

Manual to explore global food

system and to act for

local sustainable solutions

From the training course

What's in your plate ?

Bèdeille -France-
25/08 – 01/09/2015



www.solafrika.com



Statement of intent

What's in your plate ?

The goal of this European Training Course is to give tools to our partner organizations and the European youth workers to be able to increase the youngster's knowledge about the global food system.

We aimed to give to the participants concrete solutions to improve their food consuming in their everyday life and in their activities with youth people.

Doing that, we aim to increase the awareness of the youth workers about today's world food issues and its local solutions and alternatives.

We first concentrated in global issues and then experimented several possibilities that can be done on local level.

The activities

All the activities are made with methods of non-formal education, encouraging the active participation of everyone.

Local and international partners came to lead workshops proposed to the participants. In partnership with Solafrika, a local organisation also allowed the group to share an activity with the local community.

The week went on as following :

- Decoding misbalance in world food system : « We feed the world » film and debate, the String game ;
- Cook for a group, lead by Pascale, a school cooker ;
- Intervention of the Slow Food organization ;
- Disco-soup on Saint-Girons outdoor market, in partnership with the « Espace non marchand »/Non-profit area of Saint-Girons ;
- Permaculture presentation and experimentation
- Seed bombs
- Wild plants discovering

Experimental and intercultural perspectives

Participants were asked for involvement in the everyday life tasks, especially to cook in groups, directly linked with the topic. Therefore, everyday meals, made by the participants themselves, were part of the training course. The week were fully vegetarian and we used mainly organic and local products, wild plants and home-made food.

We organized intercultural evenings where the participants had the chance to share their traditions and their countries' situation on food system and alternatives. That was also the opportunity to present their traditional meals, and to adapt it to a vegetarian/vegan version.

The Manual

The technical booklet/manual that you have in your hand was entirely written and built by the participants of this training course, with some help of Solafrika's team.

One or two supervisors participants were volunteer to focus on one activity, and were responsible for the writing and the pictures for the technical booklet.

This booklet was sent to every participant to be used as a tool to reproduce and improve the workshops and the knowledge acquired in the development of their projects in the youth field. It has also been spreaded at international level. Feel free to spread it and use it as much as you want!!

The Partners

« What's in your plate ? » has been implemented by seven European organisations.

Solafrika - France

EDUC - Poland

Biodiversa - Spain

ESN Minho - Portugal



EYCB - Czech Republic

Neront - Austria

GEYC - Romania

Exploring the global food system

Screening and debating on the film

« We feed the world »

By Erwin Wagenhofer - 2007

Workshop by Solafrika

Topic : World food system

Goals: to set a common base and understanding on the topic of world food system

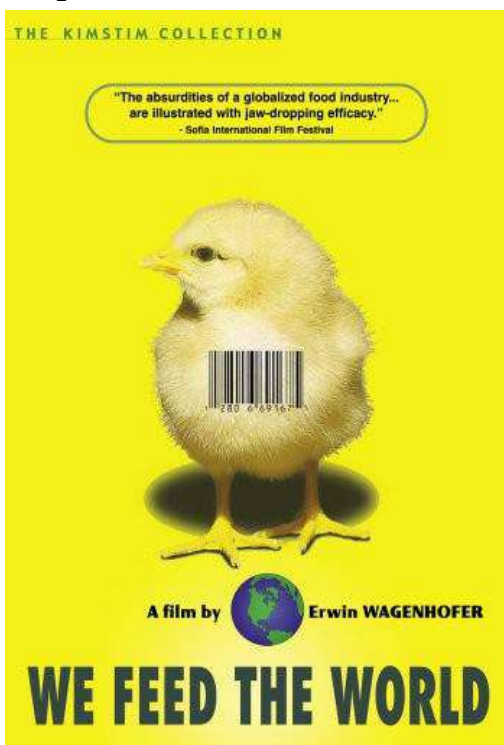
Number of participants: whole group

Material: documentaries on the world food system. In this case we chose the film “We feed the world”, but it can be any other interesting documentary.

Proceedings:

The whole group sat down to watch the documentary “ We feed the world”, then we made a debate and art workshop on the movie.

Before the film the trainers gave a sheet to the participants outlining a precise part of the movie which they had to pay extra attention to. Each big topic of the film was given to a certain number of participants, who had to work on questions individually after the film. After this individual part, we went to discuss in groups of people who had the same part of the film.



