



**The Torribera Mediterranean Center, a joint project of
The Culinary Institute of America and the University of Barcelona
Captain Vassilis & Carmen Constantakopoulos Foundation**

present

**6th Annual
Tomorrow Tastes Mediterranean
International Conference**

*Crafting our future at the nexus of Mediterranean culinary heritage,
personal and planetary health, innovation and exchange*

In collaboration with
**Academy of Athens Center for Public Health Research and Education
EAT
Harvard T.H. Chan School of Public Health—Department of Nutrition**

**October 13-15, 2025
Kalamata and the Region of Messinia, Greece**

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What if we could inspire the food, restaurant, foodservice, and hospitality sectors to move towards culinary concepts and business models that better secure our health and the health of the planet?

What if such models and concepts have already existed for centuries—rooted in cultural traditions—and we have only to adopt and adapt them, guided by science, to the times in which we live?

What if nutrition and environmental experts, chefs, growers, food entrepreneurs and business leaders, cultural authorities, and policy makers could find shared vision around a dinner table that brings the possibilities of food system transformation to life—deliciously?

Embracing these questions, the **Torribera Mediterranean Center**, a joint project of the **University of Barcelona** and **The Culinary Institute of America**, together with the **Captain Vassilis & Carmen Constantakopoulos Foundation**, announce the **6th Annual Tomorrow Tastes Mediterranean Conference** to be held October 13-15, 2025 in Kalamata and the region of Messinia, Greece.

Our 2025 Tomorrow Tastes Mediterranean (TTM) conference is being presented in collaboration with **Academy of Athens Center for Public Health Research and Education**, **EAT** (the science-based platform for food system transformation and co-organizer of the forthcoming EAT-Lancet 2.0 Commission Report on Food, Planet, Health) and **Harvard T.H. Chan School of Public Health—Department of Nutrition**.

The TTM conference will analyze and explore a set of critical issues with global relevance—issues around health and nutrition, sustainability including the food and climate change nexus and biodiversity, cultural identity and resilience, culinary insight, as well as emerging food and hospitality business strategies.



The TTM conference series, including its food and culinary workshops, focuses on the traditional Mediterranean Diet and its designation as a UNESCO Intangible Cultural Heritage—a dietary pattern whose healthfulness is now abundantly supported by several decades of scientific research. The TTM conference series is also forward-looking—embracing the renewal of tradition, exchange and innovation—as it explores how the principles, sustainability practices, and food cultures associated with the traditional Mediterranean dietary pattern speak to the urgent, global personal and environmental health challenges of today and into the future.

The annual TTM conference gathers experts and thought leaders across academic and professional disciplines and seeks perspectives that span Mediterranean cultures and beyond and include multiple points of view within regional and global food systems. The conference series is solutions-oriented, highlighting opportunities for translating science into action, exploring business and organizational case studies with nature-positive impacts, and—more broadly—driving and scaling change.

2025 TTM Conference Comes to Greece for the First Time

The 2025 TTM Conference will take place in Greece for the first time, marking a new rotation of the conference series, with alternating locations in Spain and Greece, as TTM 2026 will return to Barcelona. Bringing the conference series to Greece provides the opportunity to take a deeper dive into the food, culture and inspiration for healthy, sustainable food choices and dietary patterns of the Eastern Mediterranean and Middle East. TTM conferences, whether in Spain or in Greece, will always reference the whole of the greater Mediterranean basin and its expression in the heritage of the Mediterranean diet.

Themes of the 2025 TTM Conference

This year's Tomorrow Tastes Conference will reflect the interdisciplinary focus of the TTM Conference series and revolve around five (5) broad, thematic areas. Our research-to-translation program development is guided by the frameworks of the [EAT-Lancet Commission on Food, Planet and Health](#), [U.N Sustainable Development Goals](#), the EU's [European Green Deal](#) (with its Farm to Fork Strategy), and the CIA-Harvard T.H. Chan School of Public Health–Department of Nutrition [Menus of Change Principles of Healthy, Sustainable Menus](#).

