

THE FOOD FESTIVAL PROGRAMME

Wednesday 30 th October	Thursday 31 st October	Friday 1 st November	Saturday 2 nd November	Sunday 3 rd November
<p>Film: <i>Edible city</i> (70min) and discussion 10am Ronald MacMillan lecture hall</p> <p>Inspirational, down-to-earth and a little bit quirky, <i>Edible City</i> looks at the Good Food movement in San Francisco, a movement that's making real change and doing something truly revolutionary: growing the model for a healthy, sustainable local food system that's socially just, environmentally sound, and economically resilient.</p>	<p>Film: <i>Food Inc.</i> (95min) and discussion 10am Ronald MacMillan lecture hall</p> <p>Highly rated by critics, and nominated for several awards, Food Inc explores 'the dark underbelly' of the American food industry, in which a handful of corporations now control the US food supply, often putting profit ahead of anything else. But it's not all bad news - the film also looks at some inspirational alternatives.</p>	<p>Film: <i>Seeds of Freedom</i> (30min) and discussion 10am Ronald MacMillan lecture hall</p> <p>Through the voices of African farmers, and interviews with leading international experts such as Vandana Shiva, this film explores how seed has become a commodity used to control the world's food supply.</p>	<p>Workshops/ demonstrations 9am - 12 noon Varsity Club</p> <ol style="list-style-type: none"> 1. Making your own cheese and yoghurt 2. Making your own bread 3. Growing and cooking with indigenous vegetables 4. Cooking with solar heat 5. Growing a vertical garden 	<p>Film: <i>Food sovereignty</i> (30 min) and discussion 10am Room 67, Education Building</p> <p>Made by the global peasant movement, La Via Campesina, this film explains their concept of food sovereignty (as opposed to food security).</p>
<p>Student food garden demonstration 12 noon - 2pm Outside Education Building</p>	<p>Student food garden demonstration 12 noon- 2pm Outside Education Building</p>	<p>Healthy lunch! 12 noon Education Building tea-room</p> <p>Home-made bread, locally-sourced cheese and lettuce, an organic crunchie, an organic banana and home-made lemon cordial.</p>	<p>Field trip To leave promptly at 12.30, returning at about 4.30</p> <p>We will visit a food garden in Sobantu, an organic farm, and 'guerilla gardens' in PMB suburbs.</p>	<p>Student food garden demonstration and discussion 11am</p> <p>How do we take this initiative forward? Open discussion.</p>
<p>Discussion/seminar 2pm Room 67, Education Building</p> <p><i>Student hunger on campus</i> Speakers - students from PMB campus; Nick Munro, on research done; representatives of Free State University on their 'no student hungry' initiative</p>	<p>Discussion/seminar 2pm Room 67, Education Building</p> <p><i>Food insecurity in PMB</i> Speakers - women from groups in and around PMB involved in PACSA's food basket research; PACSA researchers</p>	<p>Discussion/seminar 2pm Room 67, Education Building</p> <p><i>Food sovereignty</i> Speakers - representatives of La Via Campesina, the global peasants movement; Biowatch, an NGO working against GM; Rural Network and Landless Peoples Movement, social movements of rural dwellers, including farm workers;</p>		
		<p>Join us for snacks and live music at the Varsity Club, 4.15 – 5.30pm (cash bar)</p>		