



BWYD ABERTAWE

Croeso Welcome

Rydym yn falch iawn o allu rhannu'r diweddariad hwn, sy'n llawn newyddion, digwyddiadau a chyfleoedd ariannu.

Mae Bwyd Abertawe yn rhwydwaith o aelodau sydd â diddordeb ac yn ymwneud â systemau bwyd cynaliadwy, maethlon, adfywiol sy'n gwasanaethu Abertawe.

Diolch am eich cefnogaeth!

We are really pleased to be able to share this up-date, full of news, events and funding opportunities.

Bwyd Abertawe is a network of members involved and interested in sustainable, nutritious, regenerative food systems serving Swansea.

Siarter Fwyd Abertawe * Swansea Food Charter

SIARTER FWYD ABERTAWÉ

Bwyd Iach, Fforddiadwy a Lleol ar Gaei i Bawb, er Lles Pobl a'r Blaned.




Mae'r bwyd rydym yn ei fwyta yn cael effaith enfawr, nid yn unig ar ein heiddyd, ond hefyd ar ein heconomi a'n hamgylchedd. Mae gyswrt fwyd leol ffrwythlon, gynhywsol, teg a maethlon yn sbardun allweddol i gyrru Abertawe tuag at y saith Nodi Llesiant a nodi yn Neddi Llesiant Cenedlaethau'r Dyfodol (Cymru). Rydym yn gwahodd dinasyddion, busnesau a sefydliadau i addo cofnogi gweledigaeth ac amcangyfrif Bwyd Abertawe.

Cofrestrwch trwy'r wefan:
www.bwydabertawe.org.uk

SWANSEA FOOD CHARTER

Healthy, Affordable and Local Food Available to All, for the Wellbeing of People and Planet.



The food we consume has a huge impact, not only on our health, but also our economy and environment. A thriving, inclusive, equitable and nutritious local food system is a key driver for moving Swansea towards the seven Wellbeing Goals set out in the Wellbeing of Future Generations Act (Wales). We invite citizens, businesses and organisations to pledge support for the Swansea Food vision and objectives.

Sign up via the website:
www.bwydabertawe.org.uk

Swansea Food Charter Launched at the Swansea City Centre Conference, 29th March 2023! It was a fantastic day. See the article below about conference organisers 4the Region, for an update about the Conference.

Swansea Food Charter gives everyone living, working and visiting in Swansea a shared vision to come together for, and towards, Swansea's sustainable food system.

[Clickiuch yma](#) i lawrlwytho eich copi, dangoswch ef lle yr hoffech i eraill ei weld! [Cofrestru gyda Siarter Fwyd Abertawe.](#)

[Click here](#) and download your copy, display it where you would like others to see! [Sign-up to Swansea Food Charter here](#)

SIARTER FWYD ABERTAWÉ

Sut gallwch chi helpu? Beth gallwch chi ei wneud?

Isod rhestrir rhai ffyrdd y gallwch chi weithredu i helpu i sicrhau bod bwyd iach, fforddiadwy a lleol ar gaei i bawb.

Fel dinasydd:

- Cofrestru gyda Siarter Fwyd Abertawe.
- Siepo'n lleol, a phryni cynhyrchwr Abertawe (neu Cymreig), lle gallwch chi.
- Cofym i sepsu, ceffis ac archfarchnadoedd beth yr eu hysgrifau lleol. Eu hannogi i gynnwys bwyd lleol.
- Casio lleihau eich gwastraff bwyd, prynu a defnyddio dogranau llai a chompostio gartref.
- Comeud y'n rhwng gallech ei fforddio. Buddsoddi ym mentonion cymdeithasol, amgylcheddol, sechyd ac answydd bwyd a ghyrchi yn lleol (a ziddwch yn am y'n prisi).
- Gweledigaeth yn eich gardi neu fferm gymunedol leol.
- Dysgu am bwydsgwyddid pridd iach.
- Comeud Addewid Bwyd Cynaliadwy.
- Cymryd rhan ym mhrosiectau a digwyddiadau Bwyd Abertawe!

