

What can you do?

BOTTOM-UP



TOP-DOWN



@brenna-quinlan



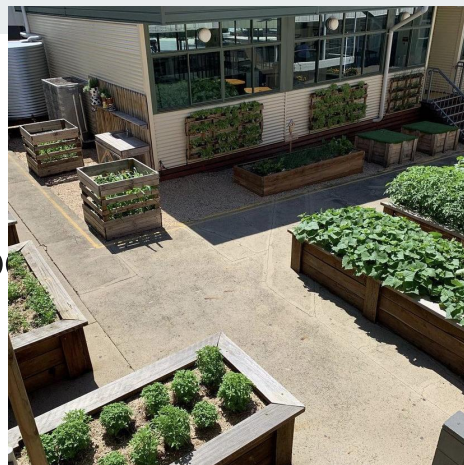
Questions to ask at your school

- (If we can grow some food) can we use it in any of the cooking classes? Can we make preserves from the excess and sell them to fundraise for the school?
- Can we engage the tuckshop? Could we use any of the produce from the school garden at the tuckshop? Could we source some food from a nearby farm to sell? Could you liaise with conveners re: a 'meat free' day (once week/ month)
- Could we invite a local small scale farmer to come in and talk to us about farming? Could we go on a local farm tour as a class excursion?
- Is it an option to have native bees on school grounds?



Questions to ask at your school

- Is there a way to prevent food scraps from being thrown out? Can we install compost bins at school? If not at school, how could we get more people composting at home?
- Do we have the space to grow some vegetables? Could we set up a market garden around the classrooms? Could we do a fundraiser for this? What subjects could it link to?





Action to take in your community

- Join or start a community garden
- Join a food co-operative or start one of your own
- Swap food with your neighbours/ community
- Set up a street compost hub
- Set up a street seedling hub
- Start a verge garden
- Support cafes/ restaurants that buy local

“By shifting the way we think of ourselves towards a citizen mindset ... we unlock our ability to influence and steer the food system towards one that is fair and resilient for all, be it for people, animals or the planet.” [Food Ethics Council](#)



How can we advocate for CHANGE?





Fair Future Grounds

A community led vision for the future of Victoria Park



RD RobertsDay
planning design place

VISION FOR THE
FAIR FUTURE GROUNDS
June 2020/2021

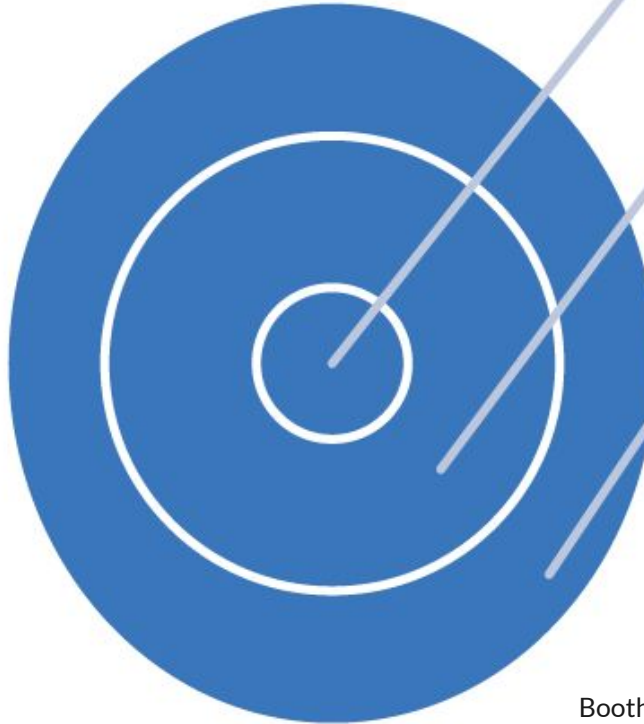
Farming in the city

A gentle slope on the park's southern side offers an ideal spot for community gardens, small urban farm or urban orchard with supporting facilities, a northern aspect for maximum sunshine and good access to surrounding neighbourhoods. It could provide a learning space for how locally grown fresh food in an urban setting can contribute to healthy places and healthy people.



