



## PROGRAMME

# From Plate to Planet: Waste Less, Save More

### Financial & Environmental Strategies for Hospitality

**Woodford Dolmen Hotel, Carlow**

**Tuesday, 7 October 2025**

**Registration: 8:30 AM | Start: 9:00 AM | End: 2.30 PM**

#### **Hot Lunch Provided**

Hospitality professionals across Carlow, Kilkenny, Waterford, Wexford, and Tipperary are invited to a dynamic seminar focused on tackling one of the industry's most pressing challenges: food waste. This event will explore how reducing waste can unlock significant cost savings, improve staff efficiency, and streamline kitchen operations — all while contributing to a more sustainable food system.

#### **Why Attend?**

According to figures published by the Environmental Protection Agency (EPA) in 2023, restaurants and food services generated approximately 175,000 tonnes of food waste (21% of Ireland's total). This sector includes food waste collected from hotels, B&Bs, pubs and restaurants, cafes, takeaways and canteens.

The [Reducing Commercial Food Waste in Ireland report](#) published in 2019, found that over 66% of food waste from the food services sector is avoidable (i.e. edible food). It stated that hotels have the highest level of food waste and vegetables are the most wasted food type (11%), followed by bread (9%), meat (8%) and potatoes (7%).

The annual cost of food waste to this sector is estimated to be more than €300 million.

Food waste is a substantial business issue, it's also an environmental one. This seminar will provide chefs, cooks, and hospitality managers with insightful and practical tips and advice to:

- **Measure and manage food waste** effectively.
- **Optimise kitchen workflows** to save time and labour.
- **Reduce overheads** through smarter resource use.
- **Boost team morale** by creating more efficient, purpose-driven kitchens.

These strategies align with the United Nations Sustainable Development Goals (SDGs), particularly Goal 12: Responsible Consumption and Production, Goal 13: Climate Action and Goal 8: Decent Work and Economic Growth.

#### **Key Take Aways**

Made possible through funding by the Waste Enforcement Lead Authorities under the Antidumping Initiative, this seminar will equip attendees with practical strategies to measure and manage food waste effectively, reduce operational costs, and improve productivity. By streamlining kitchen operations, supporting local sourcing, and aligning with the UN

Sustainable Development Goals, participants will not only enhance their brand reputation and boost culinary tourism, but also contribute to climate action, reduce greenhouse gas emissions, and build a more resilient, circular food system.

### **Expert Panel**

Hear from and meet leading voices in food sustainability and kitchen innovation, including:

**Conor Spacey** – Culinary Director, Foodspace & Author of Wasted, **Janice Casey Bracken** – Executive Chef and Local Food Hero, **Ali Honour** – Conscious Chef & Food Systems Disruptor, **Allison Roberts** - VOICE Ireland, **Liam Murphy** – Country Manager, Positive Carbon, Award-Winning Social Enterprise, **Colum Gibson** – Clean Technology Centre (CTC), Munster Technological University (MTU) & FoodCloud Board Member, **Jenny Lyons** – Sustainability Impact Specialist, Cultivate EU, **Ruth Hegarty** – Director, Food Policy Ireland, **Derek Oman** – The Live Kitchen, **Joshna Maharaj**, 2 x TEDx Speaker.

### **Special Opportunity**

In advance of the seminar, we are offering a limited number of businesses a unique opportunity to have their recycling and food waste bills assessed by the CTC experts, using the food waste charter's measurement tools. These will be anonymised, and the collated data presented during the seminar as case studies. The site-specific results of those availing of this service will be emailed to the provider after the event for reference (please note that all data will be confidential and not shared in any way).

### **Event Schedule**

08:30 am Registration & Refreshments

09:00 am Opening and Housekeeping by Dee Sewell, Environmental Awareness Officer, Carlow County Council.

09:10am Welcome & Introductions by Coilin O'Reilly, CEO of Carlow County Council

09:15 am **The Issues** - Panel Discussion facilitated by Jenny Lyons with Colum Gibson, Ruth Hegarty, Liam Murphy & Allison Roberts

10:00 am Q & A

10:15 am **Case Studies** from Recycling & Food Waste Bills Assessment with Colum Gibson

10:45 am Refreshments & Networking

11:15 am **Joshna Maharaj** video – 2 x TEDx Speaker

11:25 am **Opportunities & Solutions** - Panel Discussion facilitated by Ruth Hegarty with Conor Spacey, Janice Casey Bracken, Derek Oman and Ali Honour

12:15 pm Q & A

12:30 pm **Closing address** by Cathaoirleach Cllr Ken Murnane

12:45 pm Networking

13:00 pm **Lunch & Networking**

## About our Guests

**Ali Honour** - Conscious Chef Ali Honour is a creative force driving to a better future through what we eat. Known for turning the humble bean and vegetables into a culinary and climate heroes. She is a chef, food systems disruptor, and outspoken advocate for sustainable eating. With three decades of experience across professional kitchens, food education, and advocacy, Ali blends culinary creativity with deep-rooted purpose, to prove that good food can and must be good for people and planet.



