

Toolkit

– 20 Workshop Scenarios –

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Toolkit – 20 Workshop Scenarios – represents a tangible project result as intellectual output developed within the project "Food Literacy for Local Food" (FL4LF).

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EDUFONS – Centar za celoživotno obrazovanje from Serbia is the project coordinator and lead organisation within the scope of work of the FL4LF project (and this intellectual output) with aggregated efforts of the partner consortium:

- Gramigna OdV from Italy
- Akademie für politische Bildung und demokratiefördernde Maßnahmen from Austria

Editorial Information:

Toolkit – 20 Workshop Scenarios – is the result of the collective work of FL4LF partners, which took place under the coordination of Gramigna OdV from Italy, whereby each partner provided significant information from the point of view of their local and/or national context, their target groups and their own project experience.

Author Contributions

Conceptualisation, original draft preparation, literature review, writing and English editing.

All authors have read and agreed to the published version of the manuscript.

Conflicts of Interest

The authors declare no conflict of interest.

PROJECT PARTNERS



Designed by
Gramigna OdV



Toolkit – 20 Workshop Scenarios –

– a collection of workshop scenarios that outline the path of the Food Literacy Learning Model and include the process of social integration

The toolkit is developed to work with multi-vulnerable groups of adults (TG1)

→ to contribute to their empowerment and education in the field of food literacy and local food concepts and application of knowledge and skills in real situations

The toolkit is designed for educators/organisations working in adult education and addressed to a broad public, specifically targeting:

→ operators working directly with adults, who understand the concept and can apply the methodology

ADULT EDUCATORS (TG2-4) who will have direct contact with TG1, especially those dealing with responsible consumption, food literacy and similar issues

- TG2: adult educators (staff/members of participating organisations)
- TG3: educators/teachers/other staff who support adult learners
- TG4: organisations and providers of adult education

→ local, national and European levels (through dissemination)

→ emphasis on actors (individuals/organisations) who belong to community groups and local organisations

LANGUAGES: English, Italian, German, Serbian

KEYWORDS

Food Literacy, Local Food, Learning Model, multi-vulnerable adults

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The toolkit is open and available through the project's online platform – www.fl4lf.eu/resources for all people who are interested in it.

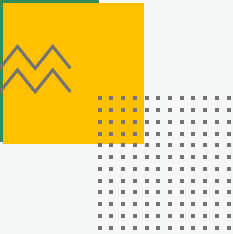
Comments and suggestions on the issues raised in this guide are welcome and can be addressed to FL4LF partners on the project website www.fl4lf.eu.

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This Toolkit is a collection of 20 workshop scenarios for adult educators to contribute to rounding off the Community-based Food Literacy Learning Model for adults through ideas for practical application.



We wish interested readers a pleasant journey in building a Community-based Food Literacy Learning Model!





FOREWORD

Welcome to the Toolkit for Adult Educators!

Within these pages, you will find a collection of 20 Workshop Scenarios designed to empower and inspire adult educators in their quest to facilitate engaging and impactful learning experiences.

Join us in this interactive and informative journey, where learning is both fun and impactful! Whether you are a seasoned educator or just starting out, the toolkit is crafted to meet your needs and enhance your teaching arsenal.

The workshop scenarios provide a flexible framework that can be tailored to suit your learners' unique needs and objectives. Each scenario within the toolkit has been meticulously crafted to address various learning styles, preferences, and skill levels, ensuring you have diverse resources at your fingertips. From interactive group activities to thought-provoking discussions, these scenarios cover various relevant topics for adult education.

Dive in, explore, and discover the tools you need to create dynamic and engaging learning experiences that empower and inspire your students.



Toolkit is an integral part of the Community-based Food Literacy Learning Model, which consists of the following components:

1. Guide - Community-based Food Literacy Learning Model and how to support multi-vulnerable adults
2. FL4LF Competency Table - Food Literacy Competency Framework for Adults
3. Toolkit – a collection of 20 workshop scenarios



The toolkit stems from the Guide – Community-based Food Literacy Learning Model and how to support multi-vulnerable adults, which is the basis of this adult learning model.



The toolkit uses the FL4LF Competency Table – Food Literacy Competency Framework for Adults to assess learning outcomes (pre-/post-evaluation) and addresses the competency aspects covered by this framework.



We invite all users of this toolkit to look for the other components of the Community-based Food Literacy Learning Model at www.fl4lf.eu, and we recommend that they use them in combination to have a rounded whole.

Workshop scenarios follow a matrix built on three pillars embedded in Community-based Food Literacy Learning Model initiatives:

- reconnecting with the producers who feed us (local farmers)
- supporting local vendors (local farmers)
- reducing wastage/throw of food (zero food waste)





**Section 1:
Essential Materials and
Equipment**

Before you dive into the specific workshop scenarios, you should start with a solid foundation. This first section outlines all the essential materials and equipment you will need to set up any of the workshops described in this toolkit. Think of this as your "master list" of critical ingredients for cooking up a successful workshop experience.



Why this matters: Having a well-prepared environment is key to facilitating smooth and effective workshops. The right tools and materials enhance the learning experience and help maintain the flow of the workshop, ensuring participants stay engaged and focused.

What you will find here: This section provides a comprehensive list of physical and digital resources required. Whether you are setting up a creative brainstorming session, a technical skill-building workshop, or a team-building exercise, these are the essentials to keep your workshop running smoothly.

- Physical Equipment: tables, chairs, whiteboard or flipchart, markers, projector or screens (optional)
- Digital Tools: platforms that you will use for presentations, collaboration, and communication
- Supplies: stationery, post-it notes, pens, and other consumables
- Evaluation forms for feedback
- Refreshments for the break (optional)

By ensuring that these elements are in place, you are setting the stage for a successful and productive workshop. In the following sections, we will delve into the specific materials tailored to each workshop type and explore innovative ice-breaking techniques to kickstart your sessions.

Let's get started!





Section 2:
**Reconnecting with the
producers who feed us
(local farmers)**

1 - Community-Supported Agriculture (CSA) Program Participation

ABSTRACT:

Community-Supported Agriculture (CSA) Program Participation | Objective: Foster ongoing connections with local farmers. | Activity: Facilitate the enrollment of participants in a local CSA program. Discuss the concept of a CSA, where community members receive regular deliveries of fresh produce directly from local farms. Encourage participants to share their experiences and recipes with the group.

This workshop introduces participants to the concept of CSA programs, emphasising the importance of supporting local farmers. Through discussions, enrollment activities, and recipe sharing, participants gain practical insights into the benefits of CSA participation and contribute to building a stronger connection with their local farming community.

MAIN GOAL: to foster ongoing connections with local farmers through CSA program participation

SPECIFIC OBJECTIVES are:

- to understand the concept and benefits of Community-Supported Agriculture (CSA)
- to enroll participants in a local CSA program
- to discuss experiences and expectations related to CSA participation

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- articulate the significance of CSA programs in supporting local farmers
- successfully enroll in a local CSA program
- share personal experiences, recipes, and expectations regarding CSA participation

TARGET GROUP → multi-vulnerable adults, with a focus on those facing socioeconomic difficulties, including young adult parents and individuals from rural areas

GROUP SIZE → group (optimal: 10-15 participants)

ESTIMATED DURATION → at least 2.5 hours

FORMAT → hands-on activity, group discussion, enrollment demonstration, reflection - primarily face-to-face with potential for online elements



Setting up the workshop: Methodology / Process description

→ Introduction to CSA (Presentation - 10 minutes):

Use a projector to present key concepts of CSA programs.

Emphasise the benefits of CSA participation, such as supporting local farmers, receiving fresh produce, and building community connections.

→ Enrollment Demonstration (Interactive Demonstration - 30 minutes):

Distribute printed information about local CSA programs.

Explain the enrollment process step by step (filling out forms, selecting a subscription plan, payment options).

→ CSA Program Participation (Hands-on Activity - 60 minutes):

Distribute enrollment forms and pens.

Participants complete the forms, indicating their preferences and subscription choices. The educator provides assistance and answers questions.

→ Reflection and Discussion (Group Discussion - 15 minutes):

Facilitate a discussion on the significance of supporting local farmers.

Ask participants to share their expectations and concerns about joining a CSA program. Discuss the impact of CSA participation on personal and community well-being.

→ Closing Remarks and Recipe Sharing (Closure - 10 minutes):

Recap key points from the workshop.

Encourage participants to share recipes or meal ideas using CSA produce.

Provide information on the next steps, such as receiving the first CSA delivery.

Before the workshop:

- Research to understand key aspects related to the CSA concept and compile information about local CSA programs
- Prepare enrollment forms and additional materials for participants
- Promote the workshop by emphasising the benefits of participating in CSA



Extra workshop “ingredients”:

- printed information about local CSA programs
- enrolment forms for CSA programs
- recipe cards or notebooks for participants

Adaptation, additional tips:

- Consider inviting a local farmer or CSA representative for a brief Q&A session.
- For virtual workshops, use online enrollment forms and conduct discussions via video conferencing.
- If the workshop extends beyond 2.5 hours, consider organising a field trip to a local farm that participates in the CSA program.



2 - Community Garden Initiatives

ABSTRACT:

Community Garden Initiatives | Objective: Engage participants in growing their own food. | **Activity:** Establish community gardens where participants can actively participate in growing fruits, vegetables, and herbs. This hands-on experience promotes local food and reinforces the connection between food production and consumption.

In this interactive session, participants will embark on a journey of learning to reconnect with the origins of their food, fostering a deeper understanding of the Community-based Food Literacy Learning Model. The purpose is to empower participants to actively engage in growing their own food, promoting a sustainable and local approach to food production. This workshop serves as a pivotal step in fostering a connection between consumers and local farmers, aligning with the pillar of "reconnecting with the producers who feed us." Through hands-on activities and insightful discussions, participants will gain valuable skills, contribute to community-building, and become advocates for a more resilient and interconnected local food system.

MAIN GOAL: to empower participants to actively engage in growing their own food through community gardens

SPECIFIC OBJECTIVES are:

- to understand the significance of community gardens in supporting local farmers
- to learn the basics of cultivating fruits, vegetables, and herbs
- to establish a direct connection between participants and the food they grow

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- demonstrate competence in basic gardening skills
- identify the benefits of community gardens for local farmers and the community
- cultivate a sense of responsibility for their role in sustainable food production

TARGET GROUP → multi-vulnerable adults, with a special focus on young adult parents or those preparing for parenthood, predominantly mothers, people from rural areas, and persons of migrant origin

GROUP SIZE → group (optimal: 15-20 participants)

ESTIMATED DURATION → at least 2.5 hours

FORMAT → hands-on activity, potentially combined with online resources for support

Setting up the workshop: Methodology / Process description

→ Introduction to Community Gardens (10 minutes):

The importance of community gardens in fostering a sense of connection to food sources. Highlight key concepts such as community collaboration, sustainable practices, and the benefits of growing local produce. Discuss the role of community gardens in promoting food literacy and the pillars of the Community-based Food Literacy Learning Model.

