

**“Sustainable nutrition and the secrets of the healthy
Mediterranean diet”**

**An exhibition by Costa Navarino and WWF Greece,
20th-23rd July 2017 at Costa Navarino**

6th July 2017, London – [Costa Navarino](#) the prime sustainable destination located in the southwest Peloponnese region of Greece, and [WWF Greece](#), launch their cooperation with an innovative exhibition which aims to raise awareness on the **connection between environment and nutrition**.

“A journey to the amazing world of sustainable nutrition” will be hosted at Navarino Dunes from 20 to 23 July, giving guests the opportunity to explore the secrets of sustainable nutrition and discover the benefits of a healthy Mediterranean diet, while making environmentally-friendly diet choices.



Six interactive experiential seminars will take place during the exhibition, providing a learning experience about the importance of a healthy diet that contains abundant fruits and vegetables, less red meat, less processed foods, as well as less foods high in saturated fats and sugar, demonstrating how such a diet in combination with avoiding food waste, can not only lead to a well-balanced healthy lifestyle, but also have a lower environmental footprint.

Costa Navarino has continuously invested and promoted the connection between tourism and agricultural development. The destination has initiated several authentic experiences and innovative initiatives that aim to preserve the region’s culinary heritage, as well as educating children about the benefits of a healthy diet. Costa Navarino has its own organically grown olive groves, vineyards and vegetable gardens that have reintroduced long-forgotten varieties. The guests at Navarino Dunes can explore them and participate in experiential activities that create an engagement with nature and local agricultural production.

The destination has also created its own gourmet food line, **Navarino Icons**, featuring products inspired by local recipes, sourced from small and medium sized producers from the region, which promote the Messinian culinary heritage around the world.

Furthermore the **“Captain Vassilis and Karmen Constantakopoulos” Foundation** has been operating since 2011, with the aim to establish the Messinian region as a model for sustainable development, supporting and promoting projects related to rural development and sustainable agriculture.

The cooperation with WWF Greece is one step further towards raising awareness and educating particularly the younger generations, about environmental protection and sustainable nutrition, while also setting the foundations for further collaborations in this field.

The exhibition “A journey to the amazing world of sustainable nutrition” will be located at the conference center House of Events and will be open daily from 10:00 to 13:00 and from 17:00 to 22:00.

-Ends-

Costa Navarino

Costa Navarino is the prime, sustainable destination in the Mediterranean, located in the Greek region of Messinia in the southwest Peloponnese. One of the most unspoiled and breathtaking seaside Mediterranean landscapes, this area has been shaped by 4,500 years of history. Its philosophy is driven by a genuine desire to promote Messinia, while protecting and preserving its natural beauty and heritage. It will comprise a number of distinct sites featuring 5-star deluxe hotels, luxury residences, conference facilities, spa and thalassotherapy centres, signature golf courses, as well as a wide range of unique year-round activities for adults and children. Navarino Dunes, the first area, is home to two luxury 5-star hotels, The Romanos, a Luxury Collection Resort and The Westin Resort, Costa Navarino; The Dunes Course – the first signature golf course in Greece- Anazoe Spa, a 4,000sq.m. spa & thalassotherapy centre; the state-of-the-art conference centre House of Events; specially designed facilities for children; as well as a variety of gastronomy venues, sports, outdoor and cultural activities. Navarino Bay, the second area is home to the signature golf course, The Bay Course.

Download high resolution photos and logos from the press section in downloads on the website www.costanavarino.com, using the password nestor.

A few words about WWF Greece:

WWF Greece is the Greek part of WWF's global network. WWF's main mission is to preserve the rich biodiversity of the country, help reduce human footprint through viable solutions, and prevent environmental degradation, aiming to build a future in which humans live in harmony with nature. For more information on WWF Greece, visit the following link <http://www.wwf.gr/en>

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