

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

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FarmED
FARM & FOOD EDUCATION



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.

The event

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

- 09:45 **Welcome**
About this event
Kate Henderson
Tahani Saridar
- 09:55 **Ice Breaker:** Exploring the why
Kate Henderson
- 10:15 **Trends & challenges:** Farming & food production
Kate Henderson
- 10:30 **How the food we eat is fuelling our mental health crisis**
Kimberley Wilson

11.00 Break and networking

- 11:15 **Our health begins with the soil:**
The fundamentals of producing sustainable, nutritious and tasty food
Kate Henderson
- 11:45 **Nutrition, brain health and behaviour:**
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
- 12:45 **Q&A:** Nutrition and health
All speakers

13:00 A mood boosting lunch from the FarmED 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

16:00 Departure



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