→ Gardening Basics Demonstration (30 minutes):

Provide an overview of common gardening tools and their uses. Emphasise safety precautions. Demonstrate proper soil preparation techniques, including testing soil quality, adding amendments, and creating suitable planting beds. Illustrate the process of planting seeds, discussing seed types, spacing, and depth. Encourage participants to ask questions. Cover essential watering practices, emphasising the importance of consistent moisture. Discuss ongoing plant care and maintenance.

→ Hands-On Gardening Activity (60 minutes):

Divide participants into small groups and assign each group a designated gardening space. Participants engage in planting seeds following the demonstrated techniques. Facilitators provide guidance and support.

Group Collaboration:

Encourage collaboration within groups. Discuss the benefits of working together, sharing responsibilities, and fostering a sense of community.

→ Q&A Session:

Pause for a brief Q&A session to address any challenges or queries participants may have encountered during the hands-on activity.

→ Closing Remarks and Homework Assignment (10 minutes):

Recap the key concepts discussed during the workshop, emphasising the significance of community gardens.

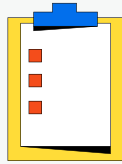
Homework Assignment: Assign a reflective task for participants to document their ongoing experiences with their planted seeds. This could include regular observations, challenges faced, and the growth progress of their plants.

→ Methodology/Process Description:

This workshop employs a participatory approach, blending theoretical knowledge with hands-on experience. Facilitators engage participants through discussions, demonstrations, and practical gardening activities. The emphasis is on creating a collaborative and inclusive learning environment, promoting active involvement and community connection throughout the workshop.

Before the workshop:

- Tailor the workshop content based on understanding potential gaps in participant knowledge [Conduct a pre-assessment or survey to gauge participants' existing knowledge, preferences, and any specific challenges they may face while participating in community gardening. Multi-vulnerable adults may have varying levels of familiarity with gardening concepts and this insight will help tailor the workshop to their specific needs]
- Prepare the tools and needed equipment in advance
- Check the weather conditions



Extra workshop “ingredients”:

- gardening tools
- seeds
- soil
- watering cans
- educational materials on gardening basics



Adaptation, additional tips:

- Consider participants' physical abilities and make necessary adjustments to gardening activities.
- Provide alternative learning materials for participants with language barriers.



3 - Nutrition Label Scavenger Hunt

ABSTRACT:

Nutrition Label Scavenger Hunt | Objective: Familiarise participants with reading and understanding nutrition labels. | **Activity:** Create a scavenger hunt where participants search for specific nutritional information on food labels. Discuss the significance of key elements such as serving size, calories, and nutrient content.

As a component of the Community-based Food Literacy Learning Model for adults, this workshop focuses on practical skills essential for daily life. Understanding nutrition labels is more than just reading numbers; it is about making informed decisions that impact health and well-being. In this workshop, participants will dive into the world of nutritional information, learning how to decode and use it effectively. This learning experience is also a step towards a healthier life for them and their families, and by demystifying nutrition labels, the aim is to build confidence in food choices, contributing to a healthier community.

MAIN GOAL: to enhance participants' competency in interpreting nutrition labels for healthier food choices

SPECIFIC OBJECTIVES are:

- to increase awareness of key nutritional information on food labels such as serving size, calories, and nutrient content
- to develop skills in identifying and comparing healthy food options based on label information
- to promote understanding of the relationship between nutrition labels and personal health

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- read and interpret information on nutrition labels, including understanding key components such as serving sizes, calorie count, and nutrient percentages
- compare and evaluate different food products, enabling them to make healthier food choices based on label information

TARGET GROUP → multi-vulnerable adults, with a special focus on young adult parents,

individuals from rural areas, and persons of migrant origin

GROUP SIZE → group (optimal: 8-10 participants)

ESTIMATED DURATION → at least 2.5 hours

FORMAT → face-to-face, potentially combined with online resources for support



Setting up the workshop: Methodology / Process description

→ Introduction to Nutrition Labels and Local Foods (20 minutes):

Start with an engaging introduction that intertwines the importance of understanding nutrition labels with the benefits of supporting local farmers and vendors. Emphasise how local produce can be fresher, more nutritious, and more sustainable. Discuss key concepts like serving size, calorie content, and nutrient breakdown, specifically highlighting how local foods often differ in these aspects compared to mass-produced items.

→ Main Activity: Demonstration - Nutrition Label Comparison (30 minutes):

Demonstrate the process of comparing nutrition labels between locally sourced and commercially available food items. Use real food packages or visual aids for this demonstration. Focus on identifying differences in nutritional quality, preservatives, and additives, highlighting the benefits of local produce.

→ Main Activity: Nutrition Label Scavenger Hunt (60 minutes):

Divide participants into small groups for a hands-on scavenger hunt. Each group receives a list of nutritional elements to find and compare on labels of local versus non-local food items. Encourage participants to discuss within their groups how the nutritional content relates to the quality and origin of the food.

→ Reflection and Discussion on Local Food (20 minutes):

Facilitate a group discussion post-activity. Encourage sharing of findings and insights, focusing on the impact of choosing local produce on health and community.

Pose reflective questions like: "How do nutritional labels influence your perception of local food?" and "What are the benefits of choosing local products based on their nutritional content?"

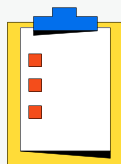
→ Closing Remarks and Homework Assignment (10 minutes):

Summarise key learnings, emphasising the role of informed choices in supporting local vendors and farmers.

Assign a practical homework task: Participants should try to incorporate at least one locally sourced food item into their diet based on its nutritional label and share their experiences in the next session.

Extra workshop "ingredients":

- **assortment of packaged food items with nutrition labels**
- **handouts with key points on reading nutrition labels**

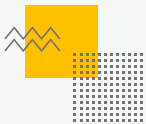
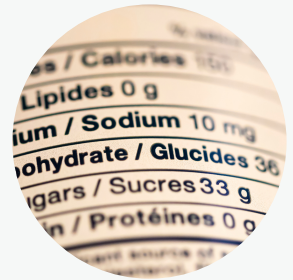


Before the workshop:

- Collect a variety of packaged food items with different nutrition labels
- Familiarise with the basics of nutrition labels and their importance

Adaptation, additional tips:

- Adapt the level of complexity based on participants' literacy and familiarity with nutrition labels.
- Use visual aids for participants with limited reading skills.
- Encourage group discussions to foster peer learning.
- For extended sessions, include a field trip to a local farmers' market to practice reading labels directly on-site.



4 - Local Food Cooking Challenges

ABSTRACT:

Local Food Cooking Challenges | Objective: Promote local food consumption and culinary creativity. | Activity: Host cooking challenges that specifically focus on using locally sourced ingredients. Participants can showcase their culinary skills while supporting local farmers and vendors. Share recipes and cooking techniques that highlight the flavors of regional produce.

This workshop aims to enhance participants' culinary creativity using locally sourced ingredients. It is an opportunity for participants to learn and develop cooking skills and understand and appreciate the value of local produce. The workshop underscores the importance of connecting with local farmers and vendors, contributing to community sustainability. By engaging in hands-on cooking challenges, participants will explore the rich diversity of regional flavours, fostering a deeper connection with the food they consume and the community in which they live.

MAIN GOAL: to enhance culinary creativity and promote the consumption of local food

SPECIFIC OBJECTIVES are:

- to develop cooking skills using locally sourced ingredients
- to increase knowledge about the nutritional and environmental benefits of local produce
- to foster community connections by supporting local farmers and vendors

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- prepare dishes using locally sourced ingredients
- understand the benefits of consuming local food
- advocate for and support local agriculture through informed food choices

TARGET GROUP → multi-vulnerable adults, with a special focus on young adult parents, individuals from rural areas, and persons of migrant origin

GROUP SIZE → group (optimal: 10-15 participants)

ESTIMATED DURATION → approximately 2.5 hours

FORMAT → face-to-face, with potential adaptation for online participation using videos

Setting up the workshop: Methodology / Process description

→ Introduction to Local Food and Cooking Challenge (20 minutes):

The educator presents an overview of local food benefits, including freshness, nutritional value, and support for the local economy, and then introduces a cooking challenge, emphasising the use of locally sourced ingredients to create dishes that reflect regional culinary traditions.

→ Cooking Challenge Instructions and Team Formation (30 minutes):

Detail the rules and objectives of the cooking challenge, focusing on teamwork, creativity, and the use of local ingredients. Form teams, ensuring a mix of skills and experiences among participants.

→ Introduction/Trial Round - Main Activity Demonstration:

Demonstrate a simple recipe using local ingredients to familiarise participants with the cooking process and ingredient handling. Allow participants to ask questions and get comfortable with the kitchen setup.

→ Main Activity: Cooking Challenge (60 minutes):

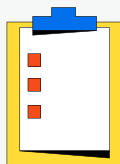
Participants, in their teams, cook their selected recipes using provided local ingredients. Educators circulate, offering guidance and culinary tips.

→ Reflection and Discussion / Self-Reflection (15 minutes):

Facilitate a group discussion on the experiences and learnings from the cooking challenge. Encourage sharing on how local ingredients influenced the cooking process and dish flavours.

→ Closing Remarks and Future Challenge (10 minutes):

Summarise key takeaways and encourage participants to continue using local ingredients. Introduce a follow-up activity where participants create a local ingredient-based dish at home and share their experiences.



Extra workshop “ingredients”:

- kitchen facility with cooking stations
- various ingredients of local origin
- cooking utensils and equipment
- recipe handouts focusing on regional produce

Before the workshop:

- Coordinate with local farmers or vendors to source fresh, regional ingredients
- Prepare a list of simple yet diverse recipes that highlight local produce
- Set up cooking stations and ensure all necessary utensils and equipment are available
- Develop a short presentation on the benefits of using local ingredients

Adaptation, additional tips:

- For larger groups or limited facilities, consider a demo-based session with participation in smaller elements of cooking.
- Highlight seasonal availability and suggest alternatives for different regions or seasons.
- Collect recipe booklets featuring dishes with local ingredients.
- Prepare pamphlets on local farmers, vendors, and the benefits of local food consumption.



5 - Community Potluck Events

ABSTRACT:

Community Potluck Events | Objective: Foster a sense of community while showcasing diverse and healthy dishes. | **Activity:** Organise potluck events where participants bring dishes they have prepared. Encourage them to share the nutritional aspects of their recipes and engage in discussions about healthy eating.

By encouraging participants to bring dishes prepared with locally sourced ingredients, the workshop promotes awareness and support for local farmers and vendors. Participants learn about the benefits of using fresh, local produce in their cooking, which contributes to healthier eating, and also supports the local agricultural community. Its purpose is to create a communal space where participants can celebrate the diversity of cuisines and cultures through a potluck event. It offers a unique opportunity for individuals to showcase their cooking skills and share the stories behind their dishes, thus promoting cultural understanding and appreciation. The workshop also emphasises the importance of nutrition, encouraging participants to discuss and learn about the health benefits of various ingredients and cooking methods. Through this collective culinary experience, participants will enjoy a range of delicious and healthy meals and build stronger connections within their community.

