



Section 2. Call: Multitopic Call 2022
Thematic Area 3-Agri-food value chain 2022
Topic 2.3.1 (RIA) – Enabling the transition to healthy and sustainable dietary behavior
Type of action: RIA

Innovative sustainable solutions for ready-to-eat traditional Mediterranean products and non-conventional healthy foods

Document Information

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Project partners/consortium:

- P1 – University of Split – UNIST (coordinator)
- P2 – Green Environmental Research Ltd. – GREENER
- P3 – Centaurus d.o.o. – CENTAURUS
- P4 – Alma Mater Studiorum Università di Bologna – UNIBO (vice-coordinator)
- P5 – Università Cattolica del Sacro Cuore – UCSC
- P6 – Martino Rossi S.p.A. – MROSSI
- P7 – Spanish National Research Council – CSIC
- P8 – DOMCA SAU – DOMCA
- P9 – Cukurova University – CUNI
- P10 – Chouaib Doukkali University – UCD
- P11 – Sidi Mohamed Ben Abdellah University – USMBA

1. LIST OF DISSEMINATION ACTIVITIES IN 36 MONTHS

Project official meetings

- Kick-off meeting at 21st June 2023 at Cukurova University (Adana, Turkey) and online.
- General assembly meeting in Granada at DOMCA S.a. at 15th May 2024 and online.
- General assembly meeting in Bologna at UNIBO at 4th June 2025 and online.

Planed events

- Final project meeting is planed for 21st Octobar 2026.
- Project dissemination event October 2026

Staff mobility

1. Federica Barbieri (University of Bologna) visited Università Cattolica del Sacro Cuore (UCSC), Piacenza, Italy, in February 2024.
2. Fethiye Takadaş, PhD student (Çukurova University, CUNI), completed a training stay at the University of Split (UNIST) from May to June 2024.
3. Fatih Ozogul, Yeşim Ozogul and Yılmaz Uçar (Çukurova University, CUNI) visited the University of Split (UNIST) in May 2024.
4. The GREENER research team visited the University of Split (UNIST) in July 2024.
5. Vida Šimat (University of Split) visited the University of Bologna (UNIBO) in December 2024.
6. Abdelkader Boutine and Lidia Gil (DOMCA) completed a mobility visit to the University of New England, Maine, USA, under the University of Granada exchange programme, in June 2024.
7. Tejaswini Bajirao Nirgude (University of Bologna) completed an internship at DOMCA, Spain, from March to June 2024.
8. Siddhesh Lahu Chavan (University of Bologna) completed an internship at DOMCA, Spain, from October 2024 to January 2025.
9. Hatice Yazgan (Çukurova University, Turkey) completed a research stay at DOMCA, Spain, in July 2024.
10. Abdellah Zinedine and Faouzi Errachidi (Chouaib Doukkali University) visited Çukurova University, Adana, Turkey, from 4 to 10 May 2026.
11. Fatih Ozogul (Çukurova University) visited Chouaib Doukkali University (UCD), El Jadida, Morocco, in December 2025.
12. Martina Filippini, PhD student (University of Bologna), completed a research stay at Università Cattolica del Sacro Cuore (UCSC), Piacenza, Italy, during April and May 2026, collaborating on the nutritional and quality improvement of fermented nut prototypes.
13. Martina Filippini, PhD student (University of Bologna), completed a three-month research stay at the Spanish National Research Council (CSIC), Madrid, Spain, from October to December 2025.
14. Sara Morandi, PhD student (Università Cattolica del Sacro Cuore), completed an eleven-month research stay at the Spanish National Research Council (CSIC), Madrid, Spain, from October 2025 to August 2026.

