

# RELATABLE, CREATIVE AND BARRIER-BREAKING: THE POWER OF FOOD IN FACILITATING ACTIVITIES FOR SOCIAL IMPACT

A Europe-wide report on food-related  
facilitation techniques that aim for  
positive social change

*elle*

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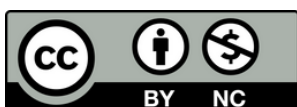
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*If you are also working with food-related facilitation techniques to achieve positive social change and are interested in sharing experiences or collaborating on an international level, please contact NetFork and express your interest at [mail@netfork.eu](mailto:mail@netfork.eu).*



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# 1

## FOREWORD



Don't you sometimes have that moment of inspiration - a spark of curiosity that motivates you to take action and leads you down unexpected paths? That is exactly what happened to me a while ago at an international training for youth workers. It was another cold winter evening and I had brought a block of gingerbread dough from my country, Latvia, just because I really wanted to create that special feeling of the season together with the rest of the group.

That evening turned out magical - we rolled and rolled the dough, more than 20 people joining in, cutting out their own favorite gingerbread shapes and putting them in the hot oven. Besides the warm smell of home-baked cookies and seasonal carols that we deliberately played to enhance the atmosphere, there was something else that took over the room.

It was this special feeling of curiosity and togetherness in the air - some were sharing their own and very dear cultural experiences of Christmas holidays, but others were listening, watching and baking with the utmost interest, as they had never laid their eyes or hands on the very typical star, heart and Christmas tree shaped cookie cutters. Above all, the room was filled with genuine love and emotional connection.

It was only the next day that I realized the true effect of this activity - the feeling in the group had changed completely. They had become closer and more free with each other, all because of one kilo of brown, pliable flour mixed with sugar and spices. It was at that moment when I thought - if such a simple activity could have such an impact, **what other ways could food and its many properties be used as a methodological tool to bring about positive change?**



It took a while to formulate the concept and find the right framework to turn my initial feeling into something tangible. This is how the idea of the NetFork for Impact project was born, and three organizations from different countries came together to find out what was being done in this area and to stimulate a wider discussion, highlighting something so obvious that, miraculously, had not been approached in this particular way before.

What drove me and other colleagues to get involved in this process was mainly threefold. The initial curiosity, the drive for innovation and the deep-seated interest in finding new, replicable ways of working with young people to change their lives for the better.

After all, the effectiveness of social impact work is closely linked to the ability to foster interest and engagement, which is often only possible by either doing something completely new (motivating through

curiosity) or doing something that people really like (and in case you didn't know, people LOVE eating). Our approach in using food as a medium, a motivator, a connector and an overall enjoyable aspect of our lives was the obvious answer to the question - how can we do our work better?

This report was in development for years, starting with an idea in 2019 and shaped by subsequent discussions and brainstorm sessions with social impact practitioners across Europe. And now we are here - with concrete results that we are proud to share with you! In the following pages you will find a brief insight and inspiring examples of how food can be used as a diverse, simple, yet extremely rich and exciting medium in the context of social change.

**It is our sincere hope that this report will be of use to you in your daily work and inspire more and more finger-licking experiences to be incorporated into non-formal education, youth work and other areas of social impact.**

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On behalf of the entire project team,  
**Ieva Miltina**





# 2

## EXECUTIVE SUMMARY



This report responds to the search for innovation in youth work through the belief that food in all its complexity has a great power to initiate and aid social change - it is the first step towards the development of novel facilitation approaches. For the benefit of facilitators, educators and other actors in youth work, the findings reveal an insight in the existing approaches, a broad range of advantages, tackled topics, as well as potential roles and practicalities of using food-related facilitation techniques over others. Found while conducting desk research, the examples of 74 existing approaches and toolkits are a tangible asset for work in the field, and serve as a source for inspiration.

**In conclusion, the utilization of food-related facilitation techniques can yield social change in three primary ways:**

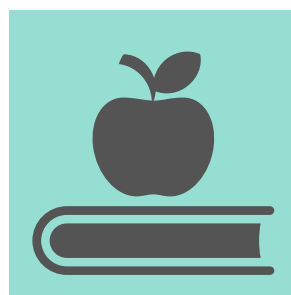
- Food as a **tangible tool**, and it's sensory qualities that are used within activity
- The power of food to **bring people together**
- **Knowledge around food** and interconnections of it with most other parts of our lives that is being used to highlight a particular topic



**TOOL**



**COMMUNITY**



**KNOWLEDGE**



The findings of this report underscore the remarkable versatility of food as a medium for facilitators, and they can be distilled in four main conclusions.

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### **FOOD MAKES FACILITATOR'S WORK EASIER**

Incorporating food as a central element in social impact activities can greatly benefit facilitators. It has the unique ability to bridge gaps and foster connections among diverse audiences, including those from different cultures, generations, and social groups. Moreover, leveraging food as a medium can help facilitators reach typically harder-to-reach audiences and simplify the facilitation of complex topics. By combining food with design thinking principles, effective solutions for pressing community challenges can be developed, too.

2

### **FOOD IS PART OF THE SOLUTION**

Food is not merely a subject, but a catalyst for resolving complex challenges that affect modern society. From promoting environmental sustainability and addressing social inequalities in work with marginalized groups and addressing the future of food, numerous activities have already been initiated to tackle these issues. As we move forward, the importance of such initiatives will only continue to grow, given the profound significance of food in human existence. At the very core of our essence lie the deep-seated meanings and habits associated with food, and harnessing it might be the key to solving some of the issues.



# 3

## FOOD IMPROVES WELLBEING INDIVIDUALLY AND COLLECTIVELY

Food possesses a remarkable ability to foster connection - not only with others but also with ourselves. Engaging in communal activities such as growing food, cooking and eating together in community kitchens can effectively address pressing issues at the community level, while simultaneously enhancing our sense of belonging and alleviating feelings of isolation. Furthermore, food can also serve as a powerful tool to promote individual well-being, through various activities based on art-therapy principles and outdoor events. Facilitating such connections can aid in addressing disconnection, which is a pervasive challenge in contemporary society.



# 4

## FOOD HAS IMMENSE POTENTIAL AND ATTRIBUTES FOR INNOVATION

The field of food-related activity facilitation remains ripe for exploration, with boundless possibilities for addressing pertinent issues such as mental health, body image, and digitalization through a unique perspective. While many existing techniques can be adapted to incorporate food as a topic or tangible tool through targeted storytelling and copywriting, the true potential of food lies in its versatility as a medium for entirely new approaches. There is still much to uncover and discover, and food as a medium can be a powerful force for innovation and progress.





# 3



## THE POTENTIAL OF FOOD AS A DRIVER OF CHANGE

By Astra Spalvēna

Latvian Scholar, Researcher and Author  
on topics of Food culture and History

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**Food – is it a phenomenon too quotidian to be worth researchers' attention?** Eating is a human's existential necessity and therefore an action we must practice every day. At the basic level, **all our efforts revolve around food**: how to grow, hunt, or buy it and how to transform inedible/raw into edible and even tasty. And, furthermore, how to consume it according to circumstances. The possibility to carry out these activities in multiple ways which are not determined only by practical, but also by symbolic reasoning, confirms that **food and eating fall into the realm of culture**. An apple from a tree becomes a dish when it is washed, peeled, and cut on the plate. The items of nature are transformed into items of culture by preparing, cooking, and presenting in a certain way. Humble weeds or intestines in skillful hands turn into exquisite dishes. The skills of the chefs are mastered for centuries, and this is recorded in cookbooks, which are among the first books printed along with the Bible.





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**For researchers, food becomes a matter of interest because the change of form relates to the change of meaning.** Moreover, the changes extend to the eater as well. Food affects eaters' bodies and even souls. The wrong food can make the eater too fat, weak, sick, or even put them to death. It is essential to know thy food. For generations, humans have had a sweet tooth because the collective wisdom tells us that body-building carbohydrates are sweet, and the sweetness of fruits signals the content of necessary vitamins. And we stay away from the opposite – the bitter taste helps us identify the poisonous substances. The process of eating contains meaning as well. **Commensality is historical virtue:** we carve the prey to feed our little ones and our old ones. We eat together with strangers to avoid war. But still, we see them as strangers only because their food is different from ours.

**Food is the fuel that powers the body. But what does it do to the soul?** Is appetite the opposite of spirituality? Medieval saints refused food not only for days but for months to demonstrate their devotion to God and cure the vice of gluttony. Wealthy Dutch merchants in the 16th century had gastronomical still life paintings in their dining rooms – not only to boast about their increasing social status but also to keep the memento mori message as a reminder – opulent dishes and products in these pictures stand for the ephemeral character of worldly life.

Excessive eating is considered a deadly sin and condemned by the church for centuries. Nowadays, when Lent means not only refusing meat and animal products but also staying away from social media or other contemporary temptations, **food consumption is still linked to ethical considerations.** Condemnation of certain products brings to light social injustice, environmental crisis, and other immediate problems.





The fact that **food can encode meaning** allows it to be used as a medium in contemporary art, and also to discuss the mentioned problems. It makes the art more understandable and the message more relatable because the food experience is common for everybody even if the language of modern art is not. **Food is a mediator**, which helps people to communicate, to express their thoughts more clearly and understandably. **The language of food helps us discuss opaque or abstract notions**, or communicate about violence, death, and sex. We sugarcoat the information and cherry-pick the evidence and take everything with a grain of salt, swallow bitter pills, and even eat the crow when necessary. We talk about melting pots and salad bowls referring to the cultural interactions. These metaphors are commonly understandable because of our common food experience. This experience also helps interlocutors to color their message with emotions and to achieve greater involvement.

Food addresses not only the body and soul but also the senses. It is pleasing to the eye, the flavors and scents may evoke memories and emotional reactions, and the mere taste of familiar food can transport us to childhood or the lost homeland. **Handling food proves to be therapeutic**, even healing, for example, kneading the bread dough. **Cooking has a creative dimension**, which is expressed in the innovation of the talented chef as well as in the immeasurable care of the mother of a family in need. **To eat something cooked by somebody else means the ultimate trust**. Looking deeper into this, food signifies power realized similarly by the head of a family and by the head of a state. To feed somebody properly means to guarantee survival and restriction of food - is a form of control.

**Food is too big to see, it is all around us – on our table, in a garden, in a shopping bag, on the endless shelves of supermarkets, in luxury packaging, and the garbage. It is a language of love as well as a language of power. Therefore, through the lens of food, we can learn about life.**

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# 4

## INTRODUCTION

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At an institutional level, this report serves as a first step towards the development of new facilitation methodologies. It is not only an in-depth insight into a novel topic, but also a direct reflection of the **ever-present need for innovation in youth work**. Especially in the last few years, as a result of the turbulences in the world, a wide range of completely new challenges have emerged, changing the lives, values and habits of every member of society. **How do we address these uncertainties and what tools do we use to do so?**

*In a post-pandemic Europe, youth work must seek to innovate and go further than the paths already known.<sup>1</sup>*

Even though food is embedded in almost every part of our lives and multi-layered social impact could be brought through change in the food systems and consumption patterns, we don't want to bite off more than we can chew here. Instead, we have chosen to **focus the report on facilitation techniques** to ensure that the methods presented are within our personal reach to implement (short term and small scale) and within our capacity to evaluate in terms of impact created (not beyond the individual and community level).

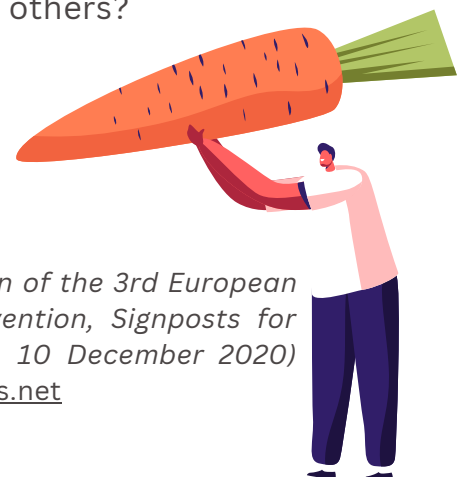
By choosing such a theme, we also ensure that this report will be relevant and understandable to almost any youth worker or social impact driver looking for a new spark in their daily work for a better society. In addition, the **choice of food as the primary medium opens pathways to the full spectrum of audiences, issues and connections across sectors, borders and perspectives**.

