

FOOD EVENT

EAT-IN

THEME: THERE IS A STORY BEHIND EVERY POT

HOST: IKHAYA GARDEN AND EKASI PROJECT GREEN (SUPPORTED BY SLOW FOOD YOUTH NETWORK.

DATE: 26 SEPTMBER 2015

VENUE: ISIKHOKELO PRIMARY SCHOOL.

TIME: 9:00- 3:00

ObjectivesS

Our main aim is to host food related events in the townships, celebrating

Food, culture and unity of people. This event open a huge platform for cultural exchange as we will be hosting people from the different places and different background. We will be having different chefs who will be sharing about their recipes and telling their stories behind them. On the day will also talk about nutrition.

Our goal is to trigger awareness and consciousness that food is part of our culture and one of the aspects to celebrate life. This is one of the ideas to develop food production concepts in the townships also bridging a gap between suburbs and townships.

Marketing

We will be using social media to get the information across, open a facebook page event. We also use online radio station (Taxi radio station) and blogs (Eco Atlas) to promote it. Every week on our facebook page will showcase one of our chefs with their background information and what they will be doing on the day.

EAT-IN EVENT PARTICIPANTS

Pierre Morton: Pierre spoke about Ancestral Nutrition. He took an early interest in Nutrition due to suffering from chronic food allergies. He spoke about digestion, that digestion starts in your mind. He said we must chew food properly most of all enjoy it. He has studied with the Nutritional Therapy Association who embody Ancestral Nutrition and he has links to the Weston A Price Foundation.

Zayaan Khan: Zayaan is the Co-ordinator of Slow Food Youth Network South Africa, she spoke about Slow Food Youth Network explaining about the aim of the organization and how you can get involved to have more young people on the organization.

Ofentse Omega Mathope: Ofentse is a creative mind behind the Kubu Cuisine inspiring African menu which combines unrelenting creativity and remarkable craftsmanship, with supreme knowledge of local produce which includes Wild Fynbos and Venison such as Kudu and Mopane Worms. They use ingredients from all over Africa and also heighten the philosophy of sustainability and eating locally.

Rohan Mudenda: Rohan is currently a Chef at Mount Nelson Hotel in Cape Town. He has strong passion for good food, quality and standard. He presented a dish called African Remedy which combines herbs and vegetables.

Sophumla Ntoyabo: Sophumla shared his poetic elements during the Eat-In. He is a 22 year old musician his first love is school and drawing but also enjoys sharing his poetic gift with people.

Athenkosi Ndulula: Athenkosi is also one of the poets who gave food of thoughts at the Eat-In event. He is a scholar and a debator and amazing artist.

Chloe Menteach: Chloe shared her childhood Urban Farm Story called Chart Farm. She also presented a dish called steamed fruit and fruit salad and the theme was Old Cape Fruit. Chloe is a food activist and a landscaper.

SIZWE NYUKA

Serena Maracu: Serena is from Italy doing her internship in South Africa, Cape Town at SPP. She made pasta with love.

Elana Kroneberg: Elana presented her artisanal sauces which are inspired by the wonderful flavours. She added that Chilli can be added to almost every meal. While so many popular sauces on shelves at supermarket have preservatives and flavourants, Elana of Lars Kitchen wants to test whether hot sauces could taste great and last long without chemicals or preservatives and the results were wonderful. Lars kitchen sauces range from HOT to MILD and is inspired by recipes from around the world.

Sizwe Nyuka: Sizwe presented Eating City Summer Campus 2015 by reading the declaration they made on the campus along with participants from different continents.

Maka Gift: Maka Gift presented her traditional Xhosa food, she is a community member.

Rural Youth: The rural youth presented how to prepare a Fish the indigenous way.

EAT-IN EVENT PROGRAMME

- 9:30 : Welcoming done by Xolisa Bangani.
- 9:45 : Pierre Morton- Ancestral Nutrition.
- 10:15: Zayaan Khan-Slow Food Youth Network South Africa.
- 10:35: Ofentse Omega Mathope-African Cuisine.
- 11:05: Rohan Mudenda-African Remedy.
- 11:35: Sophumla Ntoyabo-Poet.
- 11:45: Athenkosi Ndulula-Poet.
- 11:55: Chloe Menteth-Urban Farm Story Called Chart Farm.
- 12:25: Serena Maracu-Pasta with Love.
- 13:55: Elana Kroneberg-Artisanal Sauces.
- 14:25: Sizwe Nyuka-Eating City Summer Campus 2015 Declaration.
- 14:35: Maka Gift-Traditional Xhosa Food.
- 14:45 Rural Youth-Fish the Indigenous way.
- 15:00 Food enjoyment.

EVENT ORGANISERS

- **Ekasi Project Green and Ikhaya Garden supported by Slow Food Youth Networks South Africa, SPP and IFWEA.**

Ekasi Project Green Team-Lonwabo Mfenguza

Loyiso Hulushe

Abonga Tom

Sizwe Nyuka

Thembela Maloti

- **Ikhaya Garden Team-Xolisa Bangani**

CONCLUSION

- The number of people who attended the event was larger than were expected .
- The event was a success we had everything going according to our plan following our program very well.
- .We had seven chefs on our first Eat- in that was a big number for a start.
- The event was for different cultures or traditions we wish next time it will be more diverse.
- The event was for the youth so we would love to attract more young people to share with then this event.
- The event is an international event so in future we would love to have different chefs from different countries.
- We would love to involve other organizations so that this event can be done more than once a year.