MAIN GOAL: to enhance community cohesion and nutritional awareness through a shared culinary experience

SPECIFIC OBJECTIVES are:

- to celebrate culinary diversity and encourage cultural exchange through food
- to increase awareness of the nutritional value of different cuisines and ingredients
- to foster discussions about healthy eating and sustainable cooking practices

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- appreciate the cultural significance and nutritional aspects of a variety of dishes and their ingredients
- share and gain knowledge about healthy ingredients and cooking techniques
- strengthen community bonds through shared food experiences

TARGET GROUP → multi-vulnerable adults, including people from diverse cultural backgrounds

GROUP SIZE → group (optimal: 10-15 participants)

ESTIMATED DURATION → at least 2.5 hours

FORMAT → a mix of interactive discussions and hands-on activities

Setting up the workshop: Methodology / Process description

→ Introduction (10 minutes):

The educator briefly introduces the concept of the community potluck, highlighting its objectives: to foster community bonding, celebrate cultural diversity through food, and enhance nutritional awareness. The structure of the potluck event is outlined, ensuring everyone understands the flow of activities.

→ Conduct an interactive session on the principles of healthy eating (10 minutes):

Discuss the importance of a balanced diet, understanding nutritional labels, and making healthier food choices. Use real-world examples to illustrate how simple changes in recipes can lead to healthier yet delicious meals.

→ Main Activity: Event (90 minutes):

Participants present the dishes they have brought to the potluck. Each participant explains their dish, focusing on the ingredients used, the method of preparation, and the dish's nutritional value. Encourage the group to taste each dish and engage in discussions about the flavours, ingredients, and potential health benefits.

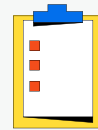
→ Interactive Discussion to reflect on the event experience (30 minutes):

Encourage participants to share what they learned about different cuisines, nutritional choices, and how they might incorporate these ideas into their own cooking. Pose questions to stimulate discussion, such as “How can we make traditional dishes healthier without losing their essence?” or “What new ingredient or dish did you discover today?”

→ Reflection and Closing Remarks (10 minutes):

Conclude with a summary of the day's learnings and thank participants for their contributions and openness.

As a homework assignment, encourage participants to try modifying a recipe at home to make it healthier and share their experiences in a follow-up session or online community forum.

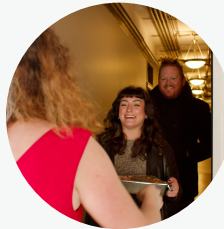


Extra workshop “ingredients”:

- labels and markers for participants to write down the name and ingredients of their dish
- a large community space or hall suitable for hosting a potluck

Before the workshop:

- Coordinate with community members or participants for the event planning and setup
- Ensure participants are informed about the potluck's focus on healthy and diverse dishes
- Assist in organising the space layout to facilitate easy access to the food and comfortable dining
- Prepare brief educational materials or prompts to guide discussions about nutrition and healthy eating
- Promote the event in the community to encourage a diverse range of participants and dishes



Adaptation, additional tips:

- For larger groups, consider having thematic tables (e.g., vegetarian, gluten-free) to cater to various dietary preferences and needs.
- In case of dietary restrictions or allergies, ensure dishes are labeled appropriately.
- Prepare pamphlets on local farmers, vendors, and the benefits of local food consumption.





Section 3:
Supporting local vendors
(local farmers)

6 - Farmers' Market Tours

ABSTRACT:

Farmers' Market Tours | Objective: Promote awareness of locally sourced and seasonal produce. | **Activity:** Arrange visits to local farmers' markets. Discuss the benefits of supporting local farmers and the environmental impact of local food, and encourage participants to explore and try new, locally-grown produce.

This workshop scenario aims to immerse participants in the world of locally sourced and seasonal produce through engaging Farmers' Market Tours. By exploring the benefits of supporting local farmers, understanding the environmental impact of local food, and encouraging participants to discover new, locally-grown produce, the workshop scenario seeks to promote awareness and appreciation for sustainable food choices.

MAIN GOAL: to promote awareness and appreciation for locally sourced and seasonal produce

SPECIFIC OBJECTIVES are:

- to understand the importance of supporting local farmers
- to recognise the environmental impact of choosing local food
- to encourage participants to explore and try new, locally-grown produce

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- demonstrate increased knowledge of the benefits of local and seasonal produce
- show enhanced awareness of the environmental impact of food choices
- express a greater willingness to support local farmers and explore diverse, locally-grown foods

TARGET GROUP → multi-vulnerable adults / alternatively: young adults, young adult parents or those who are preparing for parenthood, predominantly mothers or young adult women

GROUP SIZE → ideal for groups ranging from 15 to 25 participants

ESTIMATED DURATION → approximately 2.5 hours

FORMAT → combination of guided discussions, hands-on exploration at the farmers' market, and reflective group activities



Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[*Description:* Quick introductions sharing favourite locally grown foods]

→ Introduction to Farmers' Market Tours (10 minutes):

[*Key Concepts:* Importance of local food, environmental impact, connection to community]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[*Steps:* Briefing on how to navigate the farmers' market, the importance of engaging with local vendors, and trying new produce]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[*Description:* Guided tour of the farmers' market, engaging with local vendors, and trying new produce]

→ Reflection and Discussion/Self-reflection (15 minutes):

[*Questions for Reflection:* What new produce did you discover? How did engaging with local vendors impact your perspective?]

→ Closing Remarks and Homework (10 minutes):

[Encourage participants to share their experiences and insights in the next session. *Assign optional homework:* Try a new recipe using locally sourced ingredients.]

→ **Methodology / Process Description:** Participants will actively engage in discussions, hands-on exploration at the farmers' market, and reflective activities to reinforce key concepts.

Before the workshop:

- Confirm the availability and accessibility of local farmers' markets
- Prepare informative materials on the benefits of supporting local farmers
- Arrange for any necessary permits or permissions for the tour
- Communicate with local farmers for potential samples or discussions



Extra workshop “ingredients”:

- Maps or directions to local farmers' markets
- Notepads and pens for participants
- Samples of locally grown produce (optional)

Adaptation, additional tips:

- Consider participants' dietary restrictions when selecting samples.
- Provide alternatives for those with mobility challenges during the market tour.

7 - Farm-to-Table Experience

ABSTRACT:

Farm-to-Table Experience | Objective: Reconnect participants with the origins of their food. | **Activity:** Organise visits to local farms where participants can witness the food production process. Engage in conversations with farmers to understand the challenges and benefits of local agriculture. Connect the experience to the importance of supporting local producers.

The Farm-to-Table Experience Workshop is a pivotal journey reconnecting participants with the roots of their food. Through visits to local farms, engaging conversations with farmers, and understanding the intricacies of food production, this workshop scenario serves as a cornerstone for fostering a deeper connection to local agriculture. As a vital component of the Community-based Food Literacy Learning Model, it seeks to instill a profound appreciation for the journey food takes from farm to table, enriching participants' understanding of sustainable food practices.

MAIN GOAL: to reconnect participants with the origins of their food through immersive farm experiences

SPECIFIC OBJECTIVES are:

- to understand the food production process and challenges faced by local farmers
- to recognise the benefits of supporting local agriculture
- to establish a personal connection to the importance of sustainable and locally sourced food

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- demonstrate increased knowledge of the intricacies of food production
- exhibit heightened awareness of the challenges and benefits of local agriculture
- express an enhanced commitment to supporting local producers and advocating for sustainable food choices

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young

adult parents, predominantly mothers, or young adult women

GROUP SIZE → ideal for groups ranging from 15 to 25 participants

ESTIMATED DURATION → approximately 2.5 hours

FORMAT → combination of icebreaker activities, guided discussions, farm visits, and reflective group activities



Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[*Description:* Participants share their favourite childhood food memories]

→ Introduction to Farm-to-Table Experience (10 minutes):

[*Key Concepts:* Importance of understanding food origins, connection to sustainable food choices]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[*Steps:* Briefing on farm visit expectations, importance of engaging with farmers, and understanding food production challenges]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[*Description:* Guided tour of local farms, engaging with farmers, and hands-on understanding of the food production process]

→ Reflection and Discussion/Self-reflection (15 minutes):

[*Questions for Reflection:* What surprised you during the farm visit? How has your perspective on local agriculture changed?]

→ Closing Remarks and Homework (10 minutes):

[Encourage participants to share their insights in the next session.

Assign optional homework: Research and cook a recipe using locally sourced ingredients.]

→ **Methodology / Process Description:** Participants will actively engage in discussions, farm visits, and reflective activities to reinforce key concepts.

Before the workshop:

- Confirm the availability and accessibility of local farms
- Prepare informative materials on the challenges and benefits of local agriculture
- Arrange transportation to and from the farms
- Communicate with farmers to ensure a welcoming and educational experience



Extra workshop “ingredients”:

- maps or directions to the local farms
- informational handouts on the challenges and benefits of local agriculture

Adaptation, additional tips:

- For an online workshop, consider virtual farm tours or engaging video content.
- Provide alternatives for those with mobility challenges during the farm visit.

8 - Farmers' Market Challenge

ABSTRACT:

Farmers' Market Challenge | Objective: Encourage participants to support local vendors and diversify their food choices. | **Activity:** Organise a challenge where participants explore a local farmers' market. Please provide them with a budget and encourage them to purchase various fresh, locally sourced ingredients. Discuss the nutritional benefits and economic impact of supporting local vendors.

The Farmers' Market Challenge Workshop is designed to encourage participants to actively support local vendors and diversify their food choices. Through an engaging challenge at a local farmers' market, participants will explore the nutritional benefits and economic impact of purchasing fresh, locally sourced ingredients. As an integral part of the Community-based Food Literacy Learning Model, this workshop scenario aims to empower participants to make informed and sustainable food choices while fostering a sense of community connection.

MAIN GOAL: to encourage participants to support local vendors and diversify their food choices

SPECIFIC OBJECTIVES are:

- to familiarise participants with the variety of fresh, locally sourced ingredients available at farmers' markets
- to discuss the nutritional benefits of diverse food choices
- to highlight the economic impact of supporting local vendors

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- demonstrate increased awareness of the diversity of fresh, locally sourced ingredients
- exhibit enhanced knowledge of the nutritional benefits associated with diverse food choices
- express a strengthened commitment to actively support local vendors for a positive economic impact

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young adult parents, predominantly mothers, or young adult women

GROUP SIZE → ideal for groups ranging from 15 to 25 participants

ESTIMATED DURATION → approximately 2.5 hours

FORMAT → combination of an icebreaker activity, guided discussions, farmers' market challenge, and reflective group activities



Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[Description: Participants share their favourite locally sourced dish or ingredient]

→ Introduction to Farmers' Market Challenge (10 minutes):

[Key Concepts: Importance of supporting local vendors, exploring diverse food choices, economic impact on local communities]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[Steps: Briefing on the Farmers' Market Challenge, demonstration of how to navigate the market, and importance of recording observations]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[Description: Guided challenge at the local farmers' market, emphasising diverse food choices, and engaging with local vendors]

→ Reflection and Discussion/Self-reflection (15 minutes):

[Questions for Reflection: What new foods did you discover? How do diverse food choices contribute to your well-being?]