15. Danijela Skroza and Vida Šimat (University of Split) visited the University of Bologna (UNIBO) in December 2025.

Congress attendance

1. International conference on Foodomics, Cesena (Italy), 14-16 February 2024
2. 22nd World Congress of Food Science and Technology “The future of food is now: Development, Functionality & Sustainability”, September, 8-12 2024, Rimini – Italy
3. FoodMicro 2024 congress in Burgos, Spain, UCSC
4. 22nd World Congress of Food Science and Technology (IUFoST2024), from 8-12 September 2024 in Rimini, Italy – UNIBO
5. V Convegno AISSA#under40. Firenca: Università degli Studi di Firenze, 2024
6. 4. International Conference on Research of Agricultural and Food Technologies, September 11 & 13 -2024 in TASHKENT, UZBEKISTAN – UNIST
7. 1st International Congress for Sustainable Ecosystems in the Mediterranean Area, October 2-3, 2024, in Split, Croatia – UNIST, UNIBO
8. The 5th International Electronic Conference on Foods - Online - 28–30 October 2024 – UNIST
9. 3rd Greenering International Conference. Novi Sad: Xtractteam Consultancy, 2025
10. International Conference on Microbial Diversity 2025 (MD2025), 23-26 September 2025, Rome (Italy), P2-8.
11. 1st International Conference on Fermented Foods, 27-30 October 2025, NOI Techpark, Bolzano (Italy).
12. CYTA Congress, Valencia, Spain, 2026
13. 5th ZORH International Conference on Environmental Protection, Sustainable Production, And Examples of Best Practices, Split: University of Split, Faculty of Chemistry and Technology, 2025
14. 11th International Congress of Food Technologists, Biotechnologists and Nutritionists. 9.12.2025. – 11.12.2025., The Westin Zagreb, Zagreb, Croatia
15. 15th International Scientific-Professional Conference WITH FOOD TO HEALTH, September 17th and 18th 2025, Osijek, Croatia
16. XVII Congreso – El microbiona humano de la investigación a la clínica 2026. Malaga, Spain
17. 61st CROATIAN AND 21st INTERNATIONAL SYMPOSIUM ON AGRICULTURE. University Josip Juraj Strossmayer in Osijek, 2026.

Oral presentations in national and international conferences:

1. Barbieri et al. (2024). Plant-derived antimicrobial compounds: Chemical characterisation and in vitro activity against food-borne pathogens. V AISSA Conference #UNDER40 – Le scienze agrarie nell’antropocene: dalla produttività alla tutela del patrimonio materiale e culturale, 26–27 June 2024, Florence, Italy. Book of Abstracts, S5-SC03, p. 184.

2. Barbieri et al. (2024). Mediterranean and medicinal plants as sources of bioactive essential oils: Effects on the culturability and viability of *Listeria monocytogenes*. 4th International Conference on Research of Agricultural and Food Technologies (I-CRAFT 2024), 11–13 September 2024, Tashkent, Uzbekistan.
3. Šimat (2024). Challenges and opportunities of non-conventional raw materials for innovative technological and functional food applications. 4th International Conference on Research of Agricultural and Food Technologies (I-CRAFT 2024), 11–13 September 2024, Tashkent, Uzbekistan.
4. Tabanelli et al. (2024). Microbial biodiversity valorization as a tool for sustainable food production. 1st International Congress for Sustainable Ecosystems in the Mediterranean Area (STecoMed2024), 2–3 October 2024, Split, Croatia.
5. Barbieri et al. (2025). Harnessing the potential of natural antimicrobials: Oregano and cinnamon essential oils against *Listeria monocytogenes*. FEMS MICRO Milan 2025: Congress & Exhibition, 14–17 July 2025, Milan, Italy. Book of Abstracts, Poster P929.
6. Boutine & García Madero (2025). Revolutionizing food safety: Breakthroughs in bacteriocinogenic ferments from spontaneously fermented foods. (Please complete the conference name, date and location – information is missing in the original reference.)
7. Šimat (2024). Challenges and opportunities of using by-products for innovative technological and functional food applications. 5th International Electronic Conference on Foods, Food Microbiology Session, 28–30 October 2024 (online).
8. Roldán et al. (2025). INNOSOL4MED: Redefining sustainability and innovation in Mediterranean foods and their connection with the gut microbiota. XVI Workshop of the Spanish Society of Microbiota, Probiotics and Prebiotics (SEMiPyP), February 2025, Barcelona, Spain.
9. Roldán et al. (2026). Mediterranean-based fermented foods and human gut microbiota within the framework of the INNOSOL4MED project. XVII Workshop of the Spanish Society of Microbiota, Probiotics and Prebiotics (SEMiPyP), February 2026, Málaga, Spain. Meryem Benyamane, Nouhaila Belasla, Imane Brahimi, Faouzi Errachidi, Chakib EL Adlouni, et Abdellah Zinedine. GC-MS/MS analysis and biological activities of essential oil from *Mentha* spp. planted in two Moroccan regions. 1er Symposium : Biotechnologies, sante et environnement. El Jadida, Maroc. 20-21 Décembre 2024.
10. Benyamane et al. (2024). GC-MS/MS analysis and biological activities of essential oil from *Mentha* spp. cultivated in two Moroccan regions. 1st Symposium on Biotechnology, Health and Environment, 20–21 December 2024, El Jadida, Morocco.

