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Karina Lazaridou is a food scientist with over 9 years of experience in the field of food safety and quality. Today she works as a Food Technologist in the Quality Control Department of Pastries and Ice Cream of the Sklavenitis company, where she deals with food quality control.

Her experience includes the development and management of HACCP programs, the certification of ISO 22000 systems, and the continuous improvement of production processes to ensure product quality and safety. She holds a master's degree in Crisis and Disaster Management from the Kapodistrian University of Athens.

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