

Reading Town Meal, 29th September 2018

The Reading Town Meal is fast approaching and is looking for everyone to be involved.

The Reading Town Meal will take place on Saturday 29th September, 2018, 12-4pm at the beautiful Forbury Gardens. There are plenty of things to get involved in, with a free-shared meal at the heart of the Town Meal. Local allotment holders and growers of Reading are busy growing preparing their fruit and veg to donate to Reading College student who will cook up a delicious meal.

Alongside the event, there will be a variety of local community groups, and local traders, including Linda Carter Jams, Grumpy Goat, True Food Cooperative and many more. There are also family fun activities to get involved with, including learning circus skills, cake decorating, face painting and a Town Meal treasure hunt! You can also listen to music by Dolly and the Clothes Pegs, the Reading Ukulele group and more!

Come and learn a thing or two! Head to our workshops to learn about the secret life of soil, permaculture and what to do with your harvest! Or come and make your own pizza with Tinka Tots.

In order to make the event a success, we are calling on anyone who can offer 2 hours of their time to lend a helping hand. Slots for volunteers are from as little as two hours, with plenty of roles to choose from.

A returning volunteer said: "I'm looking forward to helping at the Town Meal – it is always a great event!"

To sign up to volunteer, visit:

<http://www.readingtowntownmeal.org.uk/volunteerform.cfm>

It is also not too late to donate your fruit and veg! If you would like to contribute to the meal, 'pledge your veg' by visiting:

<http://www.readingtowntownmeal.org.uk/growersform.cfm>

We look forward to seeing everyone at the Reading Town Meal!

Ends

Notes for Editors:

1. The Town Meal Steering Group is organising this event and comprises: Food4Families (a BIG lottery funded project managed by Reading International Solidarity Centre (RISC)), Reading College, Reading Food Growing Network, Reading Borough Council Culture & Sport Services, True Food Community Cooperative and other volunteer members.

2. Food4Families aims to work with communities across Greater Reading to increase the amount of food grown locally and sustainably and has created 20 community gardens across Reading where people learn how to grow their own food under the guidance of professional tutors
3. RISC is the biggest Development Education Centre in the UK, working with schools and community groups to build understanding of sustainable development and promote social justice.
4. Reading Food Growing Network aims to promote and expand locally grown food through sharing knowledge, information and ideas alongside advice and support to local growers
5. Reading College Hospitality, Travel & Tourism department are contributing their expertise and use of kitchen facilities where their catering students will prepare and cook the Town Meal, which they will then serve in Forbury Gardens.
6. True Food Community Cooperative is a social enterprise, owned and run by its members, that enables its members and others to buy affordable organic food and other produce and supports local food production.
7. Reading Borough Council is supporting the event through logistical advice and support.
8. Each of the previous Reading Town Meals held in 2011 - 2017 have served over 1,000 people with a free hot lunch cooked from tasty local ingredients grown locally, and filled Forbury Gardens with stalls and activities all celebrating local, sustainable food. A short film of the first Reading Town Meal can be seen here <https://vimeo.com/36269113>