



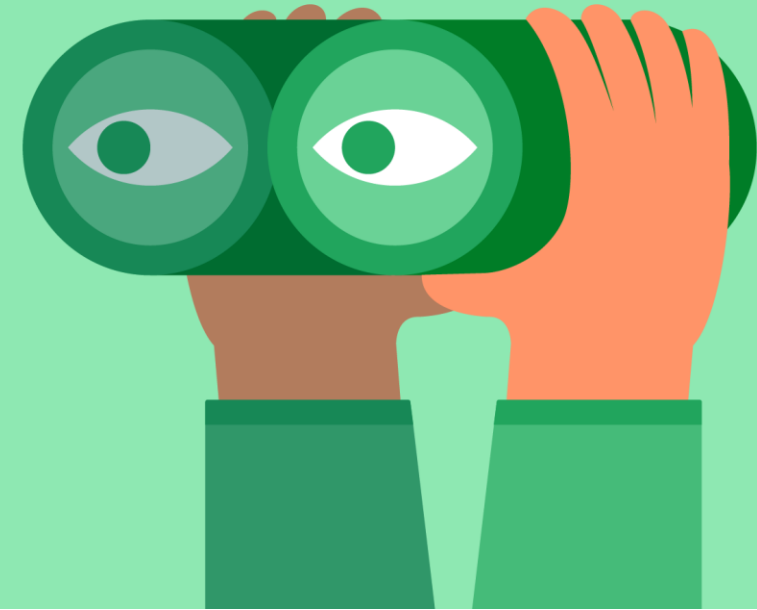
EUFIC Trainings in Food, Nutrition & Health Communication

Practical, evidence-informed trainings for people who communicate food, nutrition and health science.



Our vision

A world where we live healthier and more sustainable lives because we all know how to.



Our mission

We empower and facilitate healthier and more sustainable diets and lifestyles through science-based information and activities.

The trainings are for those who want to...

...share their work more effectively with both expert and non-expert audiences.



Food and health experts

...better inform and engage the public, patients, policymakers, or their peers.



Health professionals

...strengthen their staff's science communication skills.



Companies or organisations

Some of our clients:



