



RAPPRESENTANZA DIPLOMATICA
PERMANENTE D'ITALIA
O.N.U. - ROMA

18 September 2019
FAO – Sheikh Zayed Center

MORE THAN 2000 YEARS OF MEDITERRANEAN DIET

A journey from ancient romans to the UNESCO recognition in 2010. The cultural dimension of food.

Moderator: Mr **Roberto Ridolfi** - Ass. Director Gen. Programme Support- FAO

9.30 - 10.00

Opening remarks

- Prof. **Qu Dongyu** – Director-General, FAO
- Amb. **Elisabetta Belloni** – Secretary General -Ministry of Foreign Affairs and International Cooperation

Declaration on the Alliance for the promotion of the Mediterranean Diet principles for Agenda 2030

- Prof. **Lucio d'Alessandro** – Rector of Suor Orsola Benincasa University

10.00 - 11.30

Session 1 – Mediterranean Diet - The history

- Dr. **Alberto Angela** – Paleontologist, writer and journalist
- Prof. **Marino Niola** – Anthropologist, Co-Director MedEatResearch
- Prof. **Antonia Trichopoulou** –MD, PhD, Head of WHO Collaborating Center for Nutrition and Health in Greece, President of the Hellenic Health Foundation
- Prof. **Pier Luigi Petrillo** – Lawyer - Unesco Chair on Comparative Law and Intangible Cultural Heritage- Unitelma Sapienza University

COFFEE BREAK

12.00 - 13.30

Session 2 – Mediterranean Diet –The rediscovery

- Mrs **Maria Helena Semedo** – Deputy Director-General, Climate and Natural Resources, FAO
- Mr. **Vincenzo De Luca** – Director General for Cultural and Economic Promotion, Ministry of Foreign Affairs and International Cooperation
- H.E. **Alfonso Dastis** – Ambassador of Spain to Italy and Permanent Representative of Spain to the UN Rome-Based Agencies
- Prof. **Elisabetta Moro** - Anthropologist – Co-Director MedEatResearch
- Prof. **Lorenzo Maria Donini** – Physician, Human nutrition expert - Sapienza University
- Mrs **Ana Luiza Massot Thompson-Flores** - Director of the UNESCO Regional Bureau for Science and Culture in Europe

LUNCH BREAK

15.00 - 17.00

Follow up event: Mediterranean Diet and GIAHS – Italian GIAHS Training Project - Towards a World Agricultural Heritage List, accompanied by photo exhibition

Moderator: Mrs **Marcela Villareal** - Director Partnerships FAO

- Mr. **Giorgio Marrapodi** – Director General for Development Cooperation – Ministry of Foreign Affairs and International Cooperation
- Mr. **Emilio Gatto** – Director General for Rural Development – Ministry of Agriculture
- Mr. **René Castro Salazar** – ADG, Climate, Biodiversity, Land and Water Department FAO
- Prof. **Mauro Agnoletti** – University of Florence, Chairman of the GIAHS Scientific Advisory Group
- Amb. **Mohammad Hossein Emadi** – Chair of COAG
- **Representatives of GIAHS' sites** "Olive Groves of the Slopes between Assisi and Spoleto" and "Soave traditional vineyards"

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MEDITERRANEAN DIET'S PRINCIPLES FOR AGENDA 2030

The Permanent Representation of Italy to the RBAs, with the support of the Nutrition and Food Systems Division of FAO, is organizing a series of events to present and discuss, based on scientific evidence, the principles of the Mediterranean diet. The purposes are to raise awareness on their benefit for the implementation of the Agenda 2030 and to transmit to younger generations this invaluable knowledge. The initiative will be held from September 2019 and will be concluded in 2020, when the tenth anniversary of the inclusion of the Mediterranean diet in the List of Intangible Cultural Heritage of UNESCO will be celebrated.

ate training of experts, by encompassing in particular food/agriculture issues, climate sensibility and care for local communities. In addition, it is also equally key to promote the education of the new generations to the basics of healthy nutrition and lifestyle.

