



## 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 2022, restaurants and food services generated approximately 157,000 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. This project has been made possible thanks to funding by the Waste Enforcement Lead Authorities under the Anti-Dumping Initiative.

#### Key Take Aways

Participants will:

- Understand why **measurement is the first step** in food waste reduction.

- Learn how waste reduction can **cut costs and improve productivity**.
- Discover how **streamlined operations** benefit both staff and business.
- Be equipped with **practical, positive solutions** to implement immediately.
- Explore how **local sourcing** can complement waste reduction efforts and support community resilience.
- See how sustainability can enhance **brand reputation and culinary tourism**.
- Understand how proactive waste management supports **compliance and innovation**.

### 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** – Group Development Chef, Killarney Ring, **Ali Honour** – Conscious Chef & Food Systems Disruptor, **Colin O'Byrne** – Programme Manager, VOICE Ireland, **Kate Barlow** – 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, **Enda McEvoy** – Michelin-Starred Chef & Interreg EU Project Specialist (CIBUS), **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).

 If you are **interested in participating, please tick the box** here and we'll be in touch.

### Event Schedule

08:30 am	<b>Registration &amp; Refreshments</b>
09:00 am	Opening Address & Welcome – Possible Minister [name]
09:10am	Introduction to the event by Coilin O'Reilly, CEO of Carlow County Council
09:15 am	<b>The Issues</b> - Panel Discussion facilitated by Jenny Lyons with Colum Gibson, Ruth Hegarty, Kate Barlow & Colin O'Byrne
10:00 am	Q & A
10:15 am	<b>Case Studies</b> from Recycling & Food Waste Bills Assessment with Colum Gibson
10:45 am	Refreshments & Networking
11:15 am	<b>Joshna Maharaj</b> – 2 x TEDx Speaker
11:25 am	<b>Opportunities &amp; Solutions</b> - Panel Discussion facilitated by Ruth Hegarty with Conor Spacey, Janice Casey Bracken, Enda McEvoy and Ali Honour
12:15 pm	Q & A
12:30 pm	<b>Closing</b> by Cathaoirleach Cllr [NAME]
12:45 pm	<b>Networking</b>
13:00 pm	Lunch

## 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](#)

### Colin O'Byrne, Voice Ireland

Colin O'Byrne is a Programme Manager for VOICE Ireland, an NGO which focuses on waste, resource management, and the circular economy. His work focuses largely on developing waste management solutions for businesses and civil society.



Colin's background is in environment, and in education. He believes that in order to address issues pertaining to waste and resources, VOICE's role is to work with communities, policymakers and society as a whole to develop solutions which are actionable, attainable, and sustainable.

LinkedIn: [VOICE Ireland: Posts | 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

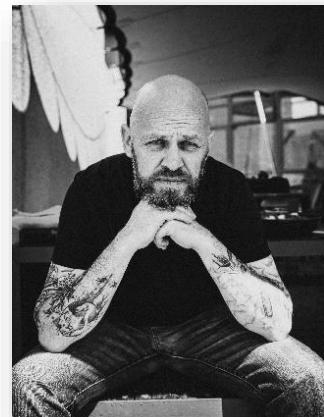
What has always been the norm in professional kitchens has been turned on its head. Conor has removed practices that are unsustainable and is one of the industry leaders in zero waste kitchens.

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](#)



### **Enda McEvoy – [CIBUS](#)**

Enda is a chef, educator, and consultant based in Galway. He is best known for founding Michelin starred Loam, a restaurant recognised for its commitment to sustainability. Under his direction, Loam became the first restaurant in Ireland and the UK to receive a Michelin Green Star, and the first in Ireland to earn three stars from the Sustainable Restaurant Association.

Enda teaches on the Commis Chef apprenticeship programme with GRETB, supporting the development of new chefs entering the industry. He also works with BIA Innovator as a consultant on European food system projects, including the CIBUS Interreg programme, which focuses on addressing food waste on a local government level.



In 2023, he co-founded Hinterland CLG, a non-profit organisation exploring practical ways to transform local food systems. Hinterland brings together farmers, educators, and community groups to reduce food waste, improve access to nutritious food, and support circular economy models.

His academic background is in sociology, and he holds a master's degree in Climate Change, Agriculture and Food Security, with a focus on City Region Food Systems. His work is guided by a practical interest in how food connects with climate, policy, and everyday life—particularly in the spaces where chefs, producers, and communities meet."

LinkedIn: [Enda McEvoy | LinkedIn](#)

### **Kate Barlow – Positive Carbon**

Kate is a Key Account Manager at Positive Carbon, where she leads strategic collaborations with food service partners across Europe to drive measurable food waste reduction.

With a background in hospitality operations and sustainability, Kate works closely with chefs, caterers, and facility managers to deliver long-term impact through data-driven insights. She's passionate about turning climate commitments into practical action across the food sector.



LinkedIn: [Kate Barlow | LinkedIn](#)

### **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 | LinkedIn](#)

### **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](#)

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