European
Parliament



European
Commission



The European
Federation of
the Associations
of Dietitians



Federation of
European Nutrition
Societies



University
of Parma

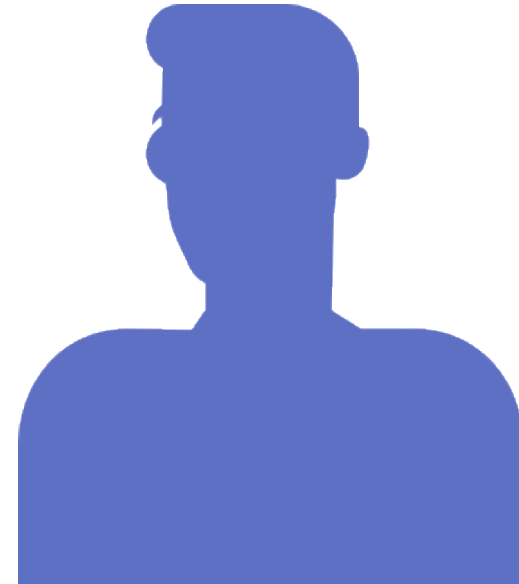


University of
Naples Federico II

What we offer



**Trainings for companies or
organisations**



**Trainings for food and health
researchers & health professionals
(individual enrollment)**

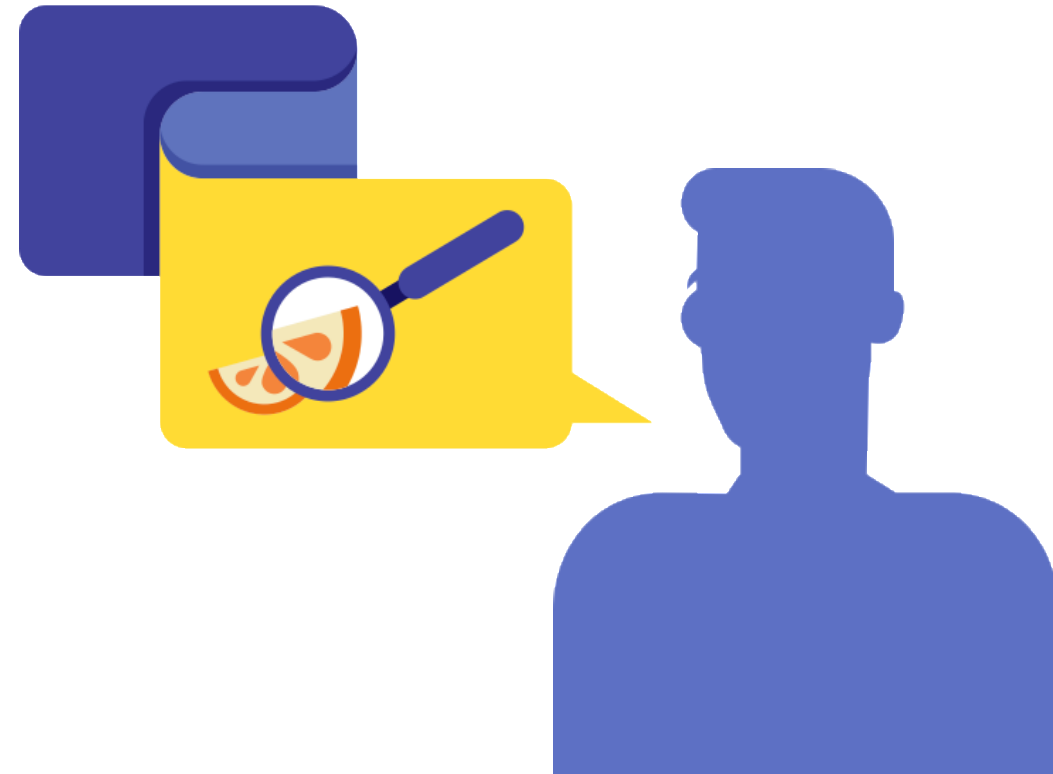
Trainings for companies or organisations

- **How to translate food science into trusted and engaging communication**
(7 standalone modules)
- **Healthy and sustainable eating habits**
(3 standalone modules)
- **Tailored programmes & trainings for your team**
 - Delivery in other languages (ES, IT, DE)
 - Adaptation to specific needs
 - Topic-specific focus sessions



Trainings for food and health researchers & health professionals

- **How to translate food science into trusted and engaging communication**
(7 standalone modules)



Why choose EUFIC?

- ✓ Expert trainers
- ✓ Q&A
- ✓ Real case scenarios
- ✓ Summary document, resources & certificate of attendance
- ✓ Affordable prices
- ✓ 30+ years of expertise
- ✓ 80+ European projects

Our training catalogue



Science communication & social media trainings

How to translate food science into trusted and engaging communication

Trainings overview



Principles and best practices for effective science communication



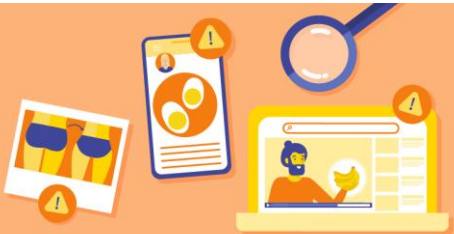
Understanding and engaging diverse audiences for science communication



Narrative approaches to communicating scientific research



Making sense of numbers: communicating data, risk, and uncertainty



Tackling misinformation in food and health communication



Getting started with social media for scientists and health professionals



Making the most of LinkedIn for professional presence and communication

Click on each of the trainings to see more information.

How to translate food science into trusted and engaging communication

- 7 standalone 2h sessions that don't need to be followed in order
- Small group format (max. 35) for active participation in exercises and feedback
- Training organised for individuals twice a year (spring and autumn) & **on demand for organisations**

Trainings about health and sustainable eating habits for non-experts

Only on demand for organisations

Three sessions to help your teams eat better, feel better, and perform better

What participants will receive:

- Clear, evidence-based insights to cut through myths and support confident food choices
- Practical strategies to build healthier, more sustainable daily habits
- Behavioural science tools to support lasting habit change
- Guidance to improve wellbeing, energy, and overall health for people and planet

#1 The food confusion is real: myths, facts, and how to spot the difference

- From miracle foods or diets to fear-based or misleading messages, **the media is full of misinformation that distorts science and creates confusion.**
- In this session, we will explore popular nutrition myths in the media, **learn how to spot misleading claims,** and get practical tips for finding **reliable food information you can trust.**

