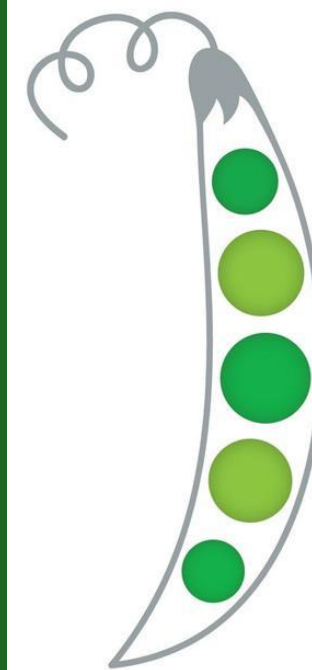




# Northern Ireland's Veg Activities



**Peas  
Please**

Making a pledge  
for more veg



**The Food  
Foundation**

 **nourish.ni**



veg

**It wasn't just words in  
Northern Ireland  
Veg Advocate Activities,  
it was all about the Veg!**

Recipe

Pop

sustainable

Pledge

partnership

Summer

Kitc

bee

living

bu

community

image

Bed

gardening

Fun

Live

press

hands-on

cook

eating



**15**

**Veg Activities across Northern Ireland in 2022/23**

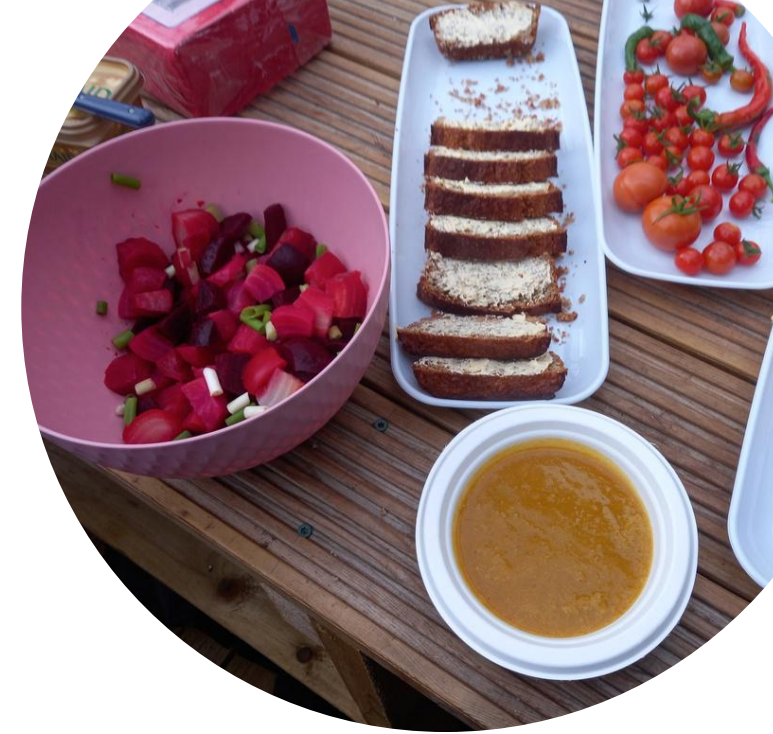
**11**

**In-person events took place and 4 virtual events**

**563**

**People took part in the activities**





# What we did in Northern Ireland.....







Sustainable Food Production in a Raised Bed	Live off the land	Healthy Eating and Active Living for Children	Community Fridge Launch Event	Veg Recipe Book
Cook for Summer with a Veg Pledge	The Veg & Bee Partnership	Meal Builder	Pop Up Veg Supper Club	Hands on Veg
The Scullery Kitchen	Save our Blemished & Wonky Veg	Vegetables for Life	Community Fruit & Veg Press	Fun Gardening Project



# Activities in Northern Ireland made an impact on the day and for the future



"Demonstrated a budget and what could be bought to meal plan. How planning what to cook could incorporate more vegetables into a meal. Barriers were broken on taste, use and the vegetable being the main component in the meal. People visited places that would not normally have been available to them to

visit."  
VA - Cook for Summer with a Veg Pledge



"It was a pleasure to be a part of this Peas Please funded project. It was great to get the opportunity to run a workshop exactly how I wanted to do it which has paved the way for my confidence to grow and join My Food Community and now develop a 12 week programme for people in the community."

VA - Meal Builder



"All the people who participated really enjoyed the veg garden, the food and the opportunity to get together socially to learn about bees, how important they are to our natural food production, and to learn about growing and eating more veg in our families everyday."



