

Feb-  
March  
2020

# Food Matters

Glandore/Woodcroft



The Food Embassy Inc.

April 2020

# Contents

<b>CONTENTS</b>	<b>2</b>
<b>EXECUTIVE SUMMARY:</b>	<b>3</b>
<b>BACKGROUND:</b>	<b>5</b>
<b>PROGRAM OVERVIEW:</b>	<b>5</b>
<b>EVALUATION</b>	<b>7</b>
<b>SUMMARY / RECOMMENDATIONS:</b>	<b>14</b>
<b>REFERENCES</b>	<b>15</b>
<b>APPENDICES</b>	<b>16</b>

## Executive Summary:

Following a successful pilot in 2019, The Food Embassy ran an additional 2 Food Matters courses during February/March 2020. These courses were delivered with support from the Adelaide and Mount Lofty Ranges Natural Resource Management Board, the City of Marion and the City of Onkaparinga. The Food Matters course aims to build on a community interest in food, nutrition and environment who can then contribute to growing a more sustainable food system for the future. Based on the well-established framework for the future food system<sup>[iii]</sup> Food Matters was adapted from a Flinders University online platform to increase food system literacy and engage communities in action<sup>[iv]</sup>. Food Matters incorporates health, environmental, economic and social considerations.

The program objectives are:

1. To increase participants' knowledge of a local, sustainable food system considering social, economic and environmental factors.
2. To increase confidence in engagement with the local food system.
3. To improve attitude to sustainable food choices.
4. To encourage personal and community action that will create connection with local food systems accessible to all.

Twenty three people attended the two courses at Glandore Community Centre and Woodcroft Morphett Vale Neighbourhood Centre. An initial 1-hour taster session of the Food Matters program was also run at Cooina Neighbourhood Centre (City of Marion) and attended by 25 people.

### Key outcomes:

Participant feedback from both Glandore and Woodcroft courses indicated a high level of satisfaction with the course, with 100% reporting they would recommend the course to someone else, and 80% reporting to be very satisfied with the course.

### Glandore:

All participants reported positive knowledge shifts across most of the food system issues covered.

The program increased individual confidence to improve the local food system, as prior to the course 67% of participants felt unsure they could take action as an individual food citizen but on completion of the course 100% agreed they could take action.

---

*11% feeling they could take community actions as food citizens before the course and 78% feeling they could after the course.*

---

Behaviour changes were evident throughout the program. Key actions reported by participants included starting to grow vegetables, sharing produce with others, and joining the SA Urban Food Network. In addition to personal actions, participants reported strong shifts towards community actions, with

11% feeling they could take community actions as food citizens before the course and 78% feeling they could after the course.

### **Woodcroft:**

Strong shifts in confidence to improve the local food system were seen, with 20% agreeing they were confident prior to the course to 80% feeling confident after the course.

Positive knowledge shifts were reported by participants for all key food systems topics covered, including farmers livelihoods, environmental sustainability.

Food Matters Woodcroft increased confidence to take action as an individual food citizen on individual, community and regional levels. This confidence increase is of note at the community and regional level given the course was modified to an online format halfway through in response to the covid-19 pandemic and related closure of the host venue.

---

*Participants who reported knowledge of environmental sustainability and their food choices increased from 40% prior to the course, to 80% after Food Matters.*

---

Behaviour changes were evident throughout the program. Key actions reported by participants included monitoring a local Grow Free cart, preserving excess fruit and vegetables and cooking for community members experiencing hardships related to Covid-19.

### The future recommendations for the Food Matters program are:

- An online version of Food Matters appears to be viable alternative to the face to face course, providing wider access , particularly to those affected by the Covid-19 crisis.
- Develop a version of Food Matters adapted to dietitians and nutrition professionals, with greater focus and depth on the sustainable diet elements of the course
- Further work is needed to ensure community connection can be maintained between participants for any future online adaptations.
- Longer term follow-up with participants would be of use to understand actions taken and behaviour change following course participation
- Improve promotion through partners, including a longer lead time and communication between existing related groups
- Clearly identify the role of partners in course promotion and facilitation.
- Record interviews with guest speakers to play to participants in the event of speakers being unable to attend, or for use in online courses.



## Background:

The food system challenges we face are complex and addressing them will require collaborative efforts by many over a long time. What is required is a coherent and collaborative approach by multiple actors aligning their diverse skills, experience and actions around a shared agenda for change. This is known as collective impact<sup>[iv]</sup>.

