



TRansition paths to sUstainable
legume-based systems in Europe



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TRUE General Assembly 2019

Universidade Católica Portuguesa
Wednesday 10th July - Friday 12th July



This Project has received funding from the European Union's Horizon 2020
research and innovation programme under grant agreement No [727973](#)

www.true-project.eu



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Dear participant.

Welcome to Porto! On behalf of the Organising Committee, and the TRUE Executive Committee we are delighted to host you at Universidade Católica Portuguesa (UCP) for the 2nd Mediterranean Legume Innovation Networking event (M-LIN) and the 3rd General Assembly of TRUE Project partners. These meetings are hosted by UCP, Eurest and the James Hutton Institute (JHI), and we hope to enjoy fruitful discussions revolving around the topic of, “Realising the ecological-health approach: consumers’ transition to legume-based diets”. In this forum we hope to share experiences and results, as well as obtain your valuable input on how legumes may have a crucial role in promoting more environmentally-friendly and healthy diets. Here we will learn how consumers, citizens, public bodies, policy agencies, and industry are shaping the way we voluntarily or involuntarily make food choices on a daily basis.

The 3rd General Assembly also marks an important milestone for the TRUE project as it is aimed to review the second year of project implementation and set out guidelines for the next project year. We trust that this meeting will be fruitful, providing an update on progress in the past year, and setting out an efficient and reliable schedule to achieve our desired impacts – which is more sustainable home-grown legume-based foods and feeds in Europe.

In the interim, we wish you a wonderful time in Porto, and we hope at the end of this meeting you will return home wanting to put more legumes on your’s, your families’ and your friends’ plates.

With kind regards,

The Organising Committee





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Meeting Programme

Consumer Transition: to more-sustainable legume-based diets

Day 1 - Tues. 9th, Mediterranean Legume Innovation Network (LIN) Workshop

Universidade Católica Portuguesa - Foz Campus

08:30 Registration

Welcome

09:00 Isabel Braga da Cruz, Manuela Pintado & Marta Vasconcelos, Universidade Católica Portuguesa

09:10 Background to the TRUE project

Pete Iannetta, The James Hutton Institute

09:25 Short video on legumes

Policy and health

Facilitators: Bálint Balázs & Ana Gomes

09:30 Inter-Ministry Strategy for Healthy Eating (EIPAS)

Pedro Graça, Dean of Faculty of Nutritional Sciences, University of Porto

09:50 Promotion of legume consumption: an example of an awareness campaign from the Portuguese Association of Nutrition

Célia Craveiro, Portuguese Association of Nutrition

10:10 School meal guidelines that promote inclusion of legumes

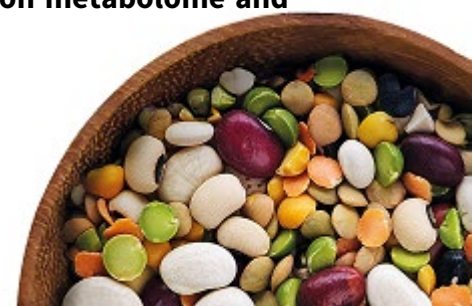
Rui Lima, National Education Directorate

10:30 Refreshment break and LEGUME FAIR

11:00 Legume breeding for better nutrition and climate change mitigation

Albert Vandenberg, University of Saskatchewan

11:20 The impact of a pulse-based partial-replacement diet on metabolome and health Helena Ferreira, Universidade Católica Portuguesa





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- 11:40** **BREAKOUT SESSION 1**
Discussion on policy, consumption and health
- 13:00** **Lunch break and LEGUME FAIR**
- Legume Marketing and Sustainability***
Facilitators: Elisete Varandas & Georgia Ntatsi
- 14:30** **Legume grains in Portugal: market tendencies**
Carla Teixeira, Portugal Foods
- 14:50** **The role of legumes and urban farms in promoting well-being**
Paulo Nova, Universidade Católica Portuguesa
- 15:10** **Slow food ´s initiatives to promote sustainable diets**
Claudia Nathansohn, Slow Food Germany e. V.
- 15:30** **BREAKOUT SESSION 2**
Discussion on innovation and marketing and sustainability
- 16:30** **Refreshment break and LEGUME FAIR**
- 17:00** **Wrap up of breakout sessions and Final Discussion**
Bálint Balazs, Ana Gomes, Elisete Varandas & Georgia Ntatsi
- 17:30** **Closing Remarks**
Pete Iannetta, The James Hutton Institute
- 17:45** **End of LIN Workshop**





