

Cathy Fitzgibbon

The Culinary Celt



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THE
CULINARY CELT

Cathy Fitzgibbon, aka The Culinary Celt, brings over two decades of expertise in advertising, communications and strategic storytelling to the table.

As an Irish Food Advocate, published author and sustainability educator, her business is driven by a deep passion for nature, the environment and a profound respect for Ireland's natural food heritage.

Since founding The Culinary Celt in 2018, this multi award-winning entrepreneur has built a platform that champions Irish food producers, promotes sustainable food systems and inspires individuals, communities and organisations to embrace mindful food-related lifestyles that work in harmony with our natural environment.

Hailing from North Cork, Cathy's debut book, *Eat with the Seasons*, together with her growing portfolio of peer-reviewed articles on sustainability and wellbeing continues to educate and inspire others to enjoy food in more practical and sustainable ways.

With over twenty years of professional experience, Cathy combines strategic communications, education and marketing expertise to inspire positive change through food, sustainability and authentic storytelling. She provides strategic marketing consultancy for businesses across the food, agriculture and biodiversity sectors, helping purpose-led organisations communicate their impact with clarity and confidence. Through her educational talks, corporate workshops and retreats, Cathy empowers individuals and organisations to build healthier, more balanced relationships with food, nature and the world around them.

Cathy remains grateful to the ACORNS Programme for connecting her with a vibrant network of like-minded entrepreneurs, creating valuable opportunities for collaboration, lasting professional relationships and the open exchange of ideas, experiences and support while navigating the opportunities and challenges of growing a successful business.

The Culinary Celt represents a holistic approach to living and consuming that nurtures personal wellbeing, strengthens environmental sustainability and celebrates Ireland's rich food culture, making every bite a step towards a healthier future!

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine