



Join us for: **'Feed the City'**
10am to 4pm
Grand Parade, Cork City
Saturday March 15th 2014

Cork Food Policy Council is a partnership between representatives of the community, food retail, farming, fishing, restaurant/catering, education, environmental and health sectors and the local authority.

The centrepiece of the day will be the preparation and serving of 5,000 plates of vegetable curry for the people of Cork. This lunch, **FREE** for all, will be prepared from perfectly safe surplus vegetables that would otherwise have gone to waste. This lunch is offered to you as part of the launch of **Cork Food Policy Council**, to highlight how much food goes to waste in our current food system.

For more information visit:

www.corkfoodpolicycouncil.com

www.facebook.com/corkfoodpolicycouncil

Please turn over for the day's events

This event is part of the
2014 Cork St. Patrick's
Festival



List of Events

- 10am** Opening of the 'Food Trail' outside the Library comprising information stands as well as raised bed and composting demonstration areas
- 11am - 3pm** Face-painting for children
- 11am** *'What is the Cork Food Policy Council?'* Colin Sage (Chair, CFPC)
DEMO MARQUEE
- 11.30am** Cookery Demonstration:
'Creative, simple ways to use more veg for the family'
Mercy Fenton (Chef, Director Wicked Desserts) **DEMO MARQUEE**
- 11.40am** Tutti Frutti Cork Community Circus Street Performance
- 12.00** *'What's new in Healthy Eating'*
Caroline O'Connor (Community Dietician, (HSE South) **LIBRARY**
- 1.00pm** ***'Feed the City' – feeding of 5,000 people commences***
- 1.15pm** Official launch of Cork Food Policy Council
Cllr. Catherine Clancy Lord Mayor of Cork City, **DEMO MARQUEE**
- 1.30pm** *'Be Smart – don't buy food waste'* – Colum Gibson (Clean Technology Centre)
LIBRARY
- 1.30pm** Cookery Demonstration: *'Boost Your Energy'*
Lucy Hyland (Food & Health Consultant) **DEMO MARQUEE**
- 2.15pm** *'Food Projects in Kinsale'* Nicholas Harvey, Transition Town Kinsale **LIBRARY**
- 2.30pm** Cookery Demonstration: *'Exotics of the Hungry Gap'*
Denis Cotter (Proprietor Café Paradiso) **DEMO MARQUEE**
- 3.30pm** Closing session: Colin Sage (Chair, CFPC)
- 4pm** Event Closes