Food Matters is a community-based program on food systems literacy adapted from the Flinders University, two-week online course, Food System Matters (FSM)<sup>[iv].v</sup>. The FSM course examined the food system through three lenses: environmental sustainability; fairness and equity; health and nutrition. Forty-seven participants completed the course and evaluation showed knowledge and attitude to improve significantly.<sup>iv</sup>

The Food Embassy was given the intellectual property of the FSM course (with acknowledgement of its origins) and in partnership with Adelaide and Mount Lofty Ranges Natural Resource Management (AMLR NRM) board and local partners piloted the Food Matters face to face course in May/June 2019.

The Food Matters course aims to build on a community interest in food, nutrition and environment who can then contribute to growing a more sustainable food system for the future. This aligns with the aims of the SA Urban Food Network<sup>[i]</sup> the vision from Edible Adelaide 2016<sup>[ii]</sup> and the Open Your World Statewide Wellbeing Strategy focus on community connection, use of green space for health and wellbeing and development of healthy living skills.

Following the success of the pilot course AMLR NRM agreed to support implementation of three additional courses. Early in 2020 City of Marion committed to running 2 Food matters courses one at Glandore Community Centre in February and one at Trott Park Community Centre In March and a taster event (1 hour precursor to the 4 week course) as part of Common Thread (a free, monthly program of sustainability focused events at Coinda Neighbourhood Centre).

City of Onkapringa also committed to running a course at Woodcroft Community Centre in March.

### **Program Overview:**

Each session followed a similar format:

1. Introduction/Recap from previous week
2. Presentation and group activities (lecture, guest speaker, film, questions & discussion)
3. Food Democracy<sup>[vi]</sup> / Food Citizenship<sup>[vii]</sup> discussion and action planning

Whilst each program responded to the interest areas of the participants, they all reflected health, environment, economic and social considerations of the food system. Specific topics included: alternative vs industrial food systems; diets for sustainable eating; biodiversity and land use including regenerative food production; and food access and equity.

Following the pilot in 2019 the following refinements were made:

- The program has a greater group work orientation and calls to action within each section.
- A food citizenship framework underpins the course and is more implicit in each session rather than having an explicit focus.

- Four key theme areas are covered:
  - Economic impacts for producers and consumers.
  - Environmental impacts including land use, biodiversity and regenerative farming.
  - Social impacts, highlighting food security and access for all.
  - Health concerns of the industrialised food system and a focus on minimal processed whole foods using the Australian Guide to Healthy Eating to highlight sustainable food choices.

Guest speakers were key to the success of the program linking participants directly with producers, environmentally sustainable practices and personal experiences. During these sessions the guest speakers were Chris Duffy (Small World Bakery), Amanda Fleming (Magic Harvest, Food matters alumni), Nick Graalman (Treading Lightly Filmmaker) and Steven Hoepfner (Wagtail Urban Farm). Rebecca Neumann from the City of Marion also attended the final session of the Glandore course to assist participants to link their action ideas to existing programs and supports.

The final week included a specific session on group planning. Small groups were formed to look at 3-4 projects based on a range of topics identified during the previous three weeks. As the Woodcroft course was adapted to be run online, this session was modified to focus on individual actions that can be undertaken whilst maintaining physical distancing, as required by the covid-19 crisis.

### **Program Objectives**

1. To increase participants' knowledge of a local, sustainable food system considering social, economic and environmental factors.
2. To increase confidence in engagement with the local food system.
3. To improve attitude to sustainable food choices.
4. To encourage personal and community action around local food systems.



# Evaluation

## Food Matters taster event – Marion

The session was run as part of the existing Common Thread monthly meetings. It booked out on Eventbrite with 40 people, however some cancelled, and others attended on the day. Twenty-five people attended. We had 13 no shows with no reason. Common Thread coordinator noted that participation rates are often lower in March due to the range of other activities happening (Fringe, Adelaide Festival, etc.)

Eleven people completed the evaluation forms, and all indicated that they loved the session. Three had never attended a session previously but that they would attend another Common Thread session in the future. Interestingly new community connections were made as all those who completed the evaluation noted that they talked with new people during the evening.

