

FACILITATOR GUIDE



6 | STRATEGIES FOR SUPPORTING SUSTAINABLE FOOD SYSTEMS

Summary

How can we promote change? This session goes deeper into possible strategies and barriers to supporting a shift toward sustainable food systems, and encourages you to develop a personal strategy for change.

Guiding Questions

- What are possible ways to achieve a sustainable food system?
- What are the barriers to these solutions?
- How can we change our actions to support sustainability?

Big Ideas:

- Strategies to promote a sustainable food system include pasture-raised meats, organic agriculture, farmers' markets, urban gardening, farm to school programs, Fair Trade, and Community Supported Agriculture programs. Each strategy presents opportunities and barriers/challenges.
- There are multiple ways to advance these strategies at the local, state, national and international levels.

Sequence and Timing

Activity	Overview	Minutes
Review "homework"	Have participants share what they have found about sustainable food systems strategies within their community.	5
1) What can we do?	Learners read about different strategies to support a sustainable food system and brainstorm possible actions they can take to promote them. Participants will consider actions at a regional, state, national, and global level, identify potential barriers preventing them from acting, and ways to overcome these barriers.	30-45
2) What will we do?	Based on the learner's findings in Activity 1, all participants will make personal goals for taking actions towards a sustainable food system at a regional, state, national, international level.	15-25

Materials

- Learner booklet, Session 6
- Flipchart paper, markers, tape, and a wall to post Barriers and Actions diagram
- Pens/pencils for learners to record personal goals towards a sustainable food system
- Accompany PowerPoint file: Slides for Session 6

Preparation

- Review the Strategy readings in the Learner's packet to be familiar with each approach.
- Prepare a large version of the "Actions-Barriers" diagram (in the learner's booklet). Draw it on a large piece of paper or a board.
- Sticky notes.

Procedure

Review "homework"

- Learners were to identify strategies within their community that help work towards a sustainable food system. Have participants share ideas and observations as you post responses.

Activity 1) What Can We Do?

Overview: Learners read about different strategies to support a sustainable food system and brainstorm possible actions they can take to promote them. Participants will consider actions at a regional, state, national, and global level, identify potential barriers preventing them from acting, and ways to overcome these barriers

- Direct participants to Activity 1 in their booklets. Have someone read the quote aloud, then pose the question provided: *How will your actions impact the direction of agriculture?* Explain that this session focuses on this question.

- Break participants into pairs or groups. Have participants read the directions. Review verbally, pointing out the large “Actions/Barriers” diagram where participants are to record their responses. Model the activity by asking participants to generate an action to support sustainability that has already been discussed in this curriculum (ex: choosing local food). Also ask what potential barriers might be (availability), then write the responses on stickies and put them on the large Actions/Barriers diagram.
- Note: As an alternative to writing in their booklet, have participants write their actions and barriers on sticky notes and place them on the large diagram.
- Assign one Strategy Reading to each group and pass out stickies. Remind participants to write the name of their strategy on the sticky so that each strategy can be identified on the diagram.
 - 1) Local Farmer’s Markets
 - 2) Urban Gardening
 - 3) Community Supported Agriculture
 - 4) Fair Trade
 - 5) Farm to School Programs
 - 6) Organic Agriculture
 - 7) Pasture-Raised Animals
- Give participants 15-20 minutes to work. Then have groups present their work. Options:
- Lead a full group discussion using the questions provided:
 - What strategies or information was most familiar? What strategies are you already involved in?
 - What strategies or information was new?
 - What actions seem most difficult? Why?
 - What actions seem easiest? Why?
- Encourage learners to research additional policies and actions using the list of resources provided.

Activity 2) What Will I Do?

- Based on the learner’s findings in Activity 1, participants will select the actions they can take to advance a sustainable food system, and make a personal commitment to taking action on the regional, state, national, and international level. See directions and Personal Goals diagram in Learner’s Guide booklet.