

BRISTOL FOOD NETWORK

# Bristol's local food update

BRISTOL EUROPEAN GREEN CAPITAL SUPPLEMENT

16 JANUARY 2015

## Green Capital update

**Due to the timing of the Green Capital Strategic Grant funding announcement (24 December), we were unable to bring news of food-related project successes in our main January–February newsletter. Rather than wait till March to tell you the good news, we've put together a Green Capital supplement.**

The successful projects and host organisations which are going to benefit from Bristol European Green Capital strategic grants are:

### **Beacon Farms: Urban Food Producers** **£49,045**

To scale up local food production in and around the city (growing, processing and distribution) by connecting-up existing projects to collaborate on overcoming joint obstacles and seizing mutually beneficial opportunities. Creating an innovation and support hub that enables and promotes collaboration and peer support and resource sharing between existing and future urban and peri-urban community-connected food enterprises.

### **Bristol Fish Project: Aquaponics** **£50,000**

Extend aquaponics trial to full production – urban fish farming.

### **Bristol Food Network: Food Connections** **£50,000**

International Food Festival staging events across the city and engaging a range of community organisations.

### **Fareshare Southwest: Food Route** **£43,880**

Redistribution of surplus food around the city by using an on-line tool whereby communities/businesses throughout the city can offer and request surplus food

### **Incredible Edible Bristol: Urban Growing Trail** **£50,000**

Bringing urban growing right into the heart of the city, by creating an edible trail of demonstration gardens between Temple Meads and the FOOD exhibition at @Bristol. The gardens will illustrate a range of ways of growing, from high-tech hydroponics to low-tech guerilla gardening.

### **Portland Centre for Integrative Medicine: Kitchens on Prescription** **£50,000**

Kitchens on Prescription is about making healthy eating and culinary approaches at Community Training Kitchens throughout Bristol part of mainstream healthcare. It will both promote and increase access to healthy, affordable, sustainable food to the public and reduce wasted food. It is a Bristol wide initiative that has sprung from collaboration within the Health and Wellbeing action group as part of Bristol Green Capital.

### **The Prince's Trust: Young People's Programme – Get Started/Fairbridge** **£37,600**

Charity aiming to help disadvantaged young people gain initial qualifications in the catering and hospitality industry.

### **91 Ways to Build a Global City** **£25,000**

Making Bristol a more connected city by celebrating diversity and empowering citizens from all communities. We will use language as a driver to engage people and the power of food to encourage dialogue and action to inspire citizens to lead more sustainable lives through 2015 and beyond.

Most of these projects are highly collaborative, and will benefit many more organisations and initiatives than the named 'host' organisation alone. For example, the Urban Food Producers project has brought-together 12 different growers with 4 strategic partners.

It may not be too late to get involved with the successful bidders – especially as some will be seeking match-funding in order to expand their project's reach. If you would like to get in touch with any of the project hosts, please contact via: [bristollocalfood@gmail.com](mailto:bristollocalfood@gmail.com)

And it's definitely not too late to get involved with Bristol European Green Capital 2015. Find out how at: [www.bristol2015.co.uk/get-involved/](http://www.bristol2015.co.uk/get-involved/)

There may also still be Neighbourhood Partnership funding available in your area, for Green Capital-related projects: [www.bristol2015.co.uk/get-involved/apply-grant-funding/neighbourhood-partnerships-fund/](http://www.bristol2015.co.uk/get-involved/apply-grant-funding/neighbourhood-partnerships-fund/)

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*Bristol's local food update* is produced by Bristol Food Network CIC, with support from Bristol City Council.

Bristol Food Network CIC supports, informs and connects individuals, community projects, organisations and businesses who share a vision to transform Bristol into a sustainable food city.

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# Bristol Good Food Tour: Let's all Cook and Eat

**Martin Fodor**

**Bristol Good Food Tour: Let's all Cook and Eat has received good news of an £8,000 award from the Bristol 2015 European Green Capital Small Grants awarded through Quartet.**

It's an innovative, new, partnership initiative inspired by several precursor projects locally and elsewhere, and the development of the bid began in a Bristol Food Network workshop.