**The aim** of this report is to provide an insight into the variety of applications and perspectives for using food as the central element in the facilitation process of activities with social objectives.

**The main research questions addressed:**

- What are the existing food-related facilitation techniques already in use in the European Union? What are their characteristics?
- What are the advantages of using food-related facilitation techniques over others?

*1 Final Declaration of the 3rd European Youth Work Convention, Signposts for the Future (Bonn, 10 December 2020)*  
[www.bonn-process.net](http://www.bonn-process.net)





# 5

## THEORETICAL BACKGROUND



In this chapter we provide a literature review of social impact facilitation techniques and food as an agent of social change. We start with defining social impact, continue with having a look at participatory facilitation methods, food as a medium and finalize by giving an insight in already existing research on food in facilitation of social impact activities.

### 5.1. FACILITATION METHODS AND TECHNIQUES FOR SOCIAL IMPACT

#### 5.1.1. SOCIAL IMPACT

Social impact can be achieved at individual, community, organizational and societal levels. In this report, we will focus on approaches that target the first two. Epstein and Yuthas (2014) describe it as the societal and environmental changes brought about by activities and investments. To elaborate on the definition in the context of this report, social impact can be defined as significant changes that address, work towards solving or resolve an existing challenge of a particular target group or society as a whole.





This term is usually used in the context of conscious and deliberate action by individuals, NGOs, government institutions or companies towards a particular cause or challenge, and has been increasingly discussed in recent years due to people's growing awareness and the magnitude of the environmental crises and social injustices we face. Organizations all over the EU are incentivized to consider and increase their social impact through the Social Economy Action Plan, European Green Deal, and various other priorities and programs. Non-surprisingly - it might be a rather broad and ambiguous term, therefore it is often tied to more tangible aspects like its assessment, measurement, scaling, investment and others. All of these are mostly used with the goal to explain, standardize, upscale and foster actions for positive change in society.

In general **social impact means systemic change, and one might achieve it through a series of many actions rather than one event.** Based on the systems' thinking approach, nonetheless, each change starts with an individual. Description of the levels of individual change can be lengthy and complicated due to complex human psychology.

Nonetheless, the ways facilitated activities might start the social change on such level revolve around the following intended outcomes:

- Building awareness (apprehension of new concepts, expanding the perspective)
- Learning (development of knowledge, skills and attitudes)
- Formulating priorities and forming values
- Building will (increasing engagement, building a sense of community, and other motivators)
- Encouraging change of behavior (change of habits).

Such change is often initiated through facilitated activities - by organizations and individuals working towards a defined and targeted social impact within a defined target audience.

### 5.1.2. PARTICIPATORY FACILITATION METHODS

The term "facilitation" is widely used in various fields of research, but it is mostly connected to healthcare, organization management, practice development, counseling, health promotion, action research, audit, and education (Harvey et al, 1998). In this report, **we will focus on facilitation related to the management of experiences for young audiences, with the goal of sparking social change.** This is often connected to education and learning, but not exclusively so. With slight differences in some aspects, such methods or techniques may be called "group facilitation methods" or "participatory facilitation methods."





Historically, the purpose of facilitation lies in the fields of counseling and student-centered learning. However, according to Gill Harvey's (2002) analysis, "the purpose of facilitation can vary from providing help and support to achieve a specific goal to enabling individuals and teams to analyze, reflect, and change their own attitudes, behavior, and ways of working." It is important to emphasize that frontal lecturing and presentations is just one method of facilitation - other approaches include a process where a multitude of techniques could be used to involve, animate, and drive the target group in a particular direction.

**Facilitation methodology is a tool that helps a facilitator to prepare, lead and assess the learning process.** Both within formal and non-formal education some of the core aspects of facilitation technique include assessment, defining learning outcomes, setting up the activity and providing closure, as well as the choice of facilitation tools (Smith et al., 2007)

Taking into consideration the large number of potential situations, contexts, and target audiences where facilitation might be necessary for social change, the variations of used methodologies are vast. From the previously mentioned description, it becomes evident that **key elements that define a facilitation for social change are the intention, planning (or preparation), assessment (or evaluation), and the tools used.**

The defining elements that shall be considered for the composition of a method are mainly two - **the goal of the activity** (in this case, the intended learning outcome or social change aspect) and **the target audience** (which will define the chosen method, the facilitation style, environment, and tools as the outcomes within the social impact field. The latter should always be primarily beneficial for the participants). These are also some of the key elements that will be reviewed in the findings section.

Some common group facilitation examples used for social impact include icebreakers, team-building exercises, simulation exercises, debates and discussions, evaluation methods, brainstorming techniques, co-design approaches, and many more. They are commonly used in workshops, training courses, events, or other types of activities where a group of people is guided towards a particular goal. To get introduced to facilitation aspects and types of methods in more detail, one might look up one of the many facilitator guidebooks, toolkits or method catalogs.<sup>2,3</sup>

<sup>2</sup> Educ'action. A catalogue for non-formal education methods. [www.drop-in.eu](http://www.drop-in.eu)

<sup>3</sup> Manual for facilitators in non-formal education involved in preparing and delivering the programme of study sessions at European Youth Centres by COE. [www.rm.coe.int](http://www.rm.coe.int)







Taking into consideration the growing number of existing challenges in society, as well as reducing rates of in-person engagement due to digital technologies, the task and necessity of facilitators, youth workers, and other social change drivers is to continuously look for new methods or approaches to bring their objectives across. This is why a continuous search for appealing and engaging media is explored in the context of these methods, and in this case - **food is chosen as a universal and easily accessible element to be used across the most varied audiences.**

## 5.2. FOOD AS AN AGENT FOR SOCIAL CHANGE

### 5.2.1. FOOD AS A MEDIUM

Numerous papers already conclude that food is a powerful medium (see more in the foreword by A.Spalvena). It is clear that food is an irreplaceable part of any person's life - nutrition is literally a prerequisite for survival. Which makes it very obvious why food has such a central role in any culture subsequently resulting also in very personal and emotional connection between an individual and what, how, when they eat. It is also a cornerstone of social relations - sharing food is an aspect that is deeply embedded in our genetics since the beginning of time (Jones, 2007).

But besides the psychological and social aspects, food also has these physical qualities that entice the senses and can be used for therapeutic purposes - taste, smell, touch, hearing and intra-body senses. Besides filling the stomach, food brings pleasure, entertainment, curiosity and many other emotions to life just through the tangible qualities that it possesses.





### 5.2.2. Research on food as a part of facilitation process for social impact

In the context of this report, some of the most useful insights were revealed in Clare Pettinger's et al. (2019) paper titled "Participatory food events as collaborative public engagement opportunities". The paper describes findings on how innovative food-themed approaches (methods) can increase the engagement of target groups (in this case, homeless individuals residing in a residential homeless center). They concluded in their preliminary research that "food can be a powerful catalyst for social inclusion with the potential to empower 'marginalized' individuals" (Pettinger et al., 2019). Even though the paper is mostly focused on participatory action research (PAR) and the usage of such methodologies for research purposes, the writers themselves elaborate on the findings to consider how using such creative approaches can improve public engagement activities and ultimately lead to changes related to food.

Besides that, the results highlight numerous benefits that could and should be transferred to explain food-related methodologies with the aim of explaining the complex effects and wide array of possibilities of using this medium as such. Looking into available papers on food and participatory research methods, one will find lots of information and understanding about food as a medium.

It is unimaginable that something with such influence on humanity would be left ignored in the context of social change. Focusing on one or several of these aspects, food has long been used as a medium for art (Kirshenblatt-Gimblett, 1999), or research purposes and definitely also for the benefit of solving social challenges. However, a more detailed overview of topics, social impact and techniques is lacking, which is what we intend to discuss in the findings of this report.





# 6 RESEARCH METHODOLOGY



The results of this report were primarily gathered by secondary data collection, i.e. desk research. A total number of 155 different approaches / methodologies were selected and then classified according to the parameters set out in the theoretical part. To draw the conclusions, main trends were identified in a thorough analysis of findings, and some of the most common as well as most creative examples selected to underline particular concepts.

## 6.1. DEFINING THE RESEARCH STRATEGY



At the outset of the research, we faced uncertainty about which methodologies to include due to a lack of existing terminology and an unclear overview of potential options. We addressed this challenge by assuming potential keywords that would reveal the necessary information and crafting a more detailed approach from there. Defining the outcomes also required lengthy discussions about which examples fit within the scope of this paper and which do not. Ultimately, we decided to use the following explanation in the research phase: “Methodologies that use food as the central element for positive change in society”.





*Image no.1. Explanation of core aspects of the research for use in the social media.*

Three main aspects were thoroughly discussed and revolved around the wording of the research outcome. These aspects include the following (with alternative considered options in brackets):

- Methodologies (participatory methodologies, activities, methods)
- Food as the central element (food, food as a medium, food as a catalyst)
- Positive change in society (social impact, solution for challenges existing in society, change)

Defining the desired research outcome was a challenging task that revealed broad differences in understanding among team members. To ensure a more unified understanding of the intention of this paper, many examples were used in the content of research tools. Additionally, in the findings part of the research, many examples will be portrayed to emphasize clarity.





## 6.2. DATA COLLECTION AND ANALYSIS

### 6.2.1. THE INITIAL DATA COLLECTION STRATEGY

For the sake of continuity, it is necessary to point out that the initial research approach was different - a meticulously crafted survey questionnaire (in Annex no.1) was created by the involved researchers and published on the Typeform platform to gather data from a geographically broad audience. It was then sent to 149 email addresses of the National Agencies, Youth councils and Civic alliances, as well as organizations working with food across all EU countries. After observing a low engagement rate, a simplified questionnaire was promoted in the newsletter of eitFood.<sup>4</sup> Unfortunately, even with direct inquiries and social media communication in various Facebook groups, the number of answers received was not sufficient, and therefore it was decided to change research tactics to another methodology.

Lowering the barriers to data collection proved to be a beneficial decision, and in this particular case, a better approach to reach the particular goal, namely, getting a first glimpse of the general trends, as well as standout examples on the topic. This is considered one of the main learning outcomes for the project team.

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### 6.2.2. GATHERING THE DATA

Gathering data was the task of three team members, each of whom was responsible for collecting insights from nine of the 27 EU countries. The countries were assigned to team members according to several criteria, such as the languages that the researcher speaks, the region they currently reside in or have resided in previously. This ensured that the barrier towards gathering information in foreign languages was lower and provided a learning experience for the researchers, as they explored organizations and initiatives in their own geographic region and formed connections with influential stakeholders.

Over a period of two months, the team members looked through hundreds of online resources, using online search engines in combination with online language translators as their main tools to access information. The initial keywords are visible in Image no.2.

*4 Supported by the EU, eitFood leads the world's largest and most dynamic food innovation community.*





food method social impact method food  
education game food NGO food  
educational game food social impact toolkit  
toolkit education food education method  
food facilitation method social impact  
social entrepreneurship food

*Image no.2. Keywords used to find the initial findings.*

These were the entry points that led to finding other more specific keywords, such as 'future of food', 'food methodologies in school', 'community kitchen', and others. To ensure more specific results, all of the keywords were explored in both English and in the language of the respective country. Additionally, more specific findings were obtained by adding the name of one of the EU countries after the initial keywords.

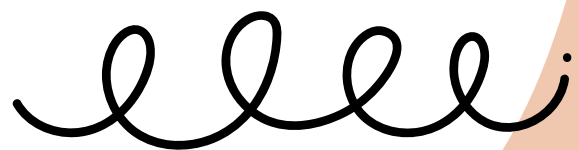
The findings were then gathered in a table classifying data about the found methodologies on the following aspects:

- conceptual description
- typology (event, tool, methodology, toolkit, other)
- the role that food plays in it (topic, tangible tool, atmosphere creator, other)
- the type of social impact (among others: inclusion, community building, food education, intercultural learning, raising awareness, research, etc. - the list was complemented during the research)
- main target audience
- geographical scope [if relevant].

