Food, Nutrition and Antimicrobial Resistance
Food as Medicine: Healing bodies, lands and communities
15 November, 2023

Virtual event via Zoom, register here for free:
https://paho-org.zoom.us/webinar/register/WN_Fb0cl74rSpuQ2Yh_gMORKA

Simultaneous translation: English, Portuguese, Spanish

9:00 AM - 11:30 AM: CENTRAL AMERICA
9:00 AM - 11:30 AM: ECU/COL/MEX/PER
10:00 AM - 12:30 PM: BOL/PRY/VEN/USA (Washington, DC)
11:00 AM - 1:30 PM: ARG/CHL/URY/BRA

Program/content:

Master of ceremonies: Viviana Muñoz, South Center
Facilitators:
Mirza Alas, South Center
Anita Abad, Ecuadorian Journalist

FIRST PART. Welcome and Artistic presentations
(15 minutes)

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker/Details</th>
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<tbody>
<tr>
<td>9:00 - 9:15 AM</td>
<td>Welcome</td>
<td>Viviana Muñoz, South Centre (5 min)</td>
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<tr>
<td>Time</td>
<td>Artistic presentations</td>
<td>Musical presentation “El fogón” (The Fire-pit, stove), Airlen Segura, singer-songwriter, campesino and educator, Colombia (5 min)</td>
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<td>Reading of the short story “Microbioma y yo” (Microbiome and me), Mabel Zignano, Nursing and Theatre degrees, Argentina (5 min)</td>
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**SECOND PART:** Healthy food production, distribution, preparation and consumption practices. Eating healthily, healthy microbiome, healthy body.  
(30 minutes)

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<thead>
<tr>
<th>Time</th>
<th>Presentations: Cultivating to produce, learn and eat healthily</th>
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| 9:15 - 9:45 AM | 1) School orchards: a strategy and curriculum to learn science through feeling and living the earth and its nutrients: synthesis, Formosa, Argentina. María Zorilla. (7 min).  
2) Healthy school nutrition: implementation of the school nutrition program in a Brazilian municipality and new school nutrition law project proposal. Ana Maya, Instituto Brasileiro de Defensa del Consumidor IDEC (Brazilian Institute for Consumer Protection), Brasil (7 min).  
3) Eating healthily, healthy microbiome and healthy body: experience/project of integrated fibromyalgia treatment. Silvana Figar, Italian Hospital of Buenos Aires, Argentina (7 min). |

**THIRD PART. Sharing Perspectives. Food as medicine: healing our bodies and communities.**  
(75 minutes)

| Time | Mayan peoples’ recipes, Ixch'umil Adela Ajquejay, Professor of Nutrition, Maya Kaqchikel University, Guatemala.  
Preparation and consumption of healthy foods (cook and biodynamic producer from Argentina), Alex Von Foerster.  
Biosocial laboratory, “Pacto con la Tierra” (Pact with the Earth), project Huerta Roma Verde: Alimentos que sanan comunidades y territorios (Roma Verde Orchard: foods that heal communities and lands) Paco Ayala, Mexico City. |
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**FOURTH PART: Closing and Artistic presentations**  
(20 minutes)

| Time | 1) Reading of the call to thinking, dreaming, imagining, and writing: recipes to heal our bodies and lands. Álvaro Restrepo, Red Sanadores (Network of healers), Colombia (5 mins).  
2) Video “Tarpuy Pacha - Tiempo de siembra” (Harvest time), Kirincay Community - Quilloac Cañar, Ecuador (5 mins). |
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<td>11:00-11:20 AM</td>
<td><strong>Closing and Farewell:</strong> Viviana Muñoz, South Centre (5 mins)</td>
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