

*festival*21
OUR FUTURE THROUGH FOOD

EDUCATE
HEALTH
INSPIRE
COMMUNITY
ACTION
CLIMATE

1-2 February 2019 | Meat Market, Melbourne
@festival21_ #foodcreateschange
www.festival21.com.au

WELCOME

Food is something we all love.

But more than ever before, the way we grow, process, purchase, eat, and waste food, is causing harm; to our bodies, our social systems, and the environment.

There's no question that food presents some of our biggest challenges, but it is also key in overcoming them. The very simple act of eating, is in fact the most immediate way for us to create change.

Our intention is to provide the stage for the people and organisations who are leading the way in this regard. Highlighting the importance of individual choice, and the many ways in which we can use our food choices to push for industry and legislative change.

Why? Because up to three times a day, every day of our lives, we make a choice about how and what to eat. In doing so, we signal what sort of food system we want to see, and most importantly, what sort of food system we want to leave behind.

The good news is, the opportunities for meaningful change are right in front of us. On our shopping lists, in our restaurant choices, and on our plates.

festival21 is built on the belief that access is key to solutions. So, this is a proudly free event. Powered by 30 exceptional volunteers, and the generous knowledge sharing of over 100 speakers.

Thank you for joining us, for learning with us, and for carrying the lessons into the world beyond festival21.



Imogen Thomas
Festival Director

Food. It's the universal commonality that links population health with the environment. More than ever before, we are experiencing diet related diseases and our environment is feeling the impact as our food system places stress on our land, our oceans and our air. What better way to alleviate the pressures we face by addressing the powerful role food has to lead us toward a healthier, happier and more sustainable life.

At the Sandro Demaio Foundation we want food to become our tool for change. Our vision is to promote food as a real, simple, and beneficial lever for action. To help achieve this, we are thrilled to present the return of festival21!

It's bigger, better and more inspiring than ever before.

The Foundation would like to specially thank our sponsors VicHealth, the McKinnon Foundation, EAT and the City of Melbourne. We also would like to thank our generous patrons, speakers, hero partners, creative partners, knowledge partners and community partners.

A special mention goes to our powerhouse Festival Director, Imogen Thomas, and her crew of over 30 dedicated volunteers, who have been the lifeblood of the festival over the past year.

We hope you walk away from the festival feeling inspired, engaged and ready to act!



Natalie Molino
Executive Director,
Sandro Demaio Foundation

F21 TEAM

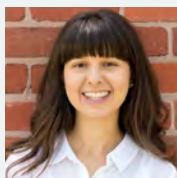
Alexandra Gillespie
Amanda Kennedy
Amy Browne
Andrea Andric
Ashlee Bailey
Cindy Tran
Claudia Gascoyne
Dan Briggs
Dan Mirmilstein
Eddie Cliff
Frankie Cox
Gundeep Sohanpal
Hannah Morrice
Imogen Thomas
Jack Furey
Jason van Grieken
Jess Eddy
Jon Clemens
Juliette Wittich
Kaitlin Reid
Katie Shiff
Kelly Lane
Matisse Chambers
May Lee
Micaela De Luca
Natalie Molino
Reb Mery
Roberta Nelson

festival21 acknowledges the traditional owners of the land on which we meet and eat today - the Wurundjeri people of the Kulin Nation. We acknowledge their continued connection to land, water and community, and pay our respects to elders past, present, and emerging.

PATRONS



Benjamin Law



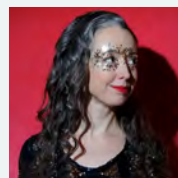
Camilla Ferraro



Guy Pearce



Peter McMullin



Marieke Hardy



Melissa Wood



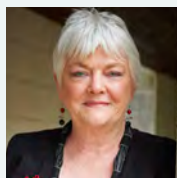
Nathan Toleman



Professor Rob Moodie



Dr Rosemary Stanton OAM



Stephanie Alexander OAM



Tammi Jonas



Simon McKeon AO



Katy Barfield

HOW TO FESTIVAL21

Welcome to festival21.