To ensure coherence, the found entries that do not directly relate to the specific topic of this research were excluded (explanation in the next paragraph).

### 6.2.3. SELECTING AND ANALYZING THE DATA

The found methodology examples were first read to see general similarities and trends. Many of the results portrayed social entrepreneurship models and the operational models of non-governmental organizations (NGOs) or community initiatives. At this point a decision was made to define a set of parameters to sieve out specifically the facilitation methodologies - concepts that is **easily replicable within the scope, work specifics and resources usually available for NGOs, and can be meaningfully explored within a report of this size.**





The points of the checklist were:

- Food as central element (contrary to food being an “accessory” or element for purely satisfying biological needs)
- With clear social goal and outcomes in a particular audience (focused action towards social impact embedded as a consideration in the design of methodology instead of being a positive side-effect)
- The applied method has a defined beginning and end (necessary for planning the facilitation), thus ensuring measurability of the direct impact on the participants
- Methodologies are participatory - the beneficiaries are actively involved in the process (contrary to being passively involved in the process, e.g. a lecture or video lesson)
- Documented (enough information to understand the concept and evaluate the relevance for the research)
- If currently not used by an NGO or for social impact, the link and potential transfer to this field is very obvious



This allowed us to create a collection of 74 entries (in Annex no. 2) and thus define the object of the research - **food-related facilitation techniques for social change.**

The found entries were then arranged by:

- social impact goal (inclusion, community building, food education, intercultural learning, raising awareness, research)
- target audiences
- different roles of food within the methodology
- trends of topics tackled through these methods
- type of facilitation

#### 6.2.4. LIMITATIONS

Even though this report has gathered substantial information that is very relevant to practitioners in the field of social impact, it has certain limitations.

Food's cultural, personal, and historical roles, both individually and societally, are extremely complex, multifaceted, and contextual topics that can be researched from various perspectives, such as anthropology, sociology, psychology, and others. Given that this report is written by social impact and youth work practitioners, its purpose is to provide insights, inspiration, and a basis for future research, but it will not delve into more complex conclusions based in the fields mentioned above.



From the research findings, it becomes clear that the **methodologies currently in use can be quite ambiguous.** Some are indeed very clearly facilitation techniques or tools, while others are embedded in the core of an organization's operational model, such as social business models, etc. To provide the broadest insight into using food as a powerful medium in this context, we have overlooked strict boundaries within definitions and tried to perceive the essence and/or potential of the methodology, at times exploring techniques currently not used in the social impact field.

The gathered data is limited to the information available in English and, in some cases, other languages only through the help of online translation tools. The information gathered pertains to the work of organizations and individuals in 27 countries, most of which communicate in different languages. Therefore, it can be concluded that the gathered data is not exhaustive and can only provide a primary insight or overview of the field. However, more focused research in each country is necessary to draw in-depth conclusions.





# 7

## RESEARCH FINDINGS



The following insights will be **categorized based on the core principles of planning a facilitation activity** - beginning with the goals and target audiences and ending with the specific tools utilized. General conclusions will follow, with brief case studies featured to highlight stand-out concepts. Additionally, most conclusions will reference at least one example as a footnote, but for a more comprehensive list, please refer to the website [Netfork.eu](http://Netfork.eu) and Annex no.1. Exploring these examples will provide a broader perspective and inspiration.

### 7.1. ACTIVITY GOALS



The purpose of this report lies in portraying facilitation techniques that are aimed at creating social change on the individual and community levels. Taking this as the primary limitation, some goals for facilitated activities become evident - connected to cultural, sensory qualities of food as well as the large topical role of food within the existing societal challenges. Many facilitated activities bring benefits on multiple levels and serve various purposes simultaneously, but to apply some coherence, in the following paragraphs we will focus on the primary goals of activities, usually defined by the organizers and facilitators of those.

By using food as an element in facilitation, one of the most common social goals to be achieved, is to **bring people together and create a sense of community**. As Danielle Wilde (2018) says - “food is aesthetically sophisticated sensorially rich social





glue”, and this powerful quality is already used by many. Starting from simple community dinners where food serves merely this binding purpose<sup>5</sup>, to community gardening activities<sup>6</sup> and other initiatives where food becomes an agent for targeted change and communal action for tackling existing challenges within (interestingly, both - related to food systems and not).

Building on the commonality and familiarity of food as a medium, food can be used purposefully as a **powerful tool to reach marginalized audiences** and the ones that do not respond so well with other media and techniques. From workshops on discovering how to improve wellbeing among homeless individuals residing in a residential homeless center (Pettinger et al., 2019), to garden therapy workshops for people with disabilities<sup>7</sup> and integrating migrants within the local communities<sup>8</sup> - food poses immense

power with its relatability and sensory qualities (with the potential benefits similar to various art-therapy activities among socially vulnerable as well as neurodiverse audiences).

**The simplicity of food as a medium provides opportunities for empowerment, breaking barriers, exploration, creativity, and other meaningful aspects** that should be considered when working with people that are “harder to reach” (in geographical space or in their abilities and willingness to share their perspectives).

5 Folkkitchen initiative for neighbors in Husby Farm.

6 Cool Ukis - Cool Gardening project where elderly people share their land and gardening experience with participants, while young people provide companionship for their hosts.

7 Zielne Babki - city walks and educational workshops about diversity of plants and wellbeing of urban inhabitants.

8 Refugee Food Festival, Refugee Food Education Days, and Open Kitchen weekly events in Berlin.

## CASE STUDY

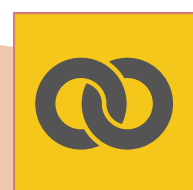
# HOMELESS VEGGIE DINNERS BERLIN

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**By: non-profit Homeless Veggie Dinner**  
**For: Homeless Berliners and other community members**  
**Social impact goal: integration of homeless people**

Homeless Veggie Dinners is a social project aiming to create better understanding between the poorer communities of Berlin, and the relatively affluent and financially comfortable ones. Food is prepared by volunteers, and all are welcome to attend and donate, with the primary aim of providing a place for homeless people to get a served meal in a comfortable setting with a good chat.

**More: [www.facebook.com/groups/homelessveggiedinner](https://www.facebook.com/groups/homelessveggiedinner)**



COMMUNITY



Combining the both previously mentioned benefits, one of the most simple goal achieved by using food within facilitation can be **intercultural learning**. Even though the primary goal of such activities would be either integration (Ruge et al, 2006), or building a sense of understanding in a particular smaller or bigger group, this is a standout approach used especially broadly and therefore is highlighted here separately. Focusing on the cultural aspects of food and traditions from different countries, most food-related activities for intercultural learning are well known for anyone within the field of youth work and non-formal education. Intercultural evenings are a very liked part of international events, and in different contexts this concept can be adapted into workshops where immigrants not only serve and talk about their culinary traditions, but also involve the communities in cooking<sup>9</sup>. Subsequently, this serves as yet another powerful barrier-breaking opportunity and a possibility for igniting and facilitating dialogue between people that sometimes might not even speak the same language.

9 MADMEKKA - a gathering place for young refugees and other young Danes where they talk, play games and cook together. / Chiku workshops and events for children for integration of Roma people.

10 Mindful eating psychodietetic programme by Fundacja Szkoła na widelcu.

11 Workshops with surplus goods in the kitchen by Rub&Stub.

12 Workshops within Gastronomic Education Program by Municipality of Józsefváros, in cooperation with the team of the non-profit Etesd.

13 Cook, Eat & Talk by Botildenborg.

14 Agroecology workshops by Green Network of Activist Groups.

15 Stop Food Waste workshops by Stop MAD Waste.

16 Communal food aid model of the City of Vantaa.

Besides being a versatile medium, in many of the found examples food as a topic paves pathways to creating awareness about other pressing matters in society. It is undeniable that the role of food in our daily lives is immense - **all 17 of the UN's sustainability goals can be linked to food** (Wilde, 2018). From educational activities for school kids on health and wellbeing<sup>10</sup>, to zero-waste workshops for chefs and food enthusiasts with sustainability in mind<sup>11</sup> and workshops on human-food interaction to discuss the growing role of technology and data in human lives (Dolejšová et al., 2019). Food is so intrinsic to the essence of human existence that **through learning about food and the related practices it is possible to also improve other areas of individual and collective life**. These links and topics will be examined in more detail in the following paragraphs.

On this note, considering that food system is now recognised as a major driver of climate change due to changes in land use, depletion of freshwater resources, and pollution of aquatic and terrestrial ecosystems (Wilde, 2018), teaching new healthier and sustainable habits is another one of the most common goals targeted with food-related facilitation methods. From gamified activities within education process<sup>12</sup> to guided cooking<sup>13</sup>, gardening<sup>14</sup> or reducing food waste<sup>15</sup> workshops, and sharing table for more sustainable<sup>16</sup> food habits - this is a recurring theme among facilitators all across Europe.

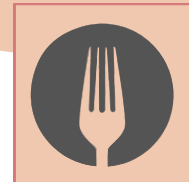


# SAPERE SENSORY FOOD EDUCATION

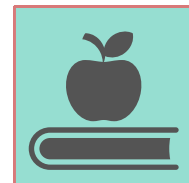
**By: SAPERE foundation**

**For: not specified**

**Social impact goal: promoting food literacy and healthy habits among children and youth**



TOOL



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The sensory awareness method is made up of modules that form the basis for delivering lessons around taste and the five senses, linked to the various aspects of schooling. From the first session to the little educational feast that ends the course, children discover and experiment with flavors. They smell, taste, touch familiar and unfamiliar foods, and discover regional specialities - all with the goal to promote food literacy among young children.

**More: [www.sapere-association.com](http://www.sapere-association.com)**



Besides these heavy-weight social goals commonly addressed, there are many curious examples of using **food as a tangible tool or topic in facilitation of socially driven research**. For example, the creative approaches in combining food with the design thinking principles for exploring the future scenarios of food (Dolejšová, 2018), or using it in workshops of participatory community research on social impact (Pettinger et al., 2019). Or even using participatory research activities as an incentive to explore change of food-related habits and sustainable actions that community could begin doing as a whole<sup>17</sup>.

In the intersection of research, food and social impact one can find many inspiring cross-topical concepts that can serve as a good example on how to perceive food in new contexts and aspects besides the obvious nutritional and cultural value.

<sup>17</sup> [Research ReThinking Food in Denmark](#) - Empowering citizens in societal change processes by The University of Southern Denmark & Danielle Wilde.



## IN NATURE WITH FLAVOR

**By:** chef Renars Purmalis

**For:** not specified

**Social impact goal:** awareness about connection between food and nature, mental and physical wellbeing

Among other food-related activities, Renars organizes hikes in Latvian forests for teams of friends, colleagues or target groups approached by NGOs. They gather, divide the food items and inventory to carry between each other and continue on a common journey accompanied by Renars' stories on food and nature. After walking for a while, the participants stop in a picturesque place to jointly cook and enjoy the meal - bonding with each other and creating a deeper connection to food and its origins.

**More:** [www.gatavodaba.lv](http://www.gatavodaba.lv)



COMMUNITY



KNOWLEDGE



## 7.2. TARGET AUDIENCES

The findings readily reveal clear conclusions about the target audiences. Food is something that every living person needs and is familiar with, therefore also throughout the observed facilitation techniques it is clearly visible that it can be used with any target audience, first taking into consideration their needs and the goals of activities.

Nonetheless, it is safe to say that among others some of the most common target audiences addressed within the found methods are **youth and children (for sustainable food education purposes), migrants and the communities they reside in (for**

**integration purposes), socially vulnerable groups and people working with them** (for purposes of increasing competencies, self-confidence or working on other societal issues) and **people involved in food systems** - chefs, restaurateurs and agriculturists (as agents for change within existing food practices). More information on specific target audiences can be found in this report through descriptions of particular activities and concepts, but for a more detailed record an in-depth research shall take place in context of one or other social goal, geographic location or other aspect.



