



SubCo (A1)

SubCo is a Day Care Centre for Asian elders in the east end borough of Newham. SubCo was created by a community led initiative, responding to local people's call for a service and space for elders from the Sub Continent to meet.

SubCo aims to nurture the empowerment of its participants through their involvement with a supportive, intergenerational group and a diverse programme of activities and events.

Mealtimes and cooking are a daily and central aspect of SubCo's programme and give a focus for cultural and sociable activities. A Lunch Club serving Gujarati and Punjabi style dishes provides a hub for meeting and sharing mealtimes.

During the Eat London workshops some of the SubCo elders made their first trip in many years into central London to research their part of the map. Their participation has also been a unique opportunity for the group to develop an experimental relationship with food as building blocks of the city and to explore the role of food as an expression of their cultural heritage.



The Factory (A2)

The Factory Out of School Project offers quality childcare to parents and families, and provides a safe play environment for children. The Eat London group, who call themselves The Food Factory, are made up of parents and children who socialise and work together.

The children and young people at The Factory are involved in a range of play opportunities designed to help them discover and explore hidden skills, and to promote a greater understanding of their local community.

Food and cooking are integral activities at The Factory. The children are encouraged to develop a sound nutritional understanding, and also become familiar with the communal aspect of sharing food together.

Through the Eat London project the children have discovered an awareness of other people and their city environment, and their parents can socialise and create supportive networks with each other.



Tower Hamlets Summer University (A3)

THSU provides innovative learning opportunities for young people between the ages 11-25 in the borough of Tower Hamlets and throughout London. Based just off Brick Lane, THSU works in partnership with various groups, schools and organisations to deliver a diverse range of free courses and projects in the areas of arts, sports and business, as well as a peer motivator scheme and youth magazine called Nangi!

The Summer University has recently expanded its programme of courses to run year round. Eat London has been introduced as an exciting new project this Spring for participants to explore their relationship with cooking and eating as a celebratory art form, and to develop their culinary and design skills.

The THSU group has come together especially for the Eat London project and their journey as a newly formed team of food enthusiasts will be a unique experience amongst the Eat London groups.



Roj Women's Association (A4)

The Roj Women's Association meet on Fridays and Saturdays to talk about issues that are affecting them in their lives. They are Turkish and Kurdish speaking women from Haringey and Hackney, mainly between the ages of 20 and 40 and mostly with young children. Issues could be anything from education to transport to shopping and the sessions and workshops are guided by what the women feel is important to them. They cook and eat together only a couple of times a year for festivals so eating together is a time for celebration.

Eat London is something very different for the women to experience and will give them an idea of the spatial arts and design concepts, changing their ideas about food and providing an opportunity for cultural exchange.



Project Phakama UK (A5)

Project Phakama is an international youth arts organisation initiated by Lift in 1996 with partners in South Africa. Now an independent organisation, Phakama embraces new partners in Argentina, Brazil, India and other SADC countries.

Working on Eat London is Project Phakama UK, a group of young emerging artists originally from Africa. Phakama uses high quality arts as a tool for social engagement and cultural exchange. As well as placing value on the arts we create, we also value the social time we spend together. Eating together enables new ideas and creative conversations to flourish. The creation of a piece of drama, a poem, a dance or cooking and eating a meal are equally important ways for those involved to work together and hold enlightened moments of conversation, exchange and learning.

Rituals and memories around food are particularly resonant for the group. Remembering and experimenting with recipes from past histories are precious and poignant. Eat London touches the root of Phakama's values of sharing, exchange and celebration.



The Spicy South (B1)

The Spicy South is a group for local people with learning disabilities based in East Dulwich. The group is connected to Southwark Council, providing activities from gardening to cooking, supporting and giving opportunity to participants to get out and about and to draw awareness to them as valuable members of the community.

