

Concept Note
“Mediterranean Diet: Science, Sustainability, and Cultural Heritage”

2 December 2025, 1:15- 2:30pm (CR-12)

Agenda

Opening session

- Remarks by Ambassador Maurizio **Massari**, Permanent Representative of Italy to the United Nations in New York
- Remarks by Ms. Angelica **Jacome**, Director of the **FAO** Liaison Office in New York
- Remarks by Mr. Eliot **Minchenberg**, Director of the **UNESCO** Liaison Office in New York

Roundtable on the importance of the Mediterranean Diet in relation to Health, Sustainability, Ethics
moderated by Ms. Sara **Roversi**, Future Food Institute, Founder

- Prof. Antonia **Trichopoulou** MD, PhD, Member of the Academy of Athens, President of the Hellenic Health Foundation, Full Professor Emeritus of the University of Athens School of Medicine
- Prof. Loredana **Quadro**, PhD, Rutgers University, Department of Food Science
- Associate Professor Harini **Sampath**, PhD, New Jersey Institute for Food, Nutrition and Health, Department of Nutritional Sciences, Rutgers University Rutgers University

Views from the world on the International Day of the Mediterranean Diet

- Video message from Mr. Luigi **Scordamaglia**, President of Filiera Italia, the Italian Agrifood Association.
- Short video-message from the Representatives of the **Emblematic Communities of the Mediterranean Diet** (Agros-Cyprus, Brac & Var-Croatia, Greece-Koroni, Chefchaouen-Morocco, Tavira-Portugal, Soria-Spain)
- Video message from Chef Youssef **Akiki**, President of disciple Escoffier Lebanon, board member of the syndicate owner of restaurants
- Mr. Stefano **Pisani**, Mayor of Pollica (Prov. of Salerno), Network of Emblematic Communities of the Mediterranean Diet

Closing

- Amb. Omar **Hilale**, Permanent Representative of Morocco to the United Nations in New York
- Ambassador **Massari**, Permanent Representative of Italy to the United Nations in New York

Background

The Mediterranean Diet is far more than a dietary model. It is a **comprehensive lifestyle and cultural system**, integrating human health, planetary resilience, and social well-being.

In November 2010, the Mediterranean Diet was inscribed on the **UNESCO Representative List of the Intangible Cultural Heritage of Humanity**, upon the initiative of Cyprus, Croatia, Spain, Greece, Italy, Morocco and Portugal.

In July 2025, the **FAO General Conference** adopted a consensual resolution by which it proposed to establish 16 November as the International Day of the Mediterranean Diet.

Following this step, the United Nations General Assembly is currently negotiating a resolution to establish said International Day.

Establishing an **International Day of the Mediterranean Diet** would create a comprehensive platform to promote awareness, encourage policies that support traditional and sustainable food systems, and enhance global and national efforts to combat non-communicable diseases and environmental degradation.