

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	<p>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</p> <p>Option A (Workshops): A choice of two flavor-driven experiential workshop selections interspersed with a networking break.</p> <table> <tbody> <tr> <td>2:00 - 3:15</td> <td>Workshops: Round 1</td> </tr> <tr> <td>3:15 - 3:45</td> <td>Networking & Refreshment Break</td> </tr> <tr> <td>3:45 - 5:00</td> <td>Workshops: Round 2</td> </tr> </tbody> </table> <p>Option B (Field Excursions): A behind-the-scenes field excursion with cross-sector leaders, showcasing real-world links between sustainability, health, and deliciousness.</p> <table> <tbody> <tr> <td>2:00 - 4:30</td> <td>Field Excursion (Copia departure and return time)</td> </tr> <tr> <td>4:30 - 5:00</td> <td>Networking & Refreshment Break</td> </tr> </tbody> </table> <p>Option C (Kitchen Session): Cook alongside CIA and visiting chefs in a guided, hands-on session that blends skill-building, tasting, and inspiring takeaways.</p> <table> <tbody> <tr> <td>2:00 - 4:30</td> <td>Hands-on Kitchen Session</td> </tr> <tr> <td>4:30 - 5:00</td> <td>Networking & Refreshment Break</td> </tr> </tbody> </table> <p>5:00 - 6:00PM</p> <p>“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.</p> <p>6:00PM</p> <p>Day 1 concludes</p>	2:00 - 3:15	Workshops: Round 1	3:15 - 3:45	Networking & Refreshment Break	3:45 - 5:00	Workshops: Round 2	2:00 - 4:30	Field Excursion (Copia departure and return time)	4:30 - 5:00	Networking & Refreshment Break	2:00 - 4:30	Hands-on Kitchen Session	4:30 - 5:00	Networking & Refreshment Break
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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
An Afternoon of Breakout Sessions Thursday	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
	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 <i>Food is Life</i> Vitality Bento Box, Conference Concludes