Ali trained as a chef and shaped by years working at the intersection of hospitality, food waste, and sustainability, is a natural entrepreneur with successful businesses over the years. She now leads pioneering zero-waste catering for major events, reimagined menus through a climate-conscious lens, and supports farmers and producers championing regenerative crops. Ali's work spans grassroot initiatives and global platforms alike, including key role collaborations with Chef's Manifesto, Beans is How, Blue Earth Summit, Dairygold and GIY.

A natural communicator and creative problem solver, Ali brings warmth, wit, and rigour to every plate and every project. From public demos to behind-the-scenes strategy, she inspires real change through practical, delicious solutions, leading a bold movement to inspire change. Ali invites us all to rethink what's on our plate and to embrace a future where food is fairer, cleaner, tastier and pulse powered too.

LinkedIn: [Ali Honour | LinkedIn](#)

### **Allison Roberts, Voice Ireland**

Allison Roberts is at her best when organising community events and collaborating for Systemic change. A sustainably focused chocolate maker for much of her life, she is passionate about the role of small business in community. Over the last two years she was community liaison officer with Voice Ireland for 'Waste Not, Want Not', a community-wide food waste reduction initiative in Clonakilty and has recently joined Talamh Beo, helping to amplify the voices of local food producers. A big advocate for 'thinking global & acting local' she loves to work with local groups and organisations to create projects that can have lasting impact.



LinkedIn: [Allison Roberts | LinkedIn](#)

### **Colum Gibson, Manager Munster Technological University's Clean Technology Centre**

Colum has been working around food waste for over 15 years. He has worked on this important topic both nationally and



internationally, with local authorities, communities and a range of food service and production companies.

Colum managed the Stop Food Waste programme for over a decade and currently supports the EPA on their Food Waste Charter work. The Clean Technology Centre runs the Savour Food Programme and supports the HSE, through the Green Healthcare programme, in addressing food waste. Colum is a founding member and current board member of FoodCloud.

[LinkedIn: Colum Gibson | LinkedIn](#)

### **Conor Spacey - Culinary Director, Foodspace**

Conor has been involved in the food industry for over 35 years. During his years as a chef, he has always had a passion for local seasonal food. Local to Conor is food that is grown, produced or farmed within 50 miles of his kitchens. But that not being enough Conor has always questioned what is the future of food? and how can we feed the planet sustainably.

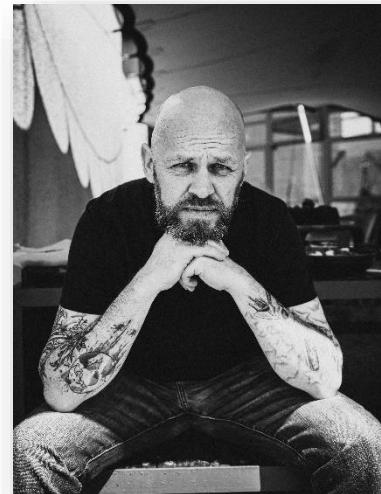
Over the last sixteen years he has deep dived into sustainability and our broken food system. Conor is known for questioning everything in the food industry and never satisfied that chefs are doing enough for the food system and planet. Conor's investigations into our food system includes the dark side of the business from child labour, deforestation, corporate controls and many more.

What has always been the norm in professional kitchens has been turned on its head. Conor has removed practices that are unsustainable and is one of the industry leaders in zero waste kitchens.

Most recently Conor's work has also led to collaborate the setup of the Chefs Manifesto. Conor is one of the co-authors in collaboration with the United Nations Sustainable Development Goals (SDG's) to implement change and putting chefs centre to fixing a global food system. This has grown to over 1,200 chefs across 100 countries and work with many non-government organisations (NGO's) to make real change.

Conor has received many accolades for his work in sustainability and attends many events globally for pop-ups, talks and demos including Paris, Rome, Milan, London, Lisbon, Dubai, Canada, Spain, Germany as well as Ireland. You can also catch him on Virgin Media's Six O'clock show showcasing zero waste meals. At the beginning of 2024 Conor received a notable award from the Irish Writers Guild for his long contribution to Irish food throughout his career and the 2024 Producers Champion award from Blas Na hEireann. He's latest project is building an off the grid cookery school and farm in The Gambia, a total closed loop system, it will educate communities, bring in incomes and upskill for employment in the hospitality industry.

Conor's first book Wasted was published in July 2023 as part of the fantastic Blasta Books. And is now putting pen to paper again on his second book



[LinkedIn: Conor Spacey | LinkedIn](#)

## Derek Oman – The Live Kitchen

Having gained over 35 years of professional experience in the hospitality industry, Derek's passion lies in promoting zero-waste cooking, with a particular focus on reducing food waste through preservation techniques and education, as well as highlighting the importance of seasonal produce and locally grown and sourced ingredients.