→ Closing Remarks and Homework (10 minutes):

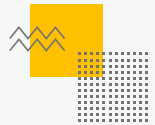
[Encourage participants to share their experiences in the next session.

Assign optional homework: Prepare a meal using ingredients purchased during the Farmers' Market Challenge.]

→ **Methodology / Process Description:** Participants will actively engage in discussions, the Farmers' Market Challenge, and reflective activities to reinforce key concepts.

Before the workshop:

- Confirm the availability and accessibility of a local farmers' market
- Prepare budget envelopes with a predetermined amount for each participant
- Arrange transportation to and from the farmers' market
- Develop informational materials on the nutritional benefits of diverse food choices



Extra workshop “ingredients”:

- budget envelopes for participants
- notepads and pens for recording observations
- informational handouts on the nutritional benefits of diverse foods



Adaptation, additional tips:

- For an online workshop, consider virtual farmers' market simulations or engaging video content.
- Provide alternatives for those with dietary restrictions during the challenge.

9 - Food Journaling

ABSTRACT:

Food Journaling | Objective: Foster mindfulness around eating habits. | Activity: Encourage participants to keep a food journal for a week, recording meals, snacks, and emotions associated with eating. Discuss the patterns identified and explore ways to make healthier choices.

The Food Journaling Workshop is an immersive experience designed to foster mindfulness around eating habits. By encouraging participants to keep a food journal for a week, and documenting meals, snacks, and associated emotions, this workshop aims to unveil patterns, initiate discussions on healthy choices, and promote a mindful approach to nutrition. As an integral part of the Community-based Food Literacy Learning Model, this workshop scenario contributes to the holistic understanding of the relationship between food and well-being.

MAIN GOAL: to foster mindfulness around eating habits through the practice of food journaling

SPECIFIC OBJECTIVES are:

- to introduce participants to the concept of food journaling and its benefits
- to guide participants in keeping a food journal for a week, and recording meals and associated emotions
- to facilitate discussions on identified patterns and explore ways to make healthier food choices

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- demonstrate increased awareness of personal eating habits through the practice of food journaling
- exhibit enhanced knowledge of the emotional connections to eating
- express improved ability to make mindful and healthier food choices

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young adult parents, predominantly mothers, or young adult women

GROUP SIZE → ideal for groups ranging from 15 to 25 participants

ESTIMATED DURATION → approximately 2.5 hours

FORMAT → combination of an icebreaker activity, guided discussions, individual food journaling, and group reflections



Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[*Description:* Participants share their favourite childhood food memories]

→ Introduction to Food Journaling (10 minutes):

[*Key Concepts:* Benefits of food journaling, connection between emotions and eating]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[*Steps:* Briefing on food journaling, demonstration of how to record meals and emotions]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[*Description:* Participants keep a food journal for the last week, recording meals and associated emotions]

→ Reflection and Discussion/Self-reflection (15 minutes):

[*Questions for Reflection:* What patterns did you identify? How did emotions influence your food choices?]

→ Closing Remarks and Homework (10 minutes):

[Encourage participants to share insights in the next session.

Assign optional homework: Set personal goals for making healthier food choices.]

→ **Methodology / Process Description:** Participants will actively engage in discussions, individual food journaling, and group reflections to deepen their understanding of personal eating habits.

Before the workshop:

- Prepare notebooks or journals for each participant
- Print handouts outlining the benefits of food journaling
- Familiarise participants with the concept of food journaling in advance
- Consider creating an online platform for virtual workshops



Extra workshop “ingredients”:



- notebooks or journals for participants + pens or pencils
- printed handouts on the benefits of food journaling

Adaptation, additional tips:

- For an online workshop, utilise digital platforms for virtual food journaling.
- Provide guidance on maintaining a judgment-free attitude during the reflection process

10 - Grocery Shopping Excursions

ABSTRACT:

Grocery Shopping Excursions | Objective: Enhance understanding of food labels, budgeting, and selecting healthy ingredients. | Activity: Organise group trips to local grocery stores or markets. Guide participants in reading nutritional labels, comparing prices, and making informed choices based on their budget and nutritional needs.

The Grocery Shopping Excursions Workshop is an interactive session designed to enhance participants' understanding of food labels, budgeting, and selecting healthy ingredients. Through guided group trips to local grocery stores or markets, participants will learn practical skills in reading nutritional labels, comparing prices, and making informed choices based on their budget and nutritional needs. This workshop scenario, as a pivotal component of the Community-based Food Literacy Learning Model, fosters practical knowledge that empowers participants to make healthier and economically conscious food decisions.

MAIN GOAL: to enhance participants' understanding of food labels, budgeting, and selecting healthy ingredients through grocery shopping excursions

SPECIFIC OBJECTIVES are:

- to introduce participants to key concepts of food labels and their significance in making informed choices
- to guide participants in effective budgeting strategies for grocery shopping
- to facilitate hands-on experience in selecting healthy ingredients based on nutritional needs

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- demonstrate increased proficiency in reading and understanding food labels
- exhibit an enhanced ability to budget effectively for grocery shopping
- express improved skills in selecting healthy ingredients aligned with nutritional needs

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young adult parents, predominantly mothers, or young adult women

GROUP SIZE → ideal for groups ranging from 15 to 25 participants

ESTIMATED DURATION → approximately 2.5 hours

FORMAT → combination of an icebreaker activity, guided discussions, a hands-on excursion, and group reflections



Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[Description: Participants share their favourite budget-friendly meal]

→ Introduction to Grocery Shopping Excursions (10 minutes):

[Key Concepts: Importance of reading food labels, effective budgeting strategies]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[Steps: Briefing on the excursion, demonstration of reading food labels and budgeting]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[Description: Guided excursion to a local grocery store or market, hands-on practice in reading labels and budgeting]

→ Reflection and Discussion/Self-reflection (15 minutes):

[Questions for Reflection: What challenges did you face? What new insights did you gain?]

→ Closing Remarks and Homework (10 minutes):

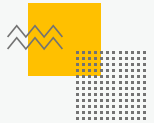
[Encourage participants to share experiences in the next session.

Assign optional homework: Plan a budget-friendly, nutritious meal.]

→ **Methodology / Process Description:** Participants will actively engage in discussions, hands-on experiences during the shopping excursion, and reflective group activities.

Before the workshop:

- Confirm availability and accessibility of local grocery stores or markets
- Transportation arrangements for the grocery shopping excursion
- Prepare sample grocery lists considering various budgets
- Print handouts on reading food labels and budgeting
- Communicate any special considerations for transportation during the excursion
- If applicable, create an online platform for virtual workshops



Extra workshop “ingredients”:

- printed handouts on reading food labels and budgeting
- sample grocery lists for participants

Adaptation, additional tips:

- For an online workshop, consider virtual grocery store simulations or interactive budgeting tools.
- Provide alternatives for those with mobility issues during the shopping excursion.

11 - Seasonal Cooking Workshops

ABSTRACT:

Seasonal Cooking Workshops | Objective: Highlight the benefits of using seasonal produce. | **Activity:** Conduct workshops focused on cooking with seasonal ingredients. Discuss the nutritional advantages, cost-effectiveness, and environmental impact of incorporating seasonal foods into daily meals.

With the Seasonal Cooking Workshop, the participants will explore seasonal produce's benefits. This engaging session explores the nutritional advantages, cost-effectiveness, and environmental impact of incorporating seasonal foods into daily meals. Through hands-on cooking experiences and insightful discussions, participants will gain practical skills and knowledge that align with the Community-based Food Literacy Learning Model, promoting healthy and sustainable eating habits.

MAIN GOAL: to highlight the benefits of using seasonal produce through interactive cooking workshops

SPECIFIC OBJECTIVES are:

- to introduce participants to the key concepts of cooking with seasonal ingredients and its advantages
- to facilitate a hands-on cooking experience with seasonal ingredients
- to discuss the nutritional, economic, and environmental benefits of incorporating seasonal foods into daily meals

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- demonstrate an increased understanding of the benefits of using seasonal produce
- exhibit enhanced culinary skills in cooking with seasonal ingredients
- express improved awareness of the nutritional, economic, and environmental impact of cooking with seasonal ingredients

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young adult parents, predominantly mothers, or young adult women

GROUP SIZE → ideal for groups ranging from 15 to 25 participants

ESTIMATED DURATION → approximately 2.5 hours

FORMAT → combination of an icebreaker activity, cooking demonstrations, group discussions, and reflections



Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[*Description:* Participants share a story about their favourite seasonal dish or ingredient]

→ Introduction to Seasonal Cooking Workshops (10 minutes):

[*Key Concepts:* Importance of cooking with seasonal ingredients, brief overview of planned recipes]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[*Steps:* Briefing on the cooking process, demonstration of a recipe with seasonal ingredients]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[*Description:* Hands-on cooking session with seasonal ingredients, guided by instructors]

→ Reflection and Discussion/Self-reflection (15 minutes):

[*Questions for Reflection:* What new skills did you acquire? How do you envision incorporating cooking with seasonal ingredients into your routine?]

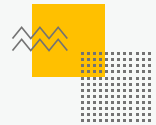
→ Closing Remarks and Homework (10 minutes):

[Encourage participants to share their cooking experiences in the next session.
Assign optional homework: Cook a seasonal meal and share the experience.]

→ **Methodology / Process description:** Participants will actively engage in cooking, discussions, and reflections to reinforce the practical aspects of cooking with seasonal ingredients.

Before the workshop:

- Confirm availability and accessibility of cooking facilities
- Plan seasonal recipes considering dietary preferences and restrictions
- Prepare printed materials with recipes and nutritional information
- Arrange transportation if needed for an off-site cooking workshop
- If applicable, create an online platform for virtual workshops



Extra workshop “ingredients”:

- cooking stations with basic kitchen utensils
- seasonal ingredients for the planned recipes
- printed recipes and nutritional information



Adaptation, additional tips:

- Consider virtual cooking demonstrations for online workshops.
- Provide alternative recipes for those with dietary restrictions.

12 - Interactive Cooking Challenges

ABSTRACT:

Interactive Cooking Challenges | Objective: Reinforce cooking skills and teamwork. | **Activity:** Organise cooking challenges or competitions where participants work in teams to prepare dishes based on specific criteria. This promotes collaboration, creativity, and reinforces the practical application of cooking skills.

In the "Interactive Cooking Challenges" Workshop, participants will work collaboratively (in teams) to prepare dishes based on specific criteria, fostering a sense of accomplishment and camaraderie. The workshop reinforces cooking skills and teamwork among participants, fostering a dynamic and interactive learning environment. Through engaging in cooking challenges or competitions, this workshop scenario promotes collaboration, creativity, and the practical application of cooking skills.

