

NEPAL FOOD

Fair & Summit 2020

»growing, preparing, sharing«

Project description 28.02.2020



Introducing Nepal Food

Nepal Food 2020 celebrates the diversity of the Nepalese culinary heritage by bringing together those who grow, process, prepare and share food from different regions of Nepal. In addition to relevant content and current topics related to food and nutrition, the event also brings a lot of pleasure to Nepal's capital.

Nepal Food will be held for three days from 3rd till 5th December 2020 in Kathmandu. The program of the event is designed to inform, educate, engage, inspire and entertain the audience. In addition to a farmers' market and a food park for the general public, Nepal Food 2020 also offers a series of events for an interested expert audience: discussion series, talks and masterclasses.

Food stands for pleasure, culture, environment and society. Nepal Food 2020 takes up these aspects in various formats and aims to contribute creatively to a broad dialogue on the future of food supply in Nepal. The event gathers actors from the gastronomy, agriculture and production sectors and brings forward the dialogue about culinary culture, innovation in gastronomy and sustainable and respectful growing and processing of food. Nepal Food 2020 is a pilot project and further step to put the culinary diversity of the country on the international map and become an annual event.

The First Edition

During three days, between 3rd and 5th December 2020, under the moto «growing, preparing, sharing» the first edition of Nepal Food brings together stakeholders from gastronomy, hospitality, farming and production, food entrepreneurs, locals and tourists in an immersive experience.

Nepal Food 2020 consists of two program parts which take place parallel to each other and give the event its unique character. While the fair is designed to attract a broad audience, the summit is specifically tailored for the professionals and stakeholders of food industry. Nepal Food 2020 focuses on several main aspects of food and explores them throughout the different program parts.

Nepal Food Fair

Farmers Market

The farmers market will take place on all three days of Nepal Food 2020. It presents the diversity and innovative power of Nepalese agriculture to a wider audience. Another focus is on introducing farmers from the region and their products to local restaurants in Kathmandu.

Food Park

Around 20 food stalls will offer unique dishes from different provinces in Nepal as well as innovative international kitchens. Traditional food and new interpretations of traditional dishes will all be prepared with local products by local chefs. Visitors will be able to explore food habits of different regions of Nepal, taste freshly prepared specialties and enjoy the unique atmosphere.

Side Events

Within this format food will be presented, showcased and shared among visitors, entrepreneurs, artists, experts and families. Ranging from DIY workshops to kids' activities and entertainment, there will be lively moments where every visitor finds a space to connect themselves with food.

DIY Workshops

During the fair the visitors will not only be able to taste the unique dishes but also dive in to the art of preparing them. Different workshops will offer the visitor insights into choosing and mixing spices, fermenting etc.

Tastings

Local brands will offer tastings and introductions to different local products. The visitors will be able to taste a range of locally produced coffee, tea, wine and cheese as well as get background information on how these products are sourced and produced.

Kids Zone

Our youngest visitors can enjoy some food fun: making dye out of vegetables and herbs, painting activities and baking workshops.

Entertainment

Besides dwelling in the culinary variety offered, visitors can enjoy the beats by local bands as well as DJs in the evenings.

Nepal Food Summit

Kitchen Talks

Kitchen Talks is a series of talks and panel discussions given by industry leaders. Nepal Food 2020 will invite local professionals and international guests to give keynotes on various topics: innovation in gastronomy, sustainability, social gastronomy and culinary heritage. Kitchen Talks will take place on the first two days of the event and are designed especially for individuals working in the hospitality sector, farming and processing, policy making and food entrepreneurship but are also open to the broader public.

Long Tables

Long Tables are daily lunch and dinner events designed as informal but moderated discussions with our speakers from the Kitchen Talks. The aim is to focus on a certain issue from our input talks and panels, to discuss possible implementations and promote collaboration. Long Tables are a semi-open event, as Nepal Food 2020 invites specific individuals to take part on Long Tables and other interested individuals can join in if there are free places.

Masterclasses

Nepal Food 2020 also offers different masterclasses for professionals: in-depth courses for baristas and bartenders, food styling and food photography.



Topics

Food & Culture

The diverse and vast culinary heritage of Nepal is closely connected with its cultural diversity. And as culture and food stand at the crossroad of tradition and innovation, Nepal Food 2020 explores these traditional as well as contemporary food cultures of the country. We examine how ingredients, dishes and eating customs define identities and how traditional culinary practices can be preserved in modern eating behaviors.