11. Benyamane et al. (2024). Antibacterial activity of *Mentha rotundifolia* essential oil collected from different regions of Morocco. 2nd Scientific Day of ISPITS Meknes (JOSIM'2), 23 November 2024, Meknes, Morocco.
12. Benyamane et al. (2024). Comparative study of the composition and antifungal activity of *Mentha rotundifolia* essential oil collected from two Moroccan regions. International Congress MindInnFood'24, 29–30 October 2024, Valencia, Spain.
13. Benyamane et al. (2023). Improving the quality and functionality of traditional Moroccan food products through innovative and sustainable solutions: The INNOSOL4MED project. 2nd International Conference on Natural Resources and Sustainable Development (RENA23), 9–11 November 2023, Fez, Morocco.
14. Belasla et al. (2024). Exploring the biotechnological potential of lactic acid bacteria isolated from argan press cake for potential food applications. 1st Symposium on Biotechnology, Health and Environment, 20–21 December 2024, El Jadida, Morocco.
15. Brahimi et al. (2024). Microbiological and phytochemical characterization of marine algae collected from the Sidi Bouzid coast and their potential for fermentation applications. 1st Symposium on Biotechnology, Health and Environment, 20–21 December 2024, El Jadida, Morocco.
16. Belasla et al. (2024). Isolation of lactic acid bacteria from *Opuntia ficus-indica* by-products and assessment of their biotechnological properties as starter cultures. 2nd Scientific Day of ISPITS Meknes (JOSIM'2), 23 November 2024, Meknes, Morocco.
17. Belasla et al. (2024). Biotechnological properties of lactic acid bacteria isolated from natural resources for potential use as starter cultures. International Congress MindInnFood'24, 29–30 October 2024, Valencia, Spain.
18. Brahimi et al. (2024). Antimicrobial and antioxidant properties of ethanolic extracts of two marine algae collected from the Moroccan Atlantic coast. International Congress MindInnFood'24, 29–30 October 2024, Valencia, Spain. Fatima Tarek, Meryem BENYAMANE, Abdellah Zinedine, and Faouzi Errachidi. Valorisation et utilisation des feuilles de chou comme antifongique naturelle contre les microorganismes. 2ème Edition du Congrès International Ressources Naturelles & Développement Durable RENA23, Université Sidi Mohamed Ben Abdellah. Fès / 9-10 -11 Novembre 2023.
19. Brahimi et al. (2024). Antimicrobial and antioxidant properties of ethanolic extracts from two marine algae collected from the Moroccan Atlantic coast. International Congress MindInnFood'24, 29–30 October 2024, Valencia, Spain.
20. Tarek et al. (2023). Valorisation and utilization of cabbage leaves as a natural antifungal agent against microorganisms. 2nd International Conference on Natural Resources and Sustainable Development (RENA23), 9–11 November 2023, Fez, Morocco.

21. Benyamane et al. (2025). Biotechnological attributes of lactic acid bacteria from a nationwide sampling: Assessment of probiotic properties and antibacterial activity. 3rd International Conference on Natural Resources and Sustainable Development (RENA25), 18–20 December 2025, Faculty of Sciences, Chouaib Doukkali University, El Jadida, Morocco.
22. Benyamane et al. (2025). Molecular docking insights into the antibacterial activity of *Mentha rotundifolia* (L.) Huds. essential oil against pathogenic bacteria. 3rd International Conference on Natural Resources and Sustainable Development (RENA25), 18–20 December 2025, Faculty of Sciences, Chouaib Doukkali University, El Jadida, Morocco.
23. Belasla et al. (2025). Phytochemical composition and antioxidant activity of extracts from cladodes and fruit peels of *Opuntia ficus-indica* collected in the El Jadida region. 3rd International Conference on Natural Resources and Sustainable Development (RENA25), 18–20 December 2025, Faculty of Sciences, Chouaib Doukkali University, El Jadida, Morocco.
24. Belasla et al. (2025). Exploring the nutritional composition and bioactive components of sourdough bread enriched with *Opuntia ficus-indica* cladodes. 2nd International Symposium on Materials, Environmental Sciences and Hygiene (ISMESH 2), 16–17 October 2025, Higher School of Technology, Sidi Mohamed Ben Abdellah University, Fez, Morocco.
25. Brahimi et al. (2025). Exploration of the bioactive potential of the seaweeds *Ulva lactuca* and *Sargassum muticum* through chromatographic profiling and antimicrobial assessment. 3rd International Conference on Natural Resources and Sustainable Development (RENA25), 18–20 December 2025, Chouaib Doukkali University, El Jadida, Morocco.
26. Brahimi et al. (2023). Properties of lactic acid bacteria isolated from marine seaweed for potential biotechnological applications. 2nd International Congress "Science in the Service of Sustainable Development" (2S2D 2023), 9–10 March 2023, Faculty of Sciences, El Jadida, Morocco.
27. Belasla et al. (2023). Antibacterial activity of lactic acid bacteria isolated from marine algae against bacteria responsible for nosocomial infections. 2nd International Conference on Natural Resources and Sustainable Development (RENA23), 9–11 November 2023, Fez, Morocco.

