

Transition Streets
Facilitators guide for session 4
Food



What do we want to achieve and why?

Key aim: To allow the group to give themselves permission to share their habits and explore issues deeply honestly and openly.

Facilitator Tips:

- Send a reminder to the group 1 week in before the meeting.
- Take 2 mins just before you start to ask yourself ‘what do I want to achieve in this session and why?’
- Spending time warming the group up first makes brainstorming objectives more productive and running through the workbook less dry.
- Some groups already know each other well and may need less time warming up.
- The confines of a living room often mean breaking rules about good workshop practice. For example, breaking into sub groups and moving around doesn’t work so much. If people feel they are back at work or school, they may resist engaging.
- We suggest that you have the group agreements from the previous meeting written up and posted on the wall during the meeting. You may want to review them as a group at the beginning of each meeting.
- Try to draw everyone into the conversation. Give everyone a chance to speak.

To bring:

- Your own TS workbook
- Flip chart & pen – at least 3 sheets:
- 1 titled ‘actions & progress from last session’;
- 1 ‘chapter highlights’;
- 1 ‘bigger picture’

Please note: All timings are suggested. Feel free to adjust timings to best suit your group.

<p>Gather, welcome, warm-up</p> <p><i>One idea for a short warm-up activity: have everyone go around responding to the question, what’s the weirdest thing you’ve ever eaten.</i></p>	<p>10 min</p>
<p>Review actions & progress from previous session</p> <p>What actions have you taken since the last group session to support our local food system?</p>	<p>15 min</p>

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<p>Facts & Actions: ‘Food’</p> <p>This chapter covered the following topics:</p> <ul style="list-style-type: none"> • Buy local, seasonal foods (4.3) • Reduce food waste (4.9) • Try organic (4.11) • Grow your own (4.13) • Eating lower on the food chain (4.15) <p>Some suggested actions included:</p> <ol style="list-style-type: none"> 1. Purchase food from local farms, farmers markets and shops. 2. Consider joining a community supported agriculture program. 3. Ask your local market to stock local produce, if they don’t already. 4. Visit a local organic farm and learn more about food production. 5. When possible, buy food that is in season. 6. Ask for more local food in your school, hospital, workplace, and restaurants. 7. Measure food portions more accurately. 8. Freeze food before it goes bad. 9. Plan all meals for the week and write your shopping list accordingly. 10. Keep the essentials in your cupboard, fridge, and freezer. 11. Follow manufacturer’s storage instructions. 12. Make sure your fridge is cold enough to keep food fresh. 13. Be creative with your leftovers. 14. Buy bulk organic food with your friends. 15. Grow some of your own organic food. 16. Volunteer at an organic farm in exchange for produce. 17. If you don’t have space to grow food at your home, consider a community garden or a yard-share 18. If you don’t know how to grow food, learn online or through local gardening courses. 19. Join a crop swap or produce exchange. 20. Eat less meat. When you eat it, eat local pasture-raised meat and consider ordering it directly from a producer you know and trust. 21. If eating meat, use it as a condiment instead of a main dish (try placing it on the side of the plate when serving). 22. Consider vegetarian or vegan options when you eat out. <p><i>Some potential questions to guide the conversation:</i></p> <ul style="list-style-type: none"> • What information stood out for you from this chapter? • Was there anything new and surprising? • Are there things you’re doing to support the local food system that aren’t mentioned in the chapter? 	<p>60 min</p>
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<p>Your Personal Action Plan</p> <p>Now that we’ve talked about the facts and actions to support local food systems, let’s fill in our own food action plan (section 4.15 of the workbook). What are the actions that you’ll commit to doing?</p> <p>The action table in your workbook has room for you to include actions that you will be doing, along with a deadline. It also has room for you to note actions that you’re already doing to support the local food system.</p> <p><i>Give people a few minutes to write down their actions. If there’s time, the group could go around to share one action that they’re committing to take.</i></p> <p>Are there any group actions that you want to take that you’d like help with from others in this group?</p>	<p>10 min</p>
<p>The Bigger Picture</p> <p><i>Refer to Section 4.17 of the workbook.</i></p> <p>We saw in the first action that buying local, seasonal, organic food from independent shops has environmental benefits and helps our local economies thrive. However, many of us shop at major supermarkets. (For more about supermarkets see end of this chapter.)</p> <ul style="list-style-type: none"> • What benefits do these large supermarket chains offer us? What are the downsides? • How important is a strong, local food system to our town and our community? • How might “eating low on the food chain” factor into your eating habits? • How can we share the economic and health benefits of eating fresh, local, and organic food with our family, friends, and neighbors? 	<p>20 min</p>
<p>Re-confirm Next Meeting</p> <p><i>Before ending the meeting, the group should re-confirm the date, time, location, and facilitator of the next meeting.</i></p>	<p>5 min</p>