



Join the 5th International Whole Grain Day celebration! We will explore the vital role of educating children and young people about the benefits associated with whole grain consumption and ways to inspire them to integrate these nutritious choices into their daily diets.

PROGRAMME

16:00 – 16:05 **Welcome and introduction by the moderator**

- **Natasha Foote**, Agrifood Reporter at Euractiv

16:05 – 16:25 **Opening remarks**

- **Manuela Ripa**, Member of the European Parliament, Germany, Group of the Greens/European Free Alliance
- **Amornpan Tungarat**, Project Manager at the International Association for Cereal Science and Technology (ICC), Whole Grain Initiative representative

16:25 – 16:55 **Panel one: Nurturing sustainable food habits with whole grains**

The importance of promoting sustainable food habits from childhood to achieve both environmental sustainability and improve personal health.

Moderated by **Natasha Foote**, Agrifood Reporter at Euractiv

- **Marco Springmann**, Professor in Climate Change, Food Systems and Health at the London School of Hygiene and Tropical Medicine, Senior Researcher on Environment and Health at the University of Oxford, EAT-Lancet Commission
- **Fatima Hachem**, Senior Nutrition Officer, Leader of the Nutrition Education and Consumer Awareness Team, Food and Agriculture Organisation of the United Nations (FAO)
- **Sara Lamonaca**, Director of Consumer Information, Nutrition & Health, FoodDrinkEurope

16:55 – 17:25 **Panel two: Eating whole grain to promote lifelong health**

The importance of educating young people about the health benefits of whole grains and encouraging them to incorporate whole grains into their diets.

Moderated by **Natasha Foote**, Agrifood Reporter at Euractiv

- **Camilla T. Damsgaard**, Research Group Leader | Lifecourse Nutrition & Health, Associate Professor, PhD, Department of Nutrition, Exercise and Sports University of Copenhagen
- **Peiman Milani**, Director of the Food Initiative, The Rockefeller Foundation in Africa
- **Ioanna Bakogianni**, Phd, Project Officer, European Commission's Joint Research Centre

17:25 – 17:30 **Closing remarks**

- **Amornpan Tungarat**, Project Manager at the International Association for Cereal Science and Technology (ICC), Whole Grain Initiative representative