Invited lectures and seminars:

1. Tabanelli (2024). Spontaneous fermentations: Valorisation of microbiota for the development of innovative plant-based products. Invited lecture at the Innovation Hub for Healthy Food, MACFRUT 2024, 8–10 May 2024, Rimini, Italy.

2. Šimat (2024). Phenolic profile and antioxidant potential of Allium by-products. Invited lecture at the Innovation Hub for Healthy Food, MACFRUT 2024, 8–10 May 2024, Rimini, Italy.
3. Šimat (2024). Challenges and opportunities of non-conventional raw materials for innovative technological and functional food applications. Invited seminar within the Master's course Advanced and Predictive Microbiology, University of Bologna, 26 June 2024, Bologna, Italy.
4. Šimat (2024). Fish quality and safety: Natural preservation strategies. Invited seminar within the Master's course Food Risk Management, University of Bologna, 4 December 2024, Bologna, Italy.

Poster presentations at national and international conferences

1. Barbieri et al. (2024). Mediterranean and medicinal plants as sources of bioactive essential oils for the development of novel natural functional ingredients. 7th International Conference on Foodomics, 14–16 February 2024, Cesena, Italy. Poster P73.
2. Čagalj et al. (2024). Phenolic profile and antioxidant potential of by-products from Allium species. 7th International Conference on Foodomics, 14–16 February 2024, Cesena, Italy. Poster P75.
3. Barbieri et al. (2024). Essential oils from Mediterranean and medicinal plants: Chemical composition and effects on the viability of food-borne pathogens. 22nd World Congress of Food Science and Technology, 8–12 September 2024, Rimini, Italy. Poster 4.20.8, p. 573.
4. Jurić Šolto et al. (2024). Development of the Quality Index Method (QIM) for Adriatic deep-water rose shrimp (*Parapenaeus longirostris*). 1st International Congress for Sustainable Ecosystems in the Mediterranean Area (STecoMed2024), 2–3 October 2024, Split, Croatia.
5. Barbieri et al. (2025). Onion extract rich in organosulfur compounds as a clean-label preservative for ready-to-eat hummus. 8th International Conference on Microbial Diversity (MD2025), 23–26 September 2025, Rome, Italy. Poster P2-8.
6. Montanari et al. (2025). Nut-based fermented products as cheese alternatives: Exploitation of lactic acid bacterial consortia. 1st International Conference on Fermented Foods, 27–30 October 2025, NOI Techpark, Bolzano, Italy. Book of Abstracts, Poster P193.
7. Bozzetti et al. (2025). Untargeted UHPLC-HRMS screening of total folates produced by lactic acid bacteria in fermented milk and during yogurt shelf life. 1st International Conference on Fermented Foods, 27–30 October 2025, NOI Techpark, Bolzano, Italy. Book of Abstracts, Poster P120.
8. Roldán et al. (2025). INNOSOL4MED: Redefining sustainability and innovation in Mediterranean foods and their connection with the gut microbiota. XVI Workshop of the