It was hoped that this taster session would encourage bookings for the Food Matters course in Trott Park however these booking did not eventuate. Bookings may have been improved with additional promotion, and more time between the taster event and beginning of the 4-week course. Later discussion with the organisers and funder identified that a taster session may be considered as a stand-alone activity as well as a way of engaging people in the 4-week program.

Feedback was sought from participants in the form of a 1-page paper survey, used by the host venue to evaluate all Common Thread monthly sessions. Responses are summarised in the tables below.

**Table 1:** Feedback from Food Matters taster session participants on potential behaviour changes

What might you do as a result of attending this session?	n=
Eat more sustainably	6
Talk with others about sustainable eating	5
Research more into sustainable eating	5
Change purchasing habits	2
Making small changes to start	1

**Table 2:** Summary of feedback received on what participants enjoyed about the Food Matters taster

What people liked most:	n=
Interesting	4
Informative	6
Great food	4
Fun and enthusiastic	5
Encouragement to others	7

Improvements suggested included to have more recipes and information on where to purchase sustainable food in SA.

## **Food Matters 4-week course – Glandore and Woodcroft**

### **Process Evaluation**

#### Target Audience

The target audience for both Food Matters courses was the general public of Adelaide, with specific targeting to community members residing in the local area of each site (City of Marion/City of Onkaparinga).

#### Attendance

The Food Matters course at Glandore Community Centre had 13 bookings and 10 participants completed the course. The Food Matters course at Woodcroft Morphett Vale Neighbourhood Centre had 10 bookings, with 7 of those completing the course.

The planned course at Trott Park was cancelled in discussion between the Community Centre and the Food Embassy due to a lack of bookings. The 3 people who made a booking were invited to attend the Woodcroft program.

Feedback from Trott Park organiser included:

1. There were 2 Food Matters courses running at similar times and in close proximity ie Woodcroft and Trott park and that this could have made getting numbers difficult. The timing of events had previously been discussed with all involved partners and agreed to.
2. Promotional material needed to provide more about what will people gain from the session, this had also been discussed by The Food Embassy internally.

From the Food Embassy perspective clearer promotion was needed and more promotion was needed from partner organisations, this could be a consequence of timing and understanding of the program.

A total of 23 people booked to attend the two courses, all of these commenced the courses and 17 people completed the courses, mostly women (91%) and mostly aged 26-64 years (61%).

Two people who did not complete the Glandore course attempted to attend the missed session at the Woodcroft course but due to the COVID-19 venue closure this was not possible. Reasons for not completing included work, sickness, reasons related to COVID-19 and technical difficulties with the transition to online format.

**Table 3:** How people heard about course

	Social Media	Word of mouth	Venue
<b>Glandore</b>	46%	39%	15%
<b>Woodcroft</b>	50 %	20%	30%
Combined	48%	30%	22%

Eventbrite was the platform used for selling tickets. The City of Marion and City of Onkaparinga promoted the event through their networks for each course. Facebook was used to promote to the existing Food Embassy network. Additional methods of promotion included posters in relevant locations and targeted emails to potentially interested groups.

Due to the Covid-19 situation, the Woodcroft course was adapted to be run online for weeks 3 and 4. The content was readily adapted and online sessions were well attended given the crisis situation. An online recording of the session was also made available to participants unable to attend the live session.

At the Glandore course, the majority of participants reported attending the course for personal interest, followed by improving skills. Participants reported the most enjoyable aspects of the course included great information, hearing other peoples stories, friendly and safe place, lively discussions, meeting like-minded people, guest speakers, learning new skill and where to get information, interesting activities, and support to try different foods.

For the Woodcroft course, all attendees (100%) reported joining the course for personal interest reasons. When asked if they would recommend the course to others 100% (n=5) said they would. Participants reported finding the course useful to very useful 80% (n=4) and were very satisfied with the course 80% (n=4). When asked what they liked most about the course participants mentioned gaining knowledge and insight, group discussions and meeting and sharing ideas with like-minded people.

Specific feedback was sought on improvements that could be made to the course. There was interest in adapting a version of the course to be suited to Accredited Practising Dietitians, with additional detail on nutrition aspects of a sustainable diet, and counselling skills to encourage behaviour change. A follow up session after course conclusion was also suggested, however pilot courses in Aldinga/Adelaide showed these sessions were poorly attended, and an alternative method of maintaining connection with participants is likely to be more beneficial. At Woodcroft a participant mentioned missing content due to the covid-19 virus. In future it will be important to ensure online adaptations are varied and cater to those with low digital literacy levels or limited access to technology.

