

Free family-friendly food, fun and discovery day!

Food in Hard Times: Learning from the past, looking to the future

Join the University of Hertfordshire for a free community event. Drop in for cooking demos, food tastings, creative activities, practical money-saving advice and hands-on ways to explore food, wellbeing and community life.

What's on throughout the day:

- Free **cooking demonstrations** and cookbooks
- **Creative activities**, colouring and crafts for children and adults, including **facepainting**
- Food memories, stories and **reminiscence activities**
- **Practical advice** on budgeting, income and local support
- **Football activities** with Stevenage FC
- **And much more!**



When: 28th October 2026, 10am to 4pm

**Where: Westmill Community Centre,
Hitchin, SG5 2PG**

Live demonstrations for the whole family



10:30am-11:30am | The Pudding Lady's Kitchen

Watch a live suet pudding demonstration inspired by Florence Petty, the famous "Pudding Lady", with tasting and conversation about making food go further.

1:00pm-2:00pm | Affordable Family Food

Pick up simple, nutritious recipe ideas from a community cookbook, with practical tips for healthy eating on a budget and a chance to taste the food.

**Everyone welcome — come along, get involved and discover something new.
No need to pre-book - just turn up!**



Would you like more information and to sign-up to event reminders?

If so scan the QR below or email FOSS@herts.ac.uk

