

Without  
information  
there is no  
choice !

Consumers need information to make  
healthy food choices.

SAFE organises a conference to  
inform consumers on:

19:00 **How to read food labelling** (French language)

To learn how to read E numbers and other unhealthy ingredients

*Kathrin Wendel - Nutritionist & Psychologist*

19:45 **How much sugar should we eat ?** (English language)

Warning about too much sugar consumption

*Kawther Hashem - Registered Nutritionist*

<http://www.actiononsugar.org/>

20:30 **Is meat always an healthy choice ?** (French language)

WHO recommandations

*Elodie d'Halluweyn - Manager of Végétik*

*and expert in plant-based diet*



**On the 9th of June at 18.30**

MUNDO-B Conference Room (-1)

Rue d'Edimbourg 26 / 1050 Ixelles

Please kindly register at:  
[info@safefoodadvocacy.eu](mailto:info@safefoodadvocacy.eu)

Welcome drink  
Tickets: 10 Euros