- Spanish Society of Microbiota, Probiotics and Prebiotics (SEMiPyP), February 2025, Barcelona, Spain. Poster presentation. Published in *Advances in Microbiota, Probiotics and Prebiotics*, 6(1), p. 167.
9. García López and Boutine (2026). Extracts from *Allium* as clean-label strategies to improve the microbiological safety and shelf life of ready-to-eat hummus. CYTA Congress, 2026, Valencia, Spain.
 10. Skroza et al. (2025). Influence of extraction method and particle size on the phenolic content and biological potential of agri-food by-products. 3rd Greenering International Conference, Book of Abstracts, Novi Sad, Serbia, 2025, p. 116.
 11. Tadić et al. (2024). Chemical composition and biological potential of garlic by-products. Book of Abstracts of the 1st International Congress for Sustainable Ecosystems in the Mediterranean Area (STecoMed2024), 2–3 October 2024, Split, Croatia, p. 31.
 12. Jurić Šolto et al. (2024). Extraction of astaxanthin from shrimp (*Parapenaeus longirostris*) by-products using sunflower oil. Program and Abstract Book of the 5th International Electronic Conference on Foods, 2024. Basel, Switzerland: MDPI, p. 1.
 13. Roglić et al. (2025). The effect of ozone treatment on selected pathogenic bacteria. 5th ZORH International Conference on Environmental Protection, Sustainable Production and Examples of Best Practices, 2025, Split, Croatia. Book of Abstracts, p. 66.
 14. Begura et al. (2025). The effect of ozone treatment on shrimp (*Parapenaeus longirostris*) meat quality parameters during refrigerated storage. 5th ZORH International Conference on Environmental Protection, Sustainable Production and Examples of Best Practices, 2025, Split, Croatia. Book of Abstracts, p. 67.
 15. Čagalj et al. (2025). The influence of different extraction parameters on the concentration of astaxanthin extracted from shrimp (*Parapenaeus longirostris*) by-products. 11th International Congress of Food Technologists, Biotechnologists and Nutritionists, 9–11 December 2025, Zagreb, Croatia.
 16. Čagalj et al. (2025). Stability of astaxanthin extracted from shrimp (*Parapenaeus longirostris*) by-products under different storage conditions. 15th International Scientific and Professional Conference "Food for Health", 17–18 September 2025, Osijek, Croatia.
 17. Roldán et al. (2026). Mediterranean-based fermented foods and human gut microbiota within the framework of the INNOSOL4MED project. XVII Congress – The Human Microbiome: From Research to Clinical Practice, 4–6 February 2026, Málaga, Spain.
 18. Šimat et al. (2026). Opportunities of non-conventional plant extracts in functional and technological food applications. Book of Abstracts of the 61st Croatian and 21st International Symposium on Agriculture, 2026, Osijek, Croatia, p. 72.

19. Roldán et al. (2026). INNOSOL4MED: Redefining sustainability and innovation in Mediterranean foods and their connection with the gut microbiota. *Advances in Microbiota, Probiotics and Prebiotics*, 6(1), 167.

Conference papers:

- Belasla et al. (2024). Antibacterial activity of lactic acid bacteria strains isolated from marine algae against pathogenic bacteria. *BIO Web of Conferences*, 115, 07004. <https://doi.org/10.1051/bioconf/202411507004>

Scientific papers

1. Tkaczewska et al. (2024). Valorization of prawn/shrimp shell waste through the production of biologically active components for functional food purposes. *Journal of the Science of Food and Agriculture*, 104(2), 707–715. <https://doi.org/10.1002/jsfa.12969>
2. Brahimi et al. (2024). Biotechnological properties and antifungal activity of lactic acid bacteria isolated from the marine algae *Ulva lactuca* and *Sargassum muticum* collected from the Moroccan coast of Sidi Bouzid–El Jadida. *Euro-Mediterranean Journal for Environmental Integration*, 9, 105–113. <https://doi.org/10.1007/s41207-023-00448-1>
3. Bozkir et al. (2024). Challenges in water kefir production and limitations in human consumption: A comprehensive review of current knowledge. *Heliyon*, 10(13), e33501. <https://doi.org/10.1016/j.heliyon.2024.e33501>
4. Rathod et al. (2024). Incorporation of fish and fishery waste into food formulations: A review of current knowledge. *Trends in Food Science & Technology*, 148, 104517. <https://doi.org/10.1016/j.tifs.2024.104517>
5. Ariza et al. (2024). Enhancing food preservation and safety: Synergistic effects of Allium-derived organosulfur compounds and the outer membrane-permeabilizing peptide L-11. *Food Control*, 165, 110691. <https://doi.org/10.1016/j.foodcont.2024.110691>
6. Benyamane et al. (2026). Unraveling the properties of *Mentha rotundifolia* (L.) Huds. essential oil: Antimicrobial and antioxidant activities, and molecular docking. *Journal of Stored Products Research*, 115, 102834. <https://doi.org/10.1016/j.jspr.2025.102834>
7. Benyamane et al. (2026). Integrated evaluation of *Mentha rotundifolia* (L.) Huds. essential oil: Physicochemical characterization, antibacterial activity and in silico ADMET prediction. *International Journal of Molecular Sciences*, 27, 3527. <https://doi.org/10.3390/ijms27083527>
8. Brahimi et al. (2026). Unlocking the phytochemical and biological attributes of *Ulva lactuca* and *Sargassum muticum* extracts: Antioxidant and antimicrobial activity, and phenolic compound identification by UPLC-HRMS Orbitrap. *Algal Research*, 96, 104687. <https://doi.org/10.1016/j.algal.2026.104687>

