



# The Active Gourmet in Italy



**the active gourmet**  
PO Box 56 004, Dominion Rd, Auckland 1446, New Zealand  
Telephone: +64 9 372 2779  
Mobile: 021 630 559 / 0800 02 3663 (Freephone)  
Email: [gail@theactivegourmet.com](mailto:gail@theactivegourmet.com)

[www.theactivegourmet.com](http://www.theactivegourmet.com)