



# Irish Refugee Food Fair

A HOW-TO GUIDE FOR CREATING  
THE PERFECT CELEBRATION OF  
REFUGEES, FOOD AND COMMUNITY



# IN THIS GUIDE



## GUIDE

Why the Food Fair?  
How to get involved  
Spread the word  
Timeline for planning

# Irish Refugee Food Fair

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## **WHAT'S THE IDEA BEHIND THE FOOD FAIR?**

In 2018, UNHCR and partners organized the first Irish Refugee Food Festival. As part of the festival, 16 restaurants and food businesses across the country opened their doors to 22 asylum seeker-chefs to showcase their skills and share their culinary heritage. Given its success, this year we want to bring the event to an even wider audience, and we want you to get involved.







## WHAT DOES THE FOOD FAIR SET OUT TO DO?

We know that refugees and asylum-seekers have fantastic skills that they can share with Irish people in their communities. The Food Fair is an opportunity to give them a chance to showcase their skills and bring the public together for fun, community events throughout the country under the common banner of good, honest food.

The Food Fair is chance to learn about other cultures, meet up with friends, and get to know your neighbours and wider community. Ireland has an incredibly rich and diverse population; every county in Ireland home to people bringing different ideas, perspectives and heritage to our small island

The Food Fair is a way to look into other cultures and share with our new neighbours the C  ad M  ile F  ilte and famous Irish hospitality Ireland is known around the world for.



# WHY ARE WE SO PASSIONATE ABOUT THE FOOD FAIR?

Food is something that unites us as people. Food brings people together, its how we celebrate, it reminds us of home. Food is something that not only keeps us alive, but also helps us to thrive. Food is an experience, conjuring up memories and positive associations. For refugees and asylum seekers in Ireland, food can be part of an identity, one linking you to a new home from an old one.

The Food Fair celebrates the diversity that exists on our own soil, to provide opportunities for people to learn about other cultures and to teach others about Irish culture.



# WHEN & WHERE

## OCTOBER

Events will be hosted during the 2nd and 3rd weeks of October



## CREATE AN EVENT

No event on near you?  
Find out how your community can take part

OCTOBER

## ATTEND AN EVENT

Check to see if events are on in your community



# Practical Questions

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WHERE SHOULD WE  
HOST IT?

WHAT ACTIVITIES  
SHOULD WE DO?

HOW DO I GET MY  
COMMUNITY INVOLVED?

# Location

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## LOCATION IDEAS

Community Hall. Parish Hall, Local Sports Club, School, Local Park





# Activity Suggestions

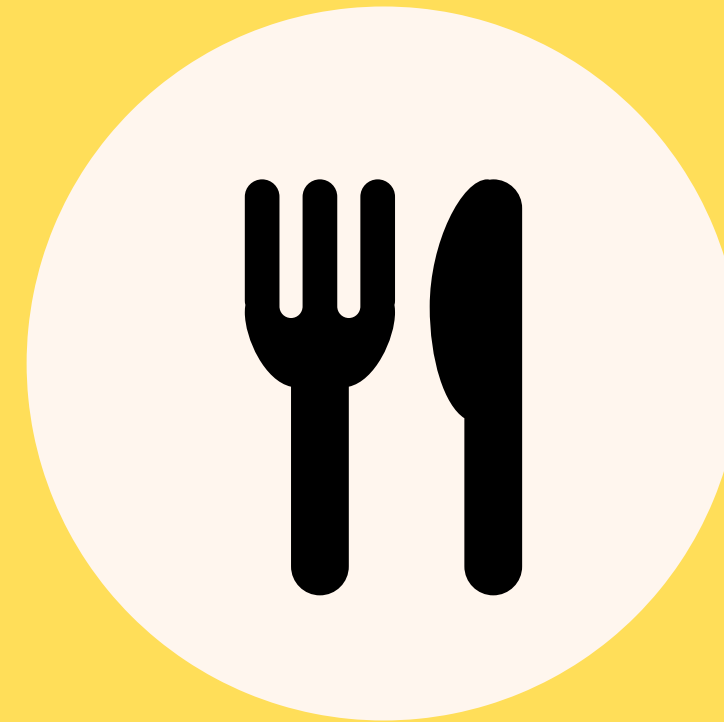
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Recipe Share  
Point



Food  
Competition



Food Games

# Activities

## RECIPE SHARE POINT

Get everyone to write down their favourite recipes and place them on a board. People can copy the recipes and try them at home!

