



11th International Summit on Food, Nutrition & Health

**Target 2030: Food and
Nutrition Policy
From Human to Planetary Health**

**10 to 13 December 2025
Scotland, UK**

Main Summit Programme



International Academy
of Nutrition Educators



Time	Session Details	Additional Notes	Speakers, Panellists & Chairs
12:30 - 13:00	Registration		
13:15 - 13:45	Tour of James Hutton Institute		
14:00 - 15:05	Opening: Democratising & Decolonising Nutrition: Progress & Perspectives in 2025	Opening & Introduction to the Summit	Sumantra Ray & Pauline Douglas
		Summary of Last Year's Discussions and Key Outputs Progress	Ananya Mukherjee Prachi Prabhat Pandit Ramya Rajaram Roshni Kumar Souvik Chakraborty
		Opening Remarks for 2025	James Hutton Institute Italian Embassy to the UK Busara Scottish Alliance for Food (SCAF)
		Gastro Diplomacy supported by the Italian Embassy to the UK	Francesco Giurdanella & Sucheta Mitra
15:05 - 15:20	Tea/Coffee Break		
15:20 - 16:20	A Tale of Three Islands		Rachael McLean: <i>Food, Nutrition, and Cultural Competency in New Zealand Health Professional Programmes</i> Bryndís Eva Birgisdóttir: <i>Nutrition & Planetary Health: The Iceland Experience</i> Karen Mugliett & Suzanne Piscopo: <i>Reshaping Maltese Foodways: Localisation, Innovation, Education</i>
16:20 - 17:00	Special Symposium in partnership with Shiv Nadar University (Mini Symposium 1) From Kitchen to Community: The Power of Culinary Education & Embracing Indigenous Food Culture		Speakers: Deborah Kennedy: <i>Food Coaching as Public Health: Turning Clinical Diet Prescriptions into Everyday Eating</i> Rebecca Johnson: <i>The Missing Ingredient: Culinary Education as a Bridge Between Food Traditions and Health Equity</i> Sarah Armes w/Nitya Rao: <i>Indigenous Knowledge and Food Cultures: A Pathway to Equitable, Resilient and Sustainable Food Systems</i> Chairs: Derek Stewart Samyyia Ashraf
17:00 - 17:20	Panel Discussion: Nutrition Knowhow for All: Policy Priorities for 2030		Speaker: Alan Flannagan Panelists: Jaroslav Guzanic Patrick Cortbaoui
17:20 - 17:35	Closing Remarks and Special Announcements		Pauline Douglas & Sumantra Ray
17:35 - 17:45	Welcome to Scotland – Scottish Alliance for Food (SCAF)		
17:45 - 18:30	Opening Reception & Networking		

Special thanks to:

SCAF: Primary Supporter of the Day & Opening Reception | **BUSARA:** Headline Supporter for Democratising Food & Special Supporter for the Opening Reception

Thursday, 11 December | Human Health Focus | Morning Sessions

Dundee Science Centre | Dundee

Time	Session Details	Speakers, Panellists & Chairs
08:00 - 08:45	Optional VIHASA Mindfulness Session in the Inspire Room (arrive 15 minutes before)	
08:30 - 09:00	Registration	
09:00 - 09:30	Session Opening Remarks An Outline of Objectives from Food to Human Health	Speakers: Sumantra Ray Pauline Douglas Suzanne Piscopo
09:30 - 10:35	Mini Symposium 2 From Bern to Belém and Beyond: Key Insights from 2025 Satellite Events	Speakers: Jaroslav Guzanic (Bern & Biele) Helena Trigueiro (Kuala Lumpur) Martin Kohlmeier & Sarah Armes (Ulster) Juhi Jain (Nairobi) Nandan Mukherjee & Jadh Azulay (Belem) Jo Cecil (St Andrews) Ramya Rajaram (New Delhi)
10:35 - 10:55	Tea/Coffee Break	
10:55 - 11:40	Mini Symposium 3: Food Security, Equity & Affordability	Speakers: Brigitte Tonon: <i>Reducing Nutrition Gap Among Women of Reproductive Age Through Adapted Sexual and Reproductive Health (SRH) and Nutrition Services Across the Life Cycle</i> Ahlam El Shakieri: <i>The Protein Transition in Food-Insecure Settings: Balancing Sustainability, Affordability, and Cultural Acceptability</i> Alex Johnstone: <i>Addressing Dietary Health Inequalities in the UK With a Focus on the Retail Food Environment</i> Chairs: Helena Trigueiro & Patrick Cortbaoui
11:40 - 12:35	Mini Symposium 4: Nutrition Awareness, Education & Behaviour Change	Speakers: Fiona Lavelle w/Mariam Molokhia & Seeromanie Harding: <i>Bringing Health to the Doorstep: Accessible Tools for Prevention, Awareness, and Equity</i> Jodie Webber: <i>Nutrition Education, Literacy, and Cognition: Evidence From the NNEdPro MTK in Kolkata, India</i> Veronica Flores Bello: <i>Cooking with Purpose: Developing Culinary Skills in Nutrition Students through Challenge-Based Learning and the Mobile Teaching Kitchen</i> Chairs: Glenys Jones & Rachael McLean
12:35 - 13:35	Lunch, Networking & Exhibition Visit	