### **Impact Evaluation**

A two-page retrospective questionnaire was given to participants at the end of the program asking them to reflect on knowledge and attitudinal changes. Fourteen participants out of 23 completed the evaluation.

## Knowledge

### **Glandore:**

Strong shifts in knowledge around the difference between industrialised and alternative systems with 22% agreeing they had knowledge prior 100 % post.

Knowledge of food systems on farmers livelihood moved from 44% agreeing they had the knowledge to 100 % having strong knowledge.

Knowledge of food systems on environmental sustainability shifted from 55% being unsure of their knowledge to 100% having good knowledge.

### **Woodcroft:**

Knowledge shifts were positive across almost all areas. Notably knowledge about the differences between industrialised and alternative food systems shifted from 80% (n=4) having limited knowledge to 100% (n=5) participants having good knowledge at the end of the course.

Other areas of shift in knowledge were seen in the following areas

- The impact of food systems on farmers livelihoods (40% agree before to 80% either agree or strongly agree after)
- The impact of food systems on environmental sustainability (40% agree before to 80% either agree or strongly agree after)
- The impact of food systems on health (0% strongly agree before the course to 60% strongly agree after Food Matters)

## Attitudes

### **Glandore:**

There were strong shifts in confidence to improve our local food system (33 % agree they were confident before to 78 % after), and moderate shifts in feeling more connected in the community (33% agreeing felt connected to 80% feeling more connected)

### **Woodcroft:**

Participants felt more confident to improve their local food system with a shift from 20% before the course to 80% either agreeing or strongly agreeing with feeling confident to improve local food systems on completion of the course.

Shifts in attitudes were also seen in the following areas:

- Understanding a sustainable diet will have a positive impact on the environment (0% strongly agree before, to 60% strongly agree after)
- Feeling connected to my community (40% agree before to 100% agree or strongly agree after)
- Thinking farmland and biodiversity should be preserved (60% strongly agree before to 100% strongly agree after)
- Concern about whether the food I buy is ethically grown (20% strongly agree before to 60% strongly agree after)

## Behavioural change

### Actions:

This program was specifically aiming to assist people to increase food citizenship and take actions at an individual, community or regional level. For this to be achieved it was important the participant understood these different types of actions. At the start of the course only 57% had a good knowledge of individual actions they could take and 21% a good knowledge of community or regional level actions. At completion of the course 86% of participants had good /very good knowledge across all three levels of food democracy actions.

### **Glandore**

- 67% were unsure they could take actions as an individual food citizen prior to the course and 100 % agreed they would after the course
- 11% felt they could take community actions as food citizen before the course and 78 % felt they could after the course

### **Woodcroft**

- 40% were unsure they could take actions as an individual food citizen prior to the course and 100 % agreed they would after the course
- 40% felt they could take community actions as food citizen before the course and 100% felt they could after the course

### **Qualitative:**

Each week, participants were invited to share actions they had taken during the course. These actions have been summarised for each group in the tables below. It should be noted that this method may not truly capture all individual actions taken, due to the informal nature of conversations, and the fact that some actions do not fall into a discrete category. Examples of actions taken by participants include looking for more sustainable seafood choices, shopping at farmers markets, having conversations with local producers, discussing Food Matters with family and friends, using a grow free cart, swapping seeds and eating more vegetarian meals. Notably in the Woodcroft group, actions included helping their neighbours access food and checking on the vulnerable, most likely prompted by the emerging Covid-19 crisis at the time the course was run. Each group was also asked for longer term ideas to potentially work on as a group. Examples of these actions included looking for ways to feed the homeless, running a native cooking class, building a bee hotel and advocating for more edible landscapes.



<b>Behaviour Change Action Area (Glandore)</b>	<b># Participants</b>
Growing some of their own food	5
Acquiring food (purchasing behaviour, swapping)	6
Preparing/ Eating food more sustainably	3
Learning more / connecting with other	3

**Table 4:** Behaviour change action areas at Glandore

<b>Behaviour Change Action Area (Woodcroft)</b>	<b># Participants</b>
Growing some of their own food	0
Acquiring food (purchasing behaviour, swapping)	4
Preparing/ Eating food more sustainably	3
Learning more / connecting with other	3

**Table 5:** Behaviour change action areas at Woodcroft

Participants at Glandore were also interested in identifying things that they would like to do differently with regards to sustainable eating as a community. These were collated into similar action areas, see table 6 below. Due to the Covid-19 pandemic and related shift to online delivery, this was not completed for the Woodcroft course. Instead, the session was adapted to focus on individual level actions appropriate to take considering physical distancing measures.

