

Reading Town Meal 2020- celebrating local growers of Reading from the comfort of your home!

If you love food, enjoy spending time with family and want to learn about how you can eat more sustainably, then you will definitely want to join us for this year's Reading annual celebration of locally grown and healthy food on Saturday 3rd October. We can enjoy the day together (albeit from our own households) with recipe cards, online workshops, Kahoot quizzes and much, much more. We are even hoping to broadcast live from Forbury Gardens on the day to help connect us all.

Not only will we deliver exclusive town meal inspired recipe cards direct to your doorstep when you sign up at <https://form.jotform.com/RTM2020/townmealregistration>, there will also be a live cook-along to follow and surplus fruit and vegetables made available from our stall in Forbury for you to collect, take home and add to your town meal inspired recipes.

Our online workshops will feature topics including: How to tackle food waste; sustainable food growing methods and climate change.

Sharon Fitton, Chair of Reading Town Meal Steering Group said, "While we can't all be together in person this year, our aim is for everyone to still be able to join in and celebrate the local fresh produce of Reading. We can all join in by cooking a town meal inspired recipe from our own home and learn about how to lead a more sustainable lifestyle."

If you would like to help and support the running of this year's socially distanced town meal, you can sign up to volunteer at <https://form.jotform.com/RTM2020/townmealregistration>. There are volunteer roles to suit everyone's skill set, ranging from: donating fruit & vegetables; delivering recipe cards to households; helping us to publicise the event and much more.

For more information about the Reading Town Meal visit <http://www.readingtownmeal.org.uk/>, contact us on 01189586692 or visit our Facebook page <https://www.facebook.com/TownMeal> for the latest event announcements.



Photograph: EIT Food, Reading Town Meal 2019



Photograph: A&D Photography, Reading Town Meal 2019



Reading Town Meal 2020 Logo

Notes for Editors:

1. Reading Town Meal 2020 Event activities to include:

- Socially distanced food celebration- **fruit & veg inspired recipe cards** to be delivered to participating households in the week leading up to Sat 3rd October.
- Surplus veg will be available on **Forbury gardens stall** potentially from Sat 26th Sept
- **Street host volunteers** to coordinate/promote neighbourhood involvement.
- **Online workshops**- combination of live webinars and pre-recorded videos via zoom uploaded to RTM YouTube channel.
- Live **cookalongs** using recipe cards & recorded cook along instructions to be uploaded to RTM YouTube channel.
- **Activity resource pack** including: Fruit & Veg origami, crosswords and goody bag items
- **The Big Town Meal Live Quiz** and Kahoot quizzes
- Trader and community stallholder leaflets/vouchers to be distributed alongside recipe card to households.

2. The Town Meal Steering Group is organising this event and comprises:

Food4Families (managed by Reading International Solidarity Centre (RISC)), Reading College, Reading Food Growing Network, Reading Borough Council Culture & Sport

Services, EIT Food and other volunteer members.

3. 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.

4. 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.

5. 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

6. EIT Food is Europe's leading food innovation initiative, working to make the food system more sustainable, healthy and trusted. EIT Food are very generously sponsoring Reading Town Meal 2020 as well as donating some exciting content for our goody bags.

7. Reading Borough Council is supporting the event through logistical advice and support.