Eat healthy and move ... in work meetings, conferences and congresses	event organisers	Catalonia	Proposals to improve the quality, nutritional balance and sustainability of meals at meetings, conferences and congresses, with suggestions for breakfasts, snacks, lunches and drinks. Also included are tips for scheduling and promoting active commuting and rest breaks.	<a href="https://salutpublica.gencat.cat/web/.content/minisite/aspcat/promocio_salut/alimentacio_saludable/02Publicacions/pub_alim_entorn_laboral/menjar-sa-congressos-i-reunions/MenjarSaMoures_cossos.pdf">https://salutpublica.gencat.cat/web/.content/minisite/aspcat/promocio_salut/alimentacio_saludable/02Publicacions/pub_alim_entorn_laboral/menjar-sa-congressos-i-reunions/MenjarSaMoures_cossos.pdf</a>
DACC	Research	PREDIMED	Health professionals and experts	Spain	Most important research about the contribution of the MD for the prevention of ECV's.	<a href="http://www.predimed.es/media-report.html">http://www.predimed.es/media-report.html</a>
DACC	Project	At school and at home, eat at a good pace!	Families and schools	Catalonia	Promotes eating fruit and vegetables at every meal, both at home and at school.	<a href="http://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/fruits-let-escoles/fruits-escoles/">http://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/fruits-let-escoles/fruits-escoles/</a>
DACC	Projecte	Sweet fruit action plan	Food chain	Catalonia	Action Plan which aims to strengthen the fruit sector in Catalonia with specific activities addressed to consumers to increase fruit consumption	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/plans-projectes-sectorials/pla-accio-fruits-dolca/">https://agricultura.gencat.cat/ca/ambits/alimentacio/plans-projectes-sectorials/pla-accio-fruits-dolca/</a>
DACC	Promotion campaign	Extra virgin Olive Oil	General public	Catalonia	Promotion of EVOO	<a href="https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/oli-oliva-verge-extra-catala/index.html#googtrans(ca en)">https://agricultura.gencat.cat/ca/ambits/alimentacio/promocio-agroalimentaria/promocions-generiques/oli-oliva-verge-extra-catala/index.html#googtrans(ca en)</a>
DACC	Research	Predimed Plus	Health professionals and experts	Spain	Most important research about the contribution of the MD for the prevention of ECV's in the elderly	<a href="https://diaridigital.urv.cat/estudi-predimed-plus-confirma-la-millora-de-la-qualitat-de-vida-amb-la-dieta-mediterranea-i-lactivitat-fisica/">https://diaridigital.urv.cat/estudi-predimed-plus-confirma-la-millora-de-la-qualitat-de-vida-amb-la-dieta-mediterranea-i-lactivitat-fisica/</a>
DACC	Congress	Mediterranean Diet Foundation - Global Food system	Experts	Spain	Congress about global food system and the contribution of MD	<a href="https://sistemaalimentarioglobal.es/wp-content/uploads/2023/03/21.3-Agenda-Fira-ok.pdf">https://sistemaalimentarioglobal.es/wp-content/uploads/2023/03/21.3-Agenda-Fira-ok.pdf</a>



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