<b>Themes for future actions (Glandore)</b>	<b># Participants</b>
Advocacy	3
Community gardens	4
Practicalities of sustainable diets	2

**Table 6:** Themes for future actions at Glandore

## **Program Outcomes:**

### Council/Co- funding partners feedback:

- Feedback from City of Onkaparinga Environmental Sustainability Project Officer Tracy Fulton: “my hat goes off to you for successfully changing the course to online mid-way to suit our very challenging situation”.

### Local producers (guest speakers):

- Feedback from guest speaker and owner of Wagtail Urban Farm Steven Hoepfner: “I got a lot out of the session too, thanks”.

### Participant outcomes (post course):

- From the Marion taster session, 3 people new to Coinda Neighbourhood Centre have said that they would come back to Common Thread events, and 11 people noted that they met someone new at the event.
- From the Woodcroft session, one participant is now attending City of Onkaparinga Leadership Onkaparinga course on food security and social enterprise.

### Learnings

- Food Matters course content can be readily adapted to suit an online format, and the online sessions were well attended with clear instructions on how to access. Some additional development work could enhance the connection between participants and community during online sessions.
- There is demand for an ongoing Food Matters community of some sort. A follow up session was suggested as a way to improve the course however these were not well attended when run during the Adelaide/Aldinga pilot courses. Ongoing connection with past participants through a closed facebook group or similar platform is likely to be beneficial for participants to share actions/connect with one another.
- There is demand for a version of Food Matters adapted to dietitians and nutrition professionals with greater depth in sustainable diet elements of the course. Promotion through nutrition and dietetics networks and the Dietitians Association of Australia events page attracted 5 participants to the Glandore course.
- Consider timing and geographical distance between courses in future and establish clear expectations with partner organisations for promotion. Discussions to date have established the Council will provide the following:
  - Support developing a joint communications strategy linking with existing activities to reach target audience
  - Venue suitable for presentation (power point, microphone if necessary)
  - Tea and coffee
  - Handwashing facilities
- Ensure promotional materials give participants a clear idea of course content, expectations and outcomes.

## Summary / Recommendations:

Food Matters is a community education and engagement program providing an overview of the existing industrial and alternative food systems. It considers a range of factors within local food systems such as economic development, environmental sustainability, equity, social justice, health and wellbeing. Utilising an action-based format the program enables participants to identify personal and collective actions at individual, community and regional levels that will contribute to a food system that aligns with their values.

This program contributes to a coherent and collaborative approach with multiple partners (Councils, AMLR NRM) aligning their diverse skills, experience and actions around a shared agenda for change<sup>iv</sup>.

Program evaluation is showing positive shifts in knowledge of the food system, confidence to take action in the food systems and evidence of behaviour change at an individual and community level.

### The key recommendations from this report are:

- An online version of Food Matters appears to be viable, additional development work to adapt the course to an online format will likely be of benefit, particularly to reach those affected by the Covid-19 crisis.
- Develop a version of Food Matters adapted to dietitians and nutrition professionals, with greater focus and depth on the sustainable diet elements of the course
- Further work is needed to ensure community connection can be maintained between participants for any future online adaptations.
- Longer term follow-up with participants would be of use to understand actions taken and behaviour change and barriers.
- Continue to explore means of community connection with Food Matters alumni
- Improve promotion through partners, including a longer lead time and communication between existing related groups
- Clearly identify the role of partners in course promotion and facilitation. Discussions to date have established the Council will provide the following:
  - Support developing a joint communications strategy linking with existing activities to reach target audience
  - Venue suitable for presentation (power point, microphone if necessary)
  - Tea and coffee
  - Handwashing facilities
- Record interviews with guest speakers to play to participants in the event of speakers being unable to attend, or for use in online courses.