O fewn eich busnes neu sefydliad:

- Cofrestru gyda Siarter Fwyd Abertawe.
- Ardangos y siarter i ddangos eich ymwybyddiad.
- Ei rannu gyda'ch tîm a'u hannogi i gofrestru.
- Erwrebu rhyngwyddwr Bwyd Cynaliadwy ar gyfer eich sefydliad, i gynhyrchu cyfarwyddiadau Bwyd Abertawe a hyrwyddo Siarter.
- Rhynu a gweini bwyd lleol, iach a ghyrchi yn gynaliadwy.
- Cweithio i ddiwygio eich polisi caffai i ffaenoriaethu bwyd a ghyrchi yn gynaliadwy a chadwyni cyffwrddi byrtech.
- Cymryd camau arfaest i chweledigaeth gynyddu galw am, ac aegaleidd, bwyd iach, fforddiadwy a lleol i bawb.
- Nodi tir y gallech ei ddarparu ar gyfer tyfu a fermio lleol.
- Comeud Addewid Bwyd Cynaliadwy.
- Cymryd rhan ym mhrosiectau a digwyddiadau Bwyd Abertawe!

Cofrestrwch trwy'r wefan:
www.bwydabertawe.org.uk

SWANSEA FOOD CHARTER

How can you help? What can you do?

Listed below are some ways you can take action, to help make healthy, affordable and local food available to all.

As a citizen:

- Sign up to the Swansea Food Charter.
- Shop local, and buy Swansea (or Welsh) produce, when you can.
- Ask shops, cafes and supermarkets what their local options are. Encourage them to stock local produce.
- Reduce your food waste, buy and use smaller portions and compost at home.
- Do what you can afford. Invest in the social, environmental, health and quality benefits of locally produced food (which is often reflected in the price).
- Volunteer at your local community garden or community farm.
- Learn about the importance of healthy soil.
- Make a Sustainable Food Pledge.
- Get involved in Bwyd Abertawe projects and events!

Within your business or organisation:

- Sign up to the Swansea Food Charter.
- Display the charter to show your commitment.
- Share it with your team and encourage them to sign up.
- Nominate a Sustainable Food Champion for your organisation, to attend Bwyd Abertawe meetings and promote the Charter.
- Buy and serve local, healthy, and sustainably produced food.
- Work to amend your procurement policy to prioritise sustainably produced food and shorter supply chains.
- Take innovative and creative steps to increase the demand for, and availability of healthy, affordable and local food for all.
- Identify land that you could make available for local growing and farming.
- Make a Sustainable Food Pledge.
- Get involved in Bwyd Abertawe projects and events!

Sign up via the website:
www.bwydabertawe.org.uk

Signing-up is a great way to support Swansea Food Charter, and if you would like to take an extra - big or very small - step towards our collective progress for Swansea's sustainable food system, consider MAKING A PLEDGE. There are some examples listed above, often it is the very small meaningful changes we make, that contributes the most impact. Especially when other people and organisations make their pledges too! If you sign-up to Swansea Food Charter, we will contact you to see if you would like to make a pledge. We are working behind the scenes to promote some of the wonderful pledges people have already made, coming soon!

[Cofrestru gyda Siarter Fwyd Abertawe.](#)

[Sign-up to Swansea Food Charter here](#)

Member update: Apple Gleaning by...



Cyfoeth Y Coed is a community group that harvests surplus fruit, mainly apples, for local food sharing projects like food banks, Matt's Cafe and the Community Fridge. We started in 2021, harvesting 600 kg of fruit but last year this rose to 2.7 tonnes, partly because it was such an excellent year for fruit, but also because more people signed up to have their trees harvested. We expanded the crops we picked from apples and pears to include red currants, plums and chillies!

This year we're looking to increase our harvest again so that we can supply more food sharing groups in Swansea and the fruit is definitely out there. There is probably at least one apple tree on every other street in Swansea: the city could be self sufficient in fruit! If you have a tree with surplus fruit that you'd like to share please sign up on our [website](#). **We're also looking for volunteers to help us harvest and transport the fruit.** We pick fruit, from mid-August through early November, all over Swansea so there will more than likely be a harvest near you, plus you'll get plenty of apples to take home. If you'd like to volunteer please [sign up](#) on our website.