Over the course of Derek's career, he has worked across a wide range of food operations. In recent years, his professional focus has shifted towards promoting healthier food choices and seeking opportunities within food service operations that prioritise zero-waste cooking, nutrition and wellbeing.

Derek has developed health food offerings in numerous establishments, including opening a raw food restaurant, establishing an organic food and juice shop, and introducing nutritious catering solutions for workplace settings. In collaboration with nutritionists, he has also delivered tailored meal plans for inter-county football and hurling teams.

Derek continues to innovate in the areas of product development, fermentation, raw food preparation, and food preservation, with an emphasis on reducing food waste. Through this venture, he delivers educational workshops and live demonstrations aimed at promoting healthy, sustainable eating.

[LinkedIn: Derek Oman](#)



## Janice Casey Bracken – Executive Chef

Janice Casey Bracken is an accomplished executive chef and dedicated advocate for Irish culinary arts. With a passion for locally sourced ingredients and sustainable practices, she has made significant contributions to the food industry in Ireland. As a proud member of [Euro-Toques Ireland](#), Janice champions seasonal and artisanal food producers, working to elevate the standard of Irish cuisine.

In 2019, she was honoured as the Louth Local Food Hero, a recognition of her commitment to promoting local food initiatives and connecting chefs with their communities. Known for her innovative dishes that celebrate the rich flavours of Irish ingredients, Janice sets her sights firmly on Irish local and seasonal ingredients.

Through her culinary endeavours, Janice aims to educate others about the importance of sustainable practices in the kitchen and the joy of cooking with fresh, local produce. When not in the kitchen, she enjoys sharing her culinary journey and engaging with her audience on social media, showcasing her love for food and the art of cooking.

[LinkedIn: Janice Casey Bracken](#)



### **Jenny Lyons, Cultivate EU, Trinity College Dublin**

Jenny Lyons is a sustainability impact reporting specialist with a passion for community-driven environmental initiatives and regenerative food systems.

With a background in culinary arts and gastronomy, Jenny brings a unique, grounded perspective to measuring and communicating the social, environmental, and civic impacts of grassroots food initiatives. She currently works as a Research Assistant on [the CULTIVATE EU Project at Trinity College Dublin](#), producing data-driven insights on the benefits of community growing, social kitchens, and surplus food redistribution.

Jenny's career spans environmental policy research, stakeholder engagement, and independent food business leadership, all united by a commitment to fostering greener, more resilient communities.

[LinkedIn: Jenny Lyons | LinkedIn](#)



### **Joshna Maharaj – Chef, Writer & 2 x TEDx Speaker**

Joshna is a chef, speaker & activist who wants to help everyone have a better relationship with their food. She believes strongly in the power of chefs & social gastronomy to bring values of hospitality, sustainability & social justice to the table.

Joshna's first book *Take Back the Tray* (May 2020) captures the lessons & experience from her work in creating a movement to reconnect food with health, wellness, education, and rehabilitation in public institutions around the globe....and it's a story about how a chef took on the institution and tried to make change.

With 15 years of experience in television, radio, and as a culinary and university instructor Joshna is an easy, engaging teacher who reimagines the nature of a classroom.

Joshna is an award-winning, two-time TEDx speaker and is currently working on a Master's in Gastronomy at TU Dublin where she is enjoying the delights of being a student once again.

[LinkedIn: Joshna Maharaj | LinkedIn](#)



### **Liam Murphy – Positive Carbon**

Working in the UK, Belgium, and Ireland, Liam has seen firsthand how vital sustainability is in the hospitality and events sector. He understands the challenges kitchens face in implementing



effective solutions, which is why he is excited to lead Positive Carbon's efforts in Europe. His goal is to provide practical, impactful solutions that drive positive change across the industry.

[LinkedIn: Liam Murphy | LinkedIn](#)

### **Ruth Hegarty, Director, Food Policy Ireland**

Ruth Hegarty is a food policy and sustainable food systems specialist, with over two decades experience. She recently launched Food Policy Ireland, Ireland's Food Policy Think Tank & Action Hub, a platform for research, advocacy, and action towards healthy, sustainable and fair food systems. For over 10 years, Ruth worked independently leading and consulting on a wide variety of projects that promote better food environments, food education, local food networks, and a resilient and sustainable food system, as well as being involved in food policy research and advocacy. Previously Ruth was Secretary-General of Euro-Toques Ireland, led the creation of Chef Network, was part of the founding management team of Food on the Edge, a symposium on the future of food.

Ruth is co-coordinator of Feeding Ourselves, a Community of Practice and annual gathering for food sovereignty, agroecology, and locally led food initiatives in Ireland, and a board member of farming organisation Talamh Beo. She is also an experienced facilitator, MC, writer and media commentator. Ruth holds a Masters in Food Policy from City, University of London and a Masters in European Economic & Public Affairs from UCD, and lectures in Food Policy at UCC.

[LinkedIn: www.linkedin.com/in/ruthhegarty](#) Instagram [@ruthhegartyfoodpolicy](#)  
[@foodpolicyireland](#)