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Day 2 - Wed. 10th, TRUE General Assembly, Day 1

Universidade Católica Portuguesa - Foz Campus

08:30 Registration

9:00- 10:00 Morning Session - Chairperson: Marta Vasconcelos (UCP)

09:00 Welcome to the TRUE General Assembly

Marta Vasconcelos (UCP)

09:05 Identifying and implementing legume-based transitions

Pete Iannetta (JHI)

The role of legumes across borders

09:20

Mike Grusak, ISAB, Center Director at the Edward T. Schafer Agricultural Research Center, Fargo, North Dakota, USA

Case Study and selected partner 'Flash talks' I¹ + Q&A (30 min)

10:00

Session 1: JHI (CS5), STC (CS6), CU (CS7 & CS8), FDM (CS18), KEFRI (CS23), SOL (CS24), AUA (CS21 & CS22) and UHOH (CS13 & CS14)
Chairperson – Fanny Tran (JHI)

11:30 Refreshment break

**12:00-
13:00**

Afternoon Session - Chairperson: Roger Vickers (PGRO)

12:00 WP1, Knowledge Exchange & Communication

Alicia Kolmans and Henrik Maaß (UHOH)

12:30 WP2, Case Studies & Data Management

Georgia Ntatsi (AUA)

13:00 Lunch & Group Photo

¹ *Template and Guidance Notes are available on Sharepoint [here](#) (3rd General Assembly).*





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**14:00-
15:30**

Mid-Afternoon Session - Chairperson: Elisabete Pinto (UCP)

14:30

WP3, Nutrition & Product Development

Marta Vasconcelos (UCP)

15:00

WP4, Markets & Consumers

Karen Thorsted Hamann (IFAU)

15:30

Refreshment break

Work Package Parallel Sessions

16:00

WP1 - WP8 to meet in small groups with all relevant partners to discuss:

- Results achieved so far;
- Upcoming Deliverables and Milestones;

Contributions to the WP as detailed in the Grant Agreement.

17:00

ECOM Meeting (WP Leaders only, 1h30 session)

18:30

End of Day 1

20:00

PROJECT DINNER @ UCP Foz Campus

Bring dancing shoes!





Day 3: Thurs. 11th, TRUE General Assembly, Day 2

Universidade Católica Portuguesa – Foz Campus

9:00- 10:30 **Morning Session** - Chairperson: David Styles (BU)

09:00 **WP5, Environment**
Mike Williams (TCD)

09:30 **WP6, Economics**
Luiza Toma (SRUC)

10:00 **WP7, Policy & Governance**
Bálint Balazs (ESSRG)

10:30 **Refreshment break**

11:00 **Case Study ‘Flash talks’ II¹ + Q&A (30 min)** - Chairperson: Fanny Tran (JHI)
Session 2: TEAG (CS2 & CS1), SRUC (CS4), AWI (CS15), ADL (CS3), IGV, AK (CS16), EUR (CS19), SF, UCP (CS20), PIREN (CS17) and PGRO

12:30 **Lunch**

14:00- 15:15 **Afternoon Session** - Chairperson: Bob Rees (SRUC)

14:00 **WP8, Transition Pathways**
Aneta Trajanov (JSI)

14:30 **WP9, Coordination**
Pete Iannetta & Fanny Tran (JHI)

15:15 **1st SAB Meeting**
SME partners²

16:15 **Feedbacks from SAB and Concluding Remarks**
Pete Iannetta (JHI)

16:45 **Main Meeting Concluded**

² SME Partners are PGRO, SOL, STC, EUR, ADL, IFAU, ESSRG, AK, FDM, SF, PIREN and IGV.