9. Kezer et al. (2025). A comprehensive overview of the effects of probiotics, prebiotics and synbiotics on the gut-brain axis. *Frontiers in Microbiology*, 16, 1651965. <https://doi.org/10.3389/fmicb.2025.1651965>
10. Ozogul et al. (2026). Biovalorization of citrus peel waste into nano-enhanced natural preservatives for food protection. *Waste and Biomass Valorization*. <https://doi.org/10.1007/s12649-026-03520-3>
11. Barbieri et al. (2025). Mediterranean plants and spices as a source of bioactive essential oils for food applications: Chemical characterisation and in vitro activity. *International Journal of Molecular Sciences*, 26, 3875. <https://doi.org/10.3390/ijms26083875>
12. El Boujamaai et al. (2025). Nutritional properties, antioxidant activity and consumer acceptability of sourdough bread supplemented with marine algae powder using selected traditional starters. *Phycology*, 5, 7. <https://doi.org/10.3390/phycology5010007>
13. Bozzetti et al. (2025). Untargeted UHPLC-HRMS screening of total folates produced by lactic acid bacteria in fermented milk and during yogurt shelf life. *Foods*, 14, 1112. <https://doi.org/10.3390/foods14071112>
14. Tadić et al. (2025). Chemical composition and biological potential of garlic by-products. *Croatian Journal of Food Science and Technology*, 17(2), 223–232. <https://doi.org/10.17508/cjfst.2025.17.2.04>
15. Arslan et al. (2026). Functional fermented dairy products: A review of mechanisms, health potential and technological challenges. *Frontiers in Nutrition*, 13, 1779688. <https://doi.org/10.3389/fnut.2026.1779688>
16. Sengun et al. (2026). Factors affecting the viability of probiotics in various food products: A review of current knowledge. *Frontiers in Microbiology*, 17, 1893153. <https://doi.org/10.3389/fmicb.2026.1893153>
17. Jurić Šolto et al. (2026). Astaxanthin in food systems: From natural sources and stability challenges to emerging functional applications. *Sustainability*, 18, 7433. <https://doi.org/10.3390/su18147433>
18. Ozogul et al. (2026). Enhancement of kefir quality and functionality using nanoemulsified citrus peel essential oils and lactic acid bacteria. *Food Bioscience*, 83, 109506. <https://doi.org/10.1016/j.fbio.2026.109506>

Scientific papers under review

1. Montanari et al. (2026). Occurrence and control of biogenic amines in plant-based fermented foods. Under revision in *Critical Reviews in Food Science and Nutrition*.

2. Barbieri et al. (2026). Insights into the antimicrobial mechanisms of cinnamon (*Cinnamomum verum*) and oregano (*Origanum vulgare*) essential oils against foodborne pathogens. Under review in *Molecules*.
3. Ahmadi Kaliji et al. (2026). Consumer acceptance of seafood innovations: A systematic review of nutritional enhancement, shelf-life extension and minimal processing. Under review in *Food Quality and Preference*.
4. Ahmadi Kaliji et al. (2026). Consumer acceptance of plant-based dairy alternatives: A scoping review of product characteristics, environmental values and cultural influences. Under review in *Food Research International*.
5. Šimat et al. (2026). Exploring green extraction techniques: A comparative study of antioxidant and antimicrobial properties of phenolic compounds from yellow and red onion peels. Under review in *Waste and Biomass Valorization*.
6. Roldán et al. (2026). Shrimp by-product astaxanthin modulates gut microbiota composition and proteolytic metabolism in donor-dependent in vitro colonic fermentation. Under review in *Food Bioscience*.
7. Ozogul et al. (2026). Enrichment of spray-dried kefir with lactic acid bacteria and lemon nanoemulsified essential oil: Effects on physicochemical, sensory and microbiological properties. Under review in *ACS Omega*.

Book chapter

Čagalj and Jurić Šolto (2026). Utilisation of shrimp processing by-products for astaxanthin extraction. In: Šubarić D., Kučić-Grgić D., Jokić S., et al. (eds.), *Potential Applications of Food Industry By-products – Book 6. Osijek* (original I Croatian: Iskorištenje nusproizvoda prerade kozica za ekstrakciju astaksantina // Neke mogućnosti iskorištenja nusproizvoda prehrambene industrije - Knjiga 6.), Croatia: Faculty of Food Technology Osijek, Josip Juraj Strossmayer University of Osijek, pp. 751–761.

Student thesis

UNIST:

- Tadić, A. (2024). Chemical composition and antioxidant potential of garlic by-products. Master's thesis. Supervisors: D. Skroza and M. Čagalj. Faculty of Chemistry and Technology, University of Split, Split, Croatia.
- Pavić, P. (2024). Chemical composition and antioxidant potential of onion by-products. Master's thesis. Supervisors: D. Skroza and M. Čagalj. Faculty of Chemistry and Technology, University of Split, Split, Croatia.

