



**EASTBOURNE  
FOOD  
PARTNERSHIP**

BETTER TOGETHER

SUSTAINABLE  
FOOD places



THE

GOOD

FOOD

MOVEMENT

A SUSTAINABLE FOOD PLACES INITIATIVE

## PROJECT SPOTLIGHT: DIVERSITY RESOURCE INTERNATIONAL

In our first issue, we're celebrating the diversity of food as a connector between different cultures and communities, often in unexpected and joyful ways. On Saturday 1st July, Celebrating Diversity Day took over Eastbourne's town centre to celebrate artists of diverse origins in Sussex. We spoke to Maria from organisers Diversity Resource International to find out what **Good Food** means to her.



**Celebrating diversity is an event we organise every year where communities can showcase performers, food, artists and organisations from different ethnic groups.** It means communities are more aware of the culture Sussex has to offer, and it led to a bit of a snowball effect this year; we were fully booked for stall holders and the richness of networking on offer meant people who weren't as confident with sharing their artwork or performances felt really supported.

**I think its really important that small organisations work together to face the issues within the food system at the moment.** The cost of living crisis and healthcare inequalities have been really devastating. By partnering with the EFP it means we can signpost anyone who might have a problem accessing food to them, and in that way, we support one another as well as the wider community.

**Our upcoming events are really exciting** and I'm currently working at coordinating our Black History month events for October! We also have Eastbourne Cultural Involvement Group meetings 4 times a year; anyone in Eastbourne is welcome to join.

**Thank you to Maria Tayao for speaking with us. For more information about DRI, visit <https://driorg.com>.**

**When I came back from uni, I would always ask my dad to make me Lugaw with chicken,** a rice porridge dish from the Philippines. Its something I always crave when I'm feeling homesick or need comforting and the way my dad makes it is perfect! The thing with food is, there can be so many different recipes for one dish depending on where you grew up and with who. For example a Chinese Rice Porridge is completely different to a Filipino one. But that means there's nostalgia and memories attached.

**'Good Food' to me means organic, definitely,** though its really hard, because not a lot of food markets have anything organic and even if they do its so expensive. I also love vegetables, and will always go for them first on a plate. My parents subconsciously taught my brother and I that; thankfully I'm not a picky eater.

# VEG SHOWCASE: BEETROOT HUMMUS

A twist on a family favourite dip,  
quick and easy! Keeps in the fridge  
for up to 3 days, can be frozen.

## Ingredients

- 1 tsp cumin seeds
- 5 small cooked beetroot  
(vaccum packed is fine)
- 400g tinned chickpeas, drained  
and rinsed
- 1 garlic clove, peeled
- 1 tsp ground coriander
- 1 tsp salt
- 2 tbsp oil (olive is best)
- 2 tbsp lemon juice
- black pepper



## Method

1. Toast the cumin seeds for 2 mins in a small dry pan. Stir throughout then remove from the heat.
2. Put all ingredients into a blender and blitz! Add a little more lemon or water if needed.  
Serve on your favourite sandwich or as a dip for crisps and crackers!

## Vegetable Garden: a poem

I used to hunger for the herb in Rapunzel.  
The rows of light green lettuce  
And mauve broccoli

The fresh basil and parsley.  
It's a miracle how small seeds  
Buried in Winter

Grow into food by Summer  
With a bit of nurturing,  
Water, love and sun.

Ripe red tomatoes,  
Burgundy onions,  
The startling carrots orange

Always a surprise when pulled from the ground.  
Beans rambling up trellises  
And the high crop hiding sheaths

Ready to unwrap  
Yellow corn clusters, like jewels in the sun.  
Then my favourite red strawberries

And raspberries, blackcurrants and blueberries,  
There is always that feeling of abundance

In a vegetable patch  
It doesn't matter if it's a bit weedy.  
The butterflies hover,

Robins and blackbirds  
Probably hedgehogs and rabbits  
But they are more shy.

The soil is always generous.  
The garden lush,  
The food delicious.

By Compass Poets  
Lucy Calcott, Emily Scarborough and  
Giovanna Stretton

# Coming soon! *Shinewater Community Food Project 'School Food Beyond the Canteen'*

A community fridge initiative in partnership with Shinewater Primary School and Family Hub, which will support young people to develop joyful relationships with food. The fridge, based in Shinewater Family Hub will save people money on their food shop and redistribute surplus produce in the process. Email [fenella@eastbournefoodpartnership.org.uk](mailto:fenella@eastbournefoodpartnership.org.uk) for volunteering opportunities.



**Eastbourne Food Partnership** is a cross-sector organisation bringing together organisations and individuals committed to creating more sustainable, fair and inclusive food systems. We believe that everyone should be able to enjoy Good Food and participate in a diverse, equitable and sustainable local food culture.

Do you agree?

Scan QR code and sign our charter!



Fancy being published in the next issue of our zine?

Eastbourne Food Partnership are giving you the chance to have your poster printed in our next issue of the Good Food Movement!

All you have to do is send in a drawing of what you think good food should look like in Eastbourne. Think seasonal veg, happy communities, seaside meals. Can you include your favourite veg and make it the star of the poster? Open up the zine and take a look at our wonderful poster created by KT Shepherd for inspiration!

The winner of the competition will be published in our next issue and access Good Food prizes!

Seasonal recipe to share? Good Food story? Food-inspired art? Get in touch! Email [fenella@eastbournefoodpartnership.org.uk](mailto:fenella@eastbournefoodpartnership.org.uk) or visit our website: <https://eastbournefoodpartnership.org.uk>.

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