## 7.3. TOPICS AND AREAS OF SOCIAL IMPACT

Just as mentioned earlier, food is deeply intertwined with all other aspects of human life. Which is why it is extremely important to have a brief look at the topics and areas that food-related facilitation methods address. Not only to emphasize the versatility of food, but especially to present inspiration and ideas to facilitators and other actors of the social impact field to whom this report is primarily targeted. A topic already touched in the previous chapter, is the immense and obvious role of food in context of the sustainability of our planet.

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This is why intersections **between food, climate and environment** are clearly prominent among the found facilitation methods. For example, workshops and tools that tackle the issue of food waste or in some cases scarcity, are rather common.

### CASE STUDY

## COOKING WITH REFUGEES IRELAND

**By: The Irish Refugee Council**

**For: asylum seekers and the local community**

**Social impact goal: integration of refugees, promoting mental well-being**

Groups of people from local communities and companies are welcomed in the Irish Refugee Council's kitchens to bond with people seeking international protection in Ireland while making delicious food. Often, the asylum seekers don't have the capacity and space to cook their own food and are struggling with the food they are provided with, but such events empower and stimulate socialization and integration of them into the Irish social and work cultures.

**More: [www.irishrefugeecouncil.ie](http://www.irishrefugeecouncil.ie)**



COMMUNITY



Some of them focus on educating school kids, thus teaching sustainable habits from early childhood,<sup>18</sup> but others help adults learning new recipes and consumption habits to include more plant-based, locally and ethically sourced<sup>19</sup> food in their daily routines. In this category one might include also gardening workshops<sup>20</sup>.

Besides mindfulness and improved wellbeing these also teach vital skills of sustainable food production and create awareness on the amount of energy and effort that goes into food production (a prerequisite for reducing food waste). Simultaneously, activities and tools for governing institutions<sup>21</sup> and people working in food-systems (like, chefs and restaurateurs) bring another level of impact that provides a much broader reach and change long-term. Nonetheless, tools and activities aimed at the latter two audiences were not the main focus of this report and require more detailed research.

18 Educational workshops to combat food waste by Food Combat Waste.

19 Culinary workshops: Grow, Cook, Eat by StratKIT project.

20 Scenarios of garden therapy classes for people with disabilities by Zielne Babki.

21 Toolkit: How to cook up civic-driven food system governance? Recipes for practitioners by FoodShift 2030.

22 MVM nutrition workshop: Workshop for young people. Food and emotional health by Pauls Stradiņš Medicine History Museum and OnPlate.

23 The taste of biodiversity by Repositório Aberto da Universidade do Porto.

24 Early Years Cookery and Food Play Toolkit by Bath and North East Somerset Director of Public Health.

25 Game "Bakers Without Borders".

Even though talking about **food in the context of mental and physical health** is rather challenging and might pose serious risks if mishandled (and therefore should be implemented with extreme caution or in close work with a certified health specialist)<sup>22</sup>, it is still a very important and prevalent angle. Without the expertise in health we, as non-formal education practitioners, can highlight only a part of the found facilitation techniques to err on the safe side. These are connected to wellbeing and involve various mindfulness practices, the soothing role of food's qualities or the togetherness that food offers in community settings.

To point out particular examples, many of the found facilitation methods would address healthy eating habits, most often through workshops for youth and children about colorful and balanced diets<sup>23,24</sup>, (mostly developed by experts for implementation in schools). Some offer cooking and working around food as an empowering, therapeutic mindfulness practice<sup>25</sup> or eating/cooking together as a possibility for improved wellbeing through strengthening social bonds (Ruge et al., 2016). A crossover that has not been identified in the research results, but could be addressed within youth work is food-related activities on the topic of body image and more mindful relationship with food as such.



# ZERO WASTE WORKSHOP

**By: Ruby & Stub**

**For: schools, Food & Beverage industry professionals and other**

**Social impact goal: raising awareness about food waste**

Food & Talk events are tailor-made fun and delicious meals that give an exciting insight into their zero waste methods and the food waste our society lives in and is a part of. They put together the meals from surplus products and prepare it using strict zero waste methods. The facilitators tell the fun, interesting and often surprising stories that form the basis of the food experience you are about to enjoy.

**More: [www.spisrubogstub.dk](http://www.spisrubogstub.dk)**



KNOWLEDGE



In the context of food as a powerful part of one's identity, facilitating food-related activities on the topic of **cultural identity, belonging to a certain group and traditions** is another trend quite often visible among the found methods. Besides events that focus particularly on sharing and exchanging culinary identities for intercultural learning<sup>26</sup>, and other reasons, food is also used as a topic to discover cultural differences, values and attitudes to more complex questions, and to create awareness related to differences in the available resources<sup>27</sup>.

Just as mentioned in the beginning of this chapter - food can be tied to almost any topic, which is why some of the most unexpected angles appear within the found facilitation methodologies. For example, using sensory qualities of food in workshops to facilitate awareness on and promote **sex positivity**<sup>28</sup>, using gardening or food-related topics as a medium to facilitate inter-generational dialogue<sup>29</sup> or explorations on how food can be used in the context of various **digital technologies**<sup>30</sup>.

26 [Workshops on teaching Arabic recipes](#) by Humusa komanda (The Hummus Team).

27 [The Right to Food: A Resource Manual for NGOs](#) by FIAN World.

28 [Finger-Licking Experiences](#) by We Feast.

29 [Cool Ukis](#) - Gardening project where elderly people share their land and gardening experience with participants, while young people provide companionship for their hosts / Board game ["Regulation: The Coupons Game"](#) by National Remembrance Institute (IPN) / Karol Madaj.

30 Numerous activities by [Food Futures Group](#).



Even though this topic is not discussed extensively so far, some of the found methods highlighted the importance of exploring and discussing the future of food (Dolejšová, 2019) - considering the rapidly changing consumption habits (leaning towards automatization and

digitalization within food systems), the approaching food crises related to climate change and other environmental and also rapidly ongoing food-innovation. We foresee that this is an important emerging topic to be tackled by food-related facilitation methods.

## 7.4. TYPES OF FACILITATION METHODS AND THE SOCIAL IMPACT OF FOOD AS A MEDIUM

As mentioned before already, **including food within a facilitation technique is most often a matter of a creative concept and storytelling.** Among the found methodologies and tools, it was possible to observe the broadest variety of methodologies that could be classified by the aspects already described in previous paragraphs - the goal, the role of food, the tackled topics and other, for example:

- games (table games, online games, games in group) or other gamified solutions,
- workshops (with or without involving food as a sensory element, active involvement of audience),
- other group facilitation activities (energizers, team building activities, etc.),
- informative or educational events and lectures (passive involvement of audience),
- collaborative cooking and/or eating together,
- online tools and apps,

- research activities (community based research and design thinking methodologies).

In the context of all findings, **one of the most useful outcomes of this report is the broad collection of toolkits for facilitators using food as a tangible tool or topic within their activities.** Anyone looking into possibilities of using food as an agent for change would greatly benefit from taking a look at the yellow-marked entries in the full list in the Annex no.3 of this report.





After looking through so many different methodologies, a clear distinction emerges that allows categorizing each of them according to the **agents of social change within food-related social impact facilitation techniques**.

A prominent group of methodologies within the findings use food as an element for activities that often overlap with the theory of art therapy

interventions, or links might be formed with therapeutic recreation (Fitzsimmons et al., 2003). For example, bread therapy is used in work with adults and kids that have suffered violence or people with special needs<sup>31</sup>, but culinary therapy is used to practice mindfulness and emotional wellbeing<sup>32</sup>. Such activities heavily rely on the sensory characteristics of food items. One might say that the **agent of change is food as a tangible tool**.



**TOOL**



**COMMUNITY**



**KNOWLEDGE**

*Image no.3. Social change agents present in food-related facilitation activities.*

The second and the most common type of activities among all of the found revolve around food's social characteristics. Either the cultural, historical, emotional or political values around food and its consumption serve as the basis for facilitated activities in groups. Most commonly, this aspect is highlighted in communal cooking and eating (commensality - Jönsson et al., 2021) within communities - with refugees<sup>33</sup> or other marginalized<sup>34</sup> groups, among a group of friends or colleagues seeking to find some bonding and togetherness through food-related activities<sup>35</sup>. In this case, **the agent of change is the group process and the social setting** (sense of belonging, exchange of experiences, commonality of experiences and other aspects that food helps to highlight in such activities).

Communal gardening could be placed as a sub-category here. Growing food together might reinforce positive connections among community members and improve their food-literacy, as well as healthier eating habits.

31 [Bread therapy workshops](#) by Ramala social enterprise.

32 [Terapia Culinaria](#).

33 [Open Kitchen project](#) by Give Something Back To Berlin.

34 [Homeless Veggie Dinners](#) in Berlin.

35 [Cook, Eat & Talk](#) by Botildenborg.



# BREAD THERAPY

**By: Bread Houses Network**

**For: anyone**

**Social impact goal: inclusion and mental wellbeing**

Bread Therapy (and a unique story-telling method - the Theater of Crumbs), is a methodology based on art therapy principles. It offers a simple solution to complex issues: making, baking and breaking bread to build peace and empathy. The most distinct feature of it is the provided opportunities to nurture creativity and inclusion in communities across ages, special needs, as well as socio-economic and ethnic backgrounds.

**More: [www.breadtherapy.net](http://www.breadtherapy.net)**



TOOL



**Facilitator and his knowledge around food and its aspects is the agent of change** in the third and the final type of food-related activities. These are lectures, workshops, guided tours and walks (in nature, garden, urban areas or other), and a wide range of other facilitated activities where the dynamic of expert and audience is primarily present. Exploring this category deeper, one might observe both types of facilitation - the frontal instruction (classrooms, lectures) with rather passive involvement of participants' senses, or workshops with participants practically engaged in performing particular tasks (most often - cooking along, or acting out food-related processes like creating a shopping list or other).

It is important to mention though, that naturally, these techniques can be complex and are often manifold, therefore often a mixture of the three categories can easily be prevalent in one activity. And looking from the perspective of methodology-developer, **mixing all of these in one approach might ensure a more thorough social impact** when applied methodically.





# DISCO SOUP INITIATIVE

**By: Slow Food International**

**For: local communities**

**Social impact goal: bringing together community members, raising awareness on food waste, improving mental wellbeing, integration**

"Folk kitchen" events may be organized for various purposes, but they are most commonly aimed at bringing together community members to cook and eat while simultaneously raising awareness on a particular topic. In cases where food surplus is the main focus, such events may involve gathering unused food from local businesses and individuals. In other cases, the events may involve cooking together with migrants for the purpose of integration. The Disco Soup initiative is a global movement that uses community events of a similar concept to fight against food surplus issues.

**More: [www.slowfood.com](http://www.slowfood.com)**



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## 7.5. TANGIBLE TOOLS IN FACILITATING FOOD-RELATED ACTIVITIES

The importance of tools in the facilitation process is immense - it can make the activity more engaging, help participants imagine things, organize their experience more effectively and be **helpful to facilitators** in many other crucial ways. For example, a classical example where placing post-it notes on the wall might help to categorize fears and expectations in the beginning of an event. With that said, it becomes evident that many tools might be used within various very distinct methodologies. And similarly to other described aspects in this report, the **variety of types of tools**

that could accommodate food as a topic is incredibly vast and relies deeply on the creativity and storytelling abilities of the creator or facilitator. Commonly, game cards<sup>36</sup>, board game concepts<sup>37, 38</sup>, and other tools help to gamify learning and other activities on the topic of food. Taking into consideration the broad variety, in this report we highlight only some of the more inspiring examples of tools created specifically with food in mind (only some of them are used particularly for facilitation with groups).

36 [Thoughts for Food cards](#) by Francesca Zampollo / Online School of Food Design.

37 [My Fresh Basket](#) Game. paper by Leo Burnett

38 [Mushrooming](#) Board Game.



