# EXPLORING FARMING, NUTRITION & BRAIN HEALTH



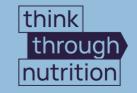
# **WEDNESDAY 8 MARCH 2023**

9:30 - 16:00

FarmED, Station Rd, Chipping Norton OX7 6BJ

For more information, email:

info@thinkthroughnutrition.org







# **ABOUT**

## Think Through Nutrition

The UK's leading voice on the link between nutrition, the brain, and behaviour.

Think Through Nutrition addresses the rise in mental ill health and behavioural issues that are a direct result of poor diet, working with some of the most marginalised groups in society to enhance health, behaviour and mood.



### FarmED

FarmED is totally unique and often described as a 'living textbook' of farming.

Located at Honeydale Farm in the beautiful Cotswold Hills, FarmED is a not for profit organisation. Its mission is to provide learning spaces and events that inspire, educate and connect people to build sustainable farming and food systems that nourish people and regenerate the planet.



#### A full day workshop

The food we consume influences the health of our gut and our brains, and has a direct impact on how we think, feel and behave. The way we farm our land influences the nutritional value, taste and availability of our food. This unique event delivered by Think Through Nutrition and FarmED explores the profound links between the farmed environment and the soil beneath our feet, with food quality and nutrition, and our own gut health, brain health and behaviour





## **EVENT PROGRAMME**

09:30 Arrival, tea & coffee





#### 11.00 Break and networking

12:45 **Q&A:** Nutrition and health

16:00 Departure

11:15 Our health begins with the soil:

11:13	The fundamentals of producing sustainable, nutritious and tasty food	Rate Heliderson
11:45	<b>Nutrition, brain health and behaviour:</b> The underlying science	Professor John Stein
12:00	Panel: Food as a lever for change in prison What is food like inside a prison? How does the food system work? A discussion with Suzy Dymond-White, Heather M, Tahani Saridar and Professor John Stein	Kimberley Wilson and guests

Kate Henderson

All speakers



# 13:00 A mood boosting lunch from the FarmED Kitchen

	Kitchen	
14:00	Farm walk Get your hands dirty and learn about your food from the ground up.	Kate Henderson
15:15	How will you make a difference?  A facilitated workshop to develop individual & organisational Action Plans	Kate Henderson Tahani Saridar
15:45	Closing remarks	Kate Henderson Tahani Saridar



