



CLIMATE CRUMBS

How to talk about climate
when growing and cooking

SESSION OUTLINE:

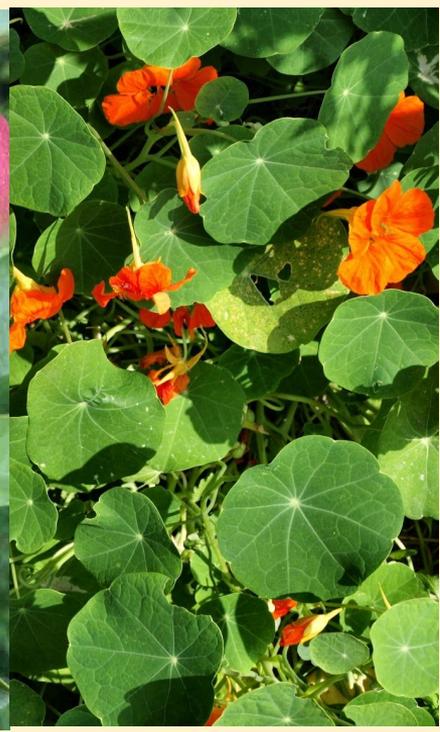
- Icebreaker activity
- Diamond 9
- Key terms, knowledge and beliefs
- Activities to share
- Summary and questions
- Diamond 9
- Evaluation

OUTCOME

At the end of this session we hope you will:

- Have a greater understanding of how both cooking and growing food are positive climate actions
- Have more confidence in bringing in climate activities and discussion topics to your groups

ICEBREAKER!



DIAMOND 9

MOST IMPORTANT

LEAST IMPORTANT

KEY TERMS

Seasonality - what is available (locally) at what times of year

Carbon footprint - how much carbon is produced from seed to mouth

Food miles - how many miles an item of food has travelled to be on your plate

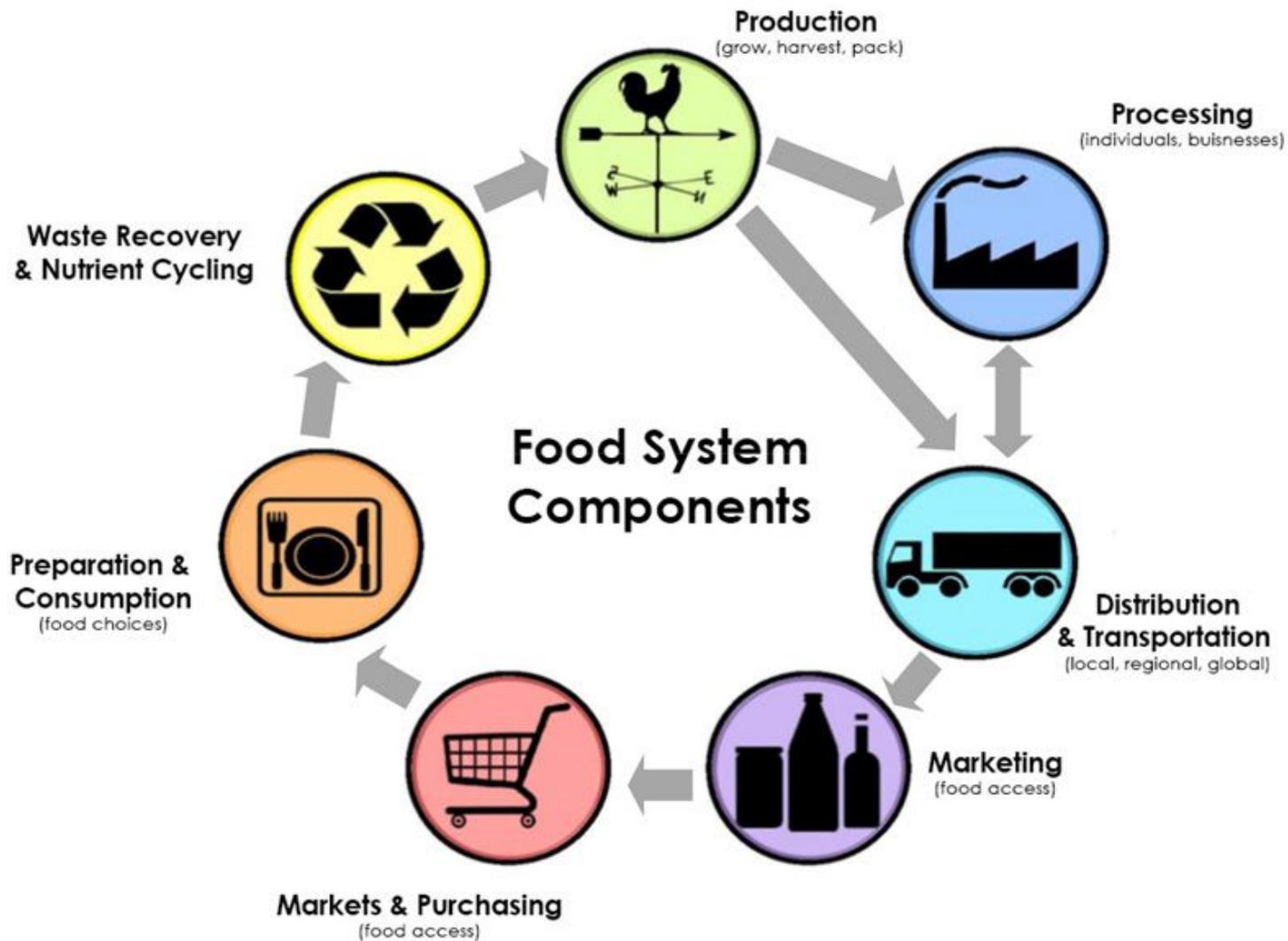
Agroecology - a regenerative and ecologically friendly way of growing food

Organic - growing without the use of artificial pesticides, fertilisers. GMOs

Biodiversity - the spread of different types of species (plant, animal, insect, fungal) in an area

Industrial farming - Modern practice of intensively growing/rearing food as quickly and profitably as possible

Food system - everything from growing, packaging, processing, transporting, buying, cooking and food waste



70%

Land area of UK used for farming

30%

UK greenhouse gas emissions arise from the food system

30%

Food we produce globally goes to landfill

UNDERPINNING BELIEFS

1 - Growing food is a climate action

- Reduces food miles
- Reduces emissions
- Agroecology increases biodiversity and environmental repair
- Places less emphasis on industrially farmed foods and monocultures

2 - Cooking food is a climate action

- Reduces processing energies
- Allows for seasonal foods
- Reduces food waste

CLIMATE CRUMBS

Going outside

Selecting plants/seeds

Digging

Watering

Picking and Harvesting

Before

During

After

Sourcing food

Cooking food

Eating food

Disposing of food

CLIMATE CRUMBS

BEFORE

Selecting plants/seeds

Activity: What grows near us?

Look at what grows in Glasgow, Scotland, UK, Europe. Create a map of things grown in the area OR look at supermarket fruit and veg packaging and map where everything is grown.

<https://www.glasgowecotrust.org.uk/glasgow-green-map>

Food miles calculator: <https://www.bbc.co.uk/news/science-environment-46459714>

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After

Going outside

Activity: How have things changed?

How does what you see differ to what the adults in your family would have seen?

What about their parents?

Look at old maps/photos of the area, collect stories from community members, compare then and now.



Braehead Shopping Centre 6 miles southwest of Glasgow centre





DIAMOND 9

MOST IMPORTANT

LEAST IMPORTANT

QUESTIONS?

EVALUATION

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