



**Committed to social well-being**

**EROSKI FOUNDATION'S FOOD SCHOOL LAUNCHES A RESEARCH DISSEMINATION PROJECT ON EATING AND HEALTH**

- **The new line of action focuses on the thorough analysis of data regarding eating habits and their impact on health**
- **This initiative aims at raising the awareness of all social agents and promoting a real change in the way in which eating is understood and addressed for it to be really healthy**

**Bilbao, 27 March 2025.-** [EROSKI Foundation's Food School](#) starts a new line of action with the launch of a dissemination project that establishes a yearly study plan for the analysis of data regarding eating from the point of view of health. It aims at looking into issues of social interest, with an evidence-based approach, and contributing to education and awareness about the importance of adopting healthy eating habits.

**Project goals**

This project aims at generating accurate and accessible knowledge of how eating habits affect the population's health. The initiative intends to develop a deeper understanding of key aspects such as food transparency, consumption habits and healthy eating policies.

*"The medium- and long-term goal is to raise society's awareness and promote a real change in the way in which eating is understood and addressed. In particular, we intend to generate a positive impact on problems related to child obesity and other health issues that affect today's society",* the director of EROSKI Foundation's Food School, Alejandro Martinez Berriochoa, has explained.

**Rigorous research and dissemination**

The initiative will be developed by means of the thorough analysis of data from various sources, both public as well as internal, which will enable conducting rigorous studies on eating behaviour. The studies will focus on key issues such as citizens' consumption habits, the impact of nutritional labelling or the influence of factors such as sustainability on eating decisions, amongst others.

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**EROSKI**

Corporate Communication Manager

PATRICIA MARTÍN SANCHIDRIÁN

Telephone: 946 211 214

[comunicacion@eroski.es](mailto:comunicacion@eroski.es)

**EROSKI – PRESS OFFICE  
CONSEJEROS DEL NORTE**

JOANA G. LANDAZABAL

EDURNE IZQUIERDO

Telephone: 944 158 642

[Online press room](#)

The results of the research will be released to the public through reports, posts on the Foundation's website, social media, and other usual communication channels. Moreover, there will be meetings and information events to share these findings with the community and generate an informed debate on the issues addressed.

### **First line of research: the impact of Nutri-Score**

The first research that has been presented today is the "Study on the impact of the Nutri-Score Advanced Nutritional Labelling System on Eating Habits". This work, based on the analysis of data regarding the evolution of sales and the nutritional composition of these products over three years, classified by category of the healthy eating pyramid, sheds light on their real impact on the nutritional quality of the shopping basket.

The data have confirmed that those products with better nutritional composition according to the Nutri-Score advanced nutritional labelling are gaining share and promoting a healthier shopping basket (*Attached report*).

### **Collaborations and alliances**

EROSKI Foundation has a long history of collaboration with organisations of international renown, such as [UNICEF](#) and [WWF](#), and will continue working with new allies in the research on issues of social relevance. The Foundation is well-known for their independent and rigorous approach, ensuring that the studies and releases are always based on verified data and an objective analysis.

Throughout the year, EROSKI's Food School will conduct research on subjects related to healthy eating, consumption habits, sustainability and nutritional education. The studies will be periodically updated, so as to maintain the project aligned with the current needs and challenges in the sphere of health and eating.

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Corporate Communication Manager  
PATRICIA MARTÍN SANCHIDRIÁN

Telephone: 946 211 214

[comunicacion@eroski.es](mailto:comunicacion@eroski.es)

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