UNIBO:

- Salvioli, M. (2024). Characterisation of strains isolated from spontaneously fermented plant-based foods. Master's thesis in Food Science and Technology. Supervisor: G. Tabanelli. Co-supervisors: F. Barbieri and C. Angelucci. University of Bologna, Bologna, Italy.
- Pompili, S. (2024). Analysis of the composition and bioactivity of essential oils obtained from Mediterranean plants. Master's thesis in Food Science and Technology. Supervisor: G. Tabanelli. Co-supervisors: C. Montanari and F. Barbieri. University of Bologna, Bologna, Italy.
- Iamello, A. (2024). Characterisation of spontaneously fermented sauerkraut and analysis of its microbiota. Master's thesis in Food Science and Technology. Supervisor: G. Tabanelli. Co-supervisors: F. Barbieri and C. Angelucci. University of Bologna, Bologna, Italy.
- Forcella, M. (2024). Study of the composition and bioactivity of essential oils obtained from different plant matrices. Master's thesis in Food Science and Technology. Supervisor: G. Tabanelli. Co-supervisors: F. Barbieri and C. Angelucci. University of Bologna, Bologna, Italy.
- Nirgude, T. B. (2024). Characterisation of Allium extracts obtained from by-products and evaluation of their antimicrobial activity. Master's thesis in Food Safety and Food Risk Management. Supervisor: G. Tabanelli. Co-supervisors: A. Baños Arjona and M. Filippini. University of Bologna, Bologna, Italy.
- Chavan, S. L. (2024). Enhancing the safety and quality of traditional perishable ready-to-eat Mediterranean products using Allium and cumin extracts. Master's thesis in Food Safety and Food Risk Management. Supervisor: G. Tabanelli. Co-supervisors: A. Baños Arjona and F. Barbieri. University of Bologna, Bologna, Italy.
- Ricci, M. (2025). Safety characteristics of lactic acid bacteria isolated from spontaneously fermented plant-based matrices. Master's thesis in Food Science and Technology. Supervisor: G. Tabanelli. Co-supervisors: F. Barbieri, I. Mercurio and D. Bassi. University of Bologna, Bologna, Italy.
- Iuliani, F. (2025). Physiological response of *Listeria monocytogenes* and *Staphylococcus aureus* to essential oils. Master's thesis in Food Science and Technology. Supervisor: F. Gardini. Co-supervisors: F. Barbieri and I. Mercurio. University of Bologna, Bologna, Italy.
- Vignolini, I. (2025). Technological performance of lactic acid bacteria strains isolated from spontaneously fermented foods. Master's thesis in Food Science and Technology. Supervisor: G. Tabanelli. Co-supervisors: C. Montanari and I. Mercurio. University of Bologna, Bologna, Italy.
- Santini, N. (2025). Fermentation performance of autochthonous lactic acid bacteria in nuts for the production of plant-based products. Master's thesis in Food Science and Technology.

Supervisor: G. Tabanelli. Co-supervisors: M. Filippini and I. Mercurio. University of Bologna, Bologna, Italy.

Stevanovic, M. (2025). Mitigation strategies to reduce biological risks associated with fermented nut-based products. Master's thesis in Food Safety and Food Risk Management. Supervisor: G. Tabanelli. Co-supervisors: F. Barbieri and M. Filippini. University of Bologna, Bologna, Italy.

UCSC:

Morgan, C. (2025). Tailoring a lactic fermentation strategy for a hazelnut–chickpea blend: Toward a functional fermented flour ingredient. Master's thesis in Food Processing: Innovation and Tradition. Faculty of Agriculture, Food and Environmental Sciences, Università Cattolica del Sacro Cuore, Academic Year 2024/2025.

Natalie, N. (2026). Innovative non-conventional fermented ingredients from oat and chickpeas: Safety, technological features and nutritional content. Master's thesis in Food Processing: Innovation and Tradition. Faculty of Agriculture, Food and Environmental Sciences, Università Cattolica del Sacro Cuore, Academic Year 2025/2026.

Other dissemination activities

Public engagement and science communication

- Sustainability Fair 2023, Osijek, Croatia (UNIST, Centaurus Ltd).
- Sustainability Fair, 1–3 October 2024, Split, Croatia.
- Split Science Fair 2024, Split, Croatia.
- Split Science Fair 2025, Split, Croatia.
- Split Science Fair 2026, Split, Croatia.
- European Researchers' Night 2023, Split (Croatia), Cesena (Italy) and Madrid (Spain).
- European Researchers' Night 2024, Split (Croatia), Cesena (Italy) and Madrid (Spain).
- European Researchers' Night 2025, Split (Croatia), Cesena (Italy) and Madrid (Spain).
- Pre-activities for the European Researchers' Night, 25 September 2023, Split, Croatia.
- The Research Talks during the European Researchers' Night, 29 September 2023, Split, Croatia.
- Science Comes to Town – Interactive Exhibition, Diocletian's Cellars, 20–24 January 2026, Split, Croatia.
- Science Week activities, Madrid, Spain (2024–2026).
- Workshops for children and young people, summer schools and exhibitions at the National Museum of Natural Sciences (CSIC), Madrid, Spain.

