



Demonstrating
Sustainable
FARM PRACTICES

Friday 17th November 2017

9.30am registration

for 10.00am start- 2.00pm



Healthy soils, Nutritional food, Healthy people

Inverloch Hub, 16 Abeckett St, Inverloch VIC 3996

Healthy lunch included **BOOKINGS ESSENTIAL** use link below:
<https://healthysoilsfoodpeople.eventbrite.com.au>

All enquires to Joel, Bass Coast Landcare Network, 5678 2335

Please join us for a free community workshop explaining the links between Healthy Soil – Nutritional Food – Healthy People, along with presentations focusing on the importance of producing and eating high quality food, which is sustainably produced with a minimum impact on the environment.

Presenters



Practicing nutritionist and dietitian, Marieke Rodenstein will focus on the physical and emotional impacts of diet. Marieke who is a GAPS practitioner and Mindd practitioner, has experience in sports nutrition and is an expert for “Quit Sugar Program”. Her work brings to light the health of the gut in achieving overall health and preventing “modern” diseases. Marieke’s work has a particular focus on children.



The widely acclaimed Dr Maarten Stapper, a former CSIRO soil scientist and agronomist with forty years’ experience, has been awarded a Fellow of the Australian Institute for Agricultural Science and Technology. Maarten will talk about the science of biological farming and the function of healthy soils to grow healthy plants.

An after lunch panel discussion will include local food and soil experts to explore local experiences in soil, food and personal health



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