The questions we had to think of during the film were the following :

1. How did it make you feel ?
2. What did you know already ?
3. What did you learn ?
4. What was the strong idea of this part?
5. What question do you ask yourself after seeing it ?
6. Did it make rely to some part of your life?
7. What do you want to say to the director of the documentary ?

In small groups we shared our ideas on the film taking the questions as a guideline, then we created a poster on our main ideas about this part of the film. We could use any tool we wanted, we could write, draw or do anything which described our thoughts on the topic. These posters were displayed in a common area where everyone could see them all along the training course.

Evaluation: this workshop was on the first day of the training, which was a good decision as it set a common base for our understanding and let the further workshops deal with the specific topics. The film was a good choice as it was a detailed documentary on the world food system, even if it was a bit too long.

Ways of adaptation: The film “ We feed the world” was a good documentary on the topic, but it is outdated as it was released in 2006. Our suggestion is to choose a more recent film in order to be more up-to-date. The film was too long to watch as a whole, our suggestion is to watch it in several parts or watch only parts of it mixed with other documentaries to have a wider perspective. Concerning the discussion afterwards, it was good to have group discussions, but we lacked a common discussion in the whole group at the end.

Other tools : Other documentaries.



The string game

Workshop by Solafrika

Topic : world food system and its impacts

What : This is a simulation game to present how the global food system works. Participants are given different roles which together create a complex structure of the food global chain. Each role represents a different actor. The game will support understanding of the food system complexity and interdependency. Participants should recognize main actors and ways how they interact and influence each other.

How : A participant receives a card with a role explained. They can't show the card to the others. Each card describes the food chain actors from what's in our plate (fish, tomatoes or banana, livestock) to the organisers (supermarkets, WTO, World Bank, etc.) and the impacts of this system (on nature and people in several areas of the world).

Participants seat in three concentric circles according to a number on the card. This number represents a level in the system.

The game starts from a person in 1st circle who will introduce his role. Other participants try to guess what this role is by asking questions. If they are correct, the person explains deeply his profile and tries to connect with others. A string bobbin is given to each person who is linked with this role.

The game continues by another person from the same circle (unless this circle is completed). After each role introduction, there is a short debate to understand its importance and interconnections. Then arrive the other circles.

When all participants are linked, there is a final discussion to emphasize ways how main actors interact and influence each other in the food system.

I'm a sea fish (Level 2)

In 50 years the quantity of fished fish multiplied five times. This caused the exhaustion of the stocks. Nowadays almost 80% of the fish are threatened with extinction, which, in the future will destroy the sea ecosystem. What do you think of people do, since for the future we need more proteins? Industrial fleets use more and more factory ships. back in the...

I'm the Ocean (Level 3)

I'm the water of seas and oceans. I'm not longer as clear as in the past! I warn up and I become more acid. The products that they bring become part of me. The chemical inhabitants that they bring pollute me and make my plants are already victims of extinction. Since a part of my water evaporates, clouds are formed and they moved towards the land. By becoming rain, the water takes all the polluting dust in the atmosphere and brings them on the ground.

I'm your favorite supermarket (Level 2)

In me you can buy all that you want and also all that you never thought about! I'm here to accomplish all your wishes and to make your life simpler. Do you want to cook less? I thought about everything! Dishes already ready for all ages, fruits and vegetables already washed, sauces prepared, biscuits and other good things already divided in portions, precooked, already ch...

I'm Ernesto, a fisher from Chile (Level 1)

I live close to a very large city in Chile, and I don't have anything: no house, no land, no job. My kids are hungry. Our country fish a lot, but every day each Chilean exports 100g of animal proteins for the livestock of northern countries. Here, one kid out of five is undernourished.

Some questions which can help to facilitate a process:

How are you related to the others ?

What impact your role has ? Is it positive or negative ?

What are current problems or issues related to your position ?

Is it possible that a system functions well without your role ?

What could be done to improve a current situation ? What would be your role ?



Material:

- Long bobbin of string
- Roles cards, one per player
 - Chair or pillows
- Big room or outdoor quiet space



Adaptation

Electronic devices (natural resources from other countries, north/south, labor conditions, child workers, big companies mafia, recycling, pollution...)