For The Spicy South, eating and meal-times are important and enjoyable moments in the day to sit down and reconnect with the people around us. Eating together goes across all Spicy South activities and we enjoy cooking a wide choice of foods; Chinese, Indian, Italian and Afro-Caribbean to name just a few. We always make time for lunch breaks!

The Eat London project has offered new experiences for the group, encouraging participants to have fun with food, adventure through London visiting the city's landmarks, and to meet and socialise with new people. We are thrilled to be involved in this unique event.



Spitalfields City Farm - The Coriander Club (B2)

The Coriander Club is a group of Bengali women based at Spitalfields City Farm just off Brick Lane in Tower Hamlets. To garden and grow your own vegetables is an important part of Bengali culture, and so The Coriander Club was established in 1999 to give women the opportunity to meet and grow their own. The women gain much physically, mentally and socially, and can also learn English.

The Coriander Club's healthy cooking class aims to teach people how to cook and eat tasty, healthy food for themselves and their families. The cooking class and gardening are also important in helping members feel less isolated; many of the women can feel homesick and scared but feel safe in the club, speaking Bangla, socialising and laughing together.

The Coriander Club has never made anything like Eat London before! The group's confidence has grown so much and they are looking forward to sharing their rich archive of recipes and eating London!



Organic Café CIC (B3)

City and Islington College runs many courses for students with learning disabilities. The Organic Café is a three year course which gives students a full introduction to practical catering in real world situations. Additionally, students completing the course can obtain an EdExcel certificate in Skills for Working Life. The course content includes preparing for work, work skills, basic food hygiene, running a café and menu planning. The practical focus is on creating healthy, organic and vegetarian food. Students work in the café and by Level 3 manage and supervise the nightly openings. Students also have the opportunity to work at a variety of outside functions at all three levels, including College events such as presentations and health fairs, Wild Bunch club nights and the even the prestigious Glastonbury Festival.



Mulberry School for Girls (B4)

Mulberry School for Girls is a vibrant, high achieving community school, close to Whitechapel and in the heart of the Bangladeshi community. The school aims to be a happy place for pupils and staff, where its pupils aspire, lead and excel as young women who make a successful contribution to the wider community.

The Year 10 Food Technology class at Mulberry has formed a group for Eat London. The Food Technology course at Mulberry combines nutrition with practical food preparation, and encourages students to take a hands-on approach to experimenting and creating with food.

Year 10 Food Technology were delighted to take up the challenge of building landmarks Tate Modern, Shakespeare's Globe and Millennium Bridge. The project has put these students at centre stage in their school and Trafalgar Square. It has boosted their confidence and given them the chance to celebrate with 13 other community groups from London.



Eastwards Trust - Saathi Centre (B5)

Saathi Resource Centre is part of the Eastwards Trust. The centre is run for people over the age of 50. We organise different activities and have Health, Educational and Social Activities for our members on a daily basis. We do day trips and take part in events run in the community.

Most of our members are retired and have lots of spare time and don't cook as much as they used to. Eat London is a great opportunity for the members to do some creative work using food. They have enjoyed the workshop process and eagerly anticipate the final event.

The members are very excited, and look forward to giving it a go.



Nu-Life (C1)

Nu-Life is made up of six teams working across the borough of Newham to provide valuable services to over 100 individuals with learning disabilities in the community. Nu-Life enables people to have more meaningful social contact and to try out different activities that they wouldn't normally have the opportunity to do. It also enables people to develop skills and knowledge to achieve specific goals in their life.

For the Nu-Life group, eating is a very important social activity, and the Eat London project has provided the opportunity for participants to take on a more active and involved role in their community, outside of the day centre environment. Taking part in Eat London and being trusted in their equal role as part of the project has helped improve the groups' confidence and the event in Trafalgar Square will be a day of great pride for the group.