MAIN GOAL: to reinforce cooking skills and teamwork through interactive hands-on challenges

SPECIFIC OBJECTIVES are:

- introduce participants to key concepts, developing and enhancing cooking skills
- facilitate a hands-on experience of team cooking, collaboration and creativity in the kitchen
- support the practical application of cooking knowledge

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- execute cooking tasks with improved proficiency
- demonstrate effective teamwork, communication skills and collaboration in a culinary setting
- apply creative thinking to meet specific criteria in cooking challenges
- gain self-confidence in practical cooking challenges and apply creativity in the kitchen

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young parents or those preparing for parenthood, predominantly mothers, or young women

GROUP SIZE → optimal for groups ranging from 15 to 20 participants to facilitate effective teamwork and interaction

ESTIMATED DURATION → approximately at least 2.5 hours

FORMAT → a dynamic combination of hands-on cooking challenges, group discussions, and reflections



Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[*Description:* Energizing icebreakers to build a positive and collaborative atmosphere]

→ Introduction to Interactive Cooking Challenges (10 minutes):

[*Key Concepts:* Brief overview of the workshop's purpose and the importance of teamwork in the kitchen]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[*Steps:* Step-by-step instructions for the cooking challenge (how the cooking challenges will unfold) and explanation of the judging criteria and objectives]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[*Description:* Participants work in teams to complete cooking challenges, emphasising teamwork and creativity]

→ Reflection and Discussion/Self-reflection (15 minutes):

[*Questions for Reflection:* Discussion on the skills acquired and lessons learned]

→ Closing Remarks and Homework (10 minutes):

[Summary of key takeaways.

Assign optional homework: Create a new culinary challenge for joint learning.]

→ **Methodology / Process description:** Facilitate interactive challenges, encourage communication, and guide participants through cooking.

Before the workshop:

- Ensure the kitchen is set up with all necessary equipment and ingredients
- Briefly introduce participants to the workshop format and the importance of active participation and give them a list of ingredients before the workshop
- Arrange transportation if needed for an off-site cooking workshop



Extra workshop “ingredients”:

- cooking stations with basic kitchen utensils (equipped kitchen facilities or space for culinary activities)
- ingredients for cooking challenges
- writing materials for participants (if applicable)

Adaptation, additional tips:

- Encourage creativity and innovation in the cooking challenges.
- Consider options for virtual participation, sharing recipes, and collaborative cooking in an online setting [for online workshops, utilise virtual cooking platforms and ensure participants have access to the necessary ingredients].

13 - Meal Sharing Sessions

ABSTRACT:

Meal Sharing Sessions | Objective: Encourage participants to share cultural and traditional dishes. | **Activity:** Organise sessions where participants bring and share dishes that hold cultural significance. Discuss the nutritional aspects of these dishes and how they can be part of a balanced diet.

The "Meal Sharing Sessions" Workshop aims to celebrate diversity and encourage participants to share cultural and traditional dishes. Participants bring and share meals, promoting cultural exchange, community building, and understanding the significance of traditional foods. Through shared meals, participants explore the nutritional aspects of these dishes and their role in a balanced diet. This workshop fosters cultural exchange, community building, and understanding of the significance of traditional foods. Through first-hand experiences and insightful discussions, participants will gain practical skills and knowledge that align with the Community-based Food Literacy Learning Model, promoting healthy eating habits and respecting diverse cultures and cuisines.

MAIN GOAL: to foster cultural appreciation and understanding through the sharing of traditional meals and discussions on their nutritional value

SPECIFIC OBJECTIVES are:

- to encourage participants to appreciate and respect different cultures by sharing and tasting traditional dishes from various backgrounds
- to educate participants on the nutritional content of traditional foods and how they contribute to a balanced diet
- to encourage participants to discuss the cultural and historical importance of the dishes they bring, fostering a deeper understanding of each other's heritage
- to provide information on how traditional dishes can be incorporated into a modern, balanced diet, emphasising their potential health benefits
- to create a welcoming environment where participants can bond over food, share stories, and build relationships, strengthening community ties through shared culinary experiences

EXPECTED LEARNING OUTCOMES →

- By the end of this workshop, participants should be able to:
- appreciate cultural diversity through shared meals
 - understand the nutritional aspects of traditional dishes
 - recognise the role of traditional foods in a balanced diet



TARGET GROUP → multi-vulnerable adults with a focus on young adults, young parents or those preparing for parenthood, predominantly mothers, or young women
GROUP SIZE → optimal for groups of 15-20 participants to facilitate meaningful discussions
ESTIMATED DURATION → at least 2.5 hours
FORMAT → combination of shared meals, interactive discussions, and reflections

Setting up the workshop: Methodology / Process description

→ Icebreaker Activity (10 minutes):

[*Description:* Choose an engaging icebreaker fostering a welcoming atmosphere]

→ Introduction to Meal Sharing Sessions (10 minutes):

[*Key Concepts:* Brief overview of the workshop's purpose, emphasising the importance of cultural exchange through food]

→ Introduction/Trial Round – Main Activity Demonstration (30 minutes):

[*Steps:* Step-by-step demonstration of the cultural meal-sharing process and explanation of how to discuss and appreciate each dish]

→ Break (15 minutes): Refreshments and casual discussion

→ Main Activity (60 minutes):

[*Description:* Participants share their cultural dishes, discuss their significance, and explore nutritional aspects]

→ Reflection and Discussion/Self-reflection (15 minutes):

[*Questions for Reflection:* Group reflection on the cultural experience. Discussion on the nutritional value of traditional foods.]

→ Closing Remarks and Homework (10 minutes):

[Summary of key takeaways.

Assign optional homework: Explore and prepare a traditional dish at home.]

→ **Methodology / Process description:** A structured sharing session where each participant introduces their dish, highlighting cultural elements. Promote open discussions on cultural diversity, traditions, and nutrition, and encourage participants to share personal stories related to their cultural dishes.

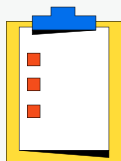


Before the workshop:

- Provide guidelines to participants about the type of dish to bring
- Encourage them to bring a traditional dish and prepare a short presentation about its cultural significance

Adaptation, additional tips:

- Arrange communal tables for participants to display their dishes. Ensure a setup that encourages conversations and cultural exchange.
- Create a warm and inviting environment for meal sharing, ensuring everyone has a space to present their dish.
- For online workshops, guide participants on virtual sharing and emphasise the importance of sharing stories and cultural insights alongside recipes, but consider a hybrid format for both in-person and virtual engagement.



Extra workshop “ingredients”:

- dishes: participants should bring a traditional dish to share
- space for sharing meals: ensure a communal space for participants to present their dishes and engage in discussions
- utensils and plates for participants
- presentation Materials: boards, cards, or digital presentations to briefly introduce the cultural significance of each dish



**Section 4:
Reducing
wastage/throw of food
(zero food waste)**

14 - Cooking Classes

ABSTRACT:

The Cooking Classes aim to equip participants with practical cooking skills and knowledge of healthy meal preparation. Through hands-on cooking activities, participants will learn to prepare simple and nutritious meals, with an emphasis on techniques such as chopping, sautéing, and using herbs and spices.

The Cooking Classes provide participants with a hands-on introduction to preparing healthy meals. Through interactive cooking activities, participants will learn basic cooking techniques and gain knowledge about selecting and preparing ingredients.

MAIN GOAL: to develop practical cooking skills and knowledge of healthy meal preparation

SPECIFIC OBJECTIVES are:

- to learn basic cooking techniques such as chopping, sautéing, and using herbs and spices
- to acquire knowledge about selecting and preparing healthy ingredients
- to promote awareness of the importance of a balanced diet
- to build participants' confidence in the kitchen

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- independently prepare simple and nutritious meals
- apply basic cooking techniques such as chopping and sautéing
- master the use of herbs and spices to enhance flavour
- recognise the importance of a balanced diet and make healthy cooking choices

TARGET GROUP → multi-vulnerable adults with a focus on young adults,

young adult parents, predominantly mothers, or young adult women

GROUP SIZE → groups (optimal group size: 8-12 participants)

ESTIMATED DURATION → approximately 2 hours

FORMAT → in-person workshop



Before the workshop:

- Procure all necessary cooking utensils and ingredients.
- Create recipes and handouts with cooking instructions.
- Provide cooking instructions and safety guidelines

Setting up the workshop: Methodology / Process description

→ Introduction (15 minutes):

Welcome participants and explain the objective of the cooking classes. Introduce the menu and planned cooking activities.

→ Cooking Activities (90 minutes):

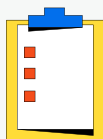
Demonstrate basic cooking techniques such as chopping, sautéing, and using herbs and spices. Conduct hands-on cooking activities where participants prepare meals under guidance.

→ Presentation and Tasting (15 minutes):

Present the prepared meals. Taste the meals and discuss taste and texture.

→ Conclusion (10 minutes):

Summarise the key learning experiences. Distribute recipes and handouts as reminders.



Extra workshop “ingredients”:

- cooking utensils (knives, pans, cutting boards, etc.)
- fresh ingredients for cooking activities
- recipes and handouts with cooking instructions
- kitchen accessories (e.g., spices, oils)



Adaptation, additional tips:

- Consider participants' individual dietary needs and preferences.
- Ensure a safe and hygienic cooking environment.
- Encourage collaboration and the exchange of cooking tips and experiences.



15 - Culinary Demonstrations

ABSTRACT:

The Culinary Demonstrations aim to showcase cooking techniques and healthy recipe ideas. By inviting local chefs or nutritionists to conduct culinary demonstrations, various cooking methods, portion control, and creative ways to incorporate nutritious ingredients into meals will be highlighted.

The Culinary Demonstrations provide participants with an opportunity to learn about cooking techniques and healthy recipe ideas. Through participation in these demonstrations, attendees gain practical insights into preparing healthy meals and discover creative ways to integrate nutritious ingredients into their daily diets.

MAIN GOAL: to showcase cooking techniques and healthy recipe ideas

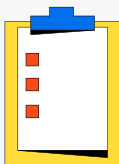
SPECIFIC OBJECTIVES are:

- to learn about different cooking methods and their application
- to understand the importance of portion control and balanced nutrition
- to discover creative ways to incorporate nutritious ingredients into meals

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- apply various cooking techniques and understand their significance
- recognise the importance of portion control and balanced nutrition
- explore creative methods to incorporate nutritious ingredients into meals



Extra workshop “ingredients”:

- kitchen equipment (cooking utensils, pots, pans, etc.)
- fresh ingredients for the culinary demonstrations
- handouts with recipes and cooking instructions
- presentation materials (optional)

TARGET GROUP → multi-vulnerable adults with a focus on young adults,

young adult parents, predominantly mothers, or young adult women

GROUP SIZE → groups (optimal group size: 8-12 participants)

ESTIMATED DURATION → approximately 2 hours

FORMAT → in-person workshop



Setting up the workshop: Methodology / Process description

→ Introduction (15 minutes):

Welcome participants and introduce the guest (chef or nutritionist).
Explain the objective of the culinary demonstration.