# THE PARLOUR OF FOOD FUTURES

**By:** Markéta Dolejšová and Denisa Kera

**For:** not specified

**Social impact goal:** creating awareness of food-tech issues and possible future of food scenarios

It is a speculative oracle that explores possible food futures through the 15th-century game of Tarot. Drawing on the Tarot inspiration, the concept aims to enable playful, imaginative human-food interactions and support the notion of uncertain food futures open to diverse interpretations. During one-on-one Food Tarot readings, Parlour visitors are prompted to discuss food-tech issues shown on their selected cards and speculate: What, where and how would we eat in the near future? What would be the next food trend or fetish, and others. Following the readings, Parlour visitors are asked to produce [write, draw, craft, enact] a short 'what if' scenario imagining that they are members of the speculative diet tribe shown on their main selected card.



TOOL

**More:** [www.foodtarot.tech](http://www.foodtarot.tech)

The Parlour of Food Futures is a **speculative oracle - deck of cards, that explores possible food futures through the 15th-century game of Tarot**<sup>39</sup>. They were created with the consideration about the complexity of changes in food consumption and food systems that awaits us in the following decades due to climate and resource crises, and even more complex feelings and thoughts of community members that arise as a consequence. Based on design thinking methodologies, these tarot cards are a great example of facilitating conversations around food without actually involving the food in the process.

Another example was created by Leo Burnett advertising agency for IKEA in Canada. Even though it was primarily created as a clever marketing tool that brings the so-typical IKEA DIY spirit in the kitchen, and not necessarily for facilitation of social impact activities, their **"Cook this page" recipe pages**<sup>40</sup> perfectly highlight the use of food-specific tangible tools for changing habits. Mainly through witty and innovative design, their printed parchment paper recipes make cooking more fun,

39 The Parlour of Food Futures deck of tarot cards.

40 "Cook this page" recipes printed on parchment paper by Leo Burnett Canada.





less scary and way easier for anyone new to the kitchen. And subsequently, it does help achieve social impact by reducing barriers to self-cooked meals (replacing processed foods and meals outside of home is one of effective strategies to foster healthier eating habits in the population).

Last, but not least - besides using various tools to facilitate topics connected to food, one of the most common approaches is **using food items as a tangible tool on their own**. Like, in the already mentioned bread therapy or culinary therapy - food is used as a medium to awaken senses and can be used to make a point, too. Not surprisingly, food is therefore often used as a tool in sustainability and zero-waste cooking<sup>41</sup> workshops or educational programs<sup>42</sup> about one's well being or healthy relationship with food<sup>43</sup>. Or more and more often, as a tool in the design thinking process<sup>44</sup> (for example, identifying needs of target audience or prototyping) or other community based research (Pettinger et al., 2019). Creative interconnections with using food for facilitating discussions on other topics are still lacking, and therefore

could be a great direction for innovation in the field of facilitation methodologies. One aspect **rarely seen among the findings is the creative use of digital technologies in context of social impact and food**. Taking into consideration the inevitably growing role of technology related to food, it is a prospective field for exploration and development too.

Summarizing the above described examples, it is important to keep in mind that **a tangible tool on its own can rarely achieve the intended result of the activity. A facilitator will adopt or create methodology to make the best use of the qualities of the particular tool** (and either base their methodology around it or use the tool as a secondary supporting element). With that said, exploring different existing and potential possibilities for including food as an element in facilitation tools is another field for further research on the topic of this report.

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41 Workshops with surplus goods in the kitchen by Rub&Stub.

42 SAPERE methodology.

43 Rainbow plate toolkit by Rainbow Plate.

44 Various techniques implemented by Food Futures Group.



## 7.6. GEOGRAPHIC SCOPE AND OTHER OBSERVATIONS

A finding that spans over all of the above mentioned paragraphs, is the observation on **geographic differences of the prevalent choice to focus on one or other approach**. Taking a look at methodologies, organizations and topics across 27 countries, some trends vary greatly by the regions. For example, in the Nordic countries the folk-kitchen concept and other activities on commensality is broadly used (for integration, wellbeing or educating about sustainability issues), as well as the topic of sustainability in general. Nonetheless, in Italy and Greece (countries of some of the research team members) the work in this field is very focused on social help - food is rather used as an aid to the less fortunate members of the community.

We can only assume that the reasons for this are connected to a mix of sociocultural elements and the existing challenges in communities (first, the primary needs should be covered and only then the work on more complicated issues can start). Nonetheless, giving a precise explanation on this does not lie either in our field of expertise or the scope of this report, and therefore remains a task for experts of anthropology, sociology and other fields of research to justify.

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# 8 CONCLUSIONS AND RECOMMENDATIONS



In conclusion, the vast amount of approaches described in this report give an impression on the complexity, the immense potential, as well as the amount of the unknown yet to be discovered for the benefit of facilitators in youth work as well as other educational contexts. In particular, the following aspects stand out.

- 1 Social impact can be reinforced through food-related facilitation methods in three ways. Firstly, by utilizing the tangible qualities of food, which serves as a culturally and emotionally rich, multisensory tool. Secondly, food fosters a sense of community and belonging, forging new ties based on the commonality of this medium. This is often practiced in communal cooking, eating, and gardening activities. Lastly, knowledge about food, food systems, and their interconnected areas of life, brought through lectures and workshops, serves as an immensely important agent for change in the face of ever-growing challenges in society.
- 2 One of the greatest powers of food in the context of social impact is its ability to bring people together and break down barriers, even across various cultures and despite existing conflicts. It should be recognized and utilized as a targeted activity for integration, raising tolerance, conflict management, and other situations where people face cultural or other obstacles among groups. By creating opportunities for individuals to come together over a shared meal or cooking experience, food can foster understanding and empathy, as well as promote dialogue and cooperation.





- 3 Throughout the research, it is evident that food can be utilized in a wide range of methods, environments, target audiences, and purposes. Many of these methods resemble other facilitation techniques, which leads to the conclusion that most food-related facilitation methods for social impact can be defined as such with the aid of targeted storytelling and copywriting. By crafting compelling narratives and messages that emphasize the transformative power of food, facilitators can engage participants and create meaningful experiences that promote positive social change.
- 4 Further elaborating on the previous conclusion, many existing facilitation methods can be easily adapted to incorporate food or use it as a central element, simply by shifting the narrative or including physical aspects of food in the design of the activity. Further research into ways of adapting existing facilitation techniques for food-based interventions could be highly valuable for those working in the field of social impact.
- 5 Food has immense potential as a medium for addressing some of the most pressing social challenges of our time, including environmental issues, inequalities, and more. Organizations working in the social impact field can leverage this knowledge to develop new methodologies that diversify the available pool of tools and increase the potential impact on hard-to-reach audiences.
- 6 In recent years, topics such as mental health, body image, and digitalization have become increasingly important within the field of social impact. However, the findings of this report suggest that very few food-related facilitation methods or tools are currently being used to address these topics. This represents a significant gap for innovation, as food has the potential to positively impact mental health and body image, and can be used to address the challenges of digitalization in creative ways.
- 7 This report focuses on exploring facilitation methods primarily, shining light on the potential aspects of how food could be used for social change. Nonetheless, further research could be done to explore other food-related social impact aspects (social entrepreneurship models and social innovations, etc.) and gain a more thorough view on food as a medium for social change.



ANNEX NO.1

# BIBLIOGRAPHY



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All available in Annex no.3, last accessed on 11th April 2023.

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**All annexes are available for viewing and downloading in an online folder within address: <https://bit.ly/NetforkResearch>**





ANNEX NO.2

# INITIAL SURVEY



## **Socially impactful participatory methodologies, events and tools that use food as the central element**

The aim of the survey is to map and explore among European NGOs the participatory events, tools and methodologies that use food as the central element to create social impact. This survey is the first step to creating a pan-European network that focuses on using food as a medium beyond its conventional rationale (nutrition and agriculture) for change in the society. For additional questions please write to [research@netfork.eu](mailto:research@netfork.eu).

If you or your organization has worked or is working with more than 1 type of participatory methodology, event or tool connected to food, please fill the form for each of them separately.

Funded by the  
Erasmus+ Programme  
of the European Union



### **Q1 Are you currently working or have worked in the past 3 years with participatory methodologies, events or tools where food was the central element?**

If you find it hard to decide if your work scope fits within this category, please select “hard to tell”, fill out the survey and we will classify based on the answers you provide.

- ☐ Yes (S2)
- ☐ No (brings to S3)
- ☐ Hard to tell (S2)



## SECTION 2

In the following questions you will be asked to describe the participatory methodologies, events or tools where food is the central element\*. In relation to it, please describe the following aspects.

\* Further on - “activity”, with that still meaning all the possible above mentioned options of participatory kind - methodologies, events and tools.

**Q2 Please briefly describe your participatory activity\* and how it contributes to solving any societal issue(s). Please point out how the food is used in this activity\*.**

*To ensure the most beneficial project outcome, we will be grateful for the most elaborate answer on this question, as it will allow us to classify data in a matrix.*

In the following questions we will ask you to categorize your activity\*.

**Q3 Please define your participatory activity\*:  
(multiple choice)**

- ☐ a methodology
- ☐ an event
- ☐ a tool
- ☐ other (please specify)

**Q4 What role does the food play in this participatory activity\*?  
Please select all that are relevant.**

- ☐ Food and related issues is the topic of activity\*
- ☐ Food is used as a tangible tool for achieving the goals of activity\*
- ☐ Food is used to create atmosphere / group dynamics
- ☐ Other (please specify)

**Q5 Please, select the answer that describes the length of your participatory activity\* the best**

If that is a repeated activity then please select the time that is necessary to complete one session

- |  |  |
|--|--|
| <input type="checkbox"/> A few hours (up to one day)   | <input type="checkbox"/> 3 months - 1 year             |
| <input type="checkbox"/> A few days (up to one week)   | <input type="checkbox"/> 1 - 3 years                   |
| <input type="checkbox"/> A few weeks (up to one month) | <input type="checkbox"/> 5 and more years              |
| <input type="checkbox"/> Up to 3 months                | <input type="checkbox"/> Other answer (please specify) |



### Q6 Select the primary target group(s) of this activity\*?

By primary target group we mean - individuals that you intend(ed) to target in an unmediated way with your activities, and among whom you want to achieve an effect.

Please select no more than two. If the target audience you work with is more specific than the ones mentioned here, please select and specify it in the answer "Other".

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/> Adults     | <input type="checkbox"/> Stakeholders from private sector (e.g., entrepreneurs, startups, sponsors etc.) |
| <input type="checkbox"/> Immigrants | <input type="checkbox"/> Stakeholders from the public sector (government, municipality, etc.)            |
| <input type="checkbox"/> Media      | <input type="checkbox"/> Women   |
| <input type="checkbox"/> Minorities | <input type="checkbox"/> Other (please specify)  |
| <input type="checkbox"/> Seniors    |  |
| <input type="checkbox"/> Youth      |  |

### Q7 What topics do you address with your participatory activity\*?

Please select no more than 3 MAIN topics. If the topic you work with is more specific than the ones mentioned here, please describe it in the answer "Other".

- |  |   |
|--|---|
| <input type="checkbox"/> Active participation / civic engagement | <input type="checkbox"/> Health and wellbeing   |
| <input type="checkbox"/> Community building                      | <input type="checkbox"/> History                |
| <input type="checkbox"/> Cultural awareness and expression       | <input type="checkbox"/> Inclusion              |
| <input type="checkbox"/> Culture                                 | <input type="checkbox"/> Intercultural dialogue |
| <input type="checkbox"/> Diversity                               | <input type="checkbox"/> Policy making          |
| <input type="checkbox"/> Employment / business networking        | <input type="checkbox"/> Social inclusion       |
| <input type="checkbox"/> Empowerment                             | <input type="checkbox"/> Social justice         |
| <input type="checkbox"/> Entrepreneurship                        | <input type="checkbox"/> Solidarity             |
| <input type="checkbox"/> Gender issues                           | <input type="checkbox"/> Sustainability         |
|  | <input type="checkbox"/> Other (please specify) |

### Q8 Besides social impact, how do participants benefit from this activity\*?

Please select no more than two answers. If their gained benefits provided by your work are more specific than the ones mentioned here, please select and describe it in the answer "Other"

- |  |   |
|--|---|
| <input type="checkbox"/> Learning / educational scope                            | <input type="checkbox"/> Socializing / networking |
| <input type="checkbox"/> Entertainment   | <input type="checkbox"/> Inspiration              |
| <input type="checkbox"/> Opportunity for civic engagement / active participation | <input type="checkbox"/> Other (please specify)   |



**Q9 Is your activity documented and published online or in print?**

- ☐ Yes (Q10)
- ☐ No (Q11)
- ☐ Hard to tell (Q11)

Q10 If yes, please share the link:

**Q11 If selected by the project team, would you agree with your participatory activity\* to be published on our website as an example?**

It will be fully credited to you / your organization.

