



*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](http://www.TransitionLlandrindod.org.uk)

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

A donation towards costs is appreciated