Shoreditch Cravings (C2)

'Shoreditch Cravings' meet at Training for Life's Community Kitchen, 16 Hoxton Square. All 13 participants live in the heart of Shoreditch and have close links with their community. Some have taken part in healthy eating workshops at Shoreditch Spa, others have taken part in Café Caliente (a mobile café run by young people in Shoreditch), others are ambassadors for Shoreditch Audiences and Friends of Shoreditch Festival, but all are passionate about food and the arts! The group gives opportunity to people from different backgrounds and ages to work with people who they wouldn't have otherwise met. Supporting such inter-generational relationships helps understanding and confidence from both elder and younger individuals.

By participating in Eat London, the Shoreditch group have really enjoyed working alongside high-profile artists as fellow artists-chefs, and exploring food as an artform. Above all, the group's Eat London experience has been about community engagement - building new friendships as well as edible buildings.



Greenwich Vietnam Women's Group (C3)

Greenwich Vietnam Women's Group is a charity serving the needs of the Vietnamese and Chinese communities living in Greenwich. The group meet at Woolwich Common and provide ongoing recreational activities and educational classes, as well as holding celebrations for special festivals or events. Most of the members speak mainly Vietnamese and Cantonese.

Cooking and eating is a significant activity for the group. It's a reason to get together to share and exchange ideas, recipes and cooking styles based on varieties and differences in cooking, eating and appreciating traditional and cultural foods.

The women's knowledge of cooking has been passed through the generations and yet the members are now thinking about cooking in a very different, exciting way. The group have stepped outside their everyday experience and taken what is normally done inside their homes and behind closed doors to a public stage to be celebrated.



Bowbons from Bromley by Bow Centre (C4)

Bowbons are a mixed group of all ages and abilities drawn together from a number of projects including Art East, Community Care and Public Art HNC to take part in Eat London. They are based at the Bromley by Bow Community Centre in Tower Hamlets.

The Bromley by Bow Centre provides services for the local and wider London community around health, learning, enterprise and employment.

Food and art have always been a way of bringing people together and celebrating at the Centre, and the Eat London project has brought together a range of people who are all enjoying taking part. It's been a great way of encouraging people to work together, including the Centre staff and participants. The project has enabled the group to take risks and think on their feet.

They are looking forward to eating London in Trafalgar Square, alongside other groups who have shared the same experience.

Thank you

We would like to thank everyone who has made Eat London possible - including the participating food groups, their friends and families and Lift staff. We would also like to thank:

Concept design: Alicia Rios - Bárbara Ortiz - Ali&Cia - Alicia Rios - Bárbara Ortiz - Simon Cohen - Miguel Eraso - Diego Vega

Facilitators: Illugi Eysteinnsson - Sue Mayo - David Palazon - Lee Parvin - Julie Therond - Martina von Hohn.

Production team: Performance Director - Luca Silvestrini - Music Direction - Urban Development through collaboration with Tony Nwachukwu, DJ Wonder and Urban Development students - Production Manager - Jonathan Bartlett - Press - Kean Lanyon - Design - thomas.matthews - Photography - Tim Mitchell.

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Map menu

From Hyde Park to Elephant and Castle, what will London taste like...?

Saturday 28 April, 12.30 - 4.00pm, Trafalgar Square



Supported by: The Goldsmiths' Charity Company



Lift, the London International Festival of Theatre, is a progressive biennial theatre festival which creatively explores local and global issues with local as a catalyst. Currently in development, the Lift new Platform is a flexible meeting and performance space which will open as the centrepiece of the next Lift Festival in June 2008. It is a Lift initiative built in partnership with venues and their surrounding communities from across London, including Royal Stratford East and Stratford Circus. Eat London is a Lift New Platform event.



...welcome to **Eat London** – a giant, edible, 3D map of the centre of our city, cooked and built by over 200 people. **Get stuck in!**

A free outdoor event on Saturday 28 April at Trafalgar Square, from 12.30 – 4.00pm, produced by Lift.

