



AfriFOODlinks

INNTA AFL Newsletter: Third Quarter 2025

Title: *Tunis Unveils Vibrant Mural Promoting Healthy and Sustainable Diets*

Subtitle: *A Landmark Achievement for the Afrifoodlinks Project in Tunis*

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A captivating new mural now graces the façade of the National Institute of Nutrition and Food Technology (INNTA) in Tunis. Completed on August 10, 2025, by Tunisian artist Ghrab Mokhtar, the artwork is a vivid celebration of healthy, local, and sustainable diets, marking an important milestone for the Afrifoodlinks project.

Its location is highly symbolic, turning the mural into a new cultural and public health landmark. Perched on Tunis's well-known "hospital hill," the site lies at the heart of the city's medical community, just steps from the Ministry of Health and in close proximity to the Faculty of Medicine of Tunis and the Higher School of Health Sciences and Technologies. This placement ensures the mural is seen daily by students, healthcare professionals, patients, and citizens alike, serving as a constant reminder of the vital link between food and well-being.

Window into Tunisia's Culinary Soul

The mural, titled "Tunisia's Culinary Soul," is a vibrant celebration of the Mediterranean diet, blending traditional Tunisian culinary heritage with modern health-conscious themes.

The mural is a vibrant celebration of the Mediterranean diet, blending traditional Tunisian culinary heritage with modern health-conscious themes. It features a central figure, a man in a yellow hat and blue patterned shirt, holding a large, golden earthenware jar. He stands before a large, stylized white tree with a thick trunk and sparse branches, set against a deep blue background. To the left, a large, ripe pomegranate hangs from a branch, and a small, smiling face is visible within its leaves. To the right, a branch with yellow lemons and green leaves hangs down. In the foreground, a wooden table displays various fresh ingredients: a whole grilled mackerel, a pot of golden olive oil, baskets of grapes, pomegranates, watermelon, and oranges. Below the table, wooden boards display legumes, fresh vegetables, and spices, including paprika. The entire scene is framed by a traditional yellow Tunisian doorway, adorned with nail-studded patterns and a carved stone arch. The mural is situated at the gateway to Tunis, a city known for its rich history and culture.

A traditional yellow Tunisian doorway, adorned with nail-studded patterns and framed by a carved stone arch echoes the Medina of Tunis, recognized as a UNESCO World Heritage Site since 1979. This doorway symbolically opens onto a steaming dish of vegetable couscous, embodying conviviality, sharing, and the community spirit of Tunisian cuisine.

In the foreground, an abundant still life highlights local treasures; freshly grilled mackerel with lemon, a pottery jar of golden olive oil, and baskets brimming with grapes, pomegranates, watermelon, and oranges. Underneath the main scene, wooden boards display legumes, fresh vegetables, and spices including paprika among them, while fig and pomegranate branches intertwine with jasmine flowers, Tunisia's national blossom. Together, these details transform the mural into more than decoration, it is a public statement honoring the Mediterranean diet, deeply rooted in culture, biodiversity, and the environment.

Art as a Catalyst for Food System Transformation

Supported by the Ministry of Health, within the framework of national strategies to prevent obesity and non-communicable diseases and to promote healthy diets, the mural was realized as part of the Afrifoodlinks project. By placing culture and creativity at the center of its approach, Afrifoodlinks illustrates how art can spark awareness and inspire transformation.

This mural at INNTA is not merely a work of art; it is a public invitation to rethink food systems, bridging tradition and modernity, and a colorful testament to the universal power of art to shape healthier, more sustainable futures.

See more photos and videos:



- [INNTA's official Facebook page](#)
- [Artist Ghrab Mokhtar's Facebook page](#)