We have some quick pointers that will ensure you get the best out of the festival.

festival21 has a strong commitment to reducing its impact on the environment.

If you brought your a favourite mug or cup with you, our vendors will proudly accommodate this when you purchase drinks. Water fountains are also available on site. Don't have a cup or bottle on you? We have reusable cups along with festival21 tote bags available for purchase at The Hive. We are a cashless festival, so no need to search for an ATM.

Be sure to try the delicious dinner options on offer by Free to Feed or The Social Food Project, but we recommend doing so before entering 'The Food Chain' session, as the interval is only brief.

All food and packaging offered at the festival is 100% compostable or recyclable. Receptacles for composting and recycling are marked on your festival map. Look for one of our friendly volunteers in a festival21 t-shirt if you require assistance.

Our program is made up of both ticketed and non-ticketed events. We kindly ask you to keep an eye on the time to ensure you are seated before

the session starts. If you are not seated by this time, your seat may be given to someone waiting in the line.

Sessions in The Forum, The Workshop and The Source are all non-ticketed and operate on a 'first come, first served' basis, so please arrive early to guarantee yourself a spot.

And finally, be sure to join the Facebook group 'Food For Thought' to tune into the festival's live-stream and spark inspiring conversation with other attendees throughout the day.

SOCIAL ENTERPRISES

A MUST SEE AT FESTIVAL21

Want to see the next big thing in the food revolution?

Catch the 'Social Enterprise Pitch Initiative' during 'The Food Chain' (7-10pm in The Plenary).

3 emerging social enterprises

7 minutes each

1 chance to pitch to the f21 audience

After all three pitches have been given, it's up to you.

VOTE WITH YOUR NOTE

But that's not all...

'I have long believed that the private sector has an important role to play in tackling many social issues that have challenged governments over the years. There are no better examples than the many social enterprises that are emerging that re designed to tackle such issues.' – Peter McMullin

Peter McMullin is one of Australia's foremost philanthropists, as well as a businessman and lawyer. As part of his ongoing and remarkable support of social enterprise, Peter will match and donate the total amount of funds raised by the festival21 audience during the 'Social Enterprise Pitch Initiative'.

THE COMMUNITY GROCER



The Community Grocer was created with a vision of Food for Healthy Connected Communities. The aim is to increase access to fresh affordable produce in areas of need, and to create a community led sustainable fresh food access model that is all about dignity and nutrition, moving away from the typical welfare style of handing out free food.

