

## &gt;&gt;&gt; NEWSLETTER &lt;&lt;&lt;

**GOOD FOOD MIDDLESBROUGH**

Middlesbrough Food Partnership

**APRIL 2024****WHAT'S  
NEW**>>> **DAYS TO CELEBRATE**

April welcomes a number of days to celebrate including;

- 1st - 7th Community Growing Week
- 21st National Tea Day
- 22nd Earth Day
- 22nd - 29th Good to Grow Week
- 24th Stop Food Waste Day

**GET GROWING <<<**

There is plenty to grow this month, as April brings the best time to eat Asparagus. Although enjoy it whilst you can as the British crops only tend to last around 6 weeks! Other veggies to start planting are beetroot, carrots, cauliflower, spinach and much more. Check out our social pages for all the best fruits and vegetables to grow.

**WHAT TO  
GROW**

# 24 CARROT GOLD FOOD SUMMIT



GOOD FOOD FOR ALL IN MIDDLESBROUGH

## >>> THAT'S A WRAP

Our 24 Carrot Gold event is sadly over. We would like to thank everyone who attended the event, those who presented a talk or workshop, our guest speaker Dominic Watters and of course all of the stall holders.

A special thank you to our sponsors Thirteen and Quorn, plus our host Middlesbrough College and not forgetting our wonderful Student Volunteers from Teesside University. The event aimed to showcase all of the wonderful work happening in and around Middlesbrough, we hope this event captured this.

We've received some positive feedback on what you enjoyed the most and where to improve for future events.

With 15 talks and workshops, 17 stalls and close to 150 attendees we can't thank you all enough for making the event what it was!

## GUEST SPEAKER DOMINIC WATTERS

Dominic kicked things off and gave an inspirational talk on living and lived-experience discussing fuel and food insecurity, followed by a workshop providing attendees the opportunity to explore areas of discussion around poverty within Middlesbrough.



# 24 Carrot Gold Food Summit Photos



“I found the keynote speaker to be inspirational; loved the idea of living rather than lived experience.”



“It was fantastic event, good way of progressing to Gold Award”





“Super day- well done to all involved!”



“It was a great event. I was really impressed with the work the Middlesbrough College and the University were doing towards net zero.”



# GOOD FOOD MOVEMENT

Middlesbrough's Food Partnership are part of the Sustainable Food Place's 'Good Food Movement' which helps to create inclusion within communities and grassroot organisations, supporting and sustaining a broad network around citizen-led action.

With a focus on local level movements, the Middlesbrough Food Partnership aims to engage audiences from different backgrounds and experience to actively transform the food environment within the town. We aim to do this by:



Putting diversity and inclusion at the heart of the movement by building rapport with the community.



Inspiring and engaging the public about good food, from urban growing to eating more sustainably.



Amplifying community voices and building advocate programmes by utilising local experts and those with lived/living experience.

There's power in people and by growing a Good Food Movement and supporting one another we can establish a better food system for all in Middlesbrough.

We are all connected by food, everyone needs to eat and has the right to it.



Through common goals, communication and collaboration we want to capture the energy and best practice set out by you and celebrate all of the fantastic work that is happening in and around Middlesbrough.

There is no limit or restrictions as to what a Good Food Movement means to you, even from the smallest of groups to local farmers markets, let's work together for a brighter future.

**“We want to help bring out the best in the community”**

Middlesbrough has so much to offer and we want to help bring out the best in the community. If you know a community group, grassroot organisation or anyone interested in creating a Good Food Movement we would like to hear from you!

Contact Alex, the Food Partnership Coordinator at [alex.young@mencity.org.uk](mailto:alex.young@mencity.org.uk)

# EARTH DAY

MONDAY 22ND APRIL



## »»» WHAT IS EARTH DAY

Earth Day is an annual event on 22nd April to demonstrate support for environmental protection. First held on 22 April 1970, it now includes a wide range of events coordinated globally by Earthday.org including 1 billion people in more than 193 countries. The official theme for 2024 is "Planet vs. Plastics".

## EARTH DAY WORKSHOP

Middlesbrough Food Partnership are teaming up with Climate Action Middlesbrough and Communities Growing Together this Earth Day to bring you an exciting workshop on how to upcycle plastic, reduce food waste and much more.

We will be hosting the workshop here at Middlesbrough Environment City on Monday 22nd April at 2pm - 4pm.

To book your place email [alex.young@menvcity.org.uk](mailto:alex.young@menvcity.org.uk)  
- Places are limited!

## »»» HOW TO GET INVOLVED

There are so many ways you can get involved this Earth Day, here are just some ideas;

- Join community action groups
- Sign environmentally friendly petitions
- Try eating plant-based meals
- Get growing!
- Take part in a beach clean or litter pick
- Reduce your plastic usage
- Repurpose your plastic waste by making baskets or bookmarks



# Middlesbrough Food Partnership

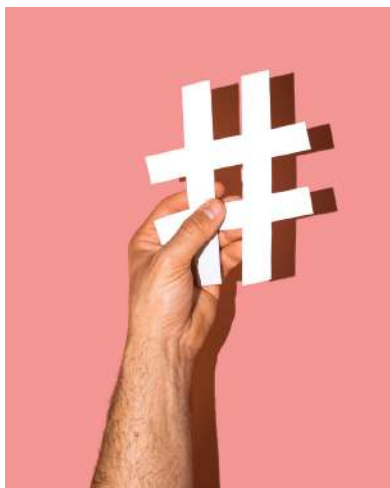


## Social Media

We regularly post our activity on the following social media platforms;

- Instagram
- Facebook
- X
- Instagram

Follow us to keep up to date with all of the happenings at the Food Partnership.



## Find us here



Middlesbrough Food Partnership



Boro\_food\_partnership

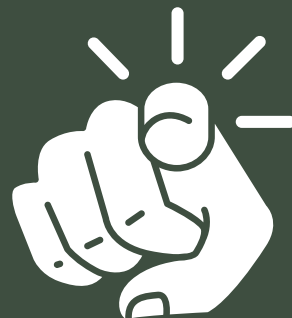


BoroFoodPartnership



Middlesbrough Food Partnership Page

## We need you!



Do you have something to celebrate? Have you achieved a goal recently? Want to advertise your group or business?

We would love to write an article about you to showcase your work and achievements.

Contact Alex at  
[alex.young@mencity.org.uk](mailto:alex.young@mencity.org.uk)