(A) The Mediterranean Diet: At the Leading Edge of Science; Discovering Global Connections

With this theme, we'll explore the current state of the science around the Mediterranean Diet and its key role in chronic disease prevention—from the post WWII era to the modern day—as well as emerging lines of research and evidence around brain health, gut health, longevity and uncovering the actual biological mechanisms that support and start to explain optimal health associated with the Mediterranean Diet. From early-harvest EVOOs to wild greens harvested in the mountains and

abundant produce harvests; to phytochemicals and other micronutrients of interest in Eastern Mediterranean dietary patterns; to plant protein sources and their role in Eastern Mediterranean cooking, from pulses (such as lentils, chickpeas and beans) to whole grains, nuts and seeds; and to a host of significant lifestyle traditions – we’ll unpack the scientific and cultural basis for the worldwide recognition of the Mediterranean Diet as a vital reference for the future of global public health.

The conference will also explore approaches to connecting the *principles* of the healthy, sustainable Mediterranean Diet with other global, plant-forward food cultures in light of the Fall 2025 release of the EAT-Lancet 2.0 Commission Report framing the “Planetary Health Diet,” which takes up the challenge of securing optimally healthy and sustainable diets for a projected global population of nearly 10 billion people by 2050—in ways that are culturally relevant and appropriate across cultures and around the world.

(B) Renewing Culture: Exchange and Evolution Around the Mediterranean Table

This theme will explore the development of the broad Mediterranean food, agricultural and dietary pattern; highlighting the role that Greece has played in that evolution and the impacts of centuries of exchange; and with a special focus on the shared food cultures of the Levant and the whole of the Eastern Mediterranean into the Middle East.

We’ll also do a deep dive on Messinia, with discussions focused on the rich food culture and agricultural practices of the region; as well as on work-in-progress to retain and restore agrobiodiversity in the Messinia region and enhance connections between local farmers and chefs to renew traditions and build resilience. From the food-related archeological discoveries of Nestor’s Palace and Ancient Messene to Koroni as the emblematic, Messinian community representing Greece as part of the UNESCO designation of the Mediterranean Diet as a World Intangible Cultural Heritage—we’ll learn why this region speaks to our future as well as illuminates our past.

Finally, as part of this theme we’ll consider the role of tourism and the hospitality sector and the ways in which chefs and restaurateurs can better engage foreign visitors with the real, plant-forward Mediterranean Diet. The state-of-the art in sustainable tourism and the role of food and the revitalization of local and regional food systems in advancing the sector to help secure planetary health for our future will also be explored.

(C) Olive Oil, Bread and Wine: From Heritage to the Modern Pursuit of Excellence

Extra-virgin olive oil in the Mediterranean and beyond. How should the phytochemical-rich, health-promoting character associated with excellence in EVOO’s inspire the Mediterranean and global olive oil sector strategy going forward? How can we better educate chefs, restaurateurs and foodservice operators as well as home cooks in leveraging excellence in EVOO’s to maximum effect



for customer—and family—satisfaction and a greater sense of value? What strategies might we consider so that EVOO literacy (sensory evaluation of excellence, informed culinary applications, etc.) might catch up with the (better) state of wine literacy worldwide? We'll take up these questions and more as part of this theme.

Greek wine, Mediterranean tables and modern palates. Greek wine today represents a compelling blend of tradition and innovation, offering a unique opportunity to showcase the country's rich viticultural heritage to global markets. With indigenous grape varieties like Assyrtiko, Xinomavro, and Agiorgitiko, and a strong emphasis on sustainability and artisanal production, Greek wines stand out in the competitive landscape of international wine trade. We'll discuss challenges such as limited global awareness, competition from established wine-exporting nations, and logistical barriers which must be addressed; as well as strategies for success in leveraging storytelling around Greece's history and terroir, adopting modern marketing strategies, and forming strategic partnerships with distributors and sommeliers abroad. We'll also hear about the state of the science, including a large-scale scientific study underway, around wine and alcohol in light of the historical inclusion of wine—in the context of the unique Mediterranean pattern of moderate wine consumption with meals—as part of the healthy, traditional Mediterranean Diet.

Traditional craft, modern imperatives—tasting the future of Messinian bread baking. This session will explore reviving ancient and heritage grain crops in the greater Mediterranean and the bakers and chefs who champion them for flavor and climate resilience. This session will include workshops on old and new approaches to Messinian bread-baking and the ways in which we can grow acceptance and wider usage of whole grains—especially minimally processed, largely intact, slow-metabolizing whole grains.

