



Tessa Avermaete

EXPERT FOOD - FARMING - RUNNING

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ABOUT ME

Expert in sustainable food, from farm to fork, with a passion for long distance running.

Holds a master Bio-Engineering (KU Leuven) and a PhD in Applied Biological Sciences (University of Ghent).

Vice Champion Marathon F45.

Founder of Run and Harvest

EXPERTISE AS FOOD EXPERT

- European Project Manager
- Post-doctoral researcher
- Individual expert European Commission
- Board member Groene Kring
- Co-chair of the 5th Global Food Security Conference
- Chair of the food and farming advisory board of Leuven (2019-2024)
- Member of European expert teams, such as the focus group on new entrants in farming
- Consultant on sustainable food projects
- Sherpa in the High Level Steering Board of the European Innovation Platform on sustainable agriculture

SKILLS

- Keynote speaker
- Moderator
- Author of scientific articles
- Expert for popular media
- Blogger
- Podcaster

RUNNING - MORE THAN A PASSION

Marathoner - inspirational runner

- Author: 'My journey as marathoner'
- Inspirational running coach and speaker
- PR marathon 03.11.56 (Berlin 2023)
- PR 10.000 meter - Provincial Champion F45 - 42'28