If you have any questions do get in touch: cyfoeth2021@gmail.com

We're looking forward to seeing you later in the year!

Bwyd Abertawe Update...

As well as launching Swansea Food Charter, some really great things have been happening at Bwyd Abertawe since our Spring edition. Following our successful application to [Sustainable Food Places](#), Swansea is now an [official member](#), **which is fantastic news!**

We also invited "Expressions of Interest" (EOI), for BA small grant funding to deliver projects aligned with Bwyd Abertawe objectives 2023. After some

(agonisingly tough) decisions, Bwyd Abertawe Steering Group have funded 11 excellent projects and organisations, working to increase food security in different ways across Swansea. The BA small grant was made possible by Welsh Government Sustainable Food Partnership Funding. We're very much looking forward to watching the projects happen this year, and will share their stories in future editions of Bwyd Abertawe e-News and social media.

Bwyd Abertawe Network Meeting

Bwyd Abertawe Steering Group are pleased to invite **you** to a workshop and networking event for Bwyd Abertawe Members, **6-7.30pm Thursday 22nd June**, at The Environment Centre, Pier Street. Bwyd Abertawe Steering Group and team will update 2022-23 progress including:

- Swansea Food Charter
- Opening dialogue to co-create Bwyd Abertawe 5 year plan

This is an in-person event and places are limited, **[book to attend](#)**.

Watch this space for updates about other events in the pipeline for 2023. Bwyd Abertawe will also have promotional stands at other events, come say hello:

- 14th June at Big Green Week, Morriston Hospital
- 24th June at Llanmorlais Carnival

Last but definitely not least, we will be present at **Big Green Week Pier Street Party**, 10am-2pm Saturday 10th June. Come join the fun, music, food and workshops!

[Click here for PIER STREET PARTY details!](#)

We would also like to welcome a new (part-time) staff member!

My name is Rhi, and I'm very excited to be the new Bwyd Abertawe admin and communications assistant. I have a passion for sustainable food, and have links to many projects across Swansea working in this field. I'm eager to get to know more people who share my vision for connecting growers and consumers, through working with Bwyd Abertawe members in my new role. If you would like to contact me in regard to promoting your sustainable food projects via social media, or to submit articles for future



Member update: Swansea Community Growing Network (SCGN) Events

Tuesday 13th June 2023, SCGN has organised a visit to the **Coeden Fach Community Tree Nursery** at their new site in Clyne Gardens. Kate Davies, Nursery Coordinator will lead a tour, describing how the nursery, a Community Interest Company, works with volunteers to collect seed which is grown on and sold as young trees. Tea, coffee and cake provided. This event is free and everyone is welcome. Children under 16 must be accompanied by an adult. As this is an outdoors event, please dress accordingly. For more information and to book a place, [click here](#).

Further events being planned for later in 2023 include a site visit to Big Meadow CSA towards the end of June; activities at Summit Good in July; SCGN annual gathering in September hosted by Climate & Community; and a revisit to Cae Felin in October. They are also discussing additional future visits and networking activities with Penllergaer Trust, Swansea Community Farm and Blackhills CSA. They will add more details here, on their [Facebook page](#) and on their [Eventbrite](#) page.

Member update: 4theRegion win food award!



Swansea City Conference 2023

In-case you missed it (where were you?!), the Swansea City Centre Conference was a fabulous and informative celebration of Swansea based organisations and business. This year was the third event, hosted by 4theRegion on the 29th



From Gower Fields to Local Forks

4theRegion brought together local farms with Bishopston School and food distributor Castell Howell in a ground-breaking series of activities that saw food from the farms being

March at Swansea Arena. Showcasing some truly amazing Swansea based projects, collaborations, things happening and ideas. If you can access Conference key topic reports [here](#).

delivered to the school and used to prepare a nutritious meal. Children learned about local food production, sustainability, cooking, marketing, and agriculture. Read the [project report](#) for more detail.

Congratulations are in order, as *From Gower Fields to Local Forks*, was recently awarded a "Yummy Award" for the **best local initiative improving children's food**. The award was made by [Sustain](#) at the Children's Food Summit 2023, in Leeds.

