

SPOKE 4 Final Event

February 16, 2026

Food Quality and Nutrition Research for Sustainable Diets

Department of Food, Environmental and Nutritional Sciences, University of Milan
Room C03 – Via Mangiagalli 25, Milan

09:00–10:00
Registration and welcome coffee

10:00–10:15
Event opening and institutional greetings

10:15–10:35
OnFoods: final remarks. Prof. Daniele Del Rio, University of Parma, OnFoods Foundation

10:35–10:55
Spoke 4 contribution to food quality and nutrition challenges. Prof. Patrizia Riso, University of Milan – Spoke 4 Leader

10:55–11:25
Stories of impactful projects

— EFFORT "PLUS". Prof. Daniela Martini, University of Milan
— DE LEGUMINIBUS. Prof. Paola Vitaglione, University of Naples Federico II

11:25–13:15
Results from Cascade Call Projects

— Biotechnological upcycling of wasted spent coffee grounds (BIOUPCOFFEE). Dr. Francesca Mauriello, ITP S.r.l.
— Development of functional goat and sheep dairy products with native strains and olive leaf polyphenols (FUNDARIES). Prof. Monica Deiana, University of Cagliari
— Smart solutions to support microbial-based biotechnological applications for efficient re-use of agri-food waste in the food industry (3SMicroBiotech4Food). Prof. Giovanni Pasoschi, Polytechnic University of Bari. Dr. Mariagiovanna Fragasso, University of Foggia
— Developing nutritionally balanced and sustainable ready-to-eat foods to improve dietary recommendation adherence in careless consumers (READY-TO-NUT). Prof. Mauro Serafini, University of Teramo
— Bio-technological solutions to reduce, recover and reuse fruit and vegetable waste (RE-WAVE). Prof. Teresa Zotta, University of Basilicata
— Reducing wine drawbacks (REWIND). Prof. Vito Michele Paradiso, University of Salento

13:15–14:30
Lunch and poster session

14:30–15:00
The RERITT Alliance for the future: what's next? Dr. Maria Cristina Di Domizio. Cluster Agrifood Nazionale (CLAN)

15:00–15:30

Reformulation strategies: from theory to practice

Chairs: Prof. Daniela Martini, University of Milan, Dr. Fiorella Sinesio, Council for Agricultural Research and Economics (CREA)

- Technological and nutritional reformulation of meat analogues (COURAGE). Dr. Andrea Bresciani, University of Milan
- Valorization of wheat-alternative flours for high-fiber and high-protein traditional foods (LEAFLET). Prof. Maria Calasso, University of Bari
- Cereal-based processed foods: mitigation of unintended Maillard reaction effects (PRO-MITIGATION). Dr. Francesca Masciola, CREA

15:30–16:00

Sustainable and personalized nutrition: case studies for future recommendations

Chairs: Prof. Alessandra Bordoni, University of Bologna, Prof. Pedro Mena, University of Parma

- Evaluation of individual responses to targeted plant-based sustainable diets (INSTEAD). Dr. Massimiliano Tucci, University of Milan
- A multi-omics approach to tackle obesity at the individual level with plant-based diets (OBI-WAN-DIET). Dr. Joana Rebelo, University of Parma
- Effects of cooking and storage processes on nutrients and non-nutrients assessed through intestine-on-chip and preclinical models (EFFICACY). Dr. Costanza Ceccanti, University of Pisa

16:00–16:30

New or improved (bio)processes for better food quality and nutrition

Chairs: Prof. Matteo Scampicchio, Free University of Bozen-Bolzano, Prof. Lucia Vannini, University of Bologna

- Development of functional legume-based foods and ingredients through fermentation (FUTURE). Dr. Silvia Tagliamonte, University of Naples Federico II
- Scaling up fermented foods validated under real production conditions (SCAL-FERMFOODS). Dr. Francesca Bonazza, National Research Council of Italy (CNR)

16:30–17:00

From the plate to the human body: the importance of analytical implementation

Chairs: Prof. Luisa Mannina, University of Rome "La Sapienza", Dr. Veronica Sberveglieri, National Research Council of Italy (CNR)

- Fermented beverages studied through a metabolomics approach (FERMENT_AGES). Dr. Giacomo Di Matteo, University of Rome "La Sapienza"
- Plant biostimulants as a sustainable approach to increase functional quality and shelf life in post-harvest foods (BIOS). Dr. Pier Paolo Bechi, Università Cattolica del Sacro Cuore
- New approaches to elucidate the metabolism of nutritionally relevant bioactive compounds (NEW PRACTICE). Dr. Marta Berzaghi, University of Parma

17:00–17:30

Awards and closing remarks