

# LACA Main Event & School Food Show – Ultra Processed Foods Workshop

Tuesday, 8th July | Time: 11.00



Join us for an interactive session exploring the role of Ultra Processed Foods (UPFs) in our diets and school communities. This isn't about blame—it's about understanding how UPFs shape our health, industry, and daily choices.

**Food Diary Challenge:** In the week before the event, track everything you eat and drink. Mark anything you consider a UPF with a red star and bring your diary to the workshop.

Day	Breakfast	Lunch	Dinner	Snacks	Drinks
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