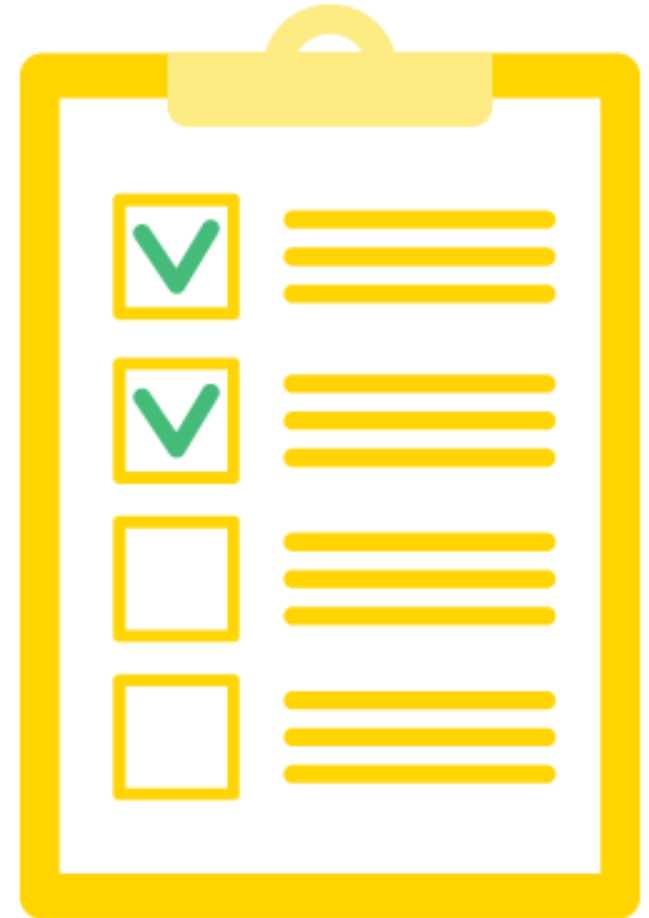


#2 Can one way of eating be good for you and the planet?

- **What we eat doesn't just affect our health; it impacts the planet too.** But are healthy and sustainable diets the same thing? Does the 'win-win diet' actually exist?
- In this session, we'll look at what the **latest scientific evidence** says about eating in ways that are both **good for you and better for the environment.**

#3 No more “I should”: how to build habits that last

- Knowing what to do is one thing. Doing it and keeping it up is another.
- In this session, we will explore what **behavioural science** tells us about how to turn **good intentions into lasting habits**. Based on **proven techniques**, you'll learn how to make healthy and sustainable eating a natural part of your daily life even when things get busy.



New or existing training tailored to specific needs

Looking for a customised training for *your* organisation?

- We offer tailored programmes and trainings for organisations seeking focused capacity building for their teams.
- Customisation options include longer deliveries (e.g., half or full days) delivery in other languages (ES, IT, DE), adaptation to specific needs, or thematic deep dives.

For questions, group bookings, or to discuss a customised training package, contact training@eufic.org.

Pricing for on-demand trainings

Pricing: How it works

- By booking a private training for your company or organisation, you pay less than the standard ticket price
 - **Standard ticket:** Industry €155 · Non-industry €68 per person
 - **Group discount:** 20% to 40%, by number of participants
 - **EUFIC members:** a further 20% off the discounted price

Your discount grows with group size

Participants	Discount
Up to 15	20%
16–30	25%
31–45	32.5%
46 or more	40%

E.g., 35 participants, non-industry:
€68 → €45.90 per person

A worked example: 35 participants

	Industry, private training	Non-industry, private training
Group discount (31–45 band)	32.5%	32.5%
Per-person price	€104.63 <i>(vs €155 if you buy standard ticket)</i>	€45.90 <i>(vs €68 if you buy standard ticket)</i>
Total	€3,662*	€1,607*

*Trainings usually run for 2 hours. A 1-hour version, without practical exercises, costs half as much.

To note:

- Booking more than one training session gives a further 10% off the total.
- We apply an extra cost for customised content or in-person delivery.
- Included with every training: a post-session summary document (key takeaways, resources, tools)

Thank you!

Questions?
We're only one email away:
training@eufic.org