The plan is outreach pop-up cookery events around the city, demonstrating attractive, simple, affordable, low carbon, healthy food, using basic equipment and seasonal ingredients from local suppliers to show what's achievable by anyone on a budget.

The partnership that has formed around the bid development is wide-ranging, and includes existing communities and caterers, food groups, charities and campaigns – all aiming to increase understanding and awareness of the most important aspects of healthy and sustainable food by taking cooking to neighbourhoods, and leaving a legacy of cookery. Demonstrations will be held where people are: local community events and venues, not as 'cookery events'.

Practical activity is planned to build up from spring into summer 2015. The goal is pop-up cooking events in every one of the 14 city neighbourhoods, prioritising areas where fresh, healthy food is not always available, use of healthy ingredients is sometimes rare, or cookery not practised regularly, falling short of the recommended '5 a day' intake – typically appearing at established local community events like Love Lockleaze and RedFest.

In addition, ticketed cookery masterclasses are envisaged, where more ambitious recipes will be demonstrated by leading chefs from Bristol and beyond, promoting imaginative dishes that exemplify 'good food': low carbon, tasty, and from local suppliers. These are planned partly to recover costs to ensure a longer term project can be developed, and follow earlier events under the auspices of Bristol Friends of the Earth, VIVA, and VegFest.

There is also a plan for short cookery training courses for teenagers about

to move out of care, to develop skills and confidence for using fresh, healthy ingredients to cook for themselves.

Finally appearances at major summer events in the city are intended, promoting 'good food,' such as at Keep Sunday Special, Bristol Food Connections, Big Green Week, the Festival of Nature, Love Food, and Get Growing weekend – promoting seasonal food with local ingredients.

The group will develop simple recipe cards, e.g. based on local campaign group Viva's successful cook book. Plus we'll develop a community cookery manual to help groups build-on the events, with links that can follow through issues raised, e.g. where to get bulk buy ingredients for groups, forming community buying clubs, etc. Mentoring and training advice for simple, healthy, fresh food cooking is intended to leave a lasting legacy from events. Colleagues in Public Health, the NHS, and other organisations like Demuths cookery school have already offered support.

The group is working under the umbrella of Bristol Friends of the Earth and will shortly form a steering group and project plan. It supports access to supplies of fresh ingredients; advice from buying groups; community farm links; food co-ops; bulk buying, and local markets, plus access to surplus (waste) food (via support from FareShare SW). Support from Pukka Herbs has also been offered to the project.

Access to cooking utensils/equipment can be an issue for some residents and we aim to offer basic cooking kits from local suppliers via bulk-buy arrangements.

Among other opportunities the project hopes to offer volunteering opportunities to set up the outreach events, mobile cookery facilities and distribution of advice and recipes at community events.

We also hope to promote events via social media, podcasts from earlier events and local magazines. To fulfil the plans further funds are now being sought – the more funds available, the more pop up events and appearances will be possible.

To get involved please contact Martin Fodor on [martin.s.fodor@gmail.com](mailto:martin.s.fodor@gmail.com)

## Quartet small grants food-related projects

**Community FM Ltd (Radio Project)  
£9,690**

To produce a series of food-related programmes in different languages.

**Bristol Friends of the Earth  
(project-managing organisation  
for coalition of groups)  
£8,000**

Good Food Tour: Let's all cook and eat – To provide outreach cookery events within different communities around the city (*see main article*).

**Trinity Community Arts Ltd  
£8,000**

To run a programme of permaculture workshops and events for local people.

**Edible Futures  
£9,958**

To build a sustainable Green Hub on the group's small holding.

**Bristol Hospitality Network  
£8,700**

To run a food growing project with asylum seekers and refugees.

**Beebristol  
£5,000**

To develop planting schemes and workshops to make Bristol more pollinator friendly.

## Final round of Quartet small grants now open

The second and final round of Quartet funding is now open, with £75K to go to small projects looking for under £10K (and preferably under £5K) each. The criteria for the second round have narrowed considerably, and food-related projects are expected to either:

- help residents reduce food waste in the home or
- reduce wasted food

Deadline for applications is 27 February

[www.quartetcf.org.uk/](http://www.quartetcf.org.uk/)

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