JOE'S MARKET GARDEN

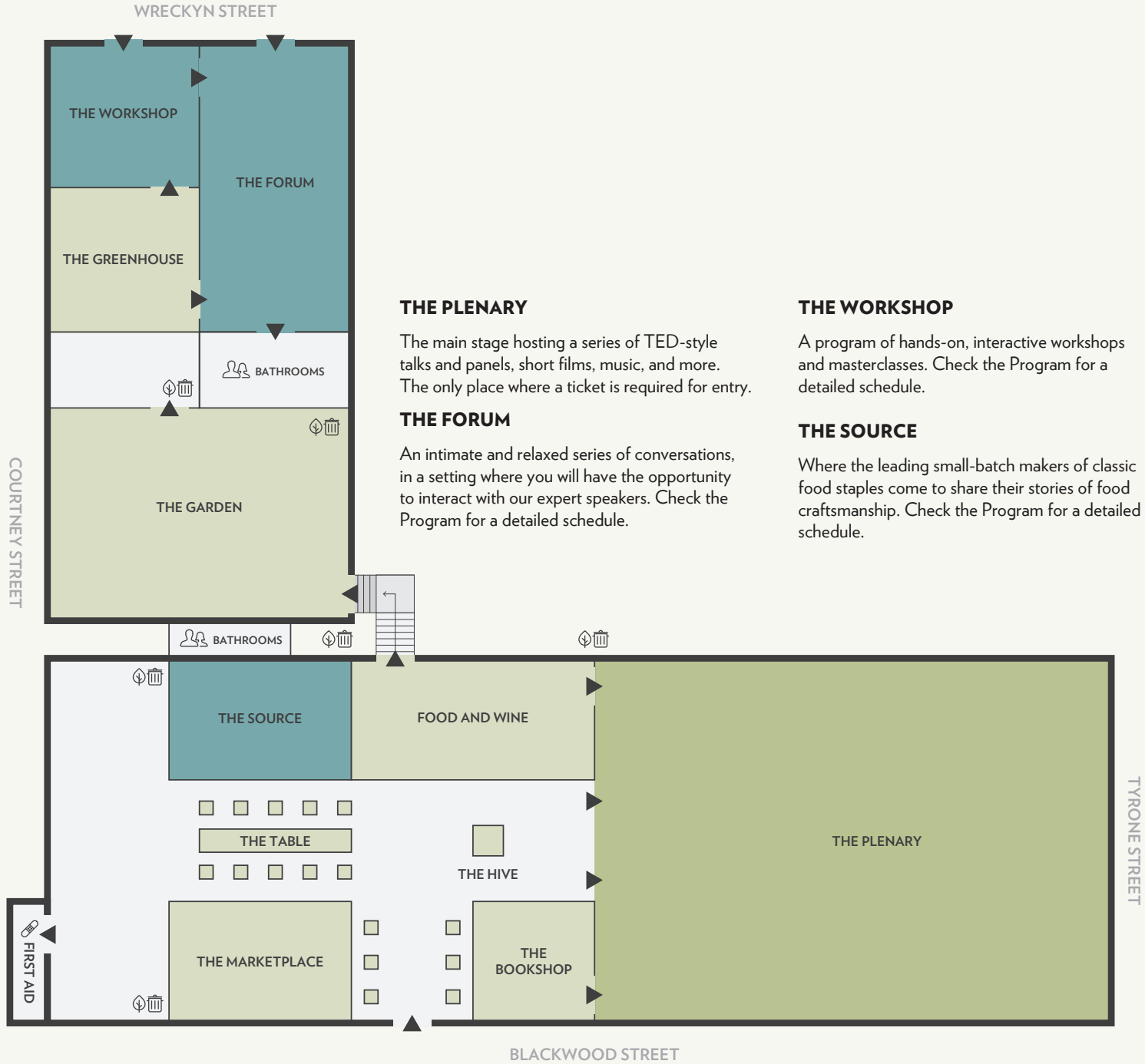


The banks of the Merri Creek have always been food productive, dating back hundreds of thousands of years, given the richness of soil. This two acre farm is found hidden away in Coburg - the site of Melbourne's last surviving inner city market garden.

HAMED'S PERSIAN KITCHEN



Hamed started as a kitchen hand before becoming a highly successful chef in Iran's capital, Tehran. Facing persecution for his religious beliefs, he fled Tehran in 2012, and came to Australia via Christmas Island. Having now worked as a Cooking Instructor at Free To Feed and Kitchen Manager at Asylum Seekers Resource Centre, Hamed has a new plan for the Melbourne food scene.



THE HIVE

All the event information you need is here - come say hi if you would like a program or a chat.

THE MARKETPLACE

Head here during the day for coffee and homemade baked goods.

THE TABLE

Where you can sit and enjoy good conversation, and freshly picked herbs for your delicious food prepared by local social enterprises.

THE GREENHOUSE

A special food photography exhibition featuring new works from local youth, in partnership with National Geographic.

THE GARDEN

For fresh air and a moment of quiet, where you can snack on seasonal fruit from The Community Grocer or enjoy a glass of noisy ritual wine in the evening.

THE BOOKSHOP

Featuring a selection of titles from speakers within our program, with the chance to meet and greet the author after they have been on stage.

FOOD

STREAT



Locally roasted coffee and a selection of mini ciabattas, using house-made fresh bread and locally sourced produce.

FULLY BOOKED WOMEN



A selection of 'Cakes We Grew Up With' baked fresh using whole ingredients, with all proceeds being donated back to charitable projects. Fully Booked Women is a social community celebrating women in the food and drinks industry, bringing together like-minded peers for collaborative opportunities online and in person. Created for women by women.

