



THE
CULINARY CELT

From Plate to Planet: Seasonal Eating Workshop for Climate Impact

Date: 13th June 10.30am – 12pm

Location: Cork Biodiversity Hub, Ballincollig, Cork P31 PX67

Proposed Agenda (1 Hour 30 Minutes)

Welcome & Introduction (10 mins)

Introduction to the workshop theme and objectives

Overview of mindful eating and sustainable food systems

Seasonal Eating & Sustainability Discussion (25 mins)

Exploring seasonal/local food choices

The environmental impact of food systems and consumption patterns

Connections between food, wellbeing, and climate resilience

Interactive Mindful Eating Activity (20 mins)

Guided mindful eating exercise

Reflection on food choices, sourcing and consumption habits

Nature-Positive Food Systems Workshop (20 mins)

Discussion on behavioural change and sustainable practices

Supporting biodiversity, reducing waste and strengthening local economies

Questions, Reflection & Takeaways (15 mins)

Open discussion and participant reflections

Practical actions participants can apply in everyday life

Closing remarks and resource sharing