

## VEGGIEAT NOTES Lyon, 20<sup>th</sup> April 2015

### 1.0 IN ATTENDANCE

Steering Committee Members in Attendance	Institution
Professor Heather Hartwell	Professor, Bournemouth University, UK
Professor F. J. Armando Perez-Cueto	Associate Professor of Public Health Nutrition, Department of Development and Planning, Copenhagen University, Denmark
Professor Erminio Monteleone	Sensory Food Science Professor and Head of the Sensory Unit at GESAAF, University of Firenze, Italy
Dr Agnes Giboreau	Research Director, Centre De Recherche, Institute Paul Bocuse, France
Dr Laurence Depezay	Bonduelle, France
Advisory Committee Members in Attendance	Institution
Professor John S. A. Edwards	Professor of Foodservice, Bournemouth University, UK
Professor Bent E Mikklesen	Head of the voluntary EU School Fruit Scheme, Aalborg University, Denmark
Dr Gitte Laub Hansen	Project Manager, Prevention and Documentation, Danish Cancer Society, Denmark
Other Participants in Attendance	Institution
Professor Ann Hemingway	Professor, Bournemouth University, UK
Dr Katherine Appleton	Associate Professor, Bournemouth University, UK
Dr Ann Bevan	Senior Lecture, Bournemouth University, UK
Ms Carmen Martins	Project Administrator, Bournemouth University, UK
Dr David Morizet	Consumer Science, Bonduelle, France
Dr Laure Saulais	Centre De Recherche, Institute Paul Bocuse, France
Ms Estelle Petit	Centre De Recherche, Institute Paul Bocuse, France
Ms Laura Guérin	Centre De Recherche, Institute Paul Bocuse, France
Ms Olga Melique	Administrator, Centre De Recherche, Institute Paul Bocuse, France
Dr Caterina Dinnella	University of Firenze, Italy
Ms Camila Masi	PhD Student, University of Firenze, Italy
Ms Serena Trapani	PhD Student, University of Firenze, Italy

### 2.0 APOLOGIES FOR ABSENCE

Apologies from Dr Lucas Noldus received and noted.

### 3.0 WELCOME AND INTRODUCTION

Professor Heather Hartwell (HH) from Bournemouth University (BU) welcomed the partners to Lyon and shared that she's pleased that to welcome all the partners, secondees and advisory board to this meeting. Further, HH presented all the agenda items for the next two days and asked the partners and advisory board to introduce themselves around the table to other researchers.

#### 4.0 AGENDA FOR THE MID-TERM REVIEW

HH shared among partners, the uniqueness of the VeggiEAT project, highlighting the importance of eating out and vegetable consumption, from a health perspective and its huge potential for research – joining industry and academia together as part of this IAPP project.

HH mentioned the importance of secondees under the Marie-Curie scheme, encouraging European mobility research and helping personal development of these researchers, enabling them to move countries and disciplines to contribute to the future of European research. VeggiEAT is the start of a robust research in vegetable consumption in Europe that can take research to another level and move forward, improving and promoting health.

Regarding the agenda items for the three days meeting:

- 20<sup>th</sup> April 2015: WP2 and WP3 presentation;
- 21<sup>st</sup> April 2015: meeting with the EU Project Officer and the Evaluator where the secondees will be presenting their secondment experience;
  - The agenda was set up by the EU Project Officer and there will be no deviation;
  - Introduction and the philosophy of the project;
  - HH will present the scientific data of the project and their objectives;
  - Dr David Morizet (DM) and Professor Erminio Monteleone (EM) will present the highlights of WP2;
  - Presentation of work in progress from WP3 by Dr Laure Saulais (LS);
  - HH will do a short presentation from dissemination, impact and complementary skills acquisition.
  - HH will present the secondment implementation;
  - *Tour de table* where each PI will introduce their research team;
  - After lunch the Project Officer would like to talk with each secondee, understand their background and their work and experience as being part of this project; HH further suggested to use the Professional Development Plan that has been sent to all the PI's - measurable outcomes that secondees want to achieve, while on secondment, improving the research experience;
  - Following an open discussion with the secondees and the Advisory Board (managed by Professor John Edwards);

HH shared with the partners that the mid-term review report, shared among PI's, was submitted and accepted with no comments.

- 22<sup>nd</sup> April 2015: reflect about the mid-term review meeting and feedback from the secondees; LS will take the partners thought the publishing protocol for VeggiEAT; HH will talk about conferences and presentations; Professor Armando Perez-Cueto (AP-C) will discuss WP4 and WP5. HH will introduce the team to impact and public engagement, to understand the difference that the project will make to policy and impact - how to take VeggiEAT to a variety of communities and resources. HH advise the partners to think about a day for the next meeting, having into account what is most convenient from a management perspective and from a work in progress perspective.

#### 5.0 MANAGEMENT ISSUES

With regard to management, the project in the initiation stages was a partner with Aalborg University, where AP-C was Associate Professor. Then, AP-C moved to Copenhagen University and because of his expertise is vital for the project. The partners decided that VeggiEAT will now move to Copenhagen University; AP-C advised the partners that there will be a new team for secondments and the language will continue to be a barrier. Dr Agnes Giboreau (AG) said that there is always a way to solve language issues, like helping with different tasks on the current stages of the projects. HH added a further comment that on secondment the interaction is not the first item – the need to write up papers is still there. HH also spoke about the recruitment of the post-docs – it is possible to recruit someone that will be able to speak Danish and progress with the project. The advertisement for post-docs needs to be on the Marie-Curie website. Professor Ann Hemingway (AH) offered collaboration regarding contacts with elderly homes in Copenhagen.