→ Culinary Demonstration (90 minutes):

The guest presents various cooking techniques and healthy recipe ideas.
Emphasis on portion control and creative ways to use nutritious ingredients.

→ Interactive Discussion (15 minutes):

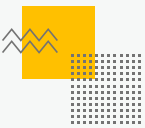
Discussion on the presented recipes and cooking methods.
Answering participants' questions and sharing cooking tips.

→ Conclusion (10 minutes):

Summary of key learning points.
Distribution of handouts with recipes and cooking instructions.

Before the workshop:

- Invite local chefs or nutritionists to conduct the demonstrations
- Procure all necessary kitchen equipment and ingredients
- Prepare handouts with recipes and cooking instructions



Adaptation, additional tips:

- Consider participants' individual dietary needs and preferences.
- Ensure a welcoming and inviting atmosphere for the demonstrations.
- Encourage active participation and interaction with the guest.

16 - Waste Audit Challenge

ABSTRACT:

The Waste Audit Challenge method aims to raise participants' awareness of their individual food waste habits and encourage them to develop strategies to minimise waste. By tracking their food waste for a week, participants gain insights into their consumption patterns and collaborate to brainstorm effective waste reduction strategies. Practical tips on proper storage, portion control, and creative use of leftovers are shared to facilitate behaviour change.

The Waste Audit Challenge method is designed to engage participants in actively monitoring and reflecting on their food waste behaviours. Through collaborative discussion and brainstorming, participants explore effective ways to reduce waste and adopt sustainable consumption practices.

MAIN GOAL: to increase awareness of individual food waste habits

SPECIFIC OBJECTIVES are:

- to track and analyse participants' food waste over a one-week period
- to identify the main causes of food waste and challenges faced by participants
- to develop collaborative strategies to minimise food waste
- to share practical tips on proper storage, portion control, and creative use of leftovers

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- identify and quantify their personal food waste
- recognise the main causes of their food waste
- develop and implement strategies to minimise food waste
- apply practical tips for reducing food waste in their daily lives

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young adult parents, predominantly mothers, or young adult women
GROUP SIZE → groups (optimal group size: 8-12 participants)
ESTIMATED DURATION → approximately 2 hours
FORMAT → in-person workshop



Setting up the workshop: Methodology / Process description

→ Introduction (15 minutes):

Welcome participants and explain the objective of the activity.

Outline the process of the Waste Audit Challenge and distribute notebooks or journals.

→ Food Waste Tracking (1 week):

Instruct participants to track their food waste for a week and record their observations in notebooks or journals.

→ Results Presentation and Discussion (45 minutes):

Collect participants' experiences and results.

Facilitate a discussion on the main causes of food waste and identify challenges.

Brainstorm collaborative strategies to minimise food waste.

→ Tips and Recommendations (30 minutes):

Share practical tips on proper storage of food, portion control, and creative use of leftovers.

Discuss how these tips can be integrated into participants' daily routines.

→ Conclusion (10 minutes):

Summarise the key insights.

Assign participants a follow-up task, such as implementing one of the discussed tips in the coming weeks.

Before the workshop:

- Prepare handouts with tips for reducing food waste
- Prepare materials for group discussion
- Provide notebooks or journals for participants to track their food waste



Extra workshop “ingredients”:

- notebooks or journals for participants to track their food waste
- information or handouts with tips for reducing food waste



Adaptation, additional tips:

- Consider the cultural and individual dietary habits of participants.
- Encourage open and reflective discussion about food waste habits.
- Emphasise the importance of sustainable consumption and resource conservation.

17 - Meal Planning

ABSTRACT:

The Meal Planning Workshop aims to equip participants with the skills and knowledge to plan balanced and cost-effective meals. Through interactive workshops, participants learn to create weekly meal plans while emphasising the importance of including diverse food groups, meeting nutritional needs, and reducing food waste.

The Meal Planning Workshop provides participants with practical skills to plan balanced and budget-friendly meals. By creating weekly meal plans, participants learn to organise their diet healthily and sustainably.

MAIN GOAL: to teach participants how to plan balanced and cost-effective meals

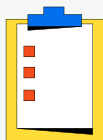
SPECIFIC OBJECTIVES are:

- to learn the fundamentals of meal planning and preparation
- to develop skills to create weekly meal plans
- to emphasise the importance of incorporating various food groups
- to consider nutritional needs in meal planning
- to minimise food waste through efficient planning

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- plan balanced and cost-effective meals
- create weekly meal plans that incorporate diverse food groups
- consider their nutritional needs in meal planning
- apply strategies to minimise food waste through efficient planning



Extra workshop “ingredients”:

- **food samples or visual aids to illustrate different food groups (optional)**

TARGET GROUP → multi-vulnerable adults with a focus on young adults,

young adult parents, predominantly mothers, or young adult women

GROUP SIZE → groups (optimal group size: 8-12 participants)

ESTIMATED DURATION → approximately 2 hours

FORMAT → in-person workshop



Setting up the workshop: Methodology / Process description

→ Introduction (15 minutes):

Welcome participants and explain the workshop's objective.

Introduce the workshop agenda and emphasise the importance of meal planning.

→ Basics of Meal Planning (30 minutes):

Explain the fundamentals of meal planning and preparation.

Discuss the importance of incorporating various food groups into meals.

→ Practical Exercise: Creating Meal Plans (60 minutes):

Divide participants into groups and instruct them to create weekly meal plans.

Emphasise considering nutritional needs and minimising food waste.

→ Presentation and Discussion (15 minutes):

Each group presents their created meal plan.

Facilitate a discussion on the presented plans and provide feedback.

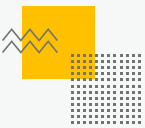
→ Conclusion (10 minutes):

Summarise the key insights from the workshop.

Assign participants a follow-up task, such as implementing their created meal plan in the coming week.

Before the workshop:

- Prepare handouts with meal planning and preparation tips
- Provide materials for group activities
- Optional: Provide food samples or visual aids to illustrate different food groups



Adaptation, additional tips:

- Consider participants' cultural and individual dietary habits.
- Encourage openness and collaboration in creating meal plans.
- Emphasise the importance of a balanced diet and sustainable food choices.

18 - Cooking with Scraps

ABSTRACT:

The Cooking with Scraps Workshop aims to reduce food waste by teaching participants creative ways to utilise kitchen scraps. Through a workshop format, participants will learn how to transform vegetable peels, stems, and leftovers into delicious and nutritious meals or snacks while emphasising the significance of using the entire ingredient to minimise waste.

The Cooking with Scraps Workshop provides participants with the opportunity to discover creative ways to use kitchen scraps and reduce food waste. By participating in this workshop, attendees will learn how to repurpose vegetable peels, stems, and leftovers into flavorful and nutritious meals or snacks, while also understanding the importance of minimising waste by utilising the entire ingredient.

MAIN GOAL: to reduce food waste by teaching creative ways to use kitchen scraps

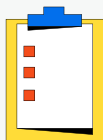
SPECIFIC OBJECTIVES are:

- to learn how to transform vegetable peels, stems, and leftovers into meals or snacks
- to understand the importance of utilising the entire ingredient to minimise waste

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- discover creative ways to use kitchen scraps
- repurpose vegetable peels, stems, and leftovers into flavorful and nutritious meals or snacks
- understand the importance of utilising the entire ingredient to minimise waste



Extra workshop “ingredients”:

- **cooking utensils (knives, pans, cutting boards, etc.)**
- **fresh ingredients for cooking activities**
- **handouts with recipes and cooking instructions**
- **presentation materials (optional)**

TARGET GROUP → multi-vulnerable adults with a focus on young adults,

young adult parents, predominantly mothers, or young adult women

GROUP SIZE → groups (optimal group size: 8-12 participants)

ESTIMATED DURATION → approximately 2 hours

FORMAT → in-person workshop



Setting up the workshop: Methodology / Process description

→ Introduction (15 minutes):

Welcome participants and explain the workshop's objective.
Introduce the planned agenda and cooking activities.

→ Cooking Activities (90 minutes):

Demonstrate creative ways to use kitchen scraps.
Conduct cooking activities where participants learn to transform scraps into meals or snacks.

→ Interactive Discussion (15 minutes):

Discuss the presented recipes and cooking methods.
Exchange ideas and tips for reducing food waste.

→ Conclusion (10 minutes):

Summarise the key learning points.
Distribute handouts with recipes and cooking instructions.



Before the workshop:

- Procure all necessary cooking utensils and ingredients
- Prepare handouts with recipes and cooking instructions
- Provide food safety instructions



Adaptation, additional tips:

- Consider participants' individual dietary needs and preferences.
- Ensure a safe and hygienic cooking environment.
- Encourage active participation and the exchange of cooking ideas.

19 - Preserving and Fermenting

ABSTRACT:

The Preserving and Fermenting Workshops aim to teach participants techniques to extend the shelf life of food and reduce waste. By conducting workshops on food preservation methods such as canning, pickling, and fermenting, participants can learn how to store seasonal produce and create pantry items that contribute to a sustainable, zero-waste kitchen.

The Preserving and Fermenting Workshops offer participants the opportunity to learn techniques for extending the shelf life of food and reducing waste. Through participation in these workshops, attendees can learn how to preserve food through methods like canning, pickling, and fermenting, enabling them to store seasonal produce and create pantry items that contribute to a sustainable, zero-waste kitchen.

MAIN GOAL: to teach techniques to extend the shelf life of food and reduce waste

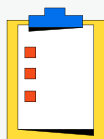
SPECIFIC OBJECTIVES are:

- to learn food preservation methods such as canning, pickling, and fermenting
- to develop the ability to create pantry items that contribute to a sustainable, zero-waste kitchen

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- apply various food preservation methods such as canning, pickling, and fermenting
- create pantry items that contribute to a sustainable, zero-waste kitchen



Extra workshop “ingredients”:

- canning jars and preserving equipment
- fresh ingredients for preservation methods
- handouts with instructions and recipes
- presentation materials (optional)

TARGET GROUP → multi-vulnerable adults with a focus on young adults, young adult parents, predominantly mothers, or young adult women

GROUP SIZE → groups (optimal group size: 8-12 participants)

ESTIMATED DURATION → approximately 2 hours

FORMAT → in-person workshop



Setting up the workshop: Methodology / Process description

→ Introduction (15 minutes):

Welcome participants and explain the workshop's objective.

Introduce the planned agenda and the preservation methods to be learned.

→ Preservation Methods (90 minutes):

Demonstrate canning, pickling, and fermenting techniques.

Conduct hands-on exercises where participants practice the techniques.

→ Interactive Discussion (15 minutes):

Discuss the presented preservation methods.

Exchange tips and experiences on food preservation.