SOCIAL FOOD PROJECT



Offering 'Twilight Picnics' with two kinds of local cheese, fresh bread, dip, seasonal vegetables, pickles and fresh fruit. Available in small (serves one person) or large (serves two).

NOISY RITUAL



A selection of local wines, produced in Brunswick East.

Sparkling
Chardonnay
Rosé
Pinot Noir
Shiraz
Bodriggy Highbinder Pale Ale (can)
Fig and Ginger Kefir by Fermentary
Sparkling Water

FREE TO FEED



A selection of unique flavours from around the world.

Our dips plate

Hummus, babaganoush, pickles, dolma, zaatar

Middle Eastern Plate

Iraqi eggplant and capsicum salad
Syrian chickpea salad with yoghurt tahini dressing
Iranian grain salad
Summer cos, radish and pomegranate salad

Sri Lankan Plate

Red lentil and potato dhal
Pumpkin coconut curry
Turmeric Rice, cucumber Raita, pappadam and pickles

Baklava

PROGRAM

THE PLENARY

19:00	The EAT-Lancet Commission on Food, Planet, Health hosted by Myf Warhurst
FRIDAY	Welcome To Country Wurundjeri Council
	Welcome Remarks Lord Mayor Sally Capp
	Setting The Table Dr Sandro Demaio
	Presentation of Report Dr Fabrice DeClerk
20:00	Tasting the Future: Four Seasons of Change Prof Martin Cole, CSIRO Prof Anna Peeters, Deakin University Eli Court, Climate Works Sean de Cleene, World Economic Forum
	The EAT-Lancet Recipe: What It Means For You Danielle Nierenberg, Food Tank Linda Weatherson, City of Melbourne Katy Barfield, Yume Katie Finlay, Harcourt Organic Farming Co-op
21:00	Interview with Craig Reucassel and Dr Sandro Demaio
	‘The Great Food Transformation is Here’ David Nabarro, Food Systems Dialogues
21:30	Music by Karl S Williams
11:00	Starting Young hosted by Madison Lu
SATURDAY	Nightshade Song Alice Zaslavsky
	Eat your greens - save the planet! Dianne McGrath
	How An Ex-Advertising Guy Used Creativity to Make Good Food Interesting to Kids (and How You Can Too!) Jonathan Pangu
	Growing, Harvesting, Preparing, Sharing short film by Amy Browne
	Myth Buster Quiz Alice Zaslavsky
	A Tool kit of Tips and Tricks For All Tastes Alice Zaslavsky & Madison Lu
12:30	INTERMISSION

13:00	What Should I Eat? hosted by Dr Sandro Demaio
	To Eat or Not to Eat; the Question For Optimising Health Prof Grant Brinkworth
	Brain or Biome: Why Your Diet Might Be Your Best Chance For a Healthy Brain Prof Felice Jacka
	Eating For The Planet Damon Gameau
	Reimagining Food Waste at Home Oberon Carter
	Panel: What Should I Eat? Grant Brinkworth Damon Gameau Felice Jacka Sarah Wilson
14:30	INTERMISSION
15:00	Navigating Food Landscapes hosted by Dr Nick Rose
	Making the Most of the Food Label Dr Ali Jones
	How Marketing Influences Your Food Choices When You’re Not Looking Dr Paul Harrison
	Bring Back Half Time Oranges Simone Austin
	Transforming Food Landscapes Dr Nick Rose
	Social Media is Influencing What We Eat Tara Leong
	Hypothetical Scenario panel hosted by Dr Paul Harrison Simone Austin Dr Nick Rose Dr Ali Jones ...and the audience!
16:30	INTERMISSION
17:00	Can We Eat Our Way Out? hosted by Nathan Scalaro
	Igniting the Social, Political, Economic and Cultural Power of People for the Planet David Ritter
	Building a Movement to Protect Our Oceans Tim Silverwood
	Making it Real - We Want To Know Where Our Food Comes From Miranda Sharp
	Coffee Talk - Between Mentor and Mentee Abigail Forsyth and Kaitlin Reid
	Minds Behind the Mission - The People Rewriting our Future of Waste panel with Erin Rhoads Steve Morriss Travis Harvey Steve Lapidge