Day 4: Fri. 12th, TRUE General Assembly, Day 3

Field Trip and Social Activities

- 09:00** **Departure: Hotel Boavista**
- 10:00** Guided Visit to **Mercado Temporário do Bolhão**
- 11:00** **Showcooking of legumes** by Chef Antonio Leonci
- 12:30** **Departure to Porto Supply Chain Market and Lunch**
- 14:00** Visit to **Porto Supply Chain Market**
- 16:00** Departure to Ribeira
- 17:00*** **River Cruise Visit to Port Wine Cellar & Port Wine Tasting**



- 19:00** **Return to Hotel Boavista**
Option to stay downtown Porto to enjoy Porto's lively nightlife

** A contribution of €20 will be requested from partners willing to take part in the social activities organised that afternoon. More details to follow.*

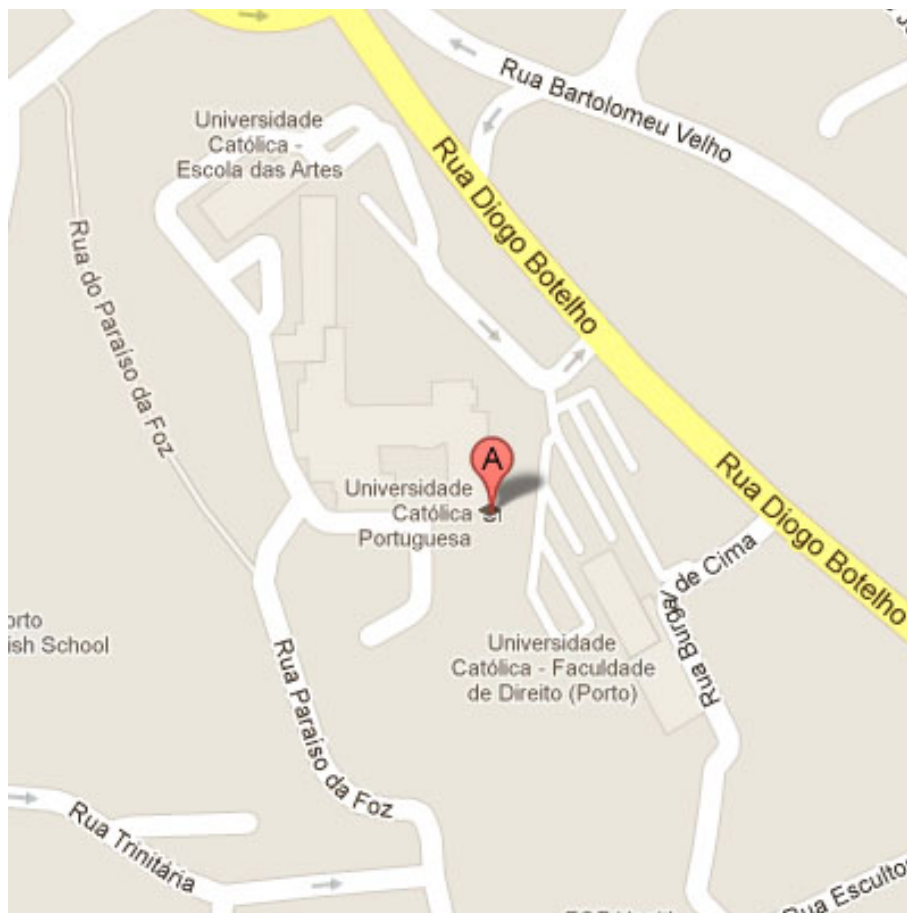




Meeting Information

Location: The 3rd General Assembly Meeting of the TRUE Project and the 2nd Mediterranean Legume innovation Networking (M-LIN) workshop will take place at the facilities of the Universidade Católica Portuguesa in Porto (Foz Campus)

