

Student Eats 2019



University of Sheffield Students' Union, 5th November 2019

10.00-10:30	Registration in The Atrium, tea & coffee in The Foundry			
10:30-10:45	Welcome by Zamzam Ibrahim , NUS & SOS-UK President and Harry Carling , Sheffield SU Development Officer			
10:45-11:30	Keynote: Natalie Bennett , former Green Party leader and current Green Party life peer in the House of Lords			
Previous	Strand 1 – Creating a better food system in Fusion	Strand 2 – Skills development in Studio	Strand 3 – Getting your hands dirty in Gallery Room 2	Strand 4 – Networking in The Foundry
11:35-12:25	Take action to reduce Food Waste Make an impact through gleaning and seeing food waste as delicious food surplus. There'll even be some tasters! Fun workshop with Jo and Lucy from the game-changing organisation, Feedback .	Easy energy balls A practical food making session, with Fran Bernhardt , chef, blogger and Sugar Smart Campaign Coordinator at Sustain. Learn how to make easy, everyday energy balls using healthy, sustainable & affordable ingredients.	The culture of seed saving Join Adam Alexander in an exploration of the importance of seed saving: protecting cultures, preserving heritage varieties and providing a tool to help secure biodiversity and greater food security.	Networking opportunity Refreshments will be available for anyone who would like to take this opportunity to catch up with others at the conference.
12:30-13:45	Lunch & networking in The Foundry			
13:45-14:45	Panel session: Eating in a climate and nature emergency, in The Foundry Whether you are vegan, vegetarian, a meat eater or a flexitarian everyone needs to be making more sustainable food choices. A panel discussion to explore the impact of the food we eat. With Safiya Robinson from Sisterwoman Vegan and Simon Billing from Eating Better ; chaired by Fran Bernhardt from Sustain .			

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15:00:- 15:50	Can people on low incomes afford sustainable food? It isn't easy to make the most sustainable food choices when you're on a low income. Joe, Food Partnership Manager at Middlesbrough Environment City , and Hannah Lambie-Mumford from Sheffield University and will discuss the challenges and showcase some solutions.	How to organise for better food on campus – having a campaign strategy Learn how to create an effective campaign in this interactive session based on Seeds For Change concepts with Juliet from the University of Sheffield, joined by Niamh from student-led project Save Our Sandwiches .	No dig food growing for health and happiness, with Charles Dowding Many people growing a little is better than a few farmers growing a lot. Physical activity plus fresh air also means better health & mood from the serotonin made by soil microbes. <i>"No dig is the pathway to health under our feet".</i>	Networking opportunity Refreshments will be available for anyone who would like to take this opportunity to catch up with others at the conference.
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15:55 - 16:45	Could zero waste food be available to buy on all campuses? Discover the secrets of how two outlets are paving the way. Hear from Student Eats enterprise, Weigh To Go based at Keele Students' Union and have a tour of the University of Sheffield's zero waste shop .	Cracking the challenge of volunteer recruitment and retention Whether you're recruiting for a society, sustainability project, growing site or student-led enterprise having a constant supply of volunteers is the dream. Join Rosie of Organised Fun to find out how.	No dig food growing with Charles Dowding (advanced session) Already a convert to the advantages of no dig? Join Charles for this advanced session on creating healthy soils, healthy veg and of course healthy people.	Sheffield sustainability strategy launch Closed event only for Sheffield university students and staff.
16:45	Event ends			

All times (except the start and finish time) and content are subject to change