Regarding the secondments, HH suggested partners to organize their secondments in advance, in order to receiving institutions organize the hosting in advance. HH clarified, once again, the aim of the secondments, remembering that it is important to enhance research, learn new languages, to be integrated in a new team and research activities outside the university, making use of the professional development plan, especially with early career researchers. HH explained that the most important paperwork for this projects are the secondment agreement and timesheets, secondly the professional development plan – it is an obligation of the secondee not to leave their secondment without a signed agreement – as the project will be audited on timesheets and agreements.

EM expressed some concerns regarding the financial management and the travel days counting on the secondments. HH advise that it's written on the guidelines that the travel days count for the secondment period. HH suggested partners to email Philip Leahy-Harland ([pharland@bournemouth.ac.uk](mailto:pharland@bournemouth.ac.uk)) at Bournemouth University, regarding financial questions.

<b>ACTION: Carmen Martins to update the website with Copenhagen University logo.</b>
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## 6.0 SYSTEMATIC REVIEW PAPER

HH introduced Dr Katherine Appleton (KA) systematic review paper. KA asked partners for comments and contributions to the paper. HH thanked KA for her contribution and collaboration as first author on this paper. HH further suggest adding neophobia to the paper, in the context bit – Dr Caterina Dinella (CD) thanked KA for the efforts and said that she will add a few paragraphs, regarding the topic. Professor Ann Hemingway (AH) mentioned people with low incomes in the UK not having access to fresh vegetables - and said that she is happy to add a few sentences on the subject.

AH kindly offered to proof read any papers, if that is helpful for partners – on a practical point of view as an English speaker. HH further said that dissemination is first on the agenda and should be starting with research. EM and DM collaborate on a sensory perspective. HH will collaborate with LS on a foodservice perspective. AH suggested to start a public health intervention paper.

EM started to prepare two drafts for paper publication with the data already collected on WP2, one on teenagers and one on elderly people – including liking, preference, and familiarity, comparing the four countries.

HH asked Carmen Martins (CM) to send the publishing table around the partners to further understand in which stage of research the project is.

<b>ACTION: Dr Caterina Dinella to write about neophobia for the systematic review, within 2 weeks; Professor Ann Hemingway to add a few sentences, within 2 weeks; Dr</b>
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**Katherine Appleton to send the paper for comments; Professor Ann Hemingway to lead on a Public Health paper. Carmen Martins to send the publishing table around the partners.**

## **7.0 WP2 PRESENTATION**

Dr David Morizet (DM) started the presentation by sharing the WP2 results with the partners and advisory board. The objective of WP2 is to better understand the consumer perception and liking for the vegetable sensory variations according to their characteristics. DM and EM updated all the partners regarding the data collection results. EM proceeded to present the descriptive analysis for peas and sweet corn as well as a perceptual map with the last results for sorting. HH advised that some terms were not quite understandable in English and they need to be revised.

DM and EM continuing the presentation explaining the data results from Italy and France, advising the partners that data from DK is still missing and some data from the UK needs to be further explained.

Further the project is expected to be disseminated at the following conferences: ICCAS 2015 USA; PangBorn 2015; Goteborg FENS 2015, Berlin; Eurosense, 2016 Dijon.

HH complimented the work developed during WP2, preparing the groundwork for the next stage and the real eating situation.

The advisory board thanked both DM and EM for the presentation and the results achieved during WP2.

## **8.0 WP3 PRESENTATION**

Dr Laure Saulais (LS) introduce the work already developed on WP3, during the recipe development stage. LS presented the major differences and challenges between countries in terms of settings and the composition of the meal, including all the criteria during the development of recipes.

LS explained the process that Institute Paul Bocuse (IPB) used to develop the recipes with the input from the secondees: AP-C and EM – during a co-creation workshop with the students.

The students develop recipes based on the target group and the criteria, with the advice of the leading chef from IPB. Then the thirteen recipes were evaluated by a panel of experts, leading to a final sample:

- Pea and Pesto Pie;
- Vegetable steak;
- Corn soup;

After the tasting, the second year students suggested improvements into new directions: nutrition, acceptability and practical implementation in food service. From there they prepared a questionnaire on consumption habits perception; they prepared the recipes and tested it.

LS suggested to have a strong link between the WP2 and WP3 – go further and strengthen the recipes. Decisions need to be made regarding the products, product choice and supply condition for recipe development. Further questions arise regarding the nutrition point of view, as well as the quantity of dishes per target group.

Professor John Edwards (JE) commented on the development of the recipes, raising issues regarding their

replication - as the product need to be replicated in children's and old people kitchens. DM further comment that Bonduelle's expert will comment on the recipes while in IPB, during next week. JE also claimed the attention to the name of the products in each country – as it is an important factor during the product development stage. Further Professor Edwards asked why three products and not more? LS used the same comment to clarify this question with the partners. It was agreed that the results are clear and the most likeable products should be used. EM suggested to follow the graphics and the products should follow the direction of the segmentation – like vs. dislike.

Summarising: thirteen recipes were developed and three were chosen as final. After piloting the recipes were reduced to five and then to three. Next stage is to take the three recipes to be tested in a cultural perspective - cross county characteristics - before it goes to the field.

<b>ACTION: Partners to find a place to test the recipes.</b>
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## **9.0 AOB**

As part of the meeting the partners were given the opportunity to talk about any other business (AOB), but no further questions were raised.

## **10.0 CONCLUSION**

HH thanked all the partners for their contribution and efforts and for their participation in the project meeting.