## FOOD COMPETITION

Set a food competition with a theme. For example, a dish that represents your identity or a wonderful and tasty way of generating some healthy competition.

## FOOD GAMES

Learn more about other cultures and host games that get you thinking. Ask: what foods are delicacies in certain cultures, food facts, which country grows the most rice etc.

Have talks where people talk of the role of food in their country, or demonstrations where people can show off cooking techniques from home

If there are alotments in your area, encourage people to bring what they have grown and include seasonal food in your recipes



## What should I bring?

People are encouraged to bring dishes that they enjoy making and that they want to share with others. We would encourage dishes from all over the world, the more cuisines the merrier, or tastes that remind you of home. Sweet, savoury, simple or elaborate– all types of food are encouraged.

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## But I don't cook...

We understand that not everyone will feel confident enough to prepare a dish – or might prefer to be eating rather than making! While we would encourage everyone to have a go at making something – no matter how simple – people can contribute in other ways: helping out with decorations, bringing drinks or lending a hand before, during or after the Food Fair. Other skills will also be of great use, such as event promotion, social media or decorating.



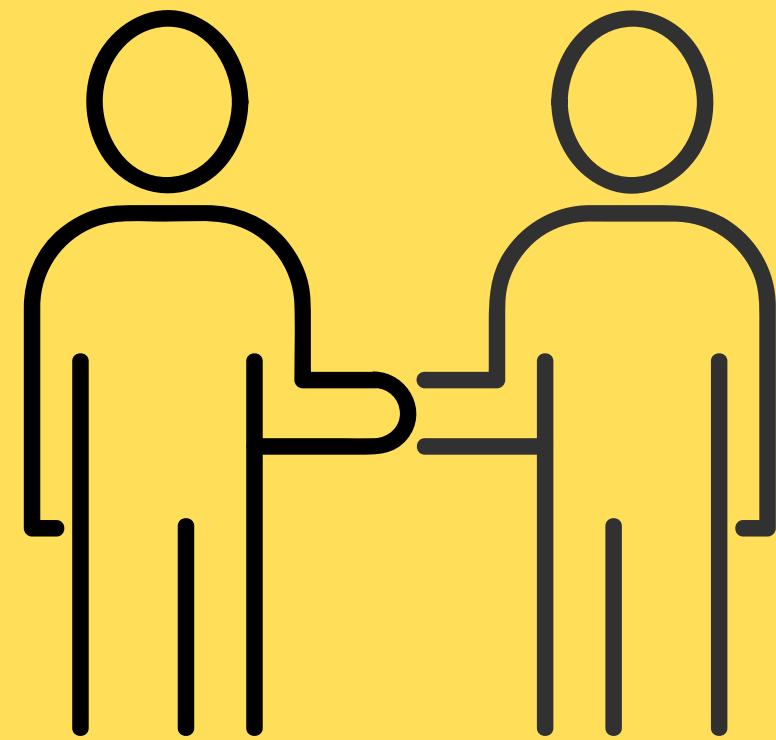
# Spread the word to get your community involved

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## **SOCIAL MEDIA**

Spread the word! Use social media such as Twitter and Facebook to let people know



## **WORD OF MOUTH**

Tell your local community groups, schools, Men's Sheds, Tidy Towns



## **PROMOTIONAL MATERIAL**

Use promotional material from UNHCR to let people know

# Timeline for the festival

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**EASY AND  
HASSLE-FREE  
PLANNING**

## AUGUST

Get planning: Let local groups know about the event and gauge interest. Ask groups such as GAA clubs, Tidy Towns, Men's Sheds etc. if they want to be involved. If your event needs sponsorship - now is the time to think about it.

## SEPTEMBER

Start planning logistics: who is responsible for what, where are you going to have the festival, who is going to set up/clean up, will there be entertainment?

- UNHCR Ireland will send out promotional material 3 weeks before the festival

## OCTOBER

Hang up posters and flyers, UNHCR Ireland will send out a press release to local media two weeks before the festival

**We wish you the best  
of luck with your event.  
Don't forget**

**to tag @UnhcrIreland &  
@SlowFoodIreland on  
social media online to let us  
know how your festival goes!**

