

**Good Food
Cardiff**
Autumn Festival

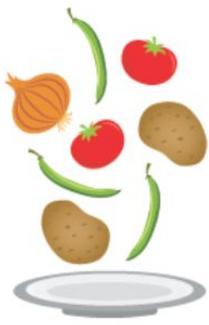


**Bwyd Da
Caerdydd**
Gŵyl Hydref

10 Good Food Cardiff Autumn Festival Facts

1. Community groups, gardens, local businesses and schools organised 45 events and activities which attracted more than 4,000 attendees.
2. More than 5,000 vegetable plants grown by Cardiff Council's Bute Park Nurseries were distributed throughout the city to encourage people to start growing at home.
3. That means more than 20,000 plants, seeds and growing kits across Cardiff this year via the Good Food Cardiff Autumn Festival and summer Growing Together programme combined.
4. Food insecurity is on the rise in Cardiff - too many people are struggling to get access to the food they need. Growing your own food at home is a great way to inspire an interest in cooking, to encourage families to be more adventurous in what they eat and, of course, to provide low cost produce to supplement the weekly shop.
5. A third of weekday evening meals are eaten in isolation¹. Cooking together, sharing recipes and community growing are great ways to meet new people, learn new skills and make lasting friendships in the local area.
6. Alongside the Autumn Festival growing activities, online cookalongs, recipe swaps and cooking classes resulted in more than 1,300 meals being cooked and shared.
7. The Festival included celebrations for World Food Day Get Togethers (16 October), an annual event which brings people together to share a freshly prepared meal, enjoy good food, and connect with people from different backgrounds.
8. Making people more aware of the groups and support in their local area, and providing opportunities to connect with their neighbours will help to build more resilient communities in the long term.
9. Food Cardiff developed a toolkit to help community groups with covid-secure event planning and promotion. This free guide will remain [available for download](#) and can be used by any food or growing groups to organise events.
10. Several of the projects received funding and support from Food for Life Get Togethers, a National Lottery Community Fund programme that connects people of all ages and backgrounds through growing, cooking and sharing good food.

¹ Source: Dunbar, R.I.M. Breaking Bread: The functions of Social Eating. Adaptive Human Behavior and Physiology 3 (2017)



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Social media posts*

When sharing content about the success and legacy of your event on Facebook, twitter or Instagram, don't forget to tag @goodfoodcardiff and/or use the hashtag #GoodFoodCardiff.

Where possible, please can you help us gather valuable feedback on the Festival by sharing the link to our participant survey:

Survey link: <https://foodsensewales.typeform.com/c/dILDckoW>

This year more than 20,000 plants have been given away through the @goodfoodcardiff events we've taken part in! If you picked one up, let us know how it's growing - we'd love to see some pictures. Tag us and use #GoodFoodCardiff

*We really enjoyed being part of the @goodfoodcardiff Autumn Festival. We were delighted that **number** people attended our **name of event** event at **place**. Great to bring everyone together to grow, eat and share good food. #GoodFoodCardiff*

*What should you be planting to grow over the winter? We learnt lots of new things at our @goodfoodcardiff Autumn Festival event - and all our tips for growing your own food at home are now on our **website/blog/facebook page** at **LINK** #GoodFoodCardiff*

*Do you need a bit of kitchen inspiration? Want to try something new? Lots of local people shared recipe ideas from around the world as part of our @goodfoodcardiff Autumn Festival events. Check them out at **LINK** and share your cooking pictures with us via #GoodFoodCardiff*

*Were you among the 4,000 attendees at the Good Food Cardiff Autumn Festival? Did you join us at **our event name** at **place**? We loved it - we hope you did too and we'd love to hear your thoughts. Let us know via this quick online survey **LINK** #GoodFoodCardiff*

*What can you do to help people experiencing loneliness and isolation? Food is a great way to connect - whether that's swapping recipes, sharing produce or growing together. We've got lots of ideas for how to get involved and help others on our **website/blog/facebook page** at **LINK** #GoodFoodCardiff*

**If adapting the Welsh templates, we recommend getting a Welsh speaker to proof-read before sending out to ensure the correct use of Welsh place names etc. Os ydych chi'n addasu'r templedi Cymraeg, rydym yn argymhell cael siaradwr Cymraeg i brawfddarllen cyn ei anfon allan er mwyn sicrhau bod enwau lleoedd Cymraeg ayb yn cael eu defnyddio'n gywir.*