Based on this background, the first appointment of the series, which will take place on 18 September 2019 at FAO's Sheikh Zayed Center, is an introductory event on the origins, history, traditions and landscapes of the Mediterranean Diet, and the principles on which it lies.

BACKGROUND

Mediterranean Diet: a key driver of cultural identity

Producing, preparing, serving, sharing and consuming food is not only related to physiological needs. These practices express every people's understanding of themselves and their place in the world. In so doing, they reflect and shape their collective identity. The Mediterranean Diet has been recognized as an intangible heritage of humankind because of its unique features that closely link agriculture, food and culture (see attachment). Actually, the specific features of production and consumption of food are a key component of the cultural identity of local communities, and can act as a powerful tool for sustainable development and social inclusion in every country. Preserving local food habits and traditions, as well as biodiversity, is a core element of the challenge of achieving 2030 Agenda's Goals.

Mediterranean Diet:

Social Inclusion and Sustainable Development

The production and consumption of food are essential aspects of how societies function. Throughout history, changes in cultural representations of food have driven and reflected profound social transformations. These issues are of considerable academic and intellectual interest, but they also have major practical significance. Food issues are of transversal importance within the 2030 Agenda as a whole. Food culture is a core element of the challenge of achieving sustainable production and consumption patterns (SDG 12). It also encompasses a broader range of Sustainable Development Goals, such as the eradication of extreme poverty (SDG 1) and hunger (SDG 2), the reduction of inequalities (SDG 10) with particular emphasis on gender equalities (SDG 5), healthy lives and well-being (SDG 3), responding to climate change (SDG 13) and protecting the oceans (SDG 14), and life on land (SDG 15). Furthermore, traditional habits in the consumption of food represent a strong driver of cultural identity within migrant communities, and are also a feature of social integration.

Mediterranean Diet: Education and Training

The multi-dimensional features of the Mediterranean diet, and food culture in general, call for an analysis of how the political, economic, social, cultural and nutritional aspects are connected. It is important to safeguard and spread this scientific knowledge through appropri-

FOCUS

The events on the Mediterranean Diet's principles for Agenda 2030 will aim at exploring possible follow-up actions that could produce new programmatic opportunities, in particular within the framework of the FAO biennial theme 2020-2021 "Promoting healthy diets and preventing all forms of malnutrition". With this purpose, the following events of the series will focus on the relevance of the Mediterranean Diet's principles for the main themes of FAO's mandate in the framework of Agenda 2030: food security and nutrition and food safety, sustainable food systems, biodiversity, food loss and waste, agricultural innovation, Women and Mediterranean Diet's principles, on the occasion of the International Women's Day of March 8th. Interlinkages with the FAO GIAHS Programme, the UN Decade of Action on Nutrition and the UN Decade of Family Farming will also be considered.

MEDITERRANEAN DIET'S PRINCIPLES FOR AGENDA 2030 - attachment

Mediterranean diet

The Mediterranean diet involves a set of skills, knowledge, rituals, symbols and traditions concerning crops, harvesting, fishing, animal husbandry, conservation, processing, cooking, and particularly the sharing and consumption of food. Eating together is the foundation of the cultural identity and continuity of communities throughout the Mediterranean basin. It is a moment of social exchange and communication, an affirmation and renewal of family, group or community identity. The Mediterranean diet emphasizes values of hospitality, neighbourliness, intercultural dialogue and creativity, and a way of life guided by respect for diversity. It plays a vital role in cultural spaces, festivals and celebrations, bringing together people of all ages, conditions and social classes. It includes the craftsmanship and production of traditional receptacles for the transport, preservation and consumption of food, including ceramic plates and glasses. Women play an important role in transmitting knowledge of the Mediterranean diet: they safeguard its techniques, respect seasonal rhythms and festive events, and transmit the values of the element to new generations. Markets also play a key role as spaces for cultivating and transmitting the Mediterranean diet during the daily practice of exchange, agreement and mutual respect.