How to get to campus:



Foz campus

Besides the great location near the sea, the Foz campus is easily accessible by public transport or other. Note, however, that **there is no metro station to the Foz campus**. It is better to take a taxi/UBER or a bus, or ideally, stay at one of the hotels which are walking distance

Local phone number: +351 226 196 200

Address: Rua de Diogo Botelho, 1327 | 4169-005 Porto

GPS: +41° 9' 11.57", -8° 40' 17.98"





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Railway Station

Campanhã Station (Porto) –

<https://www.cp.pt/passageiros/en/train-times/Stations/porto-campanha-station>

If you are travelling by car from the south (Lisbon):

[A1 direction Porto - Ponte da Arrábida - IC1]. After passing the Arrábida bridge, exit in the direction of Bessa Leite / Foz. At the roundabout, take the 3rd exit and continue on Rua Antonio Bessa Leite. Follow the signs for Hotel Ipanema Park. Pass the Hotel, follow the rightmost traffic light and enter the Rua Diogo Botelho. Continue for about 2 km to Praça do Império and re-enter the Rua Diogo Botelho, in the 4th exit at the roundabout. On your right are the University buildings.

If you are travelling by car from the north (Braga):

[A3 direction Porto - A1 (South) - IC1]. Take the exit towards Avenida Boavista - Poente and enter Rua Beato Inácio de Azevedo. Turn right into Avenida da Boavista, at about 500m turn left to Avenida Marechal Gomes da Costa, continue to the end of the avenue until finding the Praça do Império roundabout. Get off at the 3rd exit to Rua Diogo Botelho. On your right are the University buildings.





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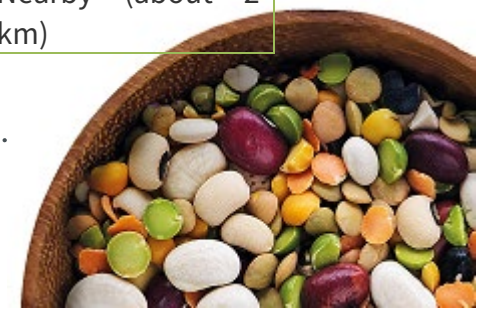
Accommodation

Special rates for the conference participants, in the hotels below. Reservations must be made directly by the participants, indicating that the event is from Universidade Católica Portuguesa. Participants in the event to get 10% off the BAR (Best Available *daily* Rate) for “HF HOTELS” *if* reservations must be made using this link - <http://catolicaevents.hfhotels.com/>. However, please note the recommended accommodation highlighted in **red text** below.

HOTELS				
	Single	Double	Booking Contacts	Comments
RECOMMENDED ACCOMMODATION	River/Sea-view: 90.95€ Street view: 82.54€	River/Sea-view: 99.45€ Street view: 90.95€	reserva@hotelboavista.com using the reservation code: “Meeting TRUE-Eventos Católica”	10 min. walk from conference venue
HOTEL BOAVISTA				
<u>CASA DIOCESANA DE VILAR</u>	a)	a)	info@seminariodevilar.pt	Nearby (about 2 km)
<u>HF FÉNIX PORTO - 4*</u>	a)	a)	booking.fenixporto@hfhotels.com	Nearby (about 2 km)
<u>HF IPANEMA PARK - 5*</u>	a)	a)	booking.ipanemapark@hfhotels.com	Nearby (about 1 km)
<u>HF IPANEMA PORTO - 4*</u>	a)	a)	booking.ipanemaporto@hfhotels.com	Nearby (about 2 km)
<u>HF TUELA PORTO - 3*</u>	a)	a)	booking.tuela@hfhotels.com	Nearby (about 2 km)

a) Please, contact the Hotel directly to confirm prices.

Reference prices. Breakfast included. City tax not included.





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For further information regarding your stay in Porto, do not hesitate to contact:

Carla Santos @ carla.sancho.santos@gmail.com

Helena Ferreira @ hferreira@porto.ucp.pt

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Email: info@true-project.eu

