



Member's Newsletter - October 2025

Last Updated : 15 October 2025

INTRODUCTION IMAGE: Whole grains? (to be updated, will let you know when decided on 16/10)

Have a meeting with Elis on Thursday afternoon 16/10 to discuss then will update :)

Upcoming events

A Recipe for Trust: Food, Data and Our Choices - DRG4FOOD and FOODITY Final Conference - 22 -23 October 2025 (Brussels)

food literacy



If you are an SME, researcher, or investor in digital technologies related to the food system, don't miss this two-day event! During the conference, we will showcase innovative solutions from the DRG4FOOD and FOODITY pilot projects in food tracking, targeted nutrition, and consumer food choices, with opportunities for networking. You will also gain insights from three years of research through presentations and panel discussions with European experts!

DRG4FOOD announce the final conference of 3 years projects dedicated to research on the relationship between food and data and how to create a trustworthy digital food system! Register [here](#).

Highlights from latest EUFIC campaigns

August - healthy habits to age well

IMAGE: healthy habits image

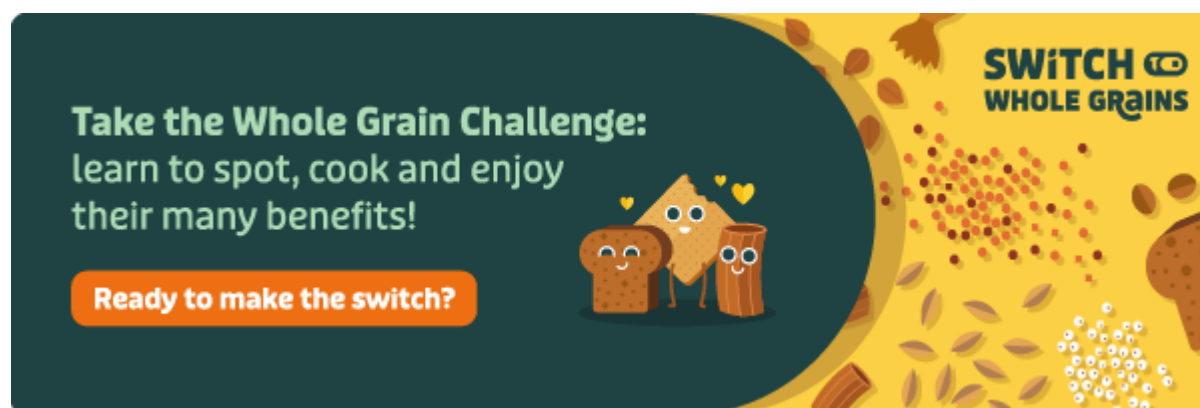
- **Articles** | [Acrylamide in food: What it is & How to reduce levels](#)
- **Social Media** | [How to store food safely to avoid food poisoning](#)

September - food waste

IMAGE: food waste image

- **Article** | [What is a food allergy? Symptoms, causes and treatment](#)
- **Social Media** | [Are food scanner apps reliable?](#)

SwitchToWholeGrain is back this November with new resources, now also in Spanish!



After last year's success, when more than 23,000 people visited the website to learn about whole grains and over 640 joined the challenge, 70% of whom said they would recommend it to a friend, SwitchToWholeGrain is back this November to continue inspiring Europeans to eat more whole grains, with new resources and a Spanish version to reach even more people.

This year's campaign will tackle common myths, share practical tips and child-friendly recipes to help get everyone on board, and highlight how different stakeholders are helping to put whole grains in the spotlight. It will place particular focus on Spain, where the campaign will collaborate with local experts, influencers and the food service sector, all of which can inspire thousands of meals every week and help set the trend beyond people's kitchens.

Learn more and join the movement: switchtowholegrains.com

Latest on food safety and risk communication

IMAGE: food safety and risk communication, maybe showing it being talked about in the news

Fred B notes on the Food Safety Synergy: Navigating Risk Management Across Borders session on the 16th October

Teasing upcoming food facts webinar on *"Beyond the Panic Button: How Media Frame Food Safety and Risk"*

Resources from our projects and initiative

IQ3 EUFIC members webinar — Plant based dairy alternatives: perspectives from nutrition professionals in Spain and Portugal(Alpro project)

plant-based



How do nutrition professionals view plant-based dairy alternatives and what information do they need to guide their recommendations? In this quarterly [webinar](#) for EUFIC members, our research senior manager, Katerina Palascha, presents key findings from the Alpro project that investigated knowledge, perceptions, attitudes, current practices, and information needs of nutrition professionals in Spain and Portugal around plant-based dairy alternatives.

We discuss what the findings mean for research, policy, and practice and show how academic institutions, science communicators, policymakers, and industry can put them into action to create greater impact.

You can also access the final reports [here](#).

Exploring how tofu may influence gut health in the MICROBIOMES4SOY project

microbiomes

IMAGE: "S:_EU PROJECTS\1_HORIZON Europe_ACTIVE_510 Microbiomes4soy\6. Outputs\WP6 - CDE & stakeholder engagement\T6.2 - C&D Tools & Approaches (EUFIC)\Website\Newsletters and Articles\SOYBIOME trial\canva image.png"

As part of the EU-funded MICROBIOMES4SOY project, researchers have completed the SOYBIOME

dietary trial to explore how replacing red or processed meat with tofu affects gut health. Over eight weeks, participants swapped one meat portion daily with 100g of miso-flavoured tofu. Scientists monitored changes in gut bacteria, inflammation markers, and overall health. Led by University College Cork and Atlantia Clinical Trials, the study may inform future dietary guidelines linking plant-based diets to improved gut health. Initial results are expected in 2026.

Read more [here](#)

Membership news



Strengthening Connections at the EUFIC Member's Event

On September 16th, the EUFIC members community came together for an afternoon dedicated to sharing knowledge, productive discussion, and networking. The event was designed as a collaborative forum rather than a traditional conference, providing participants and our organisation with the opportunity to exchange sector insights, explore trends, and reflect on possible future initiatives. Highlights included concise presentations on our latest communication lab findings on sweeteners, new data from a plant-based beverage survey, and an engaging talk by guest experts David J. Mela and Michael Siegrist. In the following, the Q&A sessions created a genuinely interactive atmosphere, allowing members to share experiences, pose challenges, and shape the conversation with their own expertise.

By the end of the day, members left not only with fresh perspectives but also with stronger connections to one another and to the EUFIC, exactly the kind of collective momentum this annual gathering aims to spark.

Couldn't make it to the event? You can still access our presentations and meeting notes, which are available here: [Link to be added](#)

Links: **Event Presentations and Notes:**

1. [Facts over fear: EUFIC on healthiness and naturalness by Nina McGrath](#)
2. [Plant-based dairy alternatives: Perspectives from nutrition professionals in Spain and Portugal by Laura Fernandez](#)
3. [Naturalness and Healthiness in the context of New Technology, Products, or Trends by Michael Siegrist](#)
4. [Conflicts of Interest in Nutrition by David J. Mela](#)
5. [EUFIC Strategy Review](#)

6. [Event Summary Notes](#)