

EGEA Conference 2026: Can dietary recommendations for fruit and vegetable intake be met within sustainable food systems?

7-9 October 2026, Montpellier

The conference is co-chaired by Boitshepo Bibi Giyose (FAO) and Dr Joël Doré (Inrae).

Current scientific evidence leaves little room for doubt: a transformation of our food systems with a shift toward plant-based diets rich in **fruits and vegetables** is essential to support both **human and planetary health**. However, the feasibility of achieving such a transformation must be assessed through the **lens of the consumer**—understanding the economic, cultural, social, and environmental barriers that shape food choices.

In this edition, EGEA adopts a **comprehensive “food systems” perspective**, giving a central place to consumers’ needs, expectations, and constraints.

5 sessions will explore this topic

1. The impacts of meeting fruit & vegetable recommendations (co-chaired by **Malek Batal & Ramya Ambikapathi**)
2. Behaviors & levers for change (co-chaired by **Sophie Nicklaus & Roberto Ugas**)
3. Four collaborative projects, covering the entire food chain, aiming to support consumers in adopting healthier and more sustainable diets with increased fruit & vegetable intake (co-chaired by **Jean-Pierre Cravedi & Sophie Drogué**)
4. Challenges and future perspectives for meeting fruit & vegetable recommendations in sustainable food systems (co-chaired by **Mphumuzi Sukati & Christian Reynolds**)
5. Roundtable designed by and for consumers (co-chaired by **Rémi Kahane & Sylvie Avallone**)

The [Call for abstracts](#) - posters and oral communications - is open until **February 16th 2026**.

Organized by Aprifel, the 10th edition of EGEA conference will bring together the **scientific community and stakeholders from across disciplines** to explore how fruit and vegetables can drive healthier and more sustainable food systems. Discussions will address systemic challenges

and opportunities, spanning health, environment, socio-economic perspectives, innovation, and consumer engagement.

EGEA: a unique international conference by Aprifel

Founded in 2003 by Aprifel*, EGEA is a unique international conference that brings together all stakeholders and draws on multidisciplinary knowledge. Its aim is to provide concrete, evidence-based recommendations for changes in practice and policy. Aprifel, the French Agency for Research and Information on Fruit and Vegetable, is an association under the French law of 1901, created in 1981. Since 2022, Aprifel has been recognised as being in the general interest. Its core mission is to analyse and disseminate knowledge on the links between fruit and vegetables and health, food safety and sustainability.

MORE INFORMATION ON THE EGEA CONFERENCE

- **Conference website:** <https://www.egeaconference.com/>
- [Registration](#) (early bird until 15 April)
- [Programme](#)
- [Call for abstracts](#)
- [Welcome note from Boitshepo Bibi Giyose and Dr Joël Doré](#)
- [EGEA Scientific Committee](#)
- [Aprifel's website](#)