→ Conclusion (10 minutes):

Summarise the key learning points.

Distribute handouts with instructions and recipes.



Before the workshop:

- Procure all necessary materials and ingredients
- Prepare handouts with instructions and recipes
- Provide food safety instructions



Adaptation, additional tips:

- Consider participants' individual dietary needs and preferences.
- Ensure a safe and hygienic working environment.
- Encourage active participation and the exchange of experiences in food preservation.

20 - Leftover Recipe Exchange

ABSTRACT:

The Leftover Recipe Exchange aims to foster creativity in using leftovers. By organising a recipe exchange, participants can share their favourite recipes for using leftovers while discussing how creative meal planning can help reduce food waste and exchanging practical tips for repurposing ingredients.

The Leftover Recipe Exchange offers participants the opportunity to creatively manage leftovers. Through participation in this exchange, participants can share their favourite recipes for using leftovers, discuss how creative meal planning can reduce food waste, and exchange practical tips for repurposing ingredients.

MAIN GOAL: to encourage creativity in using leftovers

SPECIFIC OBJECTIVES are:

- to exchange favourite recipes for using leftovers
- to discuss the importance of creative meal planning in reducing food waste
- to exchange practical tips for repurposing ingredients

EXPECTED LEARNING OUTCOMES →

By the end of this workshop, participants should be able to:

- share creativity-enhancing recipes for using leftovers
- understand the importance of creative meal planning in reducing food waste
- apply practical tips for repurposing ingredients

TARGET GROUP → multi-vulnerable adults with a focus on young adults,

young adult parents, predominantly mothers, or young adult women

GROUP SIZE → groups (optimal group size: 8-12 participants)

ESTIMATED DURATION → approximately 2 hours

FORMAT → in-person workshop



Setting up the workshop: Methodology / Process description

→ Introduction (15 minutes):

Welcome participants and explain the workshop's objective.
Introduce the planned agenda and activities.

→ Recipe Exchange (90 minutes):

Participants share their favourite recipes for using leftovers.
Discussion on creative meal planning and tips for repurposing ingredients.

→ Interactive Discussion (15 minutes):

Exchange of experiences and ideas for reducing food waste.
Answering questions and discussing open points.

→ Conclusion (10 minutes):

Summary of key discussion points.
Distribution of handouts with recipes and tips for food utilisation.



Before the workshop:

- Preparation of handouts with recipes and tips for food utilisation
- Provision of writing materials for participants




Adaptation, additional tips:

- Encourage participants to share creative recipes and personal experiences.
- Create a supportive and open atmosphere for exchange.
- Emphasise the importance of individual contribution to reducing food waste.



Section 5: Ice Breakers Proposals



Welcome to the most flavorful morsel of our preparation — ice-breakers! Just like in cooking, where we start by preheating the oven and gathering all our ingredients, our workshops begin by setting the right atmosphere and energizing our participants. Ice-breakers are the spices and seasonings that transform a good workshop into a great one, fostering an environment of openness and creativity.

Why this matters: The beginning of a workshop sets the tone for the entire session. Engaging and fun ice-breakers ensure that participants are relaxed, receptive, and ready to interact with one another. They help dissolve barriers and build a sense of community, crucial for effective collaboration and learning.

What you will find here:

- Gathering thoughts, ideas, and expectations. Like preparing a shopping bag before hitting the market, these activities involve collecting input from participants about what they hope to take away from the workshop, setting the stage for a tailored and impactful experience.
- Exercises that prepare participants for the workshop's tasks. Like 'tying our aprons,' these activities make us ready for the work ahead, ensuring that everyone is equipped and mentally prepared.
- Activities to ignite enthusiasm and spark curiosity. These quick games or discussions light up the energy in the room, just as lighting the stove begins the cooking process.

In this section, you will find a variety of ice-breaker activities designed to suit different group sizes, workshop themes, and desired outcomes. Whether you need a quick five-minute energizer or a more in-depth introductory activity, these ice-breakers will help get your workshops off to a perfect start.

Let's whip up some excitement and make your workshop unforgettable!



1 - FOOD WASTE BINGO: CONNECT, LEARN, AND LAUGH!

EQUIPMENT/MATERIALS NEEDED:

- printed Food Waste Bingo cards (pre-made with food waste terms)
- markers or pens for each participant

This icebreaker aims to engage participants in a lively and educational activity. By introducing key terms related to food waste in a bingo format, participants can familiarise themselves with the workshop's theme while fostering a sense of community.

PREPARATION:

Create bingo cards with common food waste terms (e.g., leftovers, expired produce, overbuying). Distribute a bingo card and a marker to each participant.

INSTRUCTIONS:

Explain game rules: Participants mark off terms as they hear them during the introduction or discussions.

Encourage participants to listen actively and interact with each other.

INTRODUCTION AND BINGO:

Start the workshop with a brief introduction to food waste, highlighting key terms on the bingo cards. As you proceed with the workshop, use these terms naturally in your discussions.

BINGO WINNER:

The first participant to complete a row or the entire card shouts "Bingo!" Acknowledge the winner and invite participants to share one thing they learned during the activity.

DISCUSSION POINTS:

The icebreaker facilitates engagement and playfully introduces key concepts.

Participants actively listen and connect with the workshop theme.

Encourage participants to share insights and reflections from the bingo terms.

ADAPTATIONS/ADDITIONAL TIPS:

- Consider creating digital bingo cards for virtual workshops
- Encourage friendly competition to enhance engagement
- Connect each term to real-world examples or personal experiences during the discussion



2 - FOOD STORY SWAP

EQUIPMENT/MATERIALS NEEDED:

- small pieces of paper or index cards
- pens or markers

The "Local Food Stories Exchange" icebreaker is a heartwarming activity designed to cultivate connections among participants by exploring and sharing their personal experiences with local food. Participants are invited to reflect on their relationship with local cuisine by writing a short story or memory on a small piece of paper or an index card. These stories can range from personal anecdotes and favourite local recipes to memorable moments involving local produce.

Once each participant has crafted their local food story, the cards are mixed up to introduce an element of surprise and randomness. The next phase involves participants taking turns reading aloud someone else's story. This creates a delightful and unexpected experience as individuals discover and share diverse narratives from within the group.

Following the reading session, the group engages in a collective discussion, reflecting on the shared stories and the unique perspectives each participant brings to the table. This part of the activity serves as a platform for participants to express their thoughts, ask questions, and find common ground in their experiences with local food. It fosters a sense of community, encourages open dialogue and promotes celebration of cultural and culinary diversity.

This icebreaker goes beyond a simple introduction by delving into the rich tapestry of participants' lives, connecting them through the universal language of food. By encouraging the exchange of personal stories, the activity sets a warm and inclusive tone for the workshop, paving the way for deeper engagement in subsequent activities. The bonds formed by sharing these meaningful stories contribute to a supportive and collaborative learning environment.

ADAPTATIONS/ADDITIONAL TIPS:

- **For an online setting, participants can type their stories in a shared document or use virtual sticky notes**
- **Encourage participants to be creative and share stories beyond just recipes, including cultural influences or family traditions**



3 - GARDEN TREASURE HUNT

EQUIPMENT/MATERIALS NEEDED:

- small prizes or tokens
- a list of garden-related items or clues
- a timer

This icebreaker activity is designed to engage participants in an exciting and collaborative exploration of the community garden. It encourages teamwork, problem-solving, and familiarisation with the garden environment while creating a sense of excitement and anticipation for the upcoming workshop on community garden initiatives.

The primary purpose of this icebreaker is to break the ice among participants, promote active engagement with the garden, and foster a sense of camaraderie within the group. By working together to uncover hidden treasures, participants begin to build connections and rapport, setting a positive tone for the workshop.

Before the workshop, the facilitator hides small prizes or tokens around the garden area. These can be symbolic treasures related to gardening or community, such as mini potted plants, seeds, or small gardening tools. The facilitator also prepares a list of garden-related items or clues to help participants locate the hidden treasures.

At the start of the workshop, the facilitator explains the icebreaker's rules and objectives. Participants are informed about the hidden treasures and the list of items or clues they will use to find them.

Participants, divided into small groups or pairs, embark on the treasure hunt. They use the provided list of items or clues to locate and collect the hidden treasures. A timer is set to add an element of challenge and excitement.

Once all the treasures are found (or time runs out), participants regroup and discuss their discoveries. Each group shares their experiences and insights gained from finding the treasures.

ADAPTATIONS/ADDITIONAL TIPS:

- **For online workshops, participants can search for information or images online and share their findings**
- **Consider participants' physical abilities and ensure that the garden area is accessible to all**



4 - THE NUTRITIONAL MYTH BUSTERS

EQUIPMENT/MATERIALS NEEDED:

- a set of common nutritional myths and facts printed on cards
- a bowl or hat for mixing the cards

This icebreaker aims to engage participants in debunking common nutritional myths, fostering a fun and interactive environment.

METHODOLOGY / PROCESS:

- Prepare cards with common nutritional myths and facts written on them.
- Mix these cards in a bowl or hat.
- Participants draw a card and read the statement aloud.
- The group decides whether the statement is a myth or a fact, explaining their reasoning.
- After the group consensus, reveal the correct answer and provide a brief explanation.

This activity serves as an icebreaker, but at the same time subtly educates participants about common nutritional misconceptions.




ADAPTATIONS/ADDITIONAL TIPS:

- For an online workshop, use a digital tool like Kahoot! or a similar quiz platform to present myths and facts
- Encourage participants to share any personal experiences related to the myths or facts they pulled out on the cards



5 - FLAVORFUL DESCRIPTIONS



This activity is designed to immerse participants in the sensory world of local foods. This icebreaker aims to enhance their descriptive abilities and heighten their awareness of the sensory attributes of food. Focusing on taste, texture, colour and aroma, participants are encouraged to express their personal connections and experiences with local cuisine. This activity serves as a fun and engaging start to the workshop, but also subtly prepares the participants for a deeper exploration of local ingredients during the cooking challenge.

METHODOLOGY:

- Begin by explaining the objective - to describe a favourite local dish or ingredient in a way that captures its essence without revealing its name.
- Give participants a moment to quietly think of a local dish or ingredient they are familiar with and formulate their descriptions. Encourage them to think beyond the basic taste and consider the full sensory experience associated with the food.
- Participants take turns sharing their descriptions in a circle format. In this phase, instruct them to use vivid and expressive language to describe their chosen item, focusing on its sensory attributes: how it tastes (sweet, savoury, spicy), its texture (crunchy, smooth, chewy), its colour (vibrant green, deep red), and its aroma (earthy, fragrant, pungent). Remind them to be as detailed and creative as possible to paint a clear sensory picture for others.
- After each description, allow the other participants a chance to guess what the dish or ingredient might be. Encourage guesses based on the sensory clues provided, turning it into a light-hearted and interactive game.
- Once the correct answer is guessed, or if no one can guess, the participant reveals the name of the dish or ingredient.
- Transit to the main workshop activities by linking the importance of sensory awareness in both appreciating and cooking with local ingredients.

