

Student Eats 2018

Manchester Metropolitan University Students' Union, 30th October 2018

10.00-10:30	Registration, tea & coffee			
10:30-10:50	Welcome by Zamzam Ibrahim, NUS Vice President (Society and Citizenship) and members of the Our Bright Future Youth Forum			
10:50-11:30	Sticking at it; thirty years of principles, belligerence, occasional compromise and sometimes profit Keynote by Geetie and Guy Singh-Watson from Riverford Organics			
	Food enterprise Room 8	Food preparation Conference Suite	Growing Room 6&7	Publicity Main Hall
11:35-12:30	How to make your meetings effective by Nathan Brown, Co-operantics Whether you run a food enterprise or growing space, you cannot avoid meetings. This workshop focuses on good and bad behaviour in meetings, and explores some strategies to improve decision making.	Food safety, labelling and other legalities. Easier than you think! by Liz Woodward, Soil Association An introduction to the regulations involved with running a food enterprise including registration, trading standards, traceability and giving away free samples.	Making principles work in the real world by Guy Singh-Watson, Riverford Organics Knowing your market and being competent.	Old media vs. new media - Should I write a press release or a tweet? by Peter Lefort, Eden Project If you have a message to get out, you can use journalists to do it for you, or you can take matters into your own hands. Both have their advantages - how and when to use each.
12:30-13:30	Lunch – Main Hall			
	Food enterprise Room 8	Food preparation Conference Suite	Growing Room 6&7	Publicity Main Hall
13:30-14:25	Business as unusual – not towing the line... by Geetie Singh-Watson, founder of The Duke of Cambridge, the first organic gastro-pub Ask all the questions you ever wanted about running a sustainable food business.	Easy Sourdough by Rachel de Thample Learn the difference between industrial loaves and real bread. Make easy, everyday treats like crumpets and flatbreads using a sourdough starter. Leave with a little pot of sourdough starter to	Growing unusual edibles and international crops by Sally Cunningham, Garden Organic For all the veg you've never heard of... Learn about unusual and exotic crops that you can grow in the UK, and taste great	Making videos on a smartphone (that people will actually watch) by Peter Lefort, Eden Project We carry in our pockets a tool which can be incredibly powerful if used in the right way. Learn to start making your own videos

		take home, along with easy instructions on how to sustain it.	too. Understand the relevance of these crops for different cultures.	which look good, have a clear purpose, and get results.
14:30-15:25	Purchasing sustainably (Room 8) <i>by Jenny Bell, NUS</i> What makes a sustainable purchase? Whether buying food and drink for yourself or for an enterprise, explore the choice trade-offs, questions to ask and ways to research the ethics of companies you buy from.	Kimchi, kraut & probiotic pickles (Conference Suite) <i>by Rachel de Thample</i> Learn about lacto-fermentation, with demonstrations and tastings of different types of kraut (such as celeriac kraut with pear & fennel) and kimchi (including a smoky beetroot kimchi). Make up a little jar of probiotic pickles to take home.	Harvesting in term time (Room 6&7) <i>by Sally Cunningham from Garden Organic</i> Showing you what to grow during different times of the year: speedy salads, fabulous flowers and herbs. Make your growing site work for you.	Understanding the marketing mix (Main Hall) <i>by Nathan Brown, Co-operantics</i> Explore how understanding your marketing mix and market research can help you create an appropriate marketing strategy.
15:25-15:45	Break, tea & coffee – Main Hall			
15:45-16:30	World Café – share and learn session Main Hall A chance to share successes, challenges and ideas with other Student Eats groups.			
16:30-16:45	The scale-up journey of the Student Eats enterprises Main Hall Hear from student groups trading sustainable food.			
16:45*	Event ends, optional networking continues			

**Networking opportunities continue at the venue until 7pm, if you choose to join.*

All times (except the start and finish time) and content are subject to change.