VA - The Veg & Bee Partnership



# **Cook for Summer with a Veg PLedge**

Public were invited to cook for summer. To look at meal planning and adding in more and new veg to their diet.

We ended with a relaxation stretch and yoga on the beach.





# Fruit & Veg Press

The fruit and veg press which was held over 3 events, pairing up with the Repair Cafe meant that over 200 people attended the events, aged from 3 to 80+.

From milling and pressing apples and using the dehydrator to show ways of storing herbs and veg.

"We were trying to help people to stop food waste and also showing people how to use more veg and fruits in there day to day lives... We have been asked by a few people if we could do the same event for their community "





## Live off the Land

Carly our Veg Advocate (VA) from Mid & East Antrim Council was able to organise a very successful food demonstration at the Kilcreggan Base in Carrickfergus. The Kilcreggan Base, is a facility in Mid and East Antrim Borough, designed to enhance community-based day services for adults with learning disabilities and a great place for the VA activity.

The demonstration was led by a professional local chef Arlene, using only locally sourced, fresh and seasonal vegetables. Most of the quality vegetables used in the meal were sourced from the local market traders and others had been donated from local organic allotments.



# Things went really well in Northern Ireland

I believe it helped make veg more accessible to people because they saw how easy it was to grow veg and herbs at home in small areas.

VA, The Veg and Bee Partnership

It would be great to repeat this once or twice a year, and also recruit school staff (e.g., teachers, administrators, support staff) to join this workshop. Small grants can go a long way to help institutionalize this in schools, nursery, and childcare environments.

VA, Healthy Eating and Active Living for Children

Kids enjoy dining together as much as adults do. It seems that once one person tried the food, the others joined.

VA, Pop up supper club

Nutrition is my passion and I love how this project enabled me to bring the Vegetable Advocate work into my daily work and to help our members improve their own health and fitness.

VA, Level-Up (Healthy Habits Programme) The 800g Challenge and Lazy Macros





## **With thanks to the Veg Advocate Documenters in Northern Ireland.**

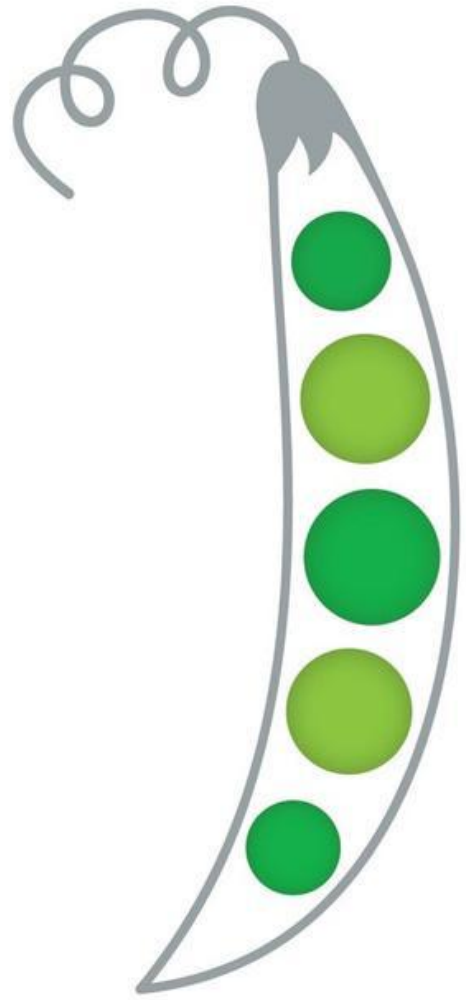
Thank you to Veg Advocate Portia, who helped collect the evaluation forms and document the Northern Ireland activities. Portia has a background in sales and marketing and owned a food tour business up until 2019 which celebrated local food.

With the opportunity to be a Veg Advocate, Portia enjoyed the opportunity to promote increased vegetable consumption, grown in season and how to cook it! Having volunteered in the local community for over 20 years, she saw the Veg Advocate role as a vital one to connect people to food and to one another.

Portia has a keen interest in the sustainability of food overall and a real passion for health and cooking. She loves being able to share her own family's journey and knowledge to support others in making good food choices.

Passionate about food choice opportunities she is currently working at Jubilee Farm, Northern Ireland's first community owned farm.





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The logo for nourish.ni features the word "nourish.ni" in a bold, dark green, lowercase sans-serif font. The letter "o" in "nourish" is replaced by a stylized purple radish with green leaves. A small purple dot serves as the period in ".ni".