

RATIONALE

The Mediterranean Diet was recently recognized by UNESCO, in November 2010, as an intangible cultural heritage of the humanity. According to the definition provided by the International technical Workshop on “Biodiversity and Sustainable Diets” - held from 3rd to 5th November, 2010, at FAO’s headquarter in Rome - “...Sustainable diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.”

Based on such a shared definition and taking into consideration the recommendations and guidelines of the Steering Committee - that held its meeting in Bari on May 26, 2011 – the MAI-B will organise on November 28-29, 2011, an international workshop to formulate “Guidelines for the Sustainability of the Mediterranean Diet”.

The Guidelines will comprise: features of the Mediterranean diet common to the different Mediterranean food cultures; steps and measures to safeguard and promote the Mediterranean diet; and recommendations for multi-sectoral policy instruments to ensure the sustainability of the Mediterranean agro-food systems. The workshop will also identify the characteristics of the Mediterranean diet that can serve as a model for sustainable diets in other regions. The formulation of the Guidelines will be based on a multidisciplinary, transdisciplinary and intersectorial effort around the following research and action priority areas: nutrition and health aspects of the Mediterranean diet; social and economical sustainability of the Mediterranean diet; relationship between the Mediterranean diet and traditional knowledge in Mediterranean communities; environmental impacts of Mediterranean agro-food systems on natural resources in the region, particularly on the climate change (mitigation and adaptation); and contribution of the Mediterranean diet to biodiversity promotion of Mediterranean agro-food systems.

AGENDA

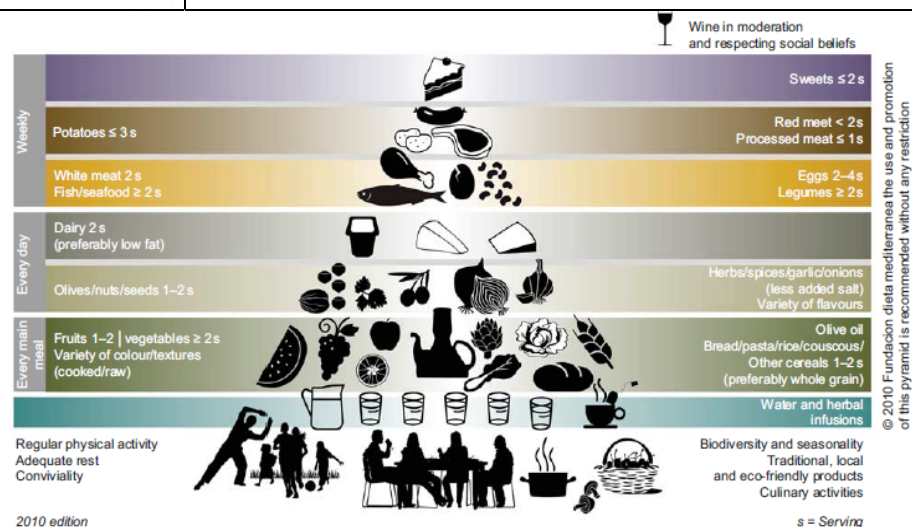
November 28		
10:00	Opening session <i>Welcome and opening notes</i>	Cosimo LACIRIGNOLA CIHEAM-MAIB director
10:15-10:30	Objectives and expected outputs of the workshop	Roberto CAPONE CIHEAM-MAIB
10:30-12:00	Working session (WS) 1: Common and shared features of the Mediterranean diet in Mediterranean food cultures	
12:10-13:00	WS 2: Strategies, policies and actions to safeguard and promote the Mediterranean diet and to improve its sustainability	
13:00-14:30	Lunch Break	
14:30-16:30	WS 2: Strategies, policies and actions to safeguard and promote the Mediterranean diet and to improve its sustainability	
16:30-17:30	WS 3: Recommendations to the main actors and stakeholders for sustainable Mediterranean agro-food systems	

November 29	
09:00-11:00	WS 3: Recommendations to the main actors and stakeholders for sustainable Mediterranean agro-food systems
11:00-13:00	WS 4: Actions and strategies needed to promote the Mediterranean diet as a model for sustainable diets beyond the Mediterranean area
13:00-14:30	<i>Lunch break</i>
14:30-15:10	Presentation of working sessions reports (minutes) and plenary discussion
15:10-16:45	Guidelines for the Sustainability of the Mediterranean Diet editing and approval
16:45-17:00	Concluding remarks
17:00	Farewell note

PARTICIPANTS

The workshop will bring together experts (nutritionists, agronomists, economists, social scientists) from the EU, Balkans, North Africa and Middle East as well as many international organisations:

Annarita ANTONELLI, CIHEAM-IAMB, Italy
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ORGANISING COMMITTEE

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