Member update: Mochyn Mawr



Mochyn Mawr produce free range pork from our pigs in Craig Cefn Parc. They have a free-range life and are free to roam pasture and woodland on the farm. The meat that is produced is of the highest quality.

We attend local farmers markets and supply the local community that is a great way of lowering our overall carbon footprint and environmental impact. **If you would like to find out more or place an order**, contact Ann Lewis by email: Cathelyd@hotmail.com



Cywain is a project that supports start-up and micro food and drink producers based in Wales to grow their existing business, add value to products, improve sales, target new markets and create new jobs.

This is done by transferring knowledge from experienced mentors to producers through webinars and 1 to 1 sessions on a range of topics related to running a food and drink business. Cywain also provide access to market data, information about grants and opportunities to attend food and drink events. The project is funded by Welsh Government.

For more information contact / Am fwy o wybodaeth cysylltwch â

Ffion Jones, Development Manager for Swansea.

ffion.a.jones@menterabusnes.co.uk

[07572 243636](tel:07572243636)

Mae Cywain yn brosiect sy'n cefnogi cynhyrchwyr bwyd a diod newydd a micro o Gymru i dyfu eu busnes presennol, ychwanegu gwerth at eu cynnyrch, tyfu gwerthiant, targedu marchnadoedd newydd a chreu swyddi newydd.

Gwneir hyn trwy drosglwyddo gwybodaeth o fentoriaid profiadol i gynhyrchwyr trwy weminarau a sesiynau 1 i 1 ar ystod o bynciau sy'n ymwneud â rhedeg busnes bwyd a diod. Mae Cywain hefyd yn rhannu data ar wahanol sectorau bwyd, gwybodaeth am grantiau a chyfleoedd i fynychu digwyddiadau bwyd a diod. Ariennir y prosiect gan Lywodraeth Cymru.

More Sustainable Food News...

Food, Farming and Countryside Commission

Click the title to read their report into what the government needs to do to help farmers move closer to meeting climate targets.

HUBBUB

"New funding will help members of the Community Fridge Network to set up new food activities such as healthy cooking classes, food growing projects and meals for the local community."

Update on the Food (Wales) Bill

The Bill was debated in the Senedd on the 24th May. Click the title for information from Food Sense Wales.

Want a job in sustainable food?

Look no further! **Roots to Work** lists LOTS of sustainable food jobs. They aim to connect good people to good work in every sector of the food industry, and will even promote your job advertisement for free!

Swansea Food Partnership

The title will open a page detailing Swansea Council's effort in creating a more vibrant, prosperous, and exciting food system in Swansea. They aim to build Swansea as a food tourism destination, and bridge the gap between urban and rural food. Part of this is a feasibility study mapping Swansea's existing food supply and demand, worked on in collaboration with Afallen.

MP's and peers are discussing food and agriculture!

Did you know the UK only produces about 50% of the food it consumes? To try to tackle this deficit, MP's and peers are calling for radical change, including a more nature friendly approach to food and farming, more local production and shorter supply chains! More info if you follow the link in the title!

New: Wales Net Zero 2035 Challenge Group!

Also...

Funding Opportunities



Gower Power

Community Funding

Gower Power are a sustainable, renewable energy provider who also offer financial support to community led projects across Swansea. If you have a small business or local enterprise in need of some financial support, they may be able to help. More information can be found on the Gower Power [website](#).



Swansea Council

Funding and Grants

Swansea Council offer a number of different grants and funding opportunities. Ranging from support for those struggling to pay energy bills, to funding for community projects in rural areas, and everything in between. For more information check out the Swansea Council [webpage](#).

If you would like your sustainable food project featured in a future edition, please contact us via email: cefnogi.bwydabertawe@gmail.com with 'Story for e-News' in the title, and we will be in touch.

Bwyd Abertawe

Ariennir gan Sustainable Food Places, a Chronfa Partneriaethau Bwyd Cynaliadwy Llywodraeth Cymru.

Funded by Sustainable Food Places, and the Welsh Government Sustainable Food Partnerships Fund.

Diolch am darllen!

Thank you for reading!



Bwyd Abertawe

Hosted by:

The Environment Centre

Pier Street, SWANSEA
United Kingdom

bwydabertawe@gmail.com

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