## References

---

- i. AMLR Natural Resource Management 2019 SA Urban Food Network <https://www.naturalresources.sa.gov.au/adelaidemtloftyranges/get-involved/urban-sustainability/south-australian-urban-food-network> ACCESSED 23/07/2019
- ii. AMLR Natural Resource Management 2017 Edible Adelaide, Report on workshop findings ACCESSED 23/07/2019 <https://www.naturalresources.sa.gov.au/adelaidemtloftyranges/get-involved/urban-sustainability/south-australian-urban-food-network>
- [iii] Pamela Mason and Tim Lang: Sustainable diets: how ecological nutrition can transform consumption and the food system Routledge, Oxon, UK, 2017, 353 pp
- iii. SUSTAIN 2018 Annual Report [https://www.sustain.org.au/wp-content/uploads/2018/11/SUSTAIN\\_Annual\\_Report\\_Nov2018\\_InkIris.pdf](https://www.sustain.org.au/wp-content/uploads/2018/11/SUSTAIN_Annual_Report_Nov2018_InkIris.pdf) ACCESSED 23/07/2019
- iv. AMLR Natural Resource Management 2019 <https://www.naturalresources.sa.gov.au/adelaidemtloftyranges/get-involved/urban-sustainability/south-australian-urban-food-network> ACCESSED 23/07/2019
- v. Mehta K, 2017, Promoting community awareness of the food system: benefits and risks. Presentation to Nutrition and sustainability seminar, Dietitians Association of Australia, 27 July 2017.
- vi. A critical food system program in South Australia and the effects on consumer knowledge and attitudes. Mehta K, Rohrlach H, Woodman R, Coveney J, Ward P, Booth S. Submitted to Health Promotion Journal of Australia 2019; currently under review.
- vii. Booth, Sue, Coveney, John 2015 Food Democracy: From consumer to food citizen. SpringerBriefs in Public Health Springer Singapore
- viii. The Food Ethics Council 2017 Food Citizenship: How thinking of ourselves differently can change the future of our food system ACCESSED 23/7/2019 <https://drive.google.com/file/d/0B0swicN11uhbSGM2OWdCeXdQZGc/view>

## Appendices

Attendance:

	Booked in	Completed	Notes
Glandore	13	10	Reasons for not completing included work and sickness, 2 participants will attend missed week at another course
Woodcroft	10	7	Course was changed to online format week 3 due to covid-19 crisis and closure of host venue

Demographics of attendees:

	Glandore	Woodcroft	Combined %
Gender	12 Female 1 Male	9 Female 1 Male	91% Female 9% Male
Age Group	(19-25) 23% (26-64) 69% (65+) 8%	(19-25) 0% (26-64) 50% (65+) 50%	(19-25) 13% (26-64) 61% (65+) 26%
Home postcode	Holdfast Bay/Marion n=5 Eastern suburbs n=3 North East n=2 Hills n=2 Western suburbs n=1	Onkaparinga n=2 Goolwa n=2 Data not available n=6	N/A

**Feedback:**

What did you like most about the course and why?

**Woodcroft:**

- a) Meeting and sharing ideas with like-minded people
- b) Food for thought re living sustainably and supporting local growers
- c) The speakers and presenter's knowledge. The way it was set up. The ideas and subjects we discussed. Food Matters is an interesting topic

- d) The course material and discussions provided so much insight and “food for thought” (pun intended). The food/produce sharing such a great idea also generated conversation and ideas. It’s the old saying of “you don’t know what you don’t know”
- e) The presenters – warm and engaging. Varied methods of presentation – nothing was boring

How can we improve the course in the future?

**Woodcroft:**

- a) No further ideas – covered so much
- b) You can not it was just right
- c) Perhaps offer a follow up session 6 weeks later just to see where everyone is at and share what permanent changes they have made. Its easy to make a change for a week or 2, but need encouragement to maintain and build on that change
- d) Nothing that I can think of. Sadly, I did miss a lot because of the virus
- e) Skipped (n=1)

Food Matters is...

**Woodcroft:**

- a) Learning how our food systems work, how our food is produced and why it matters
- b) Raising awareness of the importance of sustainable life choices
- c) Encouraging us to know food does matter
- d) Knowledge to make sustainable and ethical food choices
- e) Essential learning for all people, adults and children alike

**Glandore:**

- a) About educating and empowering people to achieve change
- b) Is the next best action we can take to solve lots of problems related to food sustainability, food security and food democracy
- c) Is thinking about food instead of just eating food
- d) A way of connecting with your neighbours, creating community