What's happening:

- 12.30** The edible map is brought together in 14 sections under a central marquee.
- 1.15** Welcome.
- 1.30** A musical parade, as the cooks escort their pieces of the map to the serving tents.
- 2.00 – 3.45** **London is served!** Visit the tents to taste and see the maps up close, talk to the people who cooked and built them and collect recipes for London's landmarks.
- 4.00** Eat London ends.

As well as deciding which piece of London is yours to eat and chatting with the cooks, you can also visit the welcome tent to find out more about the making of Eat London. Here you can:

- listen to audio interviews with some of the participants during the making of Eat London
- read some of the recipes for London's landmarks
- touch polystyrene models of iconic buildings, cars and buses to get a sense of the scale of the map
- find out more about Lift, producers of this event, and our next events.

And once you've digested it, visit liftfest.org.uk to see images of the event and to give us your feedback.

Over the last three months people from 14 volunteer groups across London have been gathering in community centres and kitchens, with a Lift team of facilitators, to imagine and rehearse building an edible city.

Together they have visited central London to scrutinize and inspect the many iconic buildings that make up our city.

Having debated the loading capacity of pizza for the London Eye, and discussed the appropriate colour of misti, Indian sweets, for Buckingham Palace, these architects, designers, builders and cooks have, baked, concocted and constructed Eat London!

From dens to tower blocks, from the village to the metropolis, buildings are the most concrete expression of our relationship with our world, and each other. From quiche to samosas, our food reflects our diverse cultures and our delight in tradition and experimentation.

Eating, an experience of the senses, is made all the better in company. Thank you for coming.

Angharad Wynne-Jones, Director of Lift

An introduction from the artists – Ali&Cia

On Saturday 28th of April 2007 at 12.30pm at Trafalgar Square the UK premiere will take place of a ceremony of 'urbanphagy': eating the city. Together we will collectively devour the city of London, satisfying our sensory and intellectual curiosity.

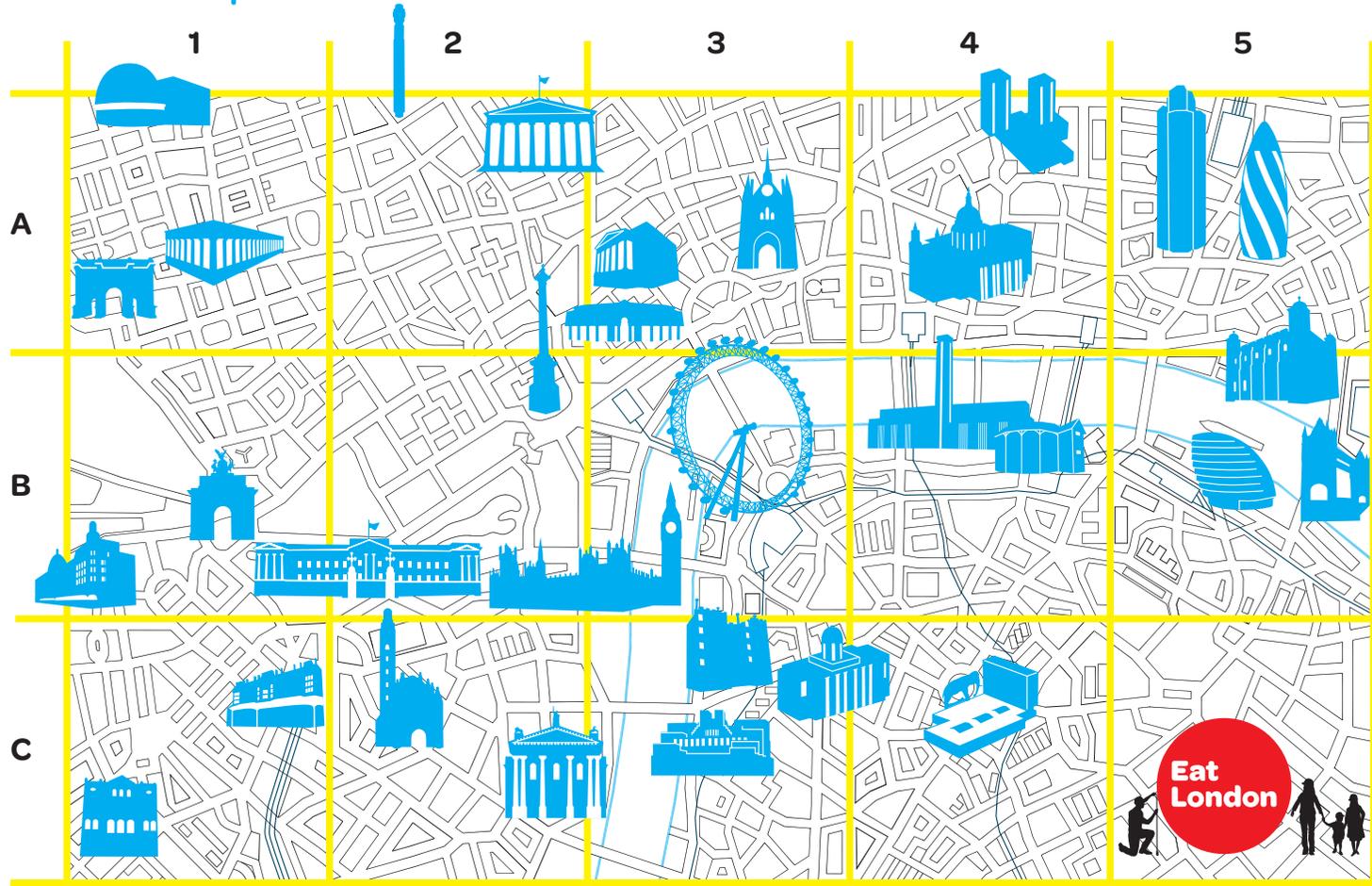
The nature of the site for the celebration allows us to understand its complexity. In Trafalgar Square – not only the symbolic heart of London but also site of the original Charring Cross from which all distances are measured and since its beginnings a favoured site for political demonstrations and cultural activism – 14 communities will gather, dance, play music and offer their foods for free, to all who come along.