Sustainable Food Systems

A secure, reliable, resilient and accessible sustainable food system requires a holistic approach, focusing on long-term outcomes, addressing emerging trends and challenges and facilitating collaboration between the food system actors.

Nepal Food 2020 analyzes the opportunities and challenges of local food systems, the enabling and limiting factors in developing more sustainable food systems. We examine whether agroecology is able to redesign food systems by linking together science, practices and movements focused on social change; how short supply chains can enhance local food systems and how the food systems can be improved through collaborative actions.

Food & Community

Local communities, civil society, entrepreneurs and start-ups are leading the momentum of food system transformation across the globe by promoting alternative ways to more reliable food systems, initiating in-depth assessments and multi-stakeholder dialogue. During the three days of Nepal Food 2020 we explore community driven movements and grass-root ideas turned into policy changes: how in- and across-border food networks and collaborations contribute to sustainable food systems; how small initiatives like farm to table set new trends in culinary traditions and how movements like social gastronomy use the power of food as a tool for social change.

Food & Health

Nutrition sensitive agriculture contributes to improving health issues. It concentrates on sustainable production of nutritious, affordable and adequate foods.

Within this topic we focus on nutrition sensitive food systems, how nutrition sensitivity can be aligned with given food system and how to generate economic demand and production goals thus ensuring dietary diversity. On a more institutional scale we focus on public kitchens and tools that can be used in ensuring meal quality.

Food & Hospitality

Hospitality is one of the fastest growing industries, it is also one of the fastest changing industries. The only thing constant in the hospitality industry is change. Sustainability and social responsibility are becoming one of the characteristics of a modern age hospitality. We ask what role the hospitality industry plays in sustainable food systems and how it can promote or hinder the transformation of the food systems.

Pre-Events

7 workshops in 7 provinces of Nepal

In the months leading up to Nepal Food 2020, the organizers will conduct 7 one-day workshops in all 7 provinces of Nepal. Working together with local authorities Nepal Food 2020 invites stakeholders along the food supply chain to participate in these workshops. The aim is, on the one hand, to engage the local public in discussions around sustainable food systems, promote organic farming and agroecology before the main event in December and to consider burning issues in the program design. On the other hand, the workshops also aim to generate wider participation and communication of the Nepal Food 2020 throughout Nepal.

Open Tables

In the months leading up to the big event, Nepal Food 2020 will invite young individuals and university students to participate in planning and organizing the event. Nepal Food will organize open table discussions and workshops with interested university students of hospitality, environmental sciences, health, agriculture, communication, management and design. These events are vital for building networks of people interested in topics around Nepalese food culture and sustainable and mindful living. The idea is to gather a group of motivated individuals and give them space to develop ideas, shape individual modules of the festival and learn from practical experience.



Target Groups

Nepal Food fair and summit is designed to attract a wide audience. The program is curated in such a way as to address different target audiences and provide them with a deeper knowledge of our selected topics.

Farmers

Not only do we offer local farmers a platform to showcase their products to the public at the farmer's market but we also encourage them to actively engage in the Kitchen Talks and Long Tables by discussing issues that have direct impact on the challenges they face. By introducing farmers to entrepreneurs and representatives of the hospitality sector we promote direct trade.

Food Entrepreneurs & Grassroot Movements

We see small food businesses and community driven movements as powerful drivers of change in the food industry. By offering a platform to present their work, exchange their views and practices, engage in discussions with international organizations alike we aim to empower and equip them with new tools for driving positive change.

Hospitality Sector

Hotels, restaurants and educational institutions from the hospitality sector as leaders of new food trends and safe-keepers of traditional culinary methods and heritage are an important part of the Nepal Food 2020. Together with other players they keep on re-inventing the system and introducing positive change. We invite them to play an active part in our discussions, connect with other actors in the food industry and inspire new trends in hospitality.

Policy Makers

Nepal Food 2020 sees policy makers as an important part of the food supply chain. They can incite collaborative policy change and bring the multi-stakeholder perspective into new policies. By showcasing best practices of collaborative policy change from around the world, we also wish to inspire those involved in policy making to strive for positive change and take action.

General public, Tourists & Expats

Nepal Food 2020 offers a variety of activities and culinary adventures to attract the general public. Locals, tourists and expats living in Nepal can dive into a journey of culinary discovery and experience the vast heritage of Nepal in just a few bites.

Aims & Impact

The first edition of Nepal Food is a pilot project, that aims to build grounds for a stable and sustainable platform where topics around alternative food systems, health, environment and culinary culture of Nepal will be discussed. This event will be held annually, building on the networks and partnerships of the first edition.

Raising awareness about the vast culinary heritage of Nepal

Nepal Food 2020 aims to raise awareness about the culinary heritage of the country by showcasing the diversity of unique dishes and food habits from different regions of Nepal. While over 200 different dishes can be found in Nepal, only a small portion is served in restaurants. Not only does Nepal Food 2020 celebrate the cuisine of Nepal in all its facets but puts the culinary variety of the country on the international map.

Empowering local networks

By bringing together stakeholders from along the entire food value chain, from growing, processing, preparing, trading to sharing we aim to strengthen, inspire and create new dialogue on sustainable and alternative food systems. Local networks provide a platform where individual stakeholders can express their needs, collaborate and learn collectively. By showing the best sustainable practices from around the world, our aim is to contribute new ideas to the local systems.

Inspiring Change

Nepal Food 2020 will engage interested individuals, especially young people in planning and organizing the events. Through education and engagement, we aim to inspire new ideas on sustainable consumption in communities, mindful preparation of food, and collective action.



Our Principles

Inclusive

It is our belief that a diverse group of individuals from different backgrounds, identities and opinions brings a diverse array of insights. We strive to create a platform for voices and ideas, often misrepresented in mainstream narratives, by working directly with our target groups from all across Nepal to not only present their work and engage with audience but to actively co-create content.

Zero Waste

Nepal Food 2020 strives to be zero-waste. In order to reduce the amount of waste we use reusable and recyclable tableware made out of natural materials. We encourage our food-stalls not to prepare excess amount of food. The food waste left will be either composted or brought to a soup kitchen. We also work on upcycling the waste produced by the printed materials.

Local

Nepal Food 2020 promotes local production on all levels, from growing and preparing to sharing. We believe in local and direct food sourcing and “knowing your farmer”, is boosting the local economy, and preserving environment. With over 60% of the population directly involved in farming, Nepal has an opportunity to preserve its rich food culture by promoting traditional and authentic species and indigenous foods.

Positive

Nepal Food 2020 strives not only to inspire positive change, but also positive attitude along the entire food supply chain. We are focused on possibilities, celebrating the gatherings of minds alike, we encourage our participants to dream big, to foster peer to peer learning and to unite their ideas of sustainable food industry

Project Schedule

August 20, 2019: Start of Preliminary Project

August - December 2019: Preparation: Pre-planning, budgeting, team development
17. – 30. December 2019: Preparation sprint in Kathmandu and Pokhara, broadening of organization team, meeting with potential partner-organizations

January 1, 2020: Start Project Development

January 2020- March 2020: Start project development: Setting up of the Advisory Board, establishing contact with content partners, fundraising and financing of the project
April - June 2020: Opening of Kathmandu office, defining venue for the event, approaching potential speakers, approaching potential in-kind sponsors

June 30, 2020. Decision Go / No-Go

July 1, 2020: Official Start of the Project

July – August 2020: Communication kick-off, preparing the workshops in provinces, team recruitment, Workshops in provinces, finalizing the program
September – November 2020: Marketing and communication, logistics, event management
December 2020: Launching of the Festival
December 2020 – January 2021: Evaluation

January 31, 2021: End of the project

Organizational structure

Nepal Food 2020 is a co-production of Development Voyage (Nepal) and Rundumkultur (Switzerland). Both organizations have been working for several years on the development of alternative food systems in their respective countries. Together they have already realized several projects in the past, including the founding of the Food Networks Association (www.foodnetworks.ch).

Tulsi Giri and Suman Wagle (from Pokhara), Neda Schön and Christoph Schön (from Switzerland, living in Kathmandu from April 2020 to December 2020) are responsible for the launch of the first program of Nepal Food.

The organizing team works closely with a team of program consultants ensuring that the content created is relevant, contemporary and tailored to different audiences.

The team is supported by an advisory board. The members are experts from different fields and internationally and nationally known figures supporting the project with their advice and network.

Various other (natural and legal) persons are involved in the organization ensuring that the project is broadly supported and sustainable.

