

Welcome to the Symposium

“Improving Food Choices: Towards More Healthy Sustainable Diets”

Tuesday 23 September 2025

University of Helsinki, Main Building, Tekla Hultin Lecture Hall, Fabianinkatu 33, Helsinki

Program

- 9.00 Registration and morning coffee
- 9.30 Opening of the Symposium
- 9.35 Opening words: Introduction to TITAN **Isabelle Guelinckx**, *ILSI Europe*

Session 1 "Building Sustainable and Healthy Food Environments"

Chair: Maijaliisa Erkkola, *University of Helsinki*

- 9.45 The Connection between Parental and Child Food Neophobia - Cross Cultural study among European Families **Kamila Bargiel-Matusiewicz**, *University of Warsaw*
- 10.05 The impact of a healthy and climate-friendly dietary intervention in early education and care on children's food acceptance and consumption **Henna Vepsäläinen**, *University of Helsinki*
- 10.25 Use of tools to improve understanding of healthy sustainable diets **Elena Santa Cruz**, *AZTI*

- 10.45 Break

- 11.00 Creating sustainable healthy diets whilst minimising change from current diets: experiences from the island of Ireland, **Anne Nugent**, *Queen's University Belfast*
- 11.20 Impact of digitally provided science-based nutritional information on food purchases **Elviira Lehto**, *University of Helsinki*
- 11.40 Consumer preferences for combined health and sustainability labelling of foods **Lynn Frewer**, *Newcastle University*

- 12.00 Lunch and networking in Agora



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Session 2 "The impact of the Sus-health Index on improving food choices: a "living lab" experiment in Finland"

Chair: **Paul Brereton**, *Queen's University Belfast*

14.00 Online experiment **Charles Gillan**, *Queen's University Belfast*

14.15 Short introduction to the Sus-Health concept **Paul Brereton**, *Queen's University Belfast*

14.25 Sus-Health Index **Joe Livingstone**, *Queen's University Belfast*

14.45 Coffee break

15.15 Living Lab design and results **Joe Livingstone**, *Queen's University Belfast*, **George Hutchinson**, *Queen's University Belfast*, **Satu Kinnunen**, *University of Helsinki*

15.45 Living Lab experiences **Ruslan Kuskov**, **Emilia Mastokangas**, **Pekko Nordström**, **Suvi Huttunen**, *Seinäjoki University of Applied Sciences*

16.05 Food based Indices for nutrition and the environment **Eva Leanne Thomas**, *Queen's University Belfast*

16.25 Q & A

16.35 Closing of the Symposium



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