(D) Healthy and Scalable: Signature Mediterranean Plant-forward Flavors and Innovation in the Professional Kitchen

The theme will explore the Mediterranean plant-forward professional kitchen: tradition and innovation in the restaurants of Greece and the whole of the Mediterranean and case studies in healthy, sustainable menu development by top Mediterranean chefs. We'll also explore signature approaches to Mediterranean culinary and restaurant concepts in the Eastern Mediterranean—reimagining classics while preserving their essence; impacts of global frameworks for recognizing restaurant excellence, positive and negative; and reclaiming regional culinary heritage, typically vegetable-centric and often out of sight in traditional home cooking, for the modern Mediterranean restaurant.

With this theme, we'll also discuss preserving and adapting the Mediterranean Diet, in Greece and beyond—at scale. From government policy innovation to change initiatives in schools and hospitals, restaurants and home cooking, how can we insure the survival and revitalization of the



Mediterranean diet in the lives and lifestyles of the citizens of the Mediterranean? What strategies are showing signs of promise? And we'll ask this about the Mediterranean Diet and social media: can the Instagrammable plant-forward kitchen help to move us forward and engage next-generation customers and home cooks?

(E) Planetary Health: The Mediterranean Diet, Climate Change and our Sustainability Challenges

This theme will explore how the Mediterranean diet has played—and can play—a vital role in promoting planetary sustainability by harmonizing human health with environmental stewardship. We will explore the importance of the Mediterranean diet's low reliance on resource-intensive foods (e.g., red meat) which significantly reduces greenhouse gas emissions, land use, and water consumption—as well as its focus on seasonal and locally-sourced ingredients which supports biodiversity and minimizes the carbon footprint associated with food transportation. We consider the state of Mediterranean fisheries and blue foods more generally, as well as discover efforts underway to restore coastal wetlands, conserve marine habitat, and prevent overfishing. By fostering sustainable agricultural practices, encouraging reduced food waste, relying heavily on permanent tree crops (with their carbon sequestration) for much of its food (olives and olive oil, tree nuts and tree fruit) and elevating a wide array of plant-sourced ingredients we will explore how the Mediterranean diet serves as a broadly relevant model for aligning optimal nutrition with the global need for ecological preservation.

Designed and Built for a Regional/Global Audience

The Conference will attract chefs and foodservice professionals; other food business leaders; culinary educators and gastronomy professors; nutrition and environmental scientists; physicians, dieticians and other public health professionals; food scientists, technologists and R&D specialists; tourism and hospitality professionals; food, health and nutrition, sustainability, and tourism journalists; NGO leaders; and regional and national government leaders.

The live, in-person audience for the TTM audience will include representatives from these categories listed above, principally from Greece and the greater Mediterranean region, Europe, and the United States. The conference will be live-streamed globally through the CIA's extensive international network of professionals and collaborating organizations and will be further available online and on-demand a few weeks after the conference ends. Altogether, in terms of creating impact, 2025 TTM Conference content will be seen by many thousands of viewers over a period of a couple of years.

DIGITAL MAGAZINE: The 2025-26 edition of the annual Tomorrow Tastes Mediterranean Digital Magazine will take its lead from the subject matter of our 2025 TTM conference and its food and culinary workshops, helping to further amplify the issues, opportunities and leadership highlighted by the conference and connect with a broader audience.



The content of the magazine will feature select TTM presentation summaries, case studies, recipes, profiles, and more to provide its presential and virtual audience members with concrete examples and strategies to make nutrition and health, sustainability, and culinary insight core elements of their R&D, concept and strategy development, and decision making.

FOR EARLY PROGRAM INQUIRIES:

Santi Mas de Xaxàs Faus, Torribera Mediterranean Center Co-Executive Director, at +34661446589 or santi.mdx@tmcmediterranean.org

Dionisis Papadatos, Head of Project Management, Captain Vassilis & Carmen Constantakopoulos Foundation at +306949593333 or dpapadatos@cvf.gr

VISIT: tomorrowtastesmediterranean.org