Scientific exhibitions, fairs and innovation events

- PRIMA Projects Day, 21 November 2023, Sitges (Barcelona), Spain.
- PRIMA Project Day, 22–23 October 2024, Barcelona, Spain.
- PRIMA2Business – 2nd Capacity Building Workshop, April–June 2026.
- Transfer and Innovation Days "Cordoba Biotech", University of Córdoba, Spain (DOMCA).
- Cluster of Innovation Bio-Boost, 28 June 2023 (José M. García Madero).
- MACFRUT 2024 – Fruit & Veg Professional Show, 8–10 May 2024, Rimini, Italy (UNIBO and UNIST).
- CIBUS 2024, 7–10 May 2024, Parma, Italy (Martino Rossi Srl and Università Cattolica del Sacro Cuore).
- Open DISTAL, 24 September 2025, Bologna, Italy.
- DISTAL PhD Green Day, 16 June 2026 (online event organised by the University of Bologna).

Educational and outreach workshops

- "MuseoChef: Your Healthy Pantry", 23 July 2024, Madrid, Spain (CSIC).
- Christmas Workshop at City Science, 13 December 2024, Split, Croatia.
- Workshop for students of the Advanced Certificate in Food Industry Processes and Quality, IES Pérez de Guzmán, Ronda (Málaga), Spain, 20 November 2024 (A. Boutine and L. Gil).
- Scientific and technical workshops organised at CIAL-CSIC (2024–2025).

Online dissemination and multimedia

Videos

- Extraction of essential oil from *Mentha rotundifolia* leaves (UCD).
- Extraction of the Moroccan local product *Brassica oleracea*.
- Short video presenting WP2 activities (DOMCA, 19 April 2024).
- DOMCA project activities.
- Fun Experiments (UNIST).

Website and social media

- INNOSOL4MED dissemination page on the DOMCA website.
- World Day of Nutrition social media campaign.
- LinkedIn dissemination activities.
- Instagram dissemination activities.
- YouTube dissemination activities.

Professional magazines and news portals

- "INNOSOL4MED: Innovative solutions for fourth-generation Mediterranean diet products", Poscosecha.
- "New strategy to control *Listeria* during post-harvest handling of fruit and vegetables", Poscosecha.

Planned dissemination activities (2026)

- European Researchers' Night, 25 September 2026, Cesena, Italy.
- Open DISTAL, 24 September 2026, Bologna, Italy.
- 2nd International Congress for Sustainable Ecosystems in the Mediterranean Area (STEcoMed2026), 22–23 October 2026, Split, Croatia.
 - INNOSOL4MED dissemination event organised within the congress.
 - Project participation through scientific presentations and networking activities.
- II SIDEA–SIEA–CESET Conference, 1–4 September 2026, Florence, Italy.
- Three oral presentations have been accepted:
 - Camanzi et al. (2026). Consumer acceptance of innovative ready-to-eat seafood: A mixed-methods study in Italy and Croatia.
 - Ahmadi Kaliji et al. (2026). From tradition to innovation: Consumer acceptance of plant-based dairy alternatives in Italy.
 - Šimat et al (2026) Opportunities of Selected Plant and By-Product Extracts for the Development of Functional Foods. I-CRAFT 2026

Planned papers

- Roldán et al. (2026). Application of a dynamic gastrointestinal simulator (SIMGI) to study the impact of an innovative fermented nut product on colonic metabolism and the human gut microbiota. Manuscript in preparation.
- Filippini et al. (2026). Exploitation of lactic acid bacterial consortia in nut-based fermented products for safety and quality optimization. Manuscript in preparation.
- Ahmadi Kaliji et al. (2026). Investigating consumer acceptance of innovative ready-to-eat seafood products in Mediterranean countries. Manuscript in preparation.
- Ahmadi Kaliji et al. (2026). Understanding consumer acceptance of plant-based dairy alternatives in evolving Mediterranean food environments. Manuscript in preparation.
- Cueva et al. (2026). Mediterranean diet as a source of bioactive compounds with potential health effects through interactions with the oral and oral–gut microbiota: A review. Review manuscript in preparation.