

FOOD MATTERS Topic meeting plans 2026-2027 1 of 2 WEEK PLANS

Meeting	Date	Topic(s)
1	1 Sept 2026	Junk Food- what is and what is not, the 'new rules', various ill-effects on body
2	15 Sept 2026	"Fibremaxxing"- new buzz word/craze/ or....? Benefits to body, and mind.
3	29 Sept 2026	Food can relax a stressed body (& mind) and also do the opposite!
4	13 Oct 2026	Eggs are in the news- so what do we know now, the past, the future?
5	27 Oct 2026	Eating for our age. Dos and don'ts/assumptions, supplements etc.
6	10 Nov 2026	Banging on about Plant foods ie different proteins.
7	24 Nov 2026	Meal boxes (not 'meals on wheels') The ups and downs, types, varieties, menus.
8	8 Dec 2026	Updates to the Farming vision by UK Government / Health & Social Care report on Obesity in the nation
9	22 Dec 2026	<i>Member updates from own research/member topic(s). & anything else that pops up!</i> <i>[query- do we meet today or ...]</i>
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Leader: Chrissie Norcross, gaia2gain@gmail.com

Venue: Bowling Green Pub 11-12.30pm

Refreshments: Drinks bought by self from bar

Possible topics