19:00	The Food Chain hosted by Nicolette Minster
	Acknowledgment of Country
	Opening Film
	Welcome Nicolette Minster
	The Story of festival21 Dr Sandro Demaio, EAT Foundation
	Setting the Scene, Health Challenges in Australia Dr Richard Di Natale, Leader, Australian Greens
	From The Ground Up featuring Charles Massey short film by Amy Browne
	Planting the Seed of Change Mikey Densham, Mossy Willow Farm
	The 8 O’Clock News performance by Future Crunch
	Building Better Communities Mark Brand, Serial Social Entrepreneur
	The Food Revoluton: Social Enterprise Live Pitch Session
	The Community Grocer Russell Shields and Leila Alexandra
	Joe’s Market Garden Emily Connors Michelle Garita Aunty Charley
	Hamed’s Persian Kitchen Hamed Allahyari
	INTERMISSION
	Music by Loretta and Her Boyfriends
	26 Reasons Why I Eat Organic Joost Bakker
	Our Purchase is a Vote Bec Scott, STREAT
	The Role of Business in Creating Change Danielle Nierenberg in conversation with Dr Nick Rose and Andrea De Almeida
	An Appetite For Change featuring Hana Assafiri short film by Amy Browne
	How To Eat Well, For Others Danielle Nierenberg in conversation with Mark Brand and Hana Assafiri
	An Entree to Culture featuring Jody Orcher short film by Amy Browne
	Food as Medicine Jody Orcher
	Plastic or Planet? Kaitlin Yarnall, National Geographic
	Where To From Here? Dr Sandro Demaio
	Music by Zach Tey

THE FORUM

11:00	Breaking Bread with Neighbours Nayran Tabiei Experience the warmth of Middle Eastern cooking extraordinaire Nayran Tabiei.She’ll share share her story, and ways to connect with our refugee and new migrant neighbours.
12:00	Performative Lecture Matt Wicking Environmentalist and sustainability leader Matt Wicking unites his expertise with music and storytelling to inspire us to take action on climate change.
13:00	Ask the Paediatric Dietitian Miriam Raleigh Join our specialist paediatric dietitian, Miriam Raleigh, for an interactive session for children and parents answering all of your food and nutrition queries.
14:00	Reclaiming the Urban Commons Dr Nick Rose, Kat Lavers, Mariam Issa, Peta Christensen Hear from food sovereignty experts Nick Rose and colleagues, on sustainable food systems solutions, including ways to strengthen connections to our land, our fellow humans and our food.
15:00	The Six Seasons Rebecca Sullivan, Ben Shewry, Amanda Garner, Jody Orcher How can we recognise the rights and roles of our Indigenous community in food practices and in cultivating native ingredients?
16:00	Food of the Future Tammi Jonas, Darren Doherty , Farmer Incubator, Kate Archdeacon What action is needed to support sustainable farming, and to ensure we have food for the future? Learn how you can be part of the solution in this open discussion.
17:00	Making Good Food the Cultural Norm Sharlee Gibb, Stephanie Alexander, Emiko Davies, Julia Busuttill Nishimura, Silvia Colloca What changes can we make in our home and community to promote using and eating good, honest food? We ask Stephanie Alexander, Julia Busuttill Nishimura and Emiko Davies.

