



MISTA SYMPOSIUM

HEALTHSPAN

- When** March 18, 2026 from 8:30am to 5:30pm, followed by a cocktail
- Where** San Francisco (address shared with confirmed guests)
- What** Immersive event featuring keynotes, panels, and start-up at the intersection of longevity and healthy eating
- Who** Decision makers in the food space – corporates, start-ups, VCs, academics, NGO's, press – capped at 200 attendees (by invite only)

Program Day built around 4 typical consumers

- Bob, a middle aged sedentary adult
- Jennifer, a menopausal active woman
- Dereck, a GLP-1 user looking to ramp off
- Onyx, a biohacker who wants to live forever

We will explore their health needs and nutritional goals through start-up showcases, key notes and panel discussion

- New start-up technology showcase
- Exploring food as a vector of healthy aging
- Blurring the lines between drug, supplements and foods
- Going beyond weight loss, GLP-1 as a longevity tool

The Symposium is the Discovery phase of the 2026 MISTA Growth Hack and will be followed by a Road Show in April (Switzerland), an Application/Integration phase mid-year and a Demo Day in the fall (SF)

Participating Corporates:

AAK

BUHLER

Givaudan


Ingredion


Nestle

california
almonds

HWA

the
INCREDIBLE EGG

jpg

SIG

Select MISTA Growth Attendants' Feedback for the 2025 edition

I loved the combination of visionary conversations and real product demos — it created incredible energy in the room. It truly felt like being part of a movement shaping the future of food.

Julien Henon - Cultivated Food Lab

I enjoyed tasting the products and learning about the novel ideas from start ups! Really special to see so many Ingredient companies working together.

Kirstie Canene-Adams - Ingredion

This Hack embodied creativity, insight, and collaboration. It was great to see how intentional partnerships can accelerate the future of healthy nutrition.

Patricia Catauro - Welch's

Overall event rating: 4.8/5



A delightful event where leading innovators unite with a unified goal towards innovation.

Dan Altschuler - Unovis VC

Superb event! I loved the mix of panel debates, short presentations, tastings and networking opportunities.

Elaine Watson - AgFunder News

As a startup looking to launch a new food technology brand, I could not have designed a better room to do so. We walked away with a big list of connections and next steps.

Rick Marquardt - Lasso

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