- ☐ Yes
- ☐ No

**Q12 If selected by our researcher, would you agree to be contacted to participate in a focus group or online interview for a deeper exploration of your answers?**

Your answer in this question does NOT oblige neither your participation nor selection for further research.

- ☐ Yes
- ☐ No

**SECTION 3**

**Q13 In your opinion, what are the benefits of using food as a medium over other tools to create social impact?**

- ☐ Please, describe your opinion (Open-end answer)

**Q14 Do you (as an individual or representative of an institution) consider using participatory activities with food as the main focus to create social impact in future?**

- ☐ Yes, I plan to carry out such activities\* in the coming 2 years
- ☐ Yes, I plan to carry out such activities\*, but there is no specific time frame
- ☐ I have not thought about it
- ☐ No
- ☐ Other answer



**Q15 Would you be interested in discovering new methods and concepts that involve food as a catalyst for change?**

- ☐ Yes  
☐ No

**Q16 Would you like to network online or offline with other organizations that work with participatory food activities\* and concepts?**

For reasoning of exchange of experiences, common projects or other motivations you might have.

- ☐ Yes  
☐ No

## **SECTION 4**

### **Identification and GDPR**

By entering your personal data here you agree with us using the information for research purposes, e.g. in case we need to clarify some details about your answers here or, if you agreed above, for purposes of further research. After this research is completed, you will receive an email with the final document, too.

Your name and surname

Email address

Represented institution/organization (if applicable)

Webpage of the institution (if applicable)

Phone number

Nonetheless, if you are interested in receiving more information about the project and other Netfork activities in future in form of a Newsletter or individual emails more frequently (not more than every other month), please click the checkbox here:

- ☐ I want to receive information about activities of Netfork and food as catalyst for change in the future

Place for comments and ideas



# TABLE OF FINDINGS

All annexes are available for viewing and downloading in an online folder within address: <https://bit.ly/NetforkResearch>

Rows marked with yellow highlight toolkits and resource libraries of food-related facilitation techniques

	Country	Presented by	Title	Concept	Social goal	Role of food	Type of entry	Primary target group	Link
1 (-)		Rainbow Plate	<b>Rainbow plate toolkit</b>	This toolkit provides tool to engage children's natural curiosity about the world around them, spark imaginations and get kids excited about exploring and learning about food.	Fostering food literacy, promoting healthy eating habits, promoting wellbeing	Topic, tool	Toolkit	Children	<a href="https://www.rainbowplate.com/toolkit-info">https://www.rainbowplate.com/toolkit-info</a>
2 (-)		IKEA	<b>Cook this page</b>	A tangible tool - to motivate people to cook and make it easier for them, IKEA created printable recipe sheets that are usable as a design tool for social impact	Food education	Topic	Tool	All	<a href="https://www.designboom.com/design/ikea-cook-this-page-recipe-leo-burnett-campaign-06-22-2017/">https://www.designboom.com/design/ikea-cook-this-page-recipe-leo-burnett-campaign-06-22-2017/</a>
3 AUS		IGOR	<b>Intercultural Gardening</b>	A paper on the concept of intercultural gardening as a tool for integrating migrants.	Integration, community building	Tool	Methodology	Migrants, local community	<a href="https://igor-wien.at/interkulturelle-gartenarbeit-georg-wiesinger/">https://igor-wien.at/interkulturelle-gartenarbeit-georg-wiesinger/</a>
4 AUS		Wiener Tafel	<b>Sensory laboratory</b>	The aim of this approach is to increase competence in the conscious handling of food through playful exploration, personal experience and sensual impressions. Children and youth learn to assess and check freshness, taste and quality in a self-determined manner.	Promoting food literacy, promoting sustainable and healthy habits	Tool	Technique	Children, Youth	<a href="https://wienertafel.at/sensorik-labor/">https://wienertafel.at/sensorik-labor/</a>
5 BE		eitFood	<b>FoodScienceClass</b>	Ready-to-use materials for teachers that aim to bring students closer to food systems by helping them understand the role of food production and technology in food safety and security. Includes zero-waste cooking workshops, label reading activities and food safety experiments.	Promoting food literacy	Tool, topic	Methodology	Youth	<a href="https://www.eitfood.eu/projects/foodscienceclass">https://www.eitfood.eu/projects/foodscienceclass</a>
6 BE		Cuisines de quartier	<b>Resources to facilitate neighborhood kitchen groups</b>	An online library that displays a variety of resources for starting and facilitating neighborhood kitchen group (in French)	Community building, promoting food literacy	Tool, topic	Resource library	Community	<a href="https://cuisinesdequartier.be/outiltheque/">https://cuisinesdequartier.be/outiltheque/</a>
7 BE		Cuisines de quartier	<b>Online cooking session facilitation checklist</b>	Planning sheet which includes all the steps necessary to organize a virtual cooking circle for community members (in French)	Community building, promoting food literacy	Tool, topic	Tool	Community	<a href="https://cuisinesdequartier.be/outiltheque/">https://cuisinesdequartier.be/outiltheque/</a>
8 BE		La Ressourcerie du Manger Solidaire	<b>Library on access to quality food for all</b>	A platform that was created to bring together a maximum of resources that question and promote access for all to sustainable food (in French)	Promoting access to sustainable food, promoting food literacy	Tool, topic	Resource library	All	<a href="https://www.ressourceriedumangersolidaire.be/les-ressources/">https://www.ressourceriedumangersolidaire.be/les-ressources/</a>
9 BE		eitFood	<b>Food Mission Handbook</b>	Ready-to-use resource pack for teachers, with goal to raise awareness of the significance of food in modern life among 9-14 years old schoolkids, and to demonstrate its relevance to	Promoting food literacy, raising awareness about sustainable lifestyle	Topic	Toolkit	Children	<a href="https://www.eitfood.eu/files/Food-Mission-resource-pack.pdf">https://www.eitfood.eu/files/Food-Mission-resource-pack.pdf</a>
10 BE		eitFood	<b>Food Careers educational package</b>	Targets youth aged 15-18 with a challenge-based approach, building on the local ecosystem and opportunities. The aim is to inspire and encourage young people to study a food-related discipline while raising awareness on opportunities and career tracks in the agrifood sector.	Raising awareness about food systems, raising involvement in agrifood sector	Topic	Toolkit	Youth	<a href="https://www.eitfood.eu/projects/food-careers">https://www.eitfood.eu/projects/food-careers</a>



11	BE	Eitfood	<b>Future Cards - Food Production 2100</b>	Fifteen cards that describe various societal aspects that are changing and should be taken into consideration when thinking about future of food. The accompanying methodology suggests choosing three most important cards and elaborating on most important changes in food consumption and systems within next decades.	Raising awareness about future of food	Topic	Tool	All	<a href="https://annualfoodagenda.com/wp-content/uploads/2021/11/Food_scenario_2_2100_cards_FINAL.pdf">https://annualfoodagenda.com/wp-content/uploads/2021/11/Food_scenario_2_2100_cards_FINAL.pdf</a>
12	BE	Quinoa	<b>The string game: a tool to outsmart your plate</b>	An interactive game that allows to represent the links, implications and impacts of our consumption choices using a string.	Promoting food literacy, promoting food security	Topic	Technique	All	<a href="http://www.alimenterre.org/sites/www.cfsi.asso.fr/files/146_jeuicelleactu.pdf">http://www.alimenterre.org/sites/www.cfsi.asso.fr/files/146_jeuicelleactu.pdf</a>
13	BG	Multi Kulti Collective	<b>Bread and stories</b>	Open culinary events/workshops where foreign chefs present recipes for bread and pastry products and share their story – what brought them to Bulgaria and what motivated them to stay there.	Integration of migrants, intercultural learning	Topic	Technique	Migrants, local community	<a href="https://multikulti.bg/index.php/en/projects/bread-and-stories">https://multikulti.bg/index.php/en/projects/bread-and-stories</a>
14	DE	Edible Alchemy	<b>Local fermentation and foraging workshops</b>	Practice oriented workshops that aim at teaching fermentation and foraging as tools for improvement of one's health, wellbeing as well as connection to the environment.	Promoting wellbeing, promoting food literacy	Tool, topic	Event	All	<a href="http://www.ediblealchemy.co">www.ediblealchemy.co</a>
15	DE	Give something back to Berlin	<b>Open Kitchen</b>	Weekly events centred around cooking that give newcomers, refugees and locals the opportunity to interact and break down social and cultural barriers through preparing and enjoying meals together.	Integration of migrants, intercultural learning, mental wellbeing	Tool	Event	Immigrants, local community	<a href="https://gsbtb.org/projects/open-kitchen/">https://gsbtb.org/projects/open-kitchen/</a>
16	DE	Über den Tellerrand.e.V.	<b>Events and workshops</b>	Facilitated initiatives that promote cultural and social exchange between immigrants and local communities. Approaches based in cooking together and sharing food.	Inclusion between refugees and locals	Tool	Event	Immigrants, local community	<a href="https://ueberdentellerrand.org/projekte/">https://ueberdentellerrand.org/projekte/</a>
17	DE	Zusammen Leben	<b>Workshops on sustainability</b>	Workshops where organic, regional, seasonal recipes are cooked together. The starting point are recipes from other regions of the world, which are transformed into a transcultural climate kitchen with organic regional vegetables.	Promoting sustainability and food diversity	Tool	Event	All	<a href="https://zlev.de/essen-trinken#workshops">https://zlev.de/essen-trinken#workshops</a>
18	DE	We Feast	<b>Finger- licking experiences</b>	Events with semi-structured conversations on intimacy, relationships & eudaimonia and other activities brought through the tangible qualities of food. The main outcome is reconnecting with one's sensuality and senses.	Promoting wellbeing, promoting self-awareness	Tool	Event	All	<a href="https://wefeast.life/berlin-feast/">https://wefeast.life/berlin-feast/</a>
19	DE	Wild & Root	<b>Events and workshops</b>	Consciously crafted food experiences that aim to generate connection among the participants, as well as oneself and food and its role in our personal lives (like, memories).	Building community, personal wellbeing	Tool, topic	Event	All	<a href="https://www.wildandroot.com/food-strategies-campaigns-events/">https://www.wildandroot.com/food-strategies-campaigns-events/</a>
20	DK	Stop MAD Waste	<b>Stop Food Waste</b>	Through research, journalistic methods and media production, students will be asked to approach aspects of food waste in a nuanced and critical manner.	Food waste education	Tool	Tool	Students 7-9 Grade	<a href="http://www.stopmadspild.dk/laerer.html">http://www.stopmadspild.dk/laerer.html</a>
21	DK	DFunk	<b>MADMEKKA</b>	Weekly event that creates space for meeting for young refugees and other young Danes. In this foodcafe, participants talk, play games and cook together.	Community building, intercultural learning	Tool, atmosphere creator	Event	Youth 15-30 y.o.	<a href="https://dfunk.dk/madmekka/">https://dfunk.dk/madmekka/</a>
22	DK	The University of Southern Denmark, SDU & Danielle Wilde	<b>ReThinking Food in Denmark – Empowering citizens in societal change processes</b>	A research approach that tests online methodology for challenging daily cooking and eating habits. Consists of online cooking classes, Q&A's with food experts, community-based peer review and communal debates.	Change of food-related habits, promoting sustainable food, research	Tool, topic	Methodology	Local community (35 families)	<a href="http://www.daniellewilde.com/embodied-futures/rethinking-future-50-foods-en/">http://www.daniellewilde.com/embodied-futures/rethinking-future-50-foods-en/</a>