THE WORKSHOP

11:00	A Simple Meditation with Sammy Prowse from Universal Practice Start your day with a clear mind and a state of calm. Join Sammy Prowse from Universal Practice for a simple guided meditation, which will leave you refreshed and energised for the day ahead.
12:00	The Pleasure of Pasta with Paola Bacchia Experience the magic of making pasta from scratch with celebrated food photographer, published author and cook, Paola Bacchia.
13:00	The Art of Fermenting with Sharon Flynn from The Fermentary Learn the age old art of fermenting sauerkraut with Sharon Flynn, author of Ferment for Good – Ancient Food for the Modern Gut, and owner of The Fermentary.
14:00	Composting 101 with Steve Morriss from Circular Food Learn how to compost with serial entrepreneur and renowned industry innovator, Steve Morriss. He is the brains behind Circular Food, who turn food waste into organic fertiliser.
15:00	Zero Waste Kitchens with Oberon Carter Join one of Australia’s best known zero waste speakers, Oberon Carter, as he opens the lid on ways to go zero waste in the kitchen with practical tips on food, shopping and cleaning.
16:00	How to Push for Change with David Ritter from Greenpeace Do you have an appetite for change? It can be achieved at different turning points, at the supermarket, in your choice of restaurant, or in the kitchen. But the biggest impact is made when we use our individual choice (and voice) to influence industry and legislative change. What’s more, the power to create change is more within reach than you might realise.
17:00	Preserving Your Excess with Pietro Demaio Turn your kitchen scraps into healthy and delicious preserves with the author of Preserve The Italian Way, Dr Pietro Demaio.

THE SOURCE

11:00	Coffee with Jason Scheltus from Market Lane First up has to be coffee, and Market Lane does some of Melbourne’s best. Try it for yourself and hear about their mission to ignite positive change in the coffee industry by redefining what coffee is and what it can be.
12:00	Dairy with Simon Schulz from Schulz Dairy Simon Schulz explains how his award winning dairy company Schulz Dairy is working towards operating the most sustainable farm and producing the most pure product possible.
13:00	Honey with Nic Dowse from Honeyfingers Nic Dowse is a self-proclaimed ‘interdisciplinary beekeeper’. Nic and his bees collaboratively create sculptures and produce honey to highlight the importance of bees to the environment.
14:00	Bread with Quentin Berthonneau from Q Le Baker Join Quentin Berthonneau of Q Le Baker as he takes you through every step of his sourdough making process. From milling fresh flour to baking and tasting.
15:00	Olive Oil with Richard Seymour from Mount Zero Olives Olive oil is one of the most ubiquitous ingredients in cooking. Lean how Mount Zero Olives are leading the way in flavour, sustainable farming and quality ingredients.
16:00	Chocolate with Scott Fry from Loving Earth Hear from the team at Loving Earth who take a healthy and organic spin on the ultimate indulgence – and of course there’ll be plenty to taste!
17:00	Wine with Cam Nicol from Noisy Ritual Learn about the origins of ‘People-powered urban winery’ Noisy Ritual, who are on a mission to bring good people together to learn about, taste and create great wine.

SPONSORS



WHERE TO FROM HERE?

Once the lights go down on festival21, we hope to see its impact carry on.

With that in mind, we have gathered ten small steps you can take as soon as the festival doors have closed. By following any of these steps, you can start taking action today.

COMMUNITY

Support your local growers and producers by shopping at your nearest farmers' market, which you can find on the Melbourne Farmers' Market website.

Connect with your new migrant community, learn of their rich culture and incredible stories by cooking and sharing a meal with them at a Free to Feed cooking class.

Provide food and education to those in the community who need it the most by volunteering at your local Stephanie Alexander School Kitchen Garden program or community kitchen.

Get to know your neighbours by contributing to or organising a local food co-op to exchange food and stories on a weekly basis.

ENVIRONMENT

Look after our land and waterways by ditching the single-use plastics and investing in reusables including shopping bags, produce bags, food containers and drinking vessels.

Avoid unnecessary food waste by seeing the second life in your kitchen scraps - they make great preserves or pesto. Or, find someone to collect your food waste and transform it into thriving compost through ShareWaste.

Support the cafés and restaurants who are tackling the environmental impact of the industry by diverting their coffee grounds, chaff and soft plastics from sitting in landfill by partnering with Reground. When ordering cold drinks, cheerfully point out that no straw is necessary.

HEALTH

Teach your children about how exciting vegetables really are with the fun, interactive and free digital resource, Phenomenon! and have them reaching for broccoli without one nose-turn.

Future-proof not only your health but the health of the planet by increasing your vegetable and fruit intake everyday.

Choose food, not products. The more homemade, whole foods on your plate, the better your health, and your hip pocket. The Sandro Demaio Foundation is on a mission to make this the new normal, so keep in touch for ideas and opportunities to continue the conversation.