Thursday, 11 December | Human Health Focus | Afternoon Sessions

Dundee Science Centre | Dundee

Time	Session Details	Speakers, Panellists & Chairs	
13:35 - 14:30	Mini Symposium 5: From Population Health to Precision Nutrition Interventions	Speakers: Selvarani Elahi: <i>The World's First Research Registry for Nutrition</i> Mariana Markell: <i>Controversies in Dietary Recommendations for Hypertension and Kidney Disease</i> Maryam Habib: <i>Public Health Nutrition and Population Strategies: Driving Scalable Impact for Populations in Low-Resource Settings</i> Cristiana Mignogna: <i>Precision Nutrition and (Poly)phenols: Tailoring Health With Bioactive Compounds</i>	Chairs: Anand Ahankari & Pauline Douglas
14:30 - 15:20	Mini Symposium 6: Science, Innovation & Policy for Sustainable Nutrition and Health	Speakers: Jorgen Johnsen: <i>Bridging Science and Policy to Transform the Health System Response to the double Burden of Malnutrition</i> PaulinBiplab Nandi: <i>United Nations Development Agenda for Achieving Food and Nutrition Security</i> Roberta Alessandrini: <i>Translating the Planetary Health Diet 2.0 into Action Across Healthcare and Society</i>	Chairs: Karen Mugliett & Suzanne Piscopo
15:20 - 15:40	Tea/Coffee Break		
15:40 - 16:30	Breakout Sessions Thematic interactive breakout discussions to gather consensus on key policy priorities emerging from the day's discussions, with a focus on shaping actionable strategies toward 2030.	Breakout Session Option 1: Policy Priorities for 2030 – Institutional and Community Engagement Exploring cross-sectoral strategies to strengthen food and nutrition policy from both top-down (institutional) and bottom-up (community-led) perspectives.	Breakout Session Option 2: Policy Priorities from BMJ NPH How publishing platforms like BMJ NPH can support ongoing dialogue, accountability, and knowledge mobilisation in advancing national and international nutrition policies for 2030 and beyond.
16:30 - 17:00	Comprehensive Summary of Day One		Breakout session representative & Sumantra Ray
18:30 - 21:00	Gala Dinner D&A College, Gardyne Campus, Dundee (optional side event; ticketed separately)		