23	DK	Foodsharing DK	<b>Disco Soup</b>	A global initiative - event concept where a dance party is combined with cooking together for a big feast. The aim is to inspire action against food waste - each event gathers kilos of unused vegetables local businesses to turn into a huge dinner free of charge for all of the attendees.	Creating awareness about food sustainability, building community	Tool, atmosphere creator	Event	All	<a href="https://foodsharingcph.org/">https://foodsharingcph.org/</a>
24	DK	Den Alternative Madklub (The Alternative Madklub)	<b>The alternative foodclub / Tyg&amp;Tænk (Chew and Think)</b>	An initiative that creates events with focus on social, economic and green sustainability - combining debates, dialogues, lectures with food-related activities.	Raising awareness about food systems and other topics	Atmosphere creator	Event	All	<a href="https://www.facebook.com/denalternativemadklub/">https://www.facebook.com/denalternativemadklub/</a>
25	DK	Dorte Ruge	<b>LOMA - local food</b>	A research that proposes LOMA approach to integrate food activities into the general curriculum and into educational activities. Aims at reducing inequity in health and learning via student development of food- and health-related action competence	Fostering food literacy, promoting healthy eating habits	Tool, topic	Methodology	Youth (in this case 13-14 y.o.)	<a href="https://www.ncbi.nlm.nih.gov/books/NBK585565/">https://www.ncbi.nlm.nih.gov/books/NBK585565/</a>
26	ES	Por ti mujer	<b>Catering Social</b>	Workshops that introduce catering and cooking skills for female immigrants aged 45 and more, with the goal to foster their integration in labor market.	Immigrant integration in labor market	Tool	Methodology	Female immigrants	<a href="https://asociacionportimujer.org/catering-social/">https://asociacionportimujer.org/catering-social/</a>
27	ES	Mescladis	<b>Cooking workshops</b>	Workshops where migrants teach authentic recipes from around the world to various groups. It provides opportunity to practice a different language, and meet new people for a cultural exchange. Within childrens' workshops, topic of diversity is especially highlighted.	Building community, integration of migrants	Tool	Technique	Migrants, children, local community	<a href="https://www.mescladis.org/taxonomy/term/7">https://www.mescladis.org/taxonomy/term/7</a>
28	ES	Food by Anita	<b>Food ceremony</b>	These are various carefully curated experiences that allow connecting through oneself through food and feeling of belonging.	Personal wellbeing	Tool, atmosphere creator	Event	All	<a href="https://www.foodbyanita.com/food-ceremony/">https://www.foodbyanita.com/food-ceremony/</a>
29	ES	Food by Anita	<b>Fermentation workshops</b>	Workshops on fermentation to teach methods for one's gut health and sustainable food consumption.	Physical wellbeing, promoting of sustainable food practices	Tool	Technique	All	<a href="https://www.foodbyanita.com/fermentation-workshop-2023/">https://www.foodbyanita.com/fermentation-workshop-2023/</a>
30	EU	Nordic Food Policy Lab	<b>Food Choices for a Healthy Planet game</b>	An interactive online game with goal to engage educators, students and others with the critical issue of sustainability in food systems.	Promoting food literacy, promoting food sustainability	Topic	Tool	All	<a href="https://www.norden.org/en/information/food-choices-healthy-planet-game">https://www.norden.org/en/information/food-choices-healthy-planet-game</a>
31	EU	FoodShift 2030	<b>Toolkit: How to cook up civic-driven food system governance? Recipes for practitioners</b>	This infopackage is a step-by-step guide for practitioners and contains recommendations, exercises and further material to develop food governance strategies in a civic-driven, participatory and deliberative process.	Food systems' change	Topic	Tool	Local community	<a href="https://foodshift2030.eu/wp-content/uploads/2022/09/D4_1_Recipes4Practitioners.pdf">https://foodshift2030.eu/wp-content/uploads/2022/09/D4_1_Recipes4Practitioners.pdf</a>
32	EU	The Parlour of Food Futures	<b>Food Tarot cards</b>	A methodological tool for primarily used for research purposes - a deck of tarot cards that aids facilitation of complex topics revolving around future of food.	Facilitating discussion about future of food, research	Topic	Methodology	All	<a href="https://foodtarot.tech/">https://foodtarot.tech/</a>
33	EU	foodfutures group	<b>Culturally sensitive food-play design</b>	A research approach that helps to reveal how personally relevant cultural traditions can serve as a source of inspiration for play design.	Cultural awareness, research	Topic	Methodology	All	<a href="https://foodfutures.group/2020/09/06/chasing-play-potentials-in-culture-to-inspire-technology-design/">https://foodfutures.group/2020/09/06/chasing-play-potentials-in-culture-to-inspire-technology-design/</a>
34	EU	Global Education & Youth Work	<b>Toolkit for food, migration and media topics</b>	A part of the toolkit presents several food-related facilitation tools to tackle global education topic within youth work.	Global education, raising awareness on the role of food	Topic	Toolkit	Youth	<a href="https://learningforchange.net/wp-content/uploads/2018/06/CVO_Global_Education_Youth_Work.pdf">https://learningforchange.net/wp-content/uploads/2018/06/CVO_Global_Education_Youth_Work.pdf</a>
35	EU	AlimenTERRE	<b>Library of resources</b>	Collection of food-related facilitation methodologies (in French)	All	Topic, tool	Resource library	All	<a href="https://www.alimenterre.org/recherche-avancee?search_api_fulltext=jeu">https://www.alimenterre.org/recherche-avancee?search_api_fulltext=jeu</a>
36	FI	foodfutures group	<b>More-than-human Food Futures Cookbook</b>	A compilation of different methodologies to be used for exploring future of food systems among participants	Research, facilitation of discussion about future of food	Topic	Resource library	All	<a href="https://feedfoodfutures.files.wordpress.com/2021/01/mthff_cookbook.pdf">https://feedfoodfutures.files.wordpress.com/2021/01/mthff_cookbook.pdf</a>
37	FI	foodfutures group	<b>Designing with More-than-Human Food Practices for Climate-Resilience</b>	This workshop investigates how imaginative, creative approaches can be applied through co-creative design experimentation in the context of human-food practices.	Research, facilitation of discussion about future of food	Topic	Methodology	All	<a href="https://experimentalfooddesign.files.wordpress.com/2020/08/dis20_climateworkshop-abstract_camready.pdf">https://experimentalfooddesign.files.wordpress.com/2020/08/dis20_climateworkshop-abstract_camready.pdf</a>



38	FI	foodfutures group	<b>Food Role Play - Creatures in the Kitchen</b>	A technique where people play out different roles as food items that brings to a particular story/goal of the workshop.	(could be anything)	Tool	Technique	All	<a href="https://www.facebook.com/materiecancel/posts/10222991680393851">https://www.facebook.com/materiecancel/posts/10222991680393851</a>
39	FI	Ruokatieto	<b>A trip to the store</b>	An educational package that takes the students, led by the teacher, to the local market to learn about the store and the food chain. The teaching unit strengthens the everyday skills of elementary school-aged students.	Fostering food literacy, promoting healthy eating habits	Topic	Methodology	Pupils	<a href="https://www.ruokatieto.fi/retki-kauppaan">https://www.ruokatieto.fi/retki-kauppaan</a>
40	FI	Sapere	<b>Sensory food education</b>	This sensory awareness method is made up of 10 modules that form the basis for delivering lessons in school around taste and the five senses, linked to the various aspects of schooling.	Fostering food literacy, promoting healthy eating habits, promoting wellbeing	Topic, tool	Methodology	Pupils	<a href="https://www.sapere-association.com/">https://www.sapere-association.com/</a>
41	FR	Refugee Food	<b>Refugee Food Festival</b>	This toolkit reveals steps for planning and facilitating refugee food festival where migrant chefs are paired with local restaurants to cook for a day.	Immigrant integration in labor market, raising awareness about migration issues	Tool	Methodology	Refugees, local community	<a href="https://www.unhcr.org/be/wp-content/uploads/sites/46/2017/09/kit-refugee-food-festival-en.pdf">https://www.unhcr.org/be/wp-content/uploads/sites/46/2017/09/kit-refugee-food-festival-en.pdf</a>
42	FR	Refugee Food	<b>Refugee Food Education Days</b>	One day program for middle school students with goal to break down prejudice about refugees and introduce to diversity of culinary heritage. Includes testimonies of refugees, cooking workshops with refugees, interventions by refugee cooks in school canteens, documentary film screenings, etc.	Integration of migrants, intercultural learning	Tool	Methodology	Students	<a href="https://refugee-food.org/education/">https://refugee-food.org/education/</a>
43	FR	Comprendre Por Agir	<b>Library of resources</b>	Selection of educational tools to address issues related to agriculture and food	Promoting food literacy, raising awareness	Topic	Resource library	All	<a href="https://www.comprendrepouragir.org/jeux-et-outils-peda-sur-agriculture-et-alimentation/">https://www.comprendrepouragir.org/jeux-et-outils-peda-sur-agriculture-et-alimentation/</a>
44	HR	Green Network of Activist Groups	<b>Healthy food and sustainable consumption workshop. Agroecology workshops.</b>	Workshop that discusses how choosing the diet and the provenance of the food affects own health, the environment and society, and what we should pay attention to in order to make positive changes. In agroecology workshops - learning of practical gardening skills, permaculture and other competences.	Promoting sustainability, promoting localization of food systems, fostering food literacy and wellbeing	Topic	Technique	All	<a href="https://www.zmag.hr/">https://www.zmag.hr/</a>
45	HU	Municipality of Józsefváros, in cooperation with the team of the non-profit Etesd	<b>Gastronomic Education Program</b>	Workshops where kids have to prepare a recipe in a team, and afterwards participate in a question-answer game and an activity recalling the recipe.	Promoting food literacy, promoting healthy habits, reducing food waste	Tool	Technique	Children	<a href="https://jozsefvarosujsg.hu/tegyuk-jobba-a-vilagot-a-konyhabol-raszorulo-keruleti-gyerekek-es-a-gasztronomia/">https://jozsefvarosujsg.hu/tegyuk-jobba-a-vilagot-a-konyhabol-raszorulo-keruleti-gyerekek-es-a-gasztronomia/</a>
46	IR	Irish Refugee Council	<b>Cooking with Refugees</b>	Cookery classes where people seeking international protection in Ireland teach authentic recipes from around the world to various groups. It provides opportunity to practice a different language, and meet new people for a cultural exchange online and in person	Integration of migrants, intercultural learning, mental wellbeing	Tool, atmosphere creator	Technique	Asylum seekers, local community	<a href="https://www.irishrefugeecouncil.ie/cooking-with-refugees-programme">https://www.irishrefugeecouncil.ie/cooking-with-refugees-programme</a>
47	IT	Future Food Institute	<b>Future Food Academy</b>	A broad offer of educational programs and tools to educate about food sustainability through experiential challenge based, game-based and community-based approaches. Teaching method is based on three steps - inspiration, aspiration and action.	Promoting sustainability, promoting food literacy	Tool, topic	Methodology	Children, youth, professionals	<a href="https://futurefoodinstitute.org/academy/">https://futurefoodinstitute.org/academy/</a>
48	IT	Food education Italy	<b>Edutainment tools for learning about nutrition</b>	A collection of online and printable tools to be used for facilitation of activities about nutrition and role of food among children and youth.	Promoting food literacy	Topic	Tool	Children, youth	<a href="http://www.foodedu.it/nutrizioneprendiamocigusto/index-eng.php">http://www.foodedu.it/nutrizioneprendiamocigusto/index-eng.php</a>
49	IT	Chikù	<b>Workshops and events for children</b>	Participative cooking and baking workshops and activities where food items are used as a paint. Many of the workshops promote Neapolitan and Roma cultural heritage as a way of intercultural learning.	Promoting food literacy, intercultural learning	Tool	Technique	Children	<a href="https://www.chiku.it/feste-e-laboratori-per-bambini/">https://www.chiku.it/feste-e-laboratori-per-bambini/</a>



