

## **DELICIOUS PROJECT ENTERS FINAL PHASE WITH POLICY RECOMMENDATIONS AND DIGITAL INNOVATION FOR HEALTHY SCHOOL MEALS**

- *DELICIOUS in the final stages of finalizing key digital tools for personalized Mediterranean diet meal planning in schools.*
- *Over 200 reformulated recipes and bioactive-rich snacks were developed to promote sustainability and nutrition.*

Madrid, Spain. March. Friday 14<sup>th</sup>, 2025 – The **DELICIOUS project**, a European initiative encouraging children and adolescents to adopt healthier and more sustainable food choices based on the Mediterranean diet, is entering its final phase with significant advancements in digital innovation and policy recommendations.

Over the course of the project, interventions in 7 case studies across 5 Mediterranean countries, Spain, Portugal, Italy, Egypt, and Lebanon, have integrated nutrition education, physical activity programs, and digital tools to enhance adherence to Mediterranean diet principles in school environments. By developing healthy and sustainable snacks and reformulated recipes, the initiative is reshaping food choices in canteens while providing digital solutions to empower families and educators.

Central to the project's success is the completion of a digital platform designed to assist schools and families in planning personalized, sustainable Mediterranean-based meals; this is still a work in progress. An associated mobile application is also being developed, it will enable parents and school canteens to customize meal options based on dietary, cultural, and health preferences. These digital tools will represent a major step in promoting data-driven meal planning and fostering healthier eating habits among children.

From an educational standpoint, **DELICIOUS** has implemented extensive outreach efforts, including international workshops, conferences, and digital campaigns to raise awareness of the Mediterranean diet's benefits. Clustering activities with European projects and stakeholders such as lending information about the project to other related projects, joint webinars, follow up and interaction on project's websites and social media channels, among others, have strengthened partnerships. Also, work is being done behind the scenes to create a comprehensive policy recommendations document that will soon be available. These recommendations will be designed to support long-term adoption of the Mediterranean diet in schools, ensuring that its benefits reach future generations through practical and sustainable strategies.

Further progress has been made in food innovation, with over 200 Mediterranean recipes reformulated to enhance both sustainability and appeal, alongside the development of five bioactive-rich snacks co-created with children through citizen science. These efforts align with the European Green Deal objectives by contributing to a reduction in greenhouse gas emissions associated with food production.

As **DELICIOUS** enters its final phase, the project is gearing up for a major event to showcase its findings and impact. The final project conference, set for Thursday, May 8<sup>th</sup>, 2025, at BBC Innovation in San Sebastián - Donostia (Spain), will serve as a key moment to reflect on the journey, consolidate results, and explore how its insights can shape future initiatives. More than just a conclusion, this event is an opportunity to inspire further action, ensuring that the progress made in promoting the Mediterranean diet among children continues to benefit future generations across the region.

## ABOUT DELICIOUS PROJECT

The **DELICIOUS project**, funded by the European Union under the PRIMA program, is a 36-month initiative dedicated to fostering healthier and more sustainable food choices among children and adolescents through the Mediterranean diet. By integrating behavioral change strategies, digital tools, and innovative food solutions, **DELICIOUS** aims to positively impact dietary habits across Mediterranean countries.

**DELICIOUS** tackles critical issues related to nutrition, sustainability, and public health by reformulating traditional Mediterranean recipes, developing bioactive-rich snacks, and deploying digital platforms to facilitate meal planning. The project bridges the gap between research and real-world application, ensuring that its outcomes contribute to addressing social, economic, and institutional challenges linked to poor dietary adherence and food system sustainability.

### European funding

This project has received funding from the European Union's Partnership for Research and Innovation in the Mediterranean Area Programme (PRIMA), within the 2021 Section 1 Agri-food IA call. The total cost is estimated at 2.884.191,25 € and will receive funding of 2.606.875,00 €.

### Project partners

The consortium is composed of 10 organizations from 5 countries: EDELVIVES (Project Coordinator) (Spain), AIJU TECHNOLOGICAL INSTITUTE OF CHILDREN PRODUCTS AND LEISURE (Spain), BCC INNOVATION, TECHNOLOGY CENTER OF BASQUE CULINARY CENTER (Spain), CONTACTICA S. L. (Spain), LCI TECHNOLOGIES (Spain), ASSIUT UNIVERSITY (Egypt), PROVINCIA D'ITALIA DEI FRATELLI MARISTI DELLE SCUOLE (Italy), UNIVERSITÀ DEGLI STUDI DI CATANIA (Italy), CONGRÉGATION DES FRÈRES MARISTES AU LIBAN (Lebanon), PROVINCIA PORTUGUESA DA CONGREGAÇÃO DOS IRMÃOS MARISTAS (Portugal).

For more information visit: <https://deliciousproject.eu/>

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