Development Voyage, Nepal

Development Voyage Pvt. Ltd. is a socio-economic company initiated in 2009 in Pokhara, Nepal instilling the concepts of sustainability in the market of Nepali societies. It initiates sustainable ventures around the vision of "Sustainable Regional Food Networks" bringing impacts to the communities of Nepal focusing mainly in the sectors of Sustainable Agriculture, Healthy Food & Nutrition, Sustainable Hospitality and Vocational Education and Trainings in these sectors.

www.developmentvoyage.com



Verein rundumkultur, Zurich

rundumkultur has been involved for years in accompanying and financing projects that contribute to a more sustainable world, to more sustainable agriculture and food, and to cooperation based on dialogue culture. The association was founded in 2012 under its current name. Current projects include BachserMärt, Slow Grow's regenerative agriculture, the Kosovo food network and the new Zurich food supply concept "Le Pot".

www.rundumkultur.ch

.rundumkultur
für eine dialogische Kultur

Organizing Team



Tulsi Giri (Pokhara/Nepal)

Tulsi is a dreamer with entrepreneurial zeal for sustainable food systems and has been working in local, national and international arena for the same since more than a decade. Since, he has experiences in initiating a socio-economic enterprises for sustainable businesses ([Development Voyage](#)), collaborations between producers, entrepreneurs & consumers ([THE BAZAAR Cooperative](#)), founded an agritourism enterprise ([Organic Living Nepal](#)), an agri-food-tech platform connecting producers and consumers ([KHETI.FARM](#)). He is currently developing THE BAZAAR as a model food network under the sustainable regional food networks concept.



Suman Wagle (Pokhara/Nepal)

Suman Wagle is an aspiring entrepreneur in sustainable tourism and gastronomy. He had been co-initiator of [THE BAZAAR](#) (one of the initiatives of Development Voyage) in the beginning years. He initiated his own tourism company Goreto Holidays in 2014. His expertise includes tours and holidays planning, destination management and event organization. Recently, he has been involved in co-creating and establishing a startup venture named [Sarvaguna kitchen](#) that serves healthy diets including vocational education with the values of social gastronomy.



Christoph Schön (Basel/Switzerland)

Christoph Schön is a founding member of [Markthalle Basel](#), a 5000 square meters market hall with over 35 food stalls, bars, and shops with local products. Christoph is responsible for all public events and food related events at Markthalle Basel. He is also active in the Basel Food Network and in the Basel Nutrition Forum that promotes sustainable nutrition in Basel. He takes an active role in strengthening collaborations between farmers and gastronomy through various projects such as "Farm to Table", "speed-dating" between farmers and restaurant owners, etc. In addition to his commitment to the market hall, he devotes himself to the production and organization of cultural projects (i.e. [Social Muscle Club](#), [The Several Ways](#), [Textilpiazza Kultur](#)).



Neda Schön (Basel/Switzerland)

Neda Schön works in creative industry since 2011 and is co-founder of [KLARA](#), a food-hall with 9 mini-restaurants and a bar specializing on locally produced beverages and spirits. She is focused on promotion of innovative gastronomy in local context ([Genusswoche Basel](#)), communication, marketing and community building ([Verein für Kultur & Gastronomie](#)).

Program Consultants



Bikram Giri (Kathmandu/Nepal)

Bikram Giri, “Vicks” is an experienced chef. He obtained his Bachelor Degree on Kathmandu Multiple Campus, and his MA on Tribhuvan University. Since 2004 he has worked as chef in numerous restaurants and hotels in Nepal as well as overseas. He is a regular Judge on chef challenges and his recipes are regularly published in newspapers. Vicks also contributed to the first ever Nepalese Heritage Cook book. In 2018 he established “The Voice of Chef’s” a platform for experienced professionals.



Prashanta Khanal (Kathmandu/Nepal)

Prashanta Khanal has deep interests on Nepali food culture, ethnic cuisines and its history, and has been exploring and writing about it for last eight years. His work can be followed on www.thegundruk.com. He is co-founder of Raithaane, a restaurant in Kathmandu with an aim to promote and celebrate Nepali ethnic cuisines and ingredients that are often neglected and underutilized. Professionally, he works on environment sustainability issues, more specifically on sustainable cities, urban transportation, air pollution and climate change.