ADAPTATIONS/ADDITIONAL TIPS:

- **In a virtual setting, use a structured order, like alphabetical by first name, to streamline the process of sharing descriptions**
- **Encourage participants to be imaginative and expressive in their descriptions to make the activity more engaging**
- **If participants are hesitant, start the activity yourself with an example to set the tone and encourage participation**



6 - RECIPE RELAY

EQUIPMENT/MATERIALS NEEDED:

- paper
- pens

The Recipe Relay icebreaker is designed to cultivate teamwork, communication, and creativity among adult participants. Through this activity, teams work collaboratively to construct a recipe, one step or ingredient at a time, without seeing the previous contributions. The game objective is to have fun and bond as a group while encouraging imaginative thinking and cooperation in a culinary context.

METHODOLOGY:

- As participants enter, group them into teams of 5-6 members. Try to mix participants from different backgrounds or skill levels to encourage diversity in thinking and interaction. Provide each team with a piece of paper and a pen.
- Explain the rules of the Recipe Relay. Each team member will contribute one step or ingredient to a recipe, but they can only see the immediate previous contribution. Emphasise that the aim is to be creative and have fun and that the resulting recipes may be whimsical or nonsensical.
- The first person in each team writes down either the first ingredient or the first step of a healthy recipe on the paper. They then fold the paper to conceal their writing, leaving only a small part visible, and pass it to the next person.
- The activity continues with each team member adding to the recipe based on the small visible part from the previous entry. Encourage participants to be creative and think outside the box. The ingredients or steps need not be conventional or practical.

Once the last person in each team has added their part, each team takes turns reading their complete recipe out loud to the rest of the group. Expect laughter and surprise as the recipes are often humorous and unexpected.

ADAPTATIONS/ADDITIONAL TIPS:

- **For smaller groups, each person can add two items instead of one**
- **In a virtual setting, use a shared online document where each participant can add their part**



7 - QUICK-FIRE FLAVOR PROFILES

EQUIPMENT/MATERIALS NEEDED:

- paper
- pens

This icebreaker is designed to quickly engage participants in sharing their food preferences and experiences, fostering a sense of openness and curiosity.

METHODOLOGY:

- Distribute paper and pens to each participant.
- Instruct them to write down their favourite cuisine, food they dislike, and must-try dish or ingredient - all within 2 minutes.
- Go around the room, with each participant sharing their answers and a brief reason for each choice.

This quick sharing breaks the ice and reveals diverse culinary preferences and aversions, sparking interest among the group.



ADAPTATIONS/ADDITIONAL TIPS:

- For larger groups, conduct this activity simultaneously in smaller breakout groups





**Annex I:
Accompanying and
learning materials /
References**

Annex II: Accompanying and learning materials / References

WORKSHOP SCENARIO 1: COMMUNITY-SUPPORTED AGRICULTURE (CSA) PROGRAM PARTICIPATION

- Printed information about local CSA programs
- Enrolment forms for CSA programs
- CommunityHarvest CSA (<https://www.communityharvest.org/>)
- Building Community Through Community-Supported Agriculture (<https://foodtank.com/news/2019/07/building-community-through-community-supported-agriculture/>)

WORKSHOP SCENARIO 2: COMMUNITY GARDEN INITIATIVES

- Video showcasing successful community garden initiative:
https://www.facebook.com/GramignaODV/videos/419689749975300?locale=it_IT
- Infographic:



Educational materials on gardening basics:

- <https://www.gardendesign.com/how-to/>
- <https://www.artfulhomemaking.com/gardening-for-beginners/>
- <https://www.youtube.com/@GrowingInTheGarden>



WORKSHOP SCENARIO 3: NUTRITION LABEL SCAVENGER HUNT

- Handouts on how to read nutrition labels
- A guide for conducting the scavenger hunt
- Governmental guidelines on understanding nutrition labels
- Yuka App <https://yuka.io/it/>

Nutrition Label:

- https://food.ec.europa.eu/safety/labelling-and-nutrition/food-information-consumers-legislation/nutrition-labelling_en
- <https://www.hsph.harvard.edu/nutritionsource/food-label-guide/>

Local Food Benefits:

- <https://www.healthline.com/nutrition/why-eat-local-food>
- https://food.ec.europa.eu/horizontal-topics/farm-fork-strategy_en
- Farm-to-Table Movement:
- <https://www.lightspeedhq.com/blog/history-farm-table-movement/>

WORKSHOP SCENARIO 4: LOCAL FOOD COOKING CHALLENGES

- Recipe booklets featuring dishes with local ingredients
- Pamphlets on local farmers, vendors, and the benefits of local food consumption

Educators preparing for this workshop can enhance their content by referring to various resources. These include culinary books about regional cuisines, articles detailing the advantages of local food systems, and research on community-supported agriculture. The literature should be selected based on regional relevance and workshop focus, offering insights into the nutritional benefits of local ingredients, the economic and environmental advantages of supporting local farms, and examples of successful local food initiatives.

WORKSHOP SCENARIO 5: COMMUNITY POTLUCK EVENTS

- Recipe cards or booklets for participants to take home
- Nutritional guides or brochures highlighting healthy eating practices
- Differences between Potluck and BYOL: <https://www.whocan.org/it/blog/che-cose-un-potluck> (in Italian)

WORKSHOP SCENARIO 6: FARMERS' MARKET TOURS

- Maps or directions to the farmers' market
- Informational handouts on the benefits of local and seasonal produce
- Local farmers' market websites or literature
- Articles on the environmental impact of local food choices
- Recipes using locally sourced ingredients



WORKSHOP SCENARIO 7: FARM-TO-TABLE EXPERIENCE

- Local farm websites or literature
- Articles on the challenges and benefits of local agriculture
- Recipes using locally sourced ingredients

WORKSHOP SCENARIO 8: FARMERS' MARKET CHALLENGE

- Maps or directions to the local farmers' market
- Informational handouts on the nutritional benefits of diverse foods
- Local farmers' market websites or literature
- Articles on the nutritional benefits of diverse food choices
- Recipes using locally sourced ingredients

WORKSHOP SCENARIO 9: FOOD JOURNALING

- Notebooks or journals for participants
- Printed handouts on the benefits of food journaling
- Articles on the benefits of keeping a food journal
- Online resources on emotional eating and mindful nutrition

WORKSHOP SCENARIO 10: GROCERY SHOPPING EXCURSIONS

- Notepads or notebooks for participants
- Printed handouts on reading food labels and budgeting
- Sample grocery lists for participants
- Online resources on effective budgeting for groceries
- Articles on reading and understanding food labels

WORKSHOP SCENARIO 11: SEASONAL COOKING WORKSHOPS

- Printed recipes and nutritional information
- Online resources on the benefits of seasonal eating
- Articles on the economic and environmental impact of cooking with seasonal ingredients

WORKSHOP SCENARIO 12: INTERACTIVE COOKING CHALLENGES

- Guidelines for interactive cooking challenges, judging criteria, and teamwork tips

Include resources on collaborative cooking, team-building, creative recipes, and use relevant literature/guides on culinary skills and teamwork.

WORKSHOP SCENARIO 13: MEAL SHARING SESSIONS

- Guidelines for meal sharing, tips on presenting dishes, resources on the nutritional aspects of traditional foods, and discussion prompts

Incorporate resources on cultural food diversity, nutritional values of various cuisines and traditional recipes.

WORKSHOP SCENARIO 14: COOKING CLASSES

- Recipes and handouts with cooking instructions
- "The Joy of Cooking: 75th Anniversary Edition" by Irma S. Rombauer, Marion Rombauer Becker, Ethan Becker
- "How to Cook Everything: Simple Recipes for Great Food" by Mark Bittman

WORKSHOP SCENARIO 15: CULINARY DEMONSTRATIONS

- Handouts with recipes and cooking instructions
- "The Food Lab: Better Home Cooking Through Science" by J. Kenji López-Alt
- "Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking" by Samin Nosrat

WORKSHOP SCENARIO 16: WASTE AUDIT CHALLENGE

- Handouts with tips for reducing food waste
- "Reducing Food Waste: Tips and Tricks for Everyday Life"
(<https://www.epa.gov/recycle/reducing-wasted-food-home>)

WORKSHOP SCENARIO 17: MEAL PLANNING

- Handouts with meal planning and preparation tips
- Food Planning (<https://www.eatright.org/food/planning>)
- "Healthy Eating on a Budget: 22 Tips & Tricks"
(<https://www.healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget>)

WORKSHOP SCENARIO 18: COOKING WITH SCRAPS

- Handouts with recipes and cooking instructions
- "Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food" by Dana Gunders

WORKSHOP SCENARIO 19: PRESERVING AND FERMENTING

- Handouts with instructions and recipes
- "The Complete Guide to Fermentation: How to Ferment Everything" by Sandor Ellix Katz

WORKSHOP SCENARIO 20: LEFTOVER RECIPE EXCHANGE

- Handouts with recipes and tips for food utilisation
- "The Zero Waste Cookbook: 100 Recipes for Cooking Without Waste" by Giovanna Torricco and Amelia Wasiliev

Useful links for those who want to know more

Academy of Nutrition and Dietetics → <https://www.eatright.org/food>

Food Safety → <https://www.foodsafety.gov/>



Annex II: Literature Used

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- Henderson, E., & Van En, R. (2007). Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture.
https://www.google.it/books/edition/Sharing_the_Harvest/ZCzPAgAAQBAJ?hl=it&gbpv=1&dq=Community-Supported+Agriculture&printsec=frontcover
- D'Abundo, M., & Carden, A. (2009). "Growing Wellness": The Possibility of Promoting Collective Wellness through Community Garden Education Programs. Community Development, October 2008, 83-94.
<https://doi.org/10.1080/15575330809489660>
- Gregis, A., Ghisalberti, C., Sciascia, S., Sottile, F., & Peano, C. (2021). Community Garden Initiatives Addressing Health and Well-Being Outcomes: A Systematic Review of Infodemiology Aspects, Outcomes, and Target Populations.
- International Journal of Environmental Research and Public Health, 18(4), 1943.
<https://doi.org/10.3390/ijerph18041943>
- Zafar, M. Z., Shi, X., Yang, H., Abbas, J., & Chen, J. (2022). The impact of interpretive packaged food labels on consumer purchase intention: The comparative analysis of efficacy and inefficiency of food labels. International Journal of Environmental Research and Public Health, 19(22), 15098.
<https://doi.org/10.3390/ijerph192215098>
- Petrini, C. (2016). Buono, pulito e giusto. Italia: Giunti - Slow Food Editore.
- Farm to Fork Strategy: <https://www.slowfood.it/la-nuova-strategia-farm-to-fork-che-cose-e-come-funziona-tutto-quello-che-ogni-cittadino-europeo-deve-sapere/>
- TED TALK:
https://www.ted.com/talks/alex_gendler_what_is_a_gift_economy/transcript?language=it