Roles cards on <http://jeudelaficelle.net/spip.php?article251>

Experimentation of sustainable local actions

Cooking for a group

by Pascale, Cook in a local school

Material : worksheet to different challenges of a cook's work (here Pascale gave us informations about prices of organic and non-organic food, hygienic rules, weight of type of food per meal per person needed)

Number of participants : about 20, group activity

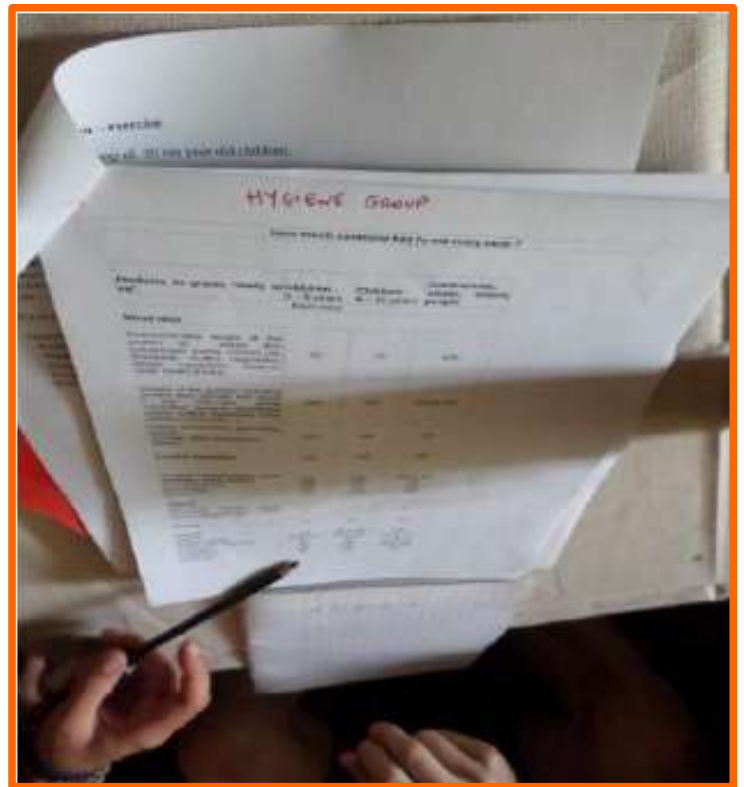
1. **Presentation** of Pascal's work and life

2. **Food in french schools.** Discussing all factors and disadvantages of massive food production. Trying to find the answer why meals are overcooked, unhealthy, tasteless, non organic, non balanced. How to handle food habits and its connection to the environment, calculation of food costs, vegetarian and vegan. Thinking about solutions how to solve basic problems : lack of information about food origin, no connection between schools and production, lack of choice.



3. **Group game** – dividing the group with different tasks concerning :

- Hygiene
- Meal cost regarding to the environment
- Price of non organic and organic food
- Preparing a dish for 20 kids with budget of 25 euros, preparing dish for 1.25 euros



4. **Discussing the results**

Evaluation of the presentation :

pros : easy way of presenting, personal approach, interactive, well prepared

cons : less time for going through the material, too many people in the group [6], collective cooking is probably not the right term.

Ways of adaptation : inviting people who are familiar or are cooking in conventional collective cooking for discussion.

Comments, reactions of participants : everybody participated, practical questions, positive reactions.



Slow Food

Workshop by Toulouse's
Slow Food organisation

1. Descriptive of Slow Food Movement : This movement was born in Italy in the 80s with Carlo Petrini, who wanted to preserve the traditions in different regions of Italy. This movement has now become international, and its philosophy is based on 3 pillars:

- Fair : food must be accessible for everyone and all slow food producers should have good trade conditions.
- Good quality and healthy food
- Clean for the environment

The structure of the movement starts in the Headquarters in Bra (Piedemonte, Italy). Then, every country (10) where this movement is present has a national organization. Under these 2 levels we can find the 'conviviums', which are collectives of citizens organizing local actions.

Three foundations are working on this 'Slow Food Movement', fighting against the low diversity of crop consumption : Terra Madre Foundation, which collaborates with farmers and small producers from different countries, University of Gastronomic Science in Italy, and the Slow Food Foundation for Biodiversity.

