



## *My healthy family and We love eating*

*16 December, Brussels*

### Programme

- 09:30**     *Registration & welcome coffee*
- 10:15**     *Opening: Public health policy and pilot projects*  
Philippe Roux, Head of Unit 'Health Determinants'. DG Health and Food Safety
- 10:30**     *My healthy family: Project to promote the consumption of fruit and vegetables in 4 EU regions*
- **My healthy family: Key aspects of organisation and implementation of the project**  
Marta Sitkiewicz and Renata Bojczuk, ProPager
  - **Fruit and vegetables consumption: Comparative studies within My healthy family project in Hungary and Poland**  
Ewa Piątkowska, Agriculture University in Krakow, Faculty of Food Technology
  - **Healthy diets as a contemporary challenge in the EU**  
Milka Sokolović, European Food Information Council, and David Cavan, International Diabetes Federation
- 11:45**     *We love eating: Project to promote healthy lifestyles in 7 EU cities*
- **Understanding the project's context and scientific basis**  
Bruce Trail, Member of the WLE Scientific Board
  - **Introduction to objectives and approach**  
Eva Prudilova, P.A.U. Education
  - **Evaluation and results**  
Sara Gysen, GfK Belgium
  - **Reference framework for sustainable cities: A European tool for transversal issues such as urban food**  
Julie Delcroix Coudun, Council of European Municipalities and Regions
- 13:00**     *Finger food lunch*
- 14:00**     *Promoting healthy diets to pregnant and breastfeeding women: Presentation of the "Together" pilot project*  
Begoña García Campos, P.A.U. Education
- 14:15**     *Round table: Experiences and lessons learnt*  
Bjarne Bruun Jensen, Chair of the WLE Scientific Board
- 15:30**     *Conclusions & closing*
- 16:00**     *End*