



Ethical Eating Presentation

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: There is a growing consumer base, interested in making healthy, ethical and sustainable consumption choices for themselves and families.

This presentation looks at the topic of healthy food choices from an environmental perspective; and offers some tips on making one's diet more sustainable.

Topics explored include:

- Food choices and planetary impact
- Local foods
- Seasonal foods
- Plant-based foods
- Food cooperatives
- Minimising food waste

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.