



The Food Co-ops & Buying Groups project presents:

# A MINIATURE FOOD CO-OPS CONFERENCE FOR THE EASTERN REGION

For interested individuals, new and established community-owned food enterprises, and food access or '5-a-day' projects

**Tuesday 25th January 10:30 - 4:30**

**Museum of East Anglian Life  
Stowmarket, Suffolk**

[www.eastanglianlife.org.uk](http://www.eastanglianlife.org.uk)

Discover what support you can get from Sustain's Food Co-ops project, where your nearest co-op is, hear from experienced food projects, and exchange ideas for the future!



**Speakers:**

Gemma Sayers -  
Food Co-ops Project &  
Ipswich Food Co-op

Kirstin Glendinning -  
**Swillington Community  
Supported Agriculture**  
& the Soil Association



**A Plenary  
with:**

JP- Hastings **Community  
Fruit 'n' Veg project**

Jacqui - **Community  
Food Enterprise,**  
East London

+ **Networking** with local groups and **Action Planning** to help set up or improve your community food project

+ **Delicious lunch** of local seasonal produce

This is a **FREE** event but booking is essential

Contact: [gemma@sustainweb.org](mailto:gemma@sustainweb.org) or 07971 863 586

More information and a toolkit showing how to get started is available at [www.foodcoops.org](http://www.foodcoops.org)