Given that food is very related to culture and traditions, the Slow Food Movement tries to preserve all these ancient recipes and knowledge, but it also seeks for social sustainability, environment and biodiversity. These are the 4 characteristics of the Earth Market Project.

This association in Toulouse organizes animation and events, training courses on the waste of food and food tasting, and tries to preserve traditions. At the moment they are working on 2 projects : One project is carried with kindergarten children where they teach the kids the whole processes of food production in a simple way, and teach them how to make bread. The other project is called 'Lo Manjar Suau' or 'Eating Slow in Occitane', and consists on the research of occitanic eating habits and recipes by asking students of different schools about their grandparents' recipes.



2. After the talk we played the snail game, which is like a Trivial Pursuit on food consumption and a sensitive approach of food (smell, touch, listen, taste, look) .

We also make a workshop to learn how to taste food with a « Slow food » methods. We took the example of several types of chocolate, describing the flavor, texture, aroma, etc.

Disco-soup !

With the non-profit area of St-Girons

Situation

Around 50% of products from primary agriculture sector is wasted in developed countries even though mostly they are in good condition and harmless. On the other hand, an enormous part of the world's population is dying because of lack of food.

Vision

We should create sensitive and aware society concerning this issue and start the first steps for change.

Objectives

- increase awareness about food wasting, and the throwing of vegetables only because they don't look good enough (criteria of shape and color when vegetables are thrown) ;
- create commitment and interest of local people to change customer behavior ;
- show possibility to sellers where to give unnecessary food ;
- hold a social event: meet new people of all generations and prepare cocktails and meal together while having fun.

Samedi 29 août 2015
sur le marché de St Girons





Realisation

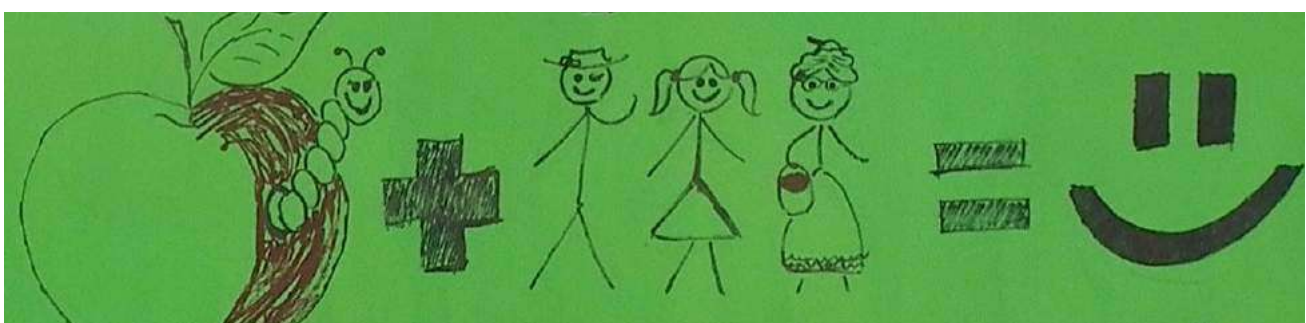
Many kilos of fruits and vegetables of all types were collected by the team of « L'Espace Non Marchand » during the week and by our group during the Saturday morning on traditional local market in Saint-Girons. One team was asking stallholders for unnecessary goods (mostly vegetables and fruits) that they would normally throw. They continuously served them to the cooking team that was directly processing. The third team was inviting people going around for trying the prepared meals. Some of them could took initiative and help to the cooking team.

Results

The cooking team was supported by 5 volunteers among local visitors of the market. Many people liked the food and this idea of collective cooking and using good fruits and vegetables considered impossible to sell. To conclude, we demonstrated food waist to all visitors of the market that day and some of them were interested to know more about this topic. Some of them stopped and liked the atmosphere of the event with music in background. We made a positive impact on local society and introduced to locals the food movement that they can follow and organize their own DiscoSoup event.

What to improve

More people should be informed and involved to this activity, so next time we can create funny video and do advertisement of this event in local newspaper, radio and television. And finally invite some journalists to this event to increase the dissemination of our ideas and movement.



Seeds bombs

Workshop by Solafrika

Materials

5 portions of clay
1 portion of compost
Some water
Seeds



How to do it

Mix the soil with the compost put the seeds on the middle. Add some water to the mixture and make some balls with that.

Now just throw it where you want and wait for it to grow.