Time	Session Details	Speakers, Panellists & Chairs
08:00 - 08:45	Optional VIHASA Mindfulness Session in the Inspire Room (arrive 15 minutes before)	
08:30 - 09:00	Registration (only necessary for those who have not yet registered)	
09:00 - 09:20	Session Opening Remarks Opening Remarks Intro to Human & Planetary Health focus Keynote	Sumantra Ray Valeria Paganizza w/Lucia Scaffardi: <i>EU Food Law at a Crossroads: Safety, Security and Sustainability in the Agri-Food Agenda</i>
09:20 - 10:10	Mini Symposium 7: HEIGHTS: Transparency, Education, and Collaboration Between Industry and Healthcare Professionals	Speakers: Harry Jarrett: <i>Fuelling Discovery Together: How Industry-Academic Collaborations Advance Nutrition Science</i> Sophie Medlin: <i>Healthcare Professionals and Industry: How Brands and HCP Can Ethically and Productively Collaborate</i> Sarah Armes: <i>UK Healthcare Professionals' Knowledge, Attitudes, Practices, and Loyalty (KAPL) on Nutrition and Supplementation, and the Need for Targeted Evidence-Based Resources</i> Chairs: Priyanka Kotak & Tasnim Alam
10:10 - 10:30	Tea/Coffee Break	
10:30 - 11:30	Mini Symposium 8 in Partnership with University of Parma: Reimagining Nutrition: Tailored Innovations for Sustainable and Healthy Eating – Case Studies from the University of PARMA and the Italian ONFOODS Consortium	Speakers: Daniele del Rio: <i>Opening Remarks and Introduction to OnFoods</i> Francesca Scazzina: <i>Giocampus: Promoting the Wellbeing of Future Generations</i> Cinzia Franchini: <i>Promotion of Healthy and Sustainable Eating Habits Within Parma University Community</i> Silvia Callegaro: <i>ITPREPLATE: Developing the Italian Pregnancy Plate, a Healthy Eating Tool for Italian Pregnant Women</i> Beatrice Biasini: <i>Optimization Strategies for Healthy and Sustainable Diets</i> Chairs: Daniele del Rio & Daniela Martini
11:30 - 12:30	Mini Symposium 9: Precision Nutrition & Data Science: Advancing Cardiometabolic & Cognitive Health	Speakers: Jenneffer Braga, Ramya Rajaram, Sarah Armes & Sumantra Ray: <i>From Risk Prediction to Disease Management: Evidence to Inform Cognitive and Metabolic Health</i> Mei Yen Chan: <i>Harnessing Large Language Models for Dietary Pattern Recognition: AI-Driven Insights into Cardiometabolic Health</i> Chair: Chim Lang
12:30 - 13:30	Lunch, Networking & Exhibition Visit	

Friday, 12 December | Human & Planetary Health Focus | Afternoon Sessions

Dundee Science Centre | Dundee

Time	Session Details	Speakers, Panellists & Chairs	
13:30 - 14:20	Mini Symposium 10: Sustainable Food Systems & Climate Action	Speakers: Saeeda Ahmed: <i>Opportunities for Sustainable Global Food Systems: Creating Greater Economic and Inclusive Social Equity Through Climate Finance and Carbon Markets</i> Claudia Laricchia: <i>We Eat What We Pollute and We Pollute by Eating. What if Indigenous Factor and Agrifood Technologies Would be the Ultimate Solution?</i> Prince Ishmael Dimah: <i>Combatting The NCDs Project in Africa: The Role of Healthplus Africa Care LBG (HPAC) and Partners</i> Sonigitu Ekpe: <i>Nutritious Local Food and Crop Varieties in Africa</i> Chairs: Anand Ahankari & Bryndís Eva Birgisdóttir	
14:20 - 15:00	Mini Symposium 11: Traditional & Indigenous Crops (and Communities) for Food Security	Speakers: Rituraj Phukan: <i>Local, Seasonal, Carbon Neutral</i> Dionysia Lyra: <i>From Margins to Mainstream: Halophytes Role in Functional Foods and Sustainable Diets</i> Rekha Bhangoankar: <i>Millets Economics: Policy, Production and Perspectives</i> Chairs: Anand Ahankari & Juhi Jain	
15:00 - 15:50	Breakout Sessions Thematic interactive breakout discussions to gather consensus on key policy priorities emerging from the day's discussions, with a focus on shaping actionable strategies toward 2030.	Breakout Session Option 1: <i>Policy Priorities for 2030 – Institutional and Community Engagement</i> Exploring cross-sectoral strategies to strengthen food and nutrition policy from both top-down (institutional) and bottom-up (community-led) perspectives.	Breakout Session Option 2: <i>Policy Priorities from the Mobile Teaching Kitchen (MTK) Initiative</i> Learnings across diverse contexts to inform scalable, community centred nutrition and food systems policy recommendations.
15:50 - 16:00	Tea/Coffee Break		
16:00 - 16:30	Comprehensive Summary of Day Two	Breakout session representatives & Sumantra Ray	
16:30 - 17:30	Keynote in partnership with Society for Nutrition Education & Behavior (SNEB): Walter Willet Keynote	Keynote Speaker: Walter Willett: <i>A Path to Healthy, Sustainable Diets for All: a Quadruple Win?</i> Chairs: Suzanne Piscopo & Sumantra Ray Panelist: Elizabeth Helzner	
Evening	Culinary Ecology: A Hands-On Cooking Experience Dundee International Women's Centre, Dundee (optional side event; ticketed separately)		



