



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 give you some positive reasons for making changes to your diet and provide advice and tips on how to make the change.

See overleaf for more information



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

Flexitarianism

7.00pm, Tuesday 28th March at the Herb Garden Café

Living in the UK today we have more choice in what we eat than ever before in history. So how do we choose what to eat?

Do we just eat what takes our fancy, or do we make decisions that will support our long-term health and help meet wider objectives?

The term Flexitarian was coined by Dawn Jackson Blatner in her 2009 book “The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease and Add Years to Your Life.”

About the speaker

Like many, Alan Fay’s journey along the food path of life has been varied but interesting. Alan writes ...

The early days are a distant memory, but steak and kidney pudding and stuffed apple dumplings comes to mind.

I began to take the nature of food seriously after college and ventured into vegetarianism although not completely. I still liked my pint! I then leaned towards the direction of wholefoods but still with a vegetarian bias.

Since then with two cookery courses and an MSc in The Environment and Energy behind me I am now on the downward spiral towards the Welsh Diet!! That’s right a failed vegetarian. But why is this? Come along to my talk and find out.



www.TransitionLlandrindod.org.uk

Free admittance. All Welcome.
Cake and hot drink served at 7pm.

A donation towards costs is appreciated