After an intense year of creativity, planning and productive interaction the project comes to fruition. It has been conceived as an edible trompe l'oeil: nothing is what it seems to be. At first sight it is London in 3D, featuring its urban structure and all of the most iconic and pivotal elements of this lively and beautiful city. All of a sudden we discover that although it is a real model of the city it is also edible!

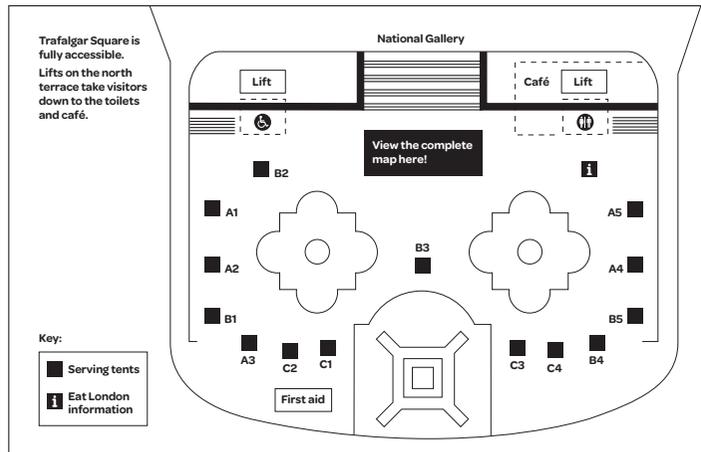
Another dimension of this event is the opportunity to realise one's dream or desire to eat a particular building: a collective catharsis of urbanphagy. Indulge yourselves in eating Big Ben and the Houses of Parliament, the Greater London Assembly, Buckingham Palace, St. Paul's Cathedral or just your fantasised piece of Trafalgar Square. And, last but not least, the menu is complex and delicious, reflecting the sensory and emotional traditions the participating communities have put into the delectable food – cooked by them for you.

