

# What is DOMINO?

DOMINO is a European funded project with two main objectives:

- 1 investigating how fermented food consumption shapes the gut microbiome and provides health benefits to consumers
- 2 designing microbial consortia for novel plant-based fermented food

The project is carrying out **six food case studies**, each selected to represent **the wide diversity of plant-based fermented food prototypes**, including fermented table olives, fermented vegetables, fermented cereal-based foods, fermented legumes, apple pomace and plant-based kefir.

DOMINO will **engage both citizens and a targeted range of diverse food system actors** in several living labs.

These interactions aim to improve the uptake of project outputs and demonstrate that **restoring trust in the food system is possible if relevant actors are actively engaged**. The project is expected to last until 2028.



## Why fermented foods?

Compared to the raw materials from which they are made, **fermented foods have many advantages**, including improved sensory properties, shelf-life stability and attractive nutritional profiles.

Fermentation is an ancient practice that continues to permeate modern culinary preferences, as it is estimated that **more than 5,000 varieties of fermented foods and beverages are produced and consumed globally**.

## What is the challenge?

**European consumers are expressing a clear demand for healthier and more sustainable foods.** Fermented foods have the potential to meet these expectations due to the benefits that they offer in terms of nutrition, sustainability, innovation, cultural heritage, and consumer interest.

**The current challenge is to scientifically prove their positive health effects and to develop innovative solutions for their production that consider both sustainability and nutritional aspects.**



# Partners

DOMINO gathers 19 partners from 10 countries, in a collaboration between top universities and research centres, as well as expert non-profit organisations and the private sector.

Each of our partners bring a specific competence to the consortium. This combination of skills, ranging from microbial ecology to computational biology, human nutrition, social sciences, and business innovation, will allow DOMINO to meet the challenges it seeks to address.



# Contact

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 Sustainable Food Systems Network:  
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## Harnessing the microbial potential of fermented foods for healthy and sustainable food systems



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