Advisory Board



Dr. Aruna Upreti (Kathmandu/Nepal)

Aruna Upreti completed her MD in Kharvkov Medical Institute and postdoctoral studies on the Institute of Social Studies in the Hague, Netherlands. She is a published author of several papers in national and international journals on women and health and nutrition. Dr. Aruna Upreti has also worked as public health and maternal child health specialist in Afghanistan, India, Sri Lanka, Iran, Tibet, Iran and most remote parts of Nepal. She writes regularly for national and internal papers on the issues of women and nutrition, women and mental health and role of midwife in women’s health.



Govinda Narsingh KC

Govinda Narsingh KC has started his career in 1978 as an apprentice in the Soaltee Oberoi Hotel. Since then he has become one of the most recognizable faces in the food industry in Nepal. Govinda is the first Nepali to have earned the title of Executive Chef and first chef to have been felicitated with Gorkha Dakshin Bahu. During his long career of 30 years he has had the opportunity of promoting Nepali culinary heritage all around the globe. On the domestic front he has been an integral part of various cookery programmes such as Chefs Corner in Kathmandu Post and cookery show Chulo in Kantipur T.V. Govinda is the Food Production Director of LSG Skychefs, flight catering unit of Soaltee Crowne Plaza and a life-time member, previously the president of Chef Association of Nepal (CAN).



Patrick Honauer (Rapperswil/Switzerland)

Patrick Honauer is a social entrepreneur, from Switzerland. Involved in this field since 1993, when he started his first company. He is the founder and co-founder of several groundbreaking projects: Neuhof Bachs (first organic restaurant in Switzerland), axisBildung (professional vocational training for differently able young people with 180 apprenticeships), Bachsemärt (SRFN model in border regions), and rundumkultur (start up for social entrepreneurs).



Rafael Rincón (Santiago/Chile)

Rafa is a cosmopolitan born in Madrid and living in Santiago de Chile. He has been deeply interested in gastronomy since childhood and is a faithful advocate of gastronomy as a mediator of social change. Today he is the owner and commercial manager of an import and distribution company of fine natural food called "Foodies Chile", partner and general manager of the Ñam-Festivals, one of the most important platforms in Latin America. As a founder and partner of Social Cycle, he is focused on the business of social gastronomy. Rafa is also an advisor to the Ministry of Culture, a columnist in Chef & Hotel magazine and a professor at the Sommelier School in Chile. He is currently building the Social Gastronomy Hub "La Recoleta" in Chile.



Yamuna Ghale (Kathmandu/Nepal)

Yamuna Ghale holds Master's Degree in Ecological Agriculture from the Wageningen University in the Netherlands. She has worked with many international organizations such as, Swiss Agency for Development and Cooperation, SNV Nepal, Action Aid International Nepal and International Centre for Integrated Mountain Development (ICIMOD) in the capacity of program manager and gender focal point. During her 22 years of professional engagement, she has gained professional experience in the field of natural resource management, food security and inclusive policies and practices. Yamuna Ghale has contributed many articles in the daily magazines and newsletters, edited books and made presentations in many national, regional and international conferences.

Program Schedule Mock-Up

All-Day Events

09 a.m. – 05 p.m.	Farmers Market
11 a.m. – 10 p.m.	Food Park
10 a.m. – 6 p.m.	Kids Zone

Summit

09 a.m. – 10.30 a.m.	Kitchen Talk Copenhagen House of Food <i>A holistic solution to the sustainability and quality challenges in professional kitchens</i>
11. a.m. – 12.30 p.m.	Kitchen Talk Patrick Honauer. Food Networks <i>From Food-Chains to Food Networks, Food as Collaborative Commons</i>
12.30 p.m. – 03 p.m.	Long Table
03 p.m. – 04.30 p.m.	Kitchen Talk Rafael Rincón, Nam festival <i>Food as fundamental pillar of culture</i>
05 p.m. – 06.30 p.m.	Kitchen Talk David Hertz, Social Gastronomy <i>Tackling global challenges through gastronomy</i>
06.30 p.m. – 09 p.m.	Long Table

Side Events and Masterclasses

10 a.m. – 12.30 p.m.	Master Class, Street Food Photography
12 p.m. – 01 p.m.	Workshop, DIY Acar
02 p.m. – 03 p.m.	Tasting, Himalayan Coffee Tasting
02 p.m. – 04.30 p.m.	Cooking Class with Govinda Narshing
03.30 p.m. – 04.30 p.m.	Workshop, DIY Fermenting
04 p.m. – 5 p.m.	Presentation
06.30 p.m. – 07.30 p.m.	Tasting, Wine Tasting
08 p.m. – 10 p.m.	Concert