– Ali&Cia's Eating the City was originally initiated and produced in 2004 in Melbourne, Australia by the City of Melbourne as part of its Community Cultural Development Program.

Eat London map:



Find your way around Eat London:



A1: SubCo

Marble Arch: columns and arches of white coconut burfi blocks and liquorice gates.

Planetarium: a solid spheric cast of the Indian desert green halva. **Selfridges:** built with savoury Indian handva surrounded by spring roll columns.

A2: The Factory

B1 Tower: a tower of bagels with cucumber tiles, topped with olive, gerkin and cherry tomato satellites.

British Museum: Irish brack cake and ginger cake covered with white rolled icing, white chocolate finger pillars encased in icing and covered with a sugar cube dome.

A3: Tower Hamlets Summer University

Royal Opera House: chocolate brownie bricks with a lemon jelly dome and brandy snap gates.

Covent Garden Market: built with Indian spicy sweet bread and thousand and one nights' sweets!

A4: Roj Women's Association

St. Paul's Cathedral: baklava foundations, with walls of vine leaves and other Turkish and Kurdish specialities, topped with a melon dome.

Barbican Centre: towers of Turkish delight and halva.

A5: Project Phakama UK

Tower 42: cucumber frame with windows of cheese and silver-skinned onions.

The Gherkin: windows of black and white grapes layered over an emmental base.

Lloyds of London: rye bagel levels with glistening smoked salmon and cream cheese separated with black olives.

B1: The Spicy South

Harrods: a rich English fruit cake.

Wellington Arch: sculpted Danish marzipan.

B2: Spitalfields City Farm – The Coriander Club

Buckingham Palace: built with blocks of Indian sweets called misti with a jellabis balcony.

Westminster Abbey: ornate chapatti and bindi (okra in batter) architecture and a circular onion ring window.

Nelson's Column: a tower of aloo chop (potato cakes), topped with jelly.

B3: Organic Café CIC

Houses of Parliament: wholemeal toasted cucumber sandwiches with pinnacles of breadsticks, grapes and pitted olives.

London Eye: constructed from pizza bases with red pepper capsules held in position with cheese.

B4: Mulberry School for Girls

Tate Modern: sticky flapjack bricks with icing on top. **Shakespeare's Globe:** coleslaw and cheese sandwiches in brown bread, cemented with cheese spread, with a crusty roof topped with dates.

B5: Eastwards Trust – Saathi Centre

Tower Bridge: built with stacked samosas and ornate cauliflower and onion pakoras.

Tower of London: built with blocks of three kinds of coloured burfi. **City Hall:** constructed from a very spicy Idli, a South Indian pancake made of rice and lentils.

C1: Nu-Life

Victoria Station: orange juice cartons and waffle brickwork, surrounded by red liquorice buses.

Royal Court Theatre: columns of toffee apples with red icing letters.

C2: Shoreditch Cravings

Take Britain: traditional Christmas fruit cake sculpted in white marzipan.

Westminster Cathedral: chocolate cake bricks, cemented with icing and layered with caramel windows and three molded white chocolate domes.

C3: Greenwich Vietnam Women's Group

Lambeth Palace: roast duck stones with prawn crackers to sculpt the white bits.

M16 Building: sesame balls and New Years' Vietnamese sweets. **Imperial War Museum:** Vietnamese spring and summer rolls with spinach and a lime dome.

C4: Bowbons from Bromley by Bow Centre

Elephant and Castle Shopping Centre: a chocolate fudge cake castle filled with buttercream with white chocolate square windows and pink icing elephants.

We cannot guarantee that Eat London will cater for people with specific food allergies.

For a complete list of ingredients please refer to the food servers or ask for a list from the Information tent.

As a guide these tables cater for the following diets:

- Vegetarian: B2, B5, B3
- Vegan: C2
- Halal meat: A3