Artist impression of productive gardens

Where can we have the biggest impact?



Action at Individual / household level. Examples include cooking from scratch, choosing to buy fresh food locally.

Action at Community level. Examples include neighbourhood food swaps, growing food in a community garden.

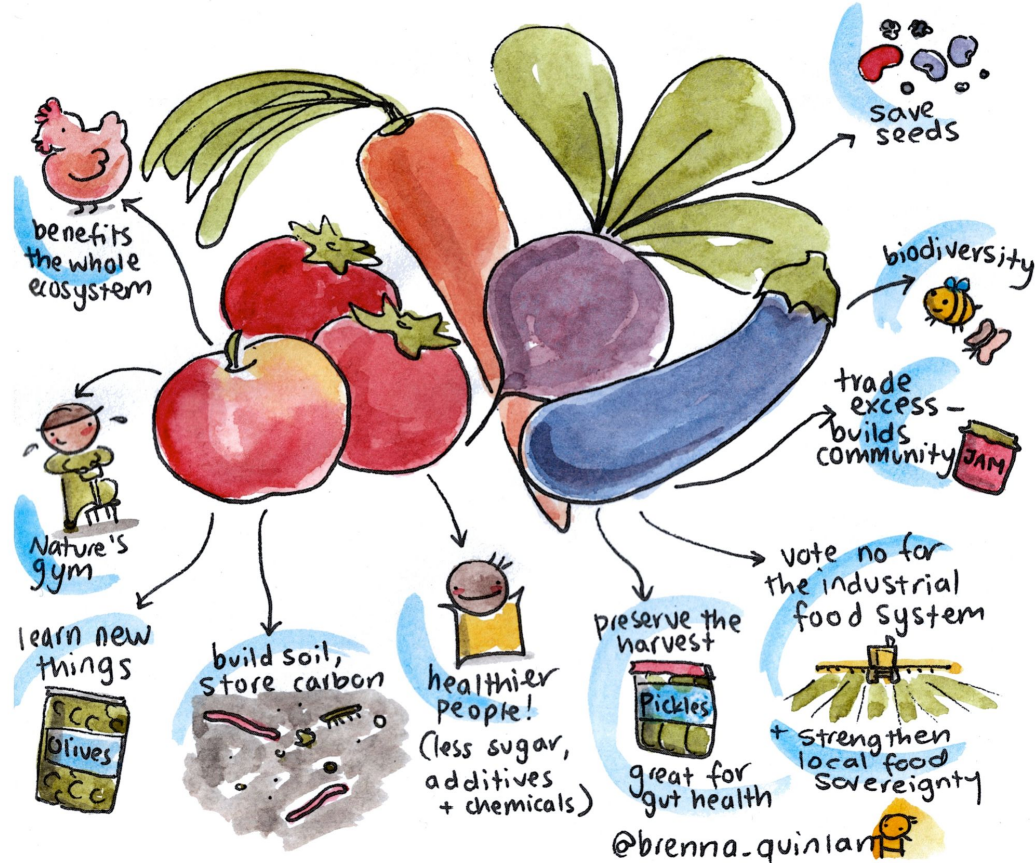
Action at Regional /State level. Examples include fresh food buying groups, advocacy or lobby groups

Booth, S. & Coveney, J. (2015) Food Democracy: From Consumer to Food Citizen, Springer.



WHY SIMPLE CHANGES ARE REALLY PROFOUND

FOR EXAMPLE, GROWING FOOD:





Resources

- 7 steps to be a food citizen (FREEBIE)
- Your guide to be a food citizen toolkit
- 1:1 coaching



This guide is jam packed with information and resources to enable you to become an empowered food citizen. Armed with the knowledge in this book, you'll begin to make informed choices which support the type of food system that you want. One that creates healthy people and a healthy planet.

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Any questions?

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IMAGE CREDITS

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