

## **AKE Study groups**

Members of the AKE, friends and experts come together on a regular basis to discuss diverse subjects.

### ***Study group „Nutrition and Cultivated Plants“***

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This expert group engages in current and fundamental issues in the area of nutrition. At each meeting, the group discusses an anthroposophic lecture and a current topic. In addition to this, comparative taste tests are carried out. The topics over the last year were nutrition and health, shea butter and good common economy. Since 2021 the meetings are online, 2022 there was a meeting in Frankfurt to the theme milk and plant drinks.

### **Initiative “Future of Nutrition”**

An international group of nutrition experts meets virtual and in presence for studying anthroposophic nutrition, promoting local and regional initiatives for example in nutrition teaching, coaching cooks in healthy food, making workshops or publish a journal and books. It starts 2022 in follow-up the Nutrition Initiative at the Goetheanum. The language is German.