

Workshop Plan: Growing Food Resiliency: Part 1

How does food resilience connect to our humanity, our natural way of being? How have we fallen away from our humanity and how has this impacted our food system? How can we work to change our food system?

***DISCLAIMER*:** My part of this workshop is not traditional in the sense of there is not a hands on activity where you are learning a skill – although throughout the lesson there is opportunity to input interactive activities to fit the mold. I've found it very helpful in my own life to learn about theory and then apply that in practice; my partner and I attempted to just that, applying the theory that I had thought to the physical (fun) practice of seed saving . The audience for me was mostly older women and in knowing this...I geared my activities to fit their needs, using the tools of pair sharing, journaling, and large group discussion.

Length: 1 hour – 1 hour 15 minutes

Objectives:

By the end of this workshop participants will be able to or participants will know...

- Explore the values that shape our capitalist consumer based food system (through Integral Theory)
- Engage with your own needs in a society (Human Scale of Development)

...and then through Part 2 of this workshop

- Critically analyze that our own needs can recreate resiliency in the food system
* We accomplished this through a lesson on how to save seeds – although the practice piece could be a whole number of different topics, that was just the one we choose!

Materials:

What do I need to make this successful?

1. Flipchart Paper/Whiteboard
2. Markers (Colorful!)
3. Writing Utensils
4. Construction Paper
5. Handouts
6. Name Tags (if you see fit)
7. Camera (for photos!)
8. Snack/Food of some sort

The Overview of the Lesson

As you are waiting to begin, waiting for people to trickle in, connect with a few people....as it will probably help you later on in the lesson! I, for example, introduced myself and learned a name of one of the women there...I later used that to call upon her in a discussion.

Lesson Opening

- Share a little bit of your story of self
 - € (Why are you are there, What made you interested in teaching this topic or in teaching this specific group of people?)
 - € Example: I was teaching to this small group of community members for a class project. I also found that the ideas that my partner and I had for our workshop built off each other as bridging theory into practice.
- Start from their personal experience.
 - If you are an insider to the community, it is a way to get the conversation going
 - If you are an outsider, it is a way to connect with the community
 - How do you go about doing this?
 - € What do you want to know the most about your audience?
 - a. Name and what brought you to this space
 - b. The above is just an example – this is what I wanted to know especially as an outsider to this community and without knowing who would be there it was an easy and relaxing way to open the space and an opportunity for me to learn/gauge a little about the audience.

During the Lesson

- *The Concepts*: Provide the definition of Food Resiliency. Write up on a flip chart. See workshop description for the definition. Mention here that food resiliency is important especially within the current climate crisis and globalization of our food system which make it more challenging to rely on our food system. Keep bringing it back to this if you can!
- SEE HANDOUT.
- *Values*: Start with their values.
 - What does food resiliency mean to you?
 - What would your ideal food system look like to you?
 - What does your community food system look like?
 - If you are having trouble getting a discussion started, reference the two graphics that I have provided in the second handout.
- *Transition*: Reflect upon your favorite meal.
 - Share with a partner. What do you notice about your story? Does it include other factors besides just food?
 - Often times...people will share more about the meal than just the food
 - Why did you all do that?
- *Interactive Activity: The Theory*: Now ask the audience to again think about their ideal community food system in terms of your needs on the Human Scale of Development as developed by Manfred Max-Neef. What would you need to thrive? *Interactive Activity*: Partner up with one – 2 people. Brainstorm a list and then write the list on sticky notes.
 - Use this as a plug – the capitalist workings of our society have overshadowed our needs as humans.
 - See attached additional resources.

Lesson Closing (dependent on time)

- Little Bit of Time: Go – Around: What is something you are taking away from today?
- Lot a Bit of Time: Group Discussion
- THANK THE AUDIENCE and provide mode of communication for the future!

Example: I just wanted to say thank you (for sticking with me!) I've wanted to pass on what I learned when I was in England this past summer so thank you for participating! If you have any other questions, reference your email, phone number, mode of communication, etc.