Saturday, 13 December | Global Youth Essay Competition & Festival of Ideas - Morning Sessions

St Leonards School | St Andrews

Time	Session Details	Speakers, Panellists & Chairs
09:00 - 09:10	Welcome & Introduction to Festival of Ideas	Sumantra Ray
09:10 - 09:20	BMJ Nutrition, Prevention and Health (BMJ NPH) Scientific Poster Competition: Judges Overview	Kathy Martyn & Martin Kohlmeier
09:20 - 09:40	BMJ NPH Scientific Poster Competition: Summary of Content & Signposting to Posters	Jorgen Johnsen
09:40 - 09:50	Announcement of BMJ NPH Poster Competition Awards 2025	Jorgen Johnsen
09:50 - 10:00	Overview of Global Youth Essay Competition & Festival of Ideas Entries and Announcement of Winners	Francesco Giurdanella & Samyyia Ashraf
10:00 - 10:30	Winning Student Essay Presentations	
10:30 - 10:50	Global Youth Essay Competition & Festival of Ideas: Panel Discussion	Panel: Samyyia Ashraf, Francesco Giurdanella, Prachi Prabhat Pandit, Suzanne Piscopo, Will Gaisford, Karen Mugliett
10:50 - 11:05	Tea Break	
11:05 - 11:25	Best Essay Presenters of the Day	Rachael McLean & Nikitah Ray
11:25 - 11:45	Inspiring Tomorrow's Thinkers	Patrick Cortbaoui
11:45 - 12:00	Closing Remarks, Informal Networking & Wrap-Up	Sumantra Ray & Pauline Douglas



Saturday, 13 December | Post-Summit Satellite Event:

Medical and Healthcare Nutrition Education: A look back over two decades and next steps to 2030

University of St Andrews | St Andrews

Time	Session Details	Speakers, Panellists & Chairs
14:30-15:00	Welcome and Launch of GNOME (Global Nutrition Observatory for Medical Education) Initiative	Sumantra Ray NNEdPro with ScotGEM Student Representation Roberta Alessandrini PAN International
15:00 - 15:25	Individual Talks	Richard Pinder: Physician, Fuel Thyself: Lifestyle Medicine and Nutrition Education at Imperial College School of Medicine Breanna Lepre: Nutrition Education for Medical and Healthcare Professionals: A Pathway to Identifying Nutrition Content in Curricula Jo Cecil: International Elective Opportunity for Medical Students: Climate-Sensitive Nutritional Counseling in Primary-Care
15:25 - 15:40	Q&A/Discussion	Chairs: Jo Cecil & Richard Bellis
15:40 - 15:55	Tea/Coffee Break	
15:55 - 16:50	Individual Talks	Glenys Jones: From Creation to Implementation – Getting a Nutrition Curriculum into UK Medical Schools Jenny Blythe: Embedding Nutrition Education into the Undergraduate Medical School Curriculum Tasnim Alam: MAA Global in Bangladesh – Opportunities for Medical Nutrition Education Angela Craigie: University of Dundee Experience in Medical Nutrition Education Kathy Martyn: The Role of BMJ Nutrition in Medical Education
16:50 - 17:00	Q&A/Discussion	Chairs: Jo Cecil & Richard Bellis
17:00 - 17:20	Summary	Jorgen Johnsen w/ Rachael McLean: The Need to Move from Local Frameworks to a Global Vision for Nutrition Education



Speakers, Panellists & Chairs

Summit Co-Chairs



Prof Pauline Douglas
NNEdPro Global Institute
in Cambridge
I Ulster University | Lord
Rana Foundation
Colleges



Prof Shumone Ray
NNEdPro Global Institute
in Cambridge | Ulster
University | Kings College
London | Shiv Nadar
University

Principal Keynote Speaker



Prof Walter Willet
Harvard T.H. Chan
School of Public Health

Honorary Joint President of NNEdPro & IANE



Prof Suzanne Piscopo
University of Malta |
Society for Nutrition
Education & Behavior
(SNEB)

Dr Ahlam El Shikieri | Taibah University

Dr Alan Flanagan | Alinea Nutrition

Prof Alex Johnstone | Rowett Institute, University
of Aberdeen

Chef Amabile Cortiglia | RISTOLAB s.r.l.