Benefits

Helps to create biodiversity.

Easy to do.

Free vegetables everywhere.



More informations on :

Seed bombs : <http://www.guerrillagardening.org/ggseedbombs.html>

Natural gardening :

http://www.onestrawrevolution.net/One_Straw_Revolution/Massanobu_Fukuoka.html



Wild plant discovering

Workshop by Manou,
(a local natural doctor)
and Solafrika

Four funny Europeans were searching wild plants on the meadow in south of the France. The tools they used was just the eyes, feelings and knowledges of Manou, friendly nice woman who lives in this area. The following plants are just a few examples of the huge biodiversity of wild plants.



Elderberry – sambucus nigra

- black fruits are good for syrup made from fruits with sugar ;
- flowers fresh and also dried are good for tea against cold and coughing ;
- you can also eat the flower fried wrapped in a pancake paste.



Plantain - plantago lanceolata

- for supporting the immunity, against diseases of bronchitis against thicks ;
- when you chew it and put the paste on to injury it stops bleeding ;
- also good for salad or for pesto.



Dandelion - taraxacum officinale

- stem is good for detox after winter ;
- flower is good for honey ;
- leaves for salad ;
- good for urinal problems ;
- for supporting the immunity.



Nettle - urtica dioica

- for supporting the immunity ;
- full of iron and vitamin C ;
- tea is good for cleaning the blood ;
- leaves and green seeds are good for salad and pesto ;
- juice is giving the power.



Wild Garlic – allium ursinum

- for supporting the immunity ;
- helps against high blood pressure ;
- also good for salad and pesto.



Recommendations

- DO NOT collect and eat wild plants that you don't know or have a doubt about... It can be toxic !
- Avoid the collect near by polluted areas, roads, animals paths, ...
- Prefer the little ones, fresher, tasting better and more efficient if they're medicinals. Eat raw.
- Be really careful with plants if you give it to a child, if you're pregnant, or have some specific diseases... On that case, you should find more informations about the plant.

The recipes we tried during the training course :

Salad with raw fruits, vegetables and wild plants

Pesto of nettles, plantain, garlic and lemon

Sorbets of blackberry, elderberry and lemon

Infusion of nettles, plantain, dandelion, wild oregano and lemon

Permaculture discovery

Workshop by David
from Neront

Permaculture represents a particular perspective on agriculture which involves the use of patterns and structures taken from natural eco-systems. Even if the idea of permaculture began in 1929 when Joseph Russell Smith published his *Tree Crops: A Permanent Agriculture book*, nowadays the word has expanded its meaning as it now refers to a complete lifestyle. The principal aim of this activity was to explore and promote the basic concepts of permaculture as an innovative approach on sustainability. Our learning process was divided in two parts as we both participated in a theoretical session and a practical one.



Our group consisted of 25 participants who discussed, alongside a permaculture specialist, the key factors of this system, aiming to acquire information. The main topics of our theoretical session were the global ecological footprint, the value of resources, the importance of small and slow solutions, the use of diversity as well as the MILPA system of designing a garden.



The practical session was designed to develop in us several skills related to permaculture as we were given the opportunity to observe and value the resources of Solafrika's garden, to create a design plan for the garden and to bring our contribution to the construction of an vermicompost and an aromatic spiral.



The activity involved a lot of enthusiasm, hard work and cooperation inside the group which definitely strengthened the unity of the group. It also meant a lot of the information and fruitful learning in a both formal and informal way.



*What's
in your
plate ?*



Solafrika thanks to

Our partners



Erasmus+

The French National Agency

ESN Minho - **Portugal**

European Youth Centre Břeclav - **Czech Republic**

EDUQ Association - **Poland**

GEYC - **Romania**

Biodiversa - **Spain**

Neront - **Austria**

David from Neront

Pascale

Manou

« L'Espace Non-Marchand » of Saint-Girons

Social center : « Le Palmier »

Cécile and Gabriel of Slow Food

The local producers of organic food : Romain, Alban,

Diego, Emilie, Granville.

All participants

Adèle

Alvaro

André

Arkadiusz

David

George

Jakob

Julie

Julien

Karolina

Laura (Spain)

Laura (Romania)

Marek

Michaela

Mirek

Nico

Nóra

Ovidiu

Orlando

Tamara

Tania

Theresa

Veronika

Zuzana