



Exeter Connect



The Big Exeter Feast

Thursday 23rd November 10- 3.30pm

Exeter Community Centre, St David's Hill

Free but booking essential via Eventbrite [click here](#)

Exploring how we can make food more accessible, affordable, healthier, sustainable and celebrated within the City



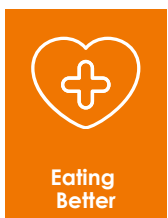
Good Food Governance



Local Food Economy



Urban Growing



Eating Better



Food Justice



Food Waste

✉ exeterconnect@eci.org.uk

☎ 01392 205800

🌐 www.eci.org.uk

📍 148 -149 Fore Street, Exeter, EX4 3AN



Exeter
City Council



Registered Charity Number: 1026229
Registered Company Number: 2844870 (England)

The Big Exeter Feast

Pre-conference event programme, 13-22 November



Whether or not you go to the conference, you can take part in these events across the City!
All events are free unless otherwise stated. Visit Exeter Connect's [Eventbrite](#) to book.



Growing & Preserving
Mon, 13 Nov, 1.30-4pm
St Sidwell Community Centre, EX4 6NN

Join us for a tour of our garden, followed by a preserves-making volunteering session and conversation about food access and sustainability.



Fieldtrip: Exeter Food Action
Tues, 14 Nov, 4-5pm OR 6-7pm
Unit 10, The Space Place, Marsh Barton, EX2 8RG

Visit our food rescue warehouse to find out more about the work of Exeter Food Action. An opportunity to ask questions and meet staff and volunteers.



Fieldtrip: The Growing Project
Tues, 14 Nov, 10am-1pm
Prince Charles Road Allotments

Join us at the Growing Project plot. Hear about what we do, and our plans for community growing. Includes refreshments in our cosy hut.



Fieldtrip: St Thomas Community Garden
Wed, 15 Nov, 2.30-4.30pm
St Thomas Pleasure Ground EX4 1HS

Tour St Thomas Community Garden and learn how it is shared with the local community; followed by a chat and a hot drink at Shillingford Cafe.



Plant Power!
Thurs, 16 November, 9.30-12.30pm
West Bank, Healthy Living & Community Care Centre, Exminster EX6 8AT

Learn how whole foods can boost your gut microbiome, keep your body and mind healthy and help the planet. Cook up tasty dishes to take home. All ingredients provided.



Fieldtrip: Community Fridge
Thurs, 16 Nov, 2-3pm
Exeter Library EX4 3PQ

Find out about the Exeter Community Fridge initiative - what it is, how it works, and why it matters.



A Flourishing Local Food Economy: What are the next steps?
Thurs, 16 November, 6.45-9pm
Exeter Community Centre, EX4 3RG

A workshop focusing on solutions for designing a local food system which minimises waste, packaging, transport and refrigeration, and encourages 'regenerative' farming practices.



Shared Meal fundraiser for Refugee Support Devon
Sat, 18 November, 6.30 - 9pm £10 + donation
St Sidwells Community Centre EX4 6NN

Share a meal with 6 asylum seekers living in Exeter who will also be preparing the menu. A very meaningful evening sharing culture, connection and solidarity through food.



Walk, Talk, Cook!
Mon, 20 November, 9.30-12.30pm
West Bank, Healthy Living & Community Centre, Exminster EX6 8AT

Guided visit to Sage Green market garden on Powderham Estate, offering organically grown fruit and veg. Harvest crops and make a healthy meal to take away.



Shillingford Farm Tour
Sat, 18 November, 10am-1pm
Shillingford Farm, EX2 9QQ

A farm tour showing the range of vegetable crops grown just outside the city. Take a tractor and trailer ride around the fields and harvest crops.



Hayboxes & Wonderbags
Tues, 22 Nov, 6-8pm - no booking required.
Exeter Phoenix, Gandy Street EX4 3LS

This drop-in session will show you how to cook cheap and nutritious foods like lentils which have long cooking times whilst using less energy!

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