Dr Anand Ahankari | Manchester Metropolitan
University

Prof Ananya Mukherjee | Shiv Nadar University

Dr Angela Craigie | University of Dundee

Dr Beatrice Biasini | University of Parma

Dr Biplab Kanti Nandi | Former Senior Food and
Nutrition Officer of the Food and Agriculture
Organization of the UNITED NATIONS (UN FAO)

Dr Breanna Lepre | University of Queensland |
NNEdPro

Brigitte Tonon | Action contre la Faim

Prof Bryndís Eva Birgisdóttir | University of Iceland

Prof Chim Lang | UKM | University of Dundee

Dr Cinzia Franchini | University of Parma

Prof Clare Wall | NNEdPro | University of Auckland

Prof Claudia Laricchia | Smily Academy

Dr Cristiana Mignogna | University of Parma

Prof Dan del Rio | University of Parma | NNEdPro

Prof Daniela Martini | University of Milan | NNEdPro

Dr Deborah Kennedy | The Food Coach Academy

Prof Derek Stewart | James Hutton Institute

Dr Dionysia Lyra | Independent Researcher

Dr Elizabeth Helzner | SUNY Downstate Health
Sciences University

Dr Fiona Lavelle | King's College London

Prof Francesca Scazzina | University of Parma

Francesco Giurdanella | NNEdPro

Dr Glenys Jones | Association for Nutrition

Dr Harry Jarrett | Heights

Helena Trigueiro | EU Parliament | NNEdPro

Chef Jaroslav Guzanic Swiss Association for
Cooperation on Food Education | NNEdPro

Dr Jenneffer Braga | University of Alberta |
NNEdPro

Dr Jenny Blythe | Queen Mary University of
London

Dr Joanne Cecil | University of St Andrews

Dr Jodie Webber | University of Cambridge |
NNEdPro

Jorgen Johnsen | Ulster University | NNEdPro

Juhi Jain | Busara

Dr Karen Mugliett | University of Malta

Dr Kathy Martyn | Brighton University | NNEdPro

Prof Lucia Scaffardi | University of Parma

Prof Mariam Molokhia | King's College London

Dr Mariana Markell | State University of New York
Downstate

Dr Martin Kohlmeier | BMJ Nutrition, Prevention &
Health | NNEdPro

Dr Maryam Habib | Impacter Solutions

Prof Mei Yen Chan | Nazarbayev University School
of Medicine | NNEdPro

Dr Nandan Mukherjee | Binks Institute for
Sustainability | University of Dundee

Prof Nitya Rao | University of East Anglia

Dr Patrick Cortbaoui | McGill University

Dr Prachi Prabhat Pandit | HCL Foundation

Prince Ishmael Dimah | Healthplus Africa Care

Priyanka Kotak | NNEdPro

Dr Rachael McLean | University of Otago

Dr Ramya Rajaram | NNEdPro

Chef Rebecca Johnsen | Plant Powered Metro
New York

Dr Rekha Bhangaonkar | University of Cambridge

Dr Richard Bellis | St Andrews Uni

Dr Richard Pinder | Imperial College London

Rituraj Phukan | Indigenous People's Climate
Justice Forum

Dr Roberta Alessandrini | PAN International

Roshni Kumar | UCL Medical School

Saeeda Ahmed | Sustainable Cities Global

Dr Samyyia Ashraf | NNEdPro

Sarah Armes | NNEdPro

Prof Seeromanie Harding | King's College London

Selvarani Elahi | LGC Group

Silvia Callegaro | University of Parma

Dr Sofia Cavalleri | RISTOLAB s.r.l.

Sonigitu Ekpe | Nigerian Ministry of Environment

Sophie Medlin | Heights

Dr Souvik Chakraborty | Dietician

Sucheta Mitra | NNEdPro

Dr Tasnim Alam | Maa Global

Assoc Prof Valeria Paganizza | University of Parma

Veronica Flores Bello | Tec de Monterrey

Wanja Nyaga | NNEdPro





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Help us reach our goal of £10,000 by the end of the Summit!

We're building on the legacy of the 10th International
Summit to deliver impact towards 2030 and you can help!



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