

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 (FUNDAIRIES).** 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 Pascoschi, 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 Bordonì, 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 Becchi, 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**