



At-A-Glance Schedule Overview (Subject to change)

Join us in Napa on May 6-8, 2026 for the Inaugural Food is Life, Food is Health Summit!

Please see below for a snapshot of the 2026 summit plenary sessions, meals, breakouts, and more to get an idea of what to expect. Session topics will be added soon.

PRE-SUMMIT ADD-ON

Greystone Learning Lab: Bees, Grains, & Gardens
Tuesday, May 5 | 9am - 3pm

DAY 1 PROGRAMMING | WEDNESDAY, MAY 6

Ongoing

Wellness Lounge

7:45 - 8:30AM

Registration, Breakfast

8:30 - 9:00AM

Plenary Presentation I

9:00 - 10:00AM

Plenary Presentation II

10:00 - 10:30AM

Networking & Refreshment Break

10:30 - 11:30AM

Plenary Presentation III

11:30 - 11:45AM

Open Mic: Quick Takes

11:45 - 2:00PM

Guided Tasting Activity and Shared Food is Life Family Meal

11:45 - 12:30pm **Plenary Presentation (& Activity) IV**

12:30 - 2:00pm **Lunch & Walk-Around Dessert**

Option A (Workshops): A choice of two flavor-driven experiential workshop selections interspersed with a networking break.

2:00 - 3:15

Workshops: Round 1

3:15 - 3:45

Networking & Refreshment Break

3:45 - 5:00

Workshops: Round 2

An Afternoon of Breakout Sessions Wednesday

Option B (Field Excursions): A behind-the-scenes field excursion with cross-sector leaders, showcasing real-world links between sustainability, health, and deliciousness.

2:00 - 4:30

Field Excursion (Copia departure and return time)

4:30 - 5:00

Networking & Refreshment Break

Option C (Kitchen Session): Cook alongside CIA and visiting chefs in a guided, hands-on session that blends skill-building, tasting, and inspiring takeaways.

2:00 - 4:30

Hands-on Kitchen Session

4:30 - 5:00

Networking & Refreshment Break

5:00 - 6:00PM

"Gut Together" Networking Reception

Explore microbiome-supporting bites and beverages, mingle with our exhibitors, and network across disciplines. Includes selections from local Napa Valley wineries.

6:00PM

Day 1 concludes

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DAY 2 PROGRAMMING | THURSDAY, MAY 7

Ongoing

Wellness Lounge

8:00AM - 8:45AM

Breakfast & Exhibitor Exchange

8:45AM - 9:45AM

Plenary Presentation V

9:45AM - 10:30AM

Plenary Presentation VI

10:30AM - 11:00AM

Networking & Refreshment Break

11:00AM - 12:00PM

Plenary Presentation VII

12:00PM - 12:15PM

Open Mic: Quick Takes

12:15PM - 1:15PM

Walk Around Lunch & Exhibitor Exchange

1:15PM - 2:15PM

Plenary Presentation VIII

2:15PM - 2:30PM

Time to walk to Workshops

Option A (Workshops): A choice of two flavor-driven experiential workshop selections interspersed with a networking break.

2:30 - 3:45

Workshops: Round 1

3:45 - 4:15

Networking & Refreshment Break

4:15 - 5:30

Workshops: Round 2

An Afternoon of
Breakout Sessions
Thursday

Option B (Field Excursions): A behind-the-scenes field excursion with sector leaders, showcasing real-world links between sustainability, health, and deliciousness.

2:30 - 5:00

Field Excursion (Copia departure and return time)

5:00 - 5:30

Networking & Refreshment Break

Option C (Kitchen Session): Cook alongside CIA and visiting chefs in a guided, hands-on session that blends skill-building, tasting, and actionable takeaways.

2:30 - 5:00

Hands-on Kitchen Session

5:00 - 5:30

Networking & Refreshment Break

5:30PM

Day 2 concludes

DAY 3 PROGRAMMING - FRIDAY, MAY 6

8:00AM - 8:30AM

Breakfast

8:30AM - 9:15AM

Plenary Presentation IX

9:15AM - 9:30AM

Time to walk to Workshops

Workshop Sessions - Friday

9:30 - 10:30

Workshops: Round 1

10:30 - 11:00

Networking and Refreshment Break

11:00 - 12:00

Workshops: Round 2

12:00PM - 1:00PM

Featured Keynote Presentation

1:00 - 1:30PM

Closing Final Thoughts

1:30PM

Pick up Food is Life Vitality Bento Box, Conference Concludes