50	LT	CoolUkis	<b>Cool Gardening</b>	Approach where elderly people share their land and gardening experience with participants, while young people provide companionship for their hosts. Social initiative which seeks to promote a healthy, sustainable lifestyle and reduce social exclusion of the elderly through garden sharing and growing food together.	Inclusion, building community, promoting sustainable food practices	Tool	Methodology	Elderly and youth	<a href="http://www.coolukis.lt">www.coolukis.lt</a>
51	LT	See&EAT	<b>Various resources on food education for kids</b>	A library of resources that aim for educating kids on the value of eating vegetables and fruit.	Fostering food literacy, promoting healthy eating habits, promoting wellbeing	Topic, tool	Resource library	Children	<a href="https://www.seeandeat.org/activities-and-resources/">https://www.seeandeat.org/activities-and-resources/</a>
52	LV	Ramala	<b>Bread therapy</b>	A methodology based in art-therapy principles that engages participants' senses and allows achieving both individual and group benefits in terms of wellbeing, empowerment, engagement and other.	Inclusion, fostering wellbeing, empowerment	Tool	Methodology	All	<a href="https://www.ramala.lv/nodarbibas">https://www.ramala.lv/nodarbibas</a>
53	LV	Renars Purmalis	<b>Cooking in nature</b>	Hikes in nature with cooking and educational elements, as well as team building aspects. Aims to educate about and reconnect with food.	Fostering food literacy, team building	Tool, topic	Event	All	<a href="https://gatavodaba.lv/pargajines-ar-garsu/">https://gatavodaba.lv/pargajines-ar-garsu/</a>
54	LV	Pauls Stradiņš Medicine History Museum + OnPlate	<b>MVM nutrition workshop: Workshop for young people. Food and emotional health</b>	A workshop for young people, where the relationship between nutrition and mental health are discussed. Additionally participants are able to try mindful eating exercises and develop a positive body image.	Fostering wellbeing, creating self-awareness	Topic	Event	Youth	<a href="https://onplate.eu/mvm-uztura-darbnica-darbnica-jauniesiem-ediens-un-emocionala-veseliba/">https://onplate.eu/mvm-uztura-darbnica-darbnica-jauniesiem-ediens-un-emocionala-veseliba/</a>
55	LV	Humusa komanda	<b>Teaching Arabic recipes for students and other groups</b>	Workshops where immigrants lead cooking workshops on Arabic recipes with pupils and other groups, telling their stories and teaching about Arabic culture.	Integration of immigrants, intercultural learning	Tool	Event	Youth, all	<a href="https://www.facebook.com/humusakomanda/">https://www.facebook.com/humusakomanda/</a>
56	LV	Rub&stub	<b>Zero waste cooking workshop</b>	Cooking workshops for all audiences where using food scraps helps facilitation of learning and discussions about food sustainability.	Food waste education, promoting food sustainability	Tool, topic	Event	All	<a href="https://norden.lv/lv/sadarbibas-projekti/ilgtspējīga-attīstība/great-tastezero-waste/">https://norden.lv/lv/sadarbibas-projekti/ilgtspējīga-attīstība/great-tastezero-waste/</a>
57	Malta	EAThink	<b>EAThink-toolkit</b>	This toolkit seeks to support primary and secondary school teachers in including global citizenship education (GCE) methodologies and food-related issues in their daily educational planning.	Global citizenship education	Tool	Toolkit	Primary and secondary school teachers	<a href="https://eathink2015.org/download/EAThink-toolkit-maltese.pdf">https://eathink2015.org/download/EAThink-toolkit-maltese.pdf</a>
58	PL	Krzyżowa Foundation for Mutual Understanding in Europe	<b>A recipe for a better world – we educate our peers about food. Educational materials for young people aged 14-16</b>	Educational materials encourage youth to take initiative, become educators for their peers, and explore sustainability and the food system together.	Promoting food literacy, promoting food sustainability, promoting active citizenship	Topic	Toolkit	Pupils	<a href="https://www.krzyzowa.org.pl/pl/dzialalnosc/publikacje/wyda-wnictwa-fundacji-krzyzowa/1599-przepis-na-lepszy-swiat-czyli-edukujemy-rowiesnikow-o-zywnosci-materialy-edukacyjne-dla-mlodziezy-w-wieku-14-16-lat-2">https://www.krzyzowa.org.pl/pl/dzialalnosc/publikacje/wyda-wnictwa-fundacji-krzyzowa/1599-przepis-na-lepszy-swiat-czyli-edukujemy-rowiesnikow-o-zywnosci-materialy-edukacyjne-dla-mlodziezy-w-wieku-14-16-lat-2</a>
59	PL	Agata Polasik	<b>GRZYBOBRANIE - Mushrooming Board Game</b>	A board game that brings players closer to the forest and broadens knowledge about mushroom kingdom.	Promoting food literacy	Topic	Tool	All	<a href="https://www.behance.net/gallery/19969933/GRZYBOBRANIE-Mushrooming-Board-Game">https://www.behance.net/gallery/19969933/GRZYBOBRANIE-Mushrooming-Board-Game</a>
60	PL	Zielne Babki	<b>"How to survive in urban wilderness"</b>	City walks and educational workshops about diversity of plants and wellbeing of urban inhabitants	Promoting food literacy, promoting wellbeing	Topic	Event	All	<a href="https://personal-garden.pl/en/workshops/ostoja.html">https://personal-garden.pl/en/workshops/ostoja.html</a>
61	PL	Zielne Babki	<b>Scenarios of garden therapy classes for people with disabilities</b>	Garden therapy workshops for people with disabilities.	Inclusion, empowerment	Tool	Event	All	<a href="https://personal-garden.pl/warsztaty/ostoja.html">https://personal-garden.pl/warsztaty/ostoja.html</a>
62	PL	National Remembrance Institute (IPN) / Karol Madaj	<b>Regulation: The Coupons Game</b>	A board game based on the communist-era food rationing system will allow younger generations to get a feel for their elders' past hardships.	Inter-generational dialogue	Topic	Tool	Youth	<a href="https://culture.pl/en/article/communist-food-rationing-turned-into-a-board-game">https://culture.pl/en/article/communist-food-rationing-turned-into-a-board-game</a>
63	PL	Fundacja Szkoła na widelcu	<b>Educational programs for students</b>	Educational programs for students on healthy eating, building the digestive system and balancing the diet	Promoting food literacy, promoting wellbeing	Topic	Methodology	Children	<a href="https://www.szkolanawidelcu.pl/projekty-i-wydarzenia">https://www.szkolanawidelcu.pl/projekty-i-wydarzenia</a>



64	PL	Fundacja Szkoła na widelcu	<b>Mindful Eating PSYCHODIETETIC PROGRAMME</b>	An educational programme that aims to increase pupils' ability to identify signals coming from the body (hunger and satiety) and to experience sensations associated with eating. It also aims to motivate pupils to actively reduce food wastage.	Promoting food literacy, promoting wellbeing	Topic	Methodology	Youth	<a href="http://psych.uw.edu.pl/eit-food/the-eit-food-school-network/programy-edukacji-zywnosciowej/">http://psych.uw.edu.pl/eit-food/the-eit-food-school-network/programy-edukacji-zywnosciowej/</a>
65	PT	Repositório Aberto da Universidade do Porto	<b>The taste of biodiversity</b>	A paper that describes educational programme for primary schools that explored the biodiversity of tomato, by promoting science and sensory education, and the acceptance of vegetables.	Fostering food literacy, promoting healthy eating habits	Tool	Methodology	Children	<a href="https://repositorio-aberto.up.pt/bitstream/10216/145883/2/593765.pdf">https://repositorio-aberto.up.pt/bitstream/10216/145883/2/593765.pdf</a>
66	RO	Food Waste Combat	<b>Educational workshops to combat food waste and Respect for Resources (RPR) workshops</b>	Workshops for schoolkids about ecological footprint, waste of resources, climate change and waste	Promoting food literacy, promoting healthy habits, reducing food waste	Tool	Technique	Children	<a href="https://foodwastecombat.com/proiecte/">https://foodwastecombat.com/proiecte/</a>
67	SL/EU	EduLocalFOOD	<b>EduLocalFOOD toolkit</b>	A toolkit that presents ideas and materials on local and sustainable food systems for teachers and learners in agricultural vocational education and training.	Promoting sustainability, promoting localization of food systems	Topic	Toolkit	Teachers and learners of agricultural vocational education	<a href="https://www.educlocalfood.eu/pages/toolkit-1.html">https://www.educlocalfood.eu/pages/toolkit-1.html</a>
68	SWE	Botildenborg	<b>Cook, Eat &amp; Talk</b>	A team building activity that includes a field trip, the opportunity to harvest in their urban farming, then cooking together and ending with a delicious meal.	Promoting food literacy	tool, topic	Event	All	<a href="https://www.botildenborg.se/cook-eat-talk">https://www.botildenborg.se/cook-eat-talk</a>
69	SWE	Botildenborg	<b>Digital Cook-along</b>	A digital cooking activity with goal to create connections among people and building sense of belonging.	Inclusion, reducing loneliness	tool, topic	Event	local community	<a href="https://www.botildenborg.se/digital-cook-along">https://www.botildenborg.se/digital-cook-along</a>
70	SWE	Husby Farm	<b>Folk kitchen for neighbours</b>	An event where every few weeks neighbours meet to enjoy the food together - to replace going out and eating in restaurant.	Community building, promoting emotional wellbeing	Atmosphere creator	Event	Local community	<a href="https://www.nyhetsbyrnanarva.se/fullsatt-och-festligt-nar-folkkok-hade-premiar/">https://www.nyhetsbyrnanarva.se/fullsatt-och-festligt-nar-folkkok-hade-premiar/</a> & <a href="https://sv-se.facebook.com/HusbyKonst/">https://sv-se.facebook.com/HusbyKonst/</a>
71	UK	NHS	<b>Facilitator pack - How to cook with groups</b>	A guide to planning and running cooking activities to support participants' skill development and confidence	Empowerment, skills development	Tool	Toolkit	youth	<a href="https://nhsforhvalley.com/wp-content/uploads/2022/07/Final-How-to-cook-with-groups-resource.pdf">https://nhsforhvalley.com/wp-content/uploads/2022/07/Final-How-to-cook-with-groups-resource.pdf</a>
72	UK	SUSTAINABLE FOOD places	<b>Food Focus group facilitation</b>	The aim of this facilitation approach is to listen to and understand the opinions and views of stakeholders on the local food system and how to make it more sustainable	Fostering discussion about food systems	Topic	Toolkit	Communities	<a href="https://www.sustainablefoodplaces.org/resources/files/SFP_Toolkit/Food_Focus_Group_Facilitation.pdf">https://www.sustainablefoodplaces.org/resources/files/SFP_Toolkit/Food_Focus_Group_Facilitation.pdf</a>
73	UK	Bath and North East Somerset Director of Public Health Award	<b>Early Years Cookery and Food Play Toolkit</b>	Toolkit for establishing good habits and behaviours towards food and eating with goal to foster physical and emotional wellbeing in long run.	Promoting food literacy, promoting wellbeing	Topic, tool	Toolkit	Children	<a href="http://susinder.suscooks.eu/user_uploads/Module4/Cookery%20and%20Food%20play.pdf">http://susinder.suscooks.eu/user_uploads/Module4/Cookery%20and%20Food%20play.pdf</a>
74	UK	Migrateful	<b>Cookery classes with migrants</b>	In these cookery classes migrants teach authentic recipes from around the world to various groups. It provides opportunity to practice a different language, and meet new people for a cultural exchange online and in person	Integration of migrants, intercultural learning, mental wellbeing	Tool, atmosphere creator	Technique	Migrants, local community	<a href="https://www.migrateful.org/">https://www.migrateful.org/</a>





## ABOUT THIS PUBLICATION

This report responds to the search for innovation in youth work through the belief that food in all its complexity has a great power to initiate and aid social change - it is the first step towards the development of novel facilitation approaches. For the benefit of facilitators, educators and other actors in youth work, the findings reveal an insight in the existing approaches, a broad range of advantages, tackled topics, as well as potential roles and practicalities of using food-related facilitation techniques over others. Found while conducting desk research, the examples of 74 existing approaches and toolkits are a tangible asset for work in the field, and serve as a source for inspiration.