

GOOD FOOD EAST SUSSEX MONTH OCTOBER 2023

*Powered by the Good Food for East Sussex network
#GoodFoodEastSussex*

In October 2023, organisations and communities across East Sussex will be coming together to hold the first ever Good Food East Sussex Month.

There will be a series of events across the county celebrating everything food in East Sussex, and exploring how we can build a food system that works for our people, our economy and our environment.

We've just launched this month-long event, and have lots of plans in the pipeline. As and when new events are added, you can see what's on and sign up on our [Eventbrite](#) page, and through your local food partnership:

- [Eastbourne Food Partnership](#)
- [Hastings & Rother Food Network](#)



- [Lewes District Food Partnership](#)
- [Wealden Food Partnership](#)

What you can do

One of the goals of the month is to promote local food businesses and organisations, so we're asking everyone to get in touch and let us know what you've got going on in October, so we can promote this across the county. Whoever you are, you could get involved in a number of ways, for example:

1. **Sign up to one of the events we'll have across the county** - email goodfoodeastsussex@gmail.com to be added to the mailing list and keep up to date with everything that's going on.
2. **Share the Good Food East Sussex Month calendar of events**, for example putting it up in your shop window, reception, adding it to your newsletter etc. Email goodfoodeastsussex@gmail.com to be added to the mailing list to receive the latest calendars and resources.
3. **Enhance any events and activities you're already holding in October by making it a Good Food East Sussex Month event** - simply email goodfoodeastsussex@gmail.com and we'll add it to our events calendar, and send you any additional information you need. Email us with details of your event and we'll send you the Good Food East Sussex Month brand resources to use.
4. **Host a one-off event**, for example:
 - An open farm or harvest event to invite your customers and communities to see what you do, and learn about the importance of buying locally.
 - A community meal, learning and discussion event or lunch and learn session.
Some ideas:
 - Watch [Marcus Rashford's Feeding Britain's Children](#) documentary and discuss
 - Pick an episode of [The Food Programme](#) to listen to and reflect on
 - Read Tim Lang's [Feeding Britain: Our Food Problems and How To Fix Them](#) and host a discussion session
 - Listen to [Christina Adane's Radio 4 Programme](#) on why we should have healthier, affordable alternatives to fast food outlets in our neighbourhoods
 - Read the [National Food Strategy](#) and think about how you and your organisation can contribute
 - Conduct a [food waste audit](#) and explore ways you can minimise your waste together
 - A planting day in your community space or workplace, utilising any spare green space, vertical space or even a windowsill. You can see advice on what you could plant in October [here](#). Indoor herbs can be grown all year round.

- Hold a collection for your local food banks and hubs supporting people in the local community.
- Develop a partnership with a local community centre or charity providing crisis food services.
- Come up with another idea - we'd love to hear other ideas you have, just email us at goodfoodeastsussex@gmail.com

We have a network of local businesses and community chefs that could cater your meal, please get in touch at goodfoodeastsussex@gmail.com for more information.

Who we are

Good Food for East Sussex is an alliance of local organisations and individuals working together to build a food system that works for our people, our economy and our environment. We are convened by the five East Sussex Local Food Partnerships and East Sussex County Council.

We collaborate across eight strategic areas:

- Food culture and connection
- Food inequality and health
- Local food businesses and jobs
- Supply chains and infrastructure
- Food procurement and catering
- Community growing, land use and planning
- Climate, natural environment and planetary health
- Food waste

What we do



We have a shared action plan of priorities across our strategic areas that are being explored across the county. We have a shared mailing list, that anyone can join, to share information and

best practice, celebrate our local food projects and businesses, and connect people from across sectors.



Together, we look to build further investment and resources for our local food system, lobby and influence policy and practice, and develop and distribute public messaging and campaigns.

How to get involved

Email goodfoodeastsussex@gmail.com to get involved and be added to our mailing list.