The Brand New BBC Good Food Eat Well Show Comes To London

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The brand new BBC Good Food Eat Well Show sponsored by Lexus will launch from 27 Feb – 1 March at Olympia West in Kensington. This new event, part of the BBC Good Food Show portfolio, is dedicated to gathering together healthy food brands, products and producers, and will show visitors how to balance a healthy lifestyle with their love of good food.

Features at the show include the Healthy Kitchen which will host an impressive line-up of celebrities, chefs and professionals demonstrating how easy it is to prepare healthy and good food. The timetable includes Davina McCall, Lorraine Pascale, Hemsley + Hemsley, Marcus Bean and Jenni Falconer. Another feature, the **Eat Well Forum** is dedicated to key diet and lifestyle challenges, and will play host to a range of vibrant discussions and informative talks on the relationship between food, health and wellbeing. Visitors can also enjoy the Eat Well Interview Stage, where they can have their questions answered from specialists including Natasha Corrett, Renee Maguire, Dale Pinnock and Rachel De Thample.

The three day event will showcase 100 exhibitors selling their products, including Superfoods, Coconut Water, Chia Snacks, and Gluten Free Granola.

Ends

For more information, interviews and competitions please contactflo.simpson@riverstreetevents.co.uk or call 020 3405 4286.

Advance ticket prices start at £13, please check the website for more details bbcgoodfoodeatwellshow.com

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About BBC Good Food

BBC Good Food has been the cooks' choice for 25 years. It's the UK's most popular food media brand with a total brand reach of 10 million people.

Good Food is proud owner of the UK's market leading food magazine and digital edition, the UK's number 1 food website, an expanding number of live events, including the UK's largest food event - the BBCGoodFood Show Live at the Birmingham N.E.C - and a hugely successful series of cookbooks. Every recipe published by BBC Good Food is triple tested by the in-house cookery team in the Good Food kitchen. And the brand offers more than just trusted recipe content: BBC Good Food is the 'Go To' destination on everything to do with food, whether that's inspiration, help and advice, skills, reviews or ideas, for areas spanning foodie travel, local and seasonal, and getting children cooking.

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