

Title of Workshop : Rethinking Local Food Systems: A Community Potluck and Discussion

Length: 120 minutes

Intended Audience: Community members, particularly older individuals

Learning Objectives : (Bulleted list 2-3 objectives)

By the end of this workshop participants will be able to

- Identify what a food system is and the difference between a local, regional, and global food system
- Identify benefits and challenges in sourcing local food
- Identify one action step to increase local food within participant's own diet and community

Materials :

- Recipe Handout
- Local Food Resources Handout
- Actual Dish (optional)
- White Board with markers
- Large White Notepad
- Computer (optional with calculator)

Overview of Workshop :

This is a community potluck and discussion to explore the ways in which we can better support local food. Although local food is thought of as trendy and expensive to many, building local and regional food system is an essential component to creating more resilient and sustainable communities. This workshop is designed to teach participants about the importance of buying local food and supporting small farmers and local businesses as well as provide resources to accessing and enjoying healthy food in their own communities. Participants are asked to bring a dish using local produce to share with the community.

Opening of Workshop

4:30 to 5:00 pm -- Arrival and Welcome, sharing of food

5:00 to 5:15 pm -- Introductions of facilitators and of community members; ask for name, where they are from, and why they have come to the workshop

During the Lesson

5:15 to 5:45 pm -- Food System definitions and brainstorm with specific recipe

What is a Food System? -- ask participants to describe what they think a food system is
Take example dish/recipe and map out food chain with each ingredient -- ask "Where would you buy those ingredients and where do you think they come from?"

What is a Local Food System? -- take same same recipe and try to source ingredients from local farms/markets/stores. Brainstorm each ingredient.

5:45 to 6:00 pm -- Reflection & Brainstorm

What are some of your the most significant challenges in sourcing locally?

What are the benefits of sourcing locally?

What are some of the things we can do to increase the amount of local food we incorporate in our diets?

How can we take action in our community? -- see buylocalfood.org action steps & fill in what participants don't say

Lesson Closing

6:00 to 6:15 pm -- Present Resources

SNAP & Save

Senior Farmshare & Senior Discounts

Farmers Markets & CSAs

Retail Stores

Show Local Food Impact Calculator

6:15 to 6:30 pm -- Closing

Write down one goal for yourself

Go around in a circle to share with the group

Thank participants