



Climate Crumbs

How to talk about climate change when growing and cooking



GLASGOW
COMMUNITY
FOOD
NETWORK



Outcomes

At the end of the session we hope participants 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



Underpinning Beliefs

1. Growing food is a climate action



Reduces food miles and 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



Planet friendly = Penny Friendly

1. Many things that save money are also climate friendly actions



Meal planning = less food waste



Grow your own / regrowing scraps



Less cooking time = less energy = lower cost



Eating less meat or industrially produced meat or dairy products

3. Many people are already doing some or all of the above.

2. The climate crisis is a systemic issue - not down to personal choice

Icebreaker!





What % of land area of UK is used for farming?

70%

What % of UK greenhouse gas emissions come from the food system

30%

How much £ are Scottish households losing each year by wasting food

£1B

Diamond 9: What is a Climate Action?







Sort in order of which appliance uses the most energy to which uses the least.

Electric Cooker



Dual Fuel Cooker



Gas cooker



Slow cooker



Microwave oven



Air fryer cooker



Focus:

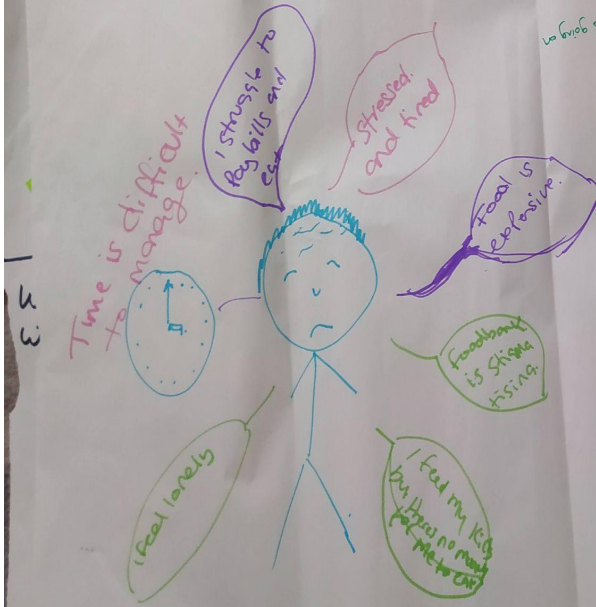


How we might respond to the range of reactions we get when we talk about food and climate change in the community.

Drawing activity:

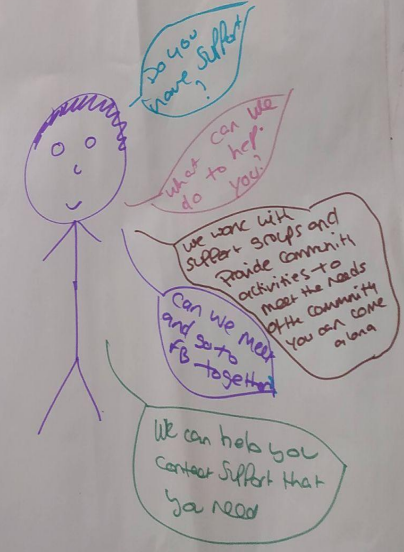
Draw 2 characters, representing:

1. *The reactions, attitudes, emotions and views you encounter in conversations about food and sustainability/climate change.*
 2. *Yourselves as community workers/volunteers, and how you might respond to the character you have created.*
-



- older
- have poor
- stressed
- might be engaged in other habits if not spending habits
- might already be doing things we would consider 'climate action'

- being able to sign post, being connected, knowing as much as possible what's going on in the area
- giving recipes for unusual foods
- being aware of dignity principles
- helping people try new things
- campaigning for more transparent labelling, more knowledge and education about food devices



What skills can help us?

What values can guide us?

**Framing
conversations**

**What language can we
use?**

**Where can we have
these conversations?**

① BASIC HUMAN RIGHTS
FOOD IS NOT A PRIVILEGE ITS AN ESSENTIAL

being realistic
- small changes make a difference

inclusion

Being aware of systemic injustices

Don't assume people know or don't know things!!

Awareness of peoples emotions and how they are affected by them

Right to food - everyone deserves good food

our own values

WHAT LANGUAGE WE USE?

OPEN & HONEST (Jargon free)

responsive
→ not bringing our agenda

Easy to understand without big words

Jargon free

③ STRAIGHTFORWARD
NOT POLITICAL "what do you need/what?"
How can we help?

HOW CAN WE FRAME OUR CONVERSATIONS?

UNDERSTANDING THE REALITY IN COMMUNITY - JOB EMPLOYMENT, FAMILY, EDUCATION

empathy

Knowledge of local area

listening

eye contact

Communication

Intergenerational sharing

listening

WHERE CAN WE HOLD THESE CONVERSATIONS?

anywhere

Online information

local cafes

community groups

space that's comfortable for individual

IF IN STORES ALREADY USED BY LOCAL PEOPLE THEN FEEL SAFE & EASIER

Focus:



Talking about food and climate in ways that shift the focus away from individual choice

Diamond 9: Who is responsible for fixing our food system?





Prompt questions for images of food adverts:

- Why did you choose that advert?
 - What is the advert saying about the product?
 - How are they attempting to attract you as a consumer?
 - Is this the kind of thing that would make you buy the product?
 - Do you think that the advert is truthful? Why?
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Focus:



Exploring issues around food aid, food dignity and food justice.

Images of food banks



Prompt questions for images of foodbanks.

- How does this photo make you feel?
 - What does this image tell you about surplus food in Scotland/UK?
 - What would you say to the people in the photos?
 - Why do you think that redistribution is seen as good for people and planet?
 - How would you solve the issues portrayed in the photo?
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St. Paul's Cooking for Resilience Course - A Case Study

Storytelling



Guest Community Chef and CEO of Happy Cooking, Donna Borokinni





**Recipes linked to
workshop themes**

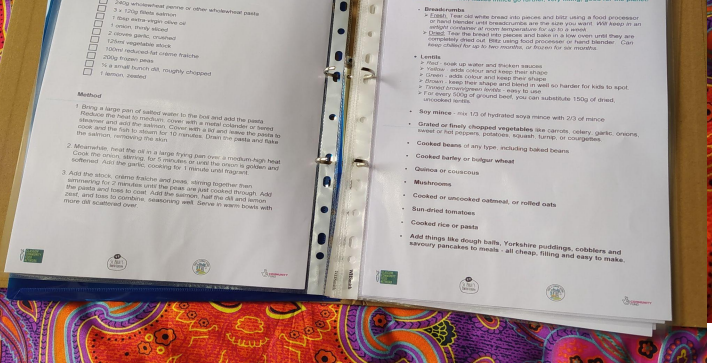
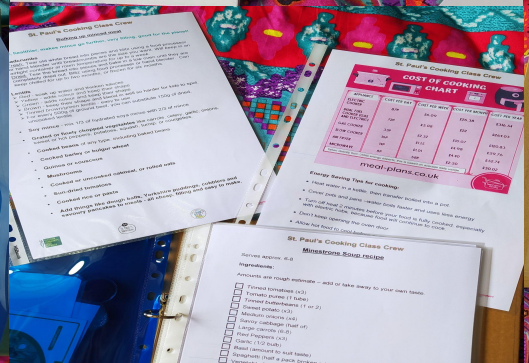


Garturk Stitch Farm





Resource pack/toolkit





Presentation day!

**Turn off the news. Go outside.
Breathe. You were never meant to
carry the burden of the whole world.**

