

Flexitarianism



INDEPENDENT
Lifestyle > Food and Drink
Flexitarianism predicted as key food trend for 2017
Time to make friends with broccoli

The Telegraph

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Why I'm avoiding meat and going flexitarian for the year

Flexitarians, also known as Flexible Vegetarians, have a diet which is mostly vegetarian with the occasional addition of meat.

Our guest speaker for March, Alan Fay, will show how a flexitarian diet can be better for your health, better for the environment, and help the local economy with its focus on local, seasonal and organic produce.

If you find a vegetarian diet too challenging, Alan's talk will provide positive reasons for making changes to your diet, highlight those changes which can have the most significant effect and provide advice and tips on how to make the change.



www.TransitionLlandrindod.org.uk

7.00pm, Tuesday 28th March
Herb Garden Community Café
Free entry and refreshments
All welcome