



AN EATER'S GUIDE TO

CLIMATE ACTION

**FACILITATION
BOOKLET**

MARCH 2022

[Food For All NB](#) developed [An Eater's Guide to Climate Action](#) to deepen the conversation on climate change through a “food lens.” The guide offers a starting point for New Brunswickers interested in understanding the basics of how food systems are connected to the impacts of climate change and how they can offer positive solutions for change.

Food For All invites you to take action on climate change by hosting a discussion at home, at work, or in your community using the content in *An Eater's Guide to Climate Action*.

The purpose of this Facilitation Booklet is to support your organizing efforts. Adjust or modify these tips and guidelines to best serve the needs of your participants and your discussion.

Getting Organized to Host a Discussion

Prepare Yourself to Facilitate. The exercises below will prepare you to host a well-balanced conversation on food and climate change!

1. Review [An Eater's Guide to Climate Action](#)
Time needed: approximately 30-45 minutes
2. Think through and answer the questions below by jotting them down in your notebook, recording them in a voice memo, sharing and discussing your answers with someone you feel comfortable talking to, or any other way that works for you. This exercise can help clarify your feelings and understanding of food and climate change and prepare you with examples to share during group conversations
Time needed: approximately 20-30 minutes
 - How do you feel about Climate Change?
 - What motivates you to act?
 - What deters you from acting?
 - What external factors help or hinder you from taking action on climate change through food? Examples to consider:
 - Your physical access to food (e.g. distance to a retail location and access or lack of access to transportation)

- Your financial flexibility and economic access to food (e.g. ability to make food choices with or without cost in mind)
- Your knowledge/education about climate change and food systems (e.g. interest, time, and ability to access accurate information on the topic)

3. Discussions about climate change can be challenging - even divisive. Community members access information from many sources, including those that promote misinformation or that omit context and nuance. How might you organize a discussion that centres factual information about food and climate change, embraces complexity, and stays empathetic and respectful?

Time needed: approximately 30-minutes

- Can you think of a time when something you said in a group was taken the wrong way or criticized in a way that was hurtful or embarrassing?
 - How would you react if the situation described above arose while you were facilitating?
 - How could you respond in a respectful, kind, and curious way?
 - What makes you feel comfortable and confident when discussing a sensitive topic or sharing in a group of people that you don't know?
 - What makes you feel confident to speak honestly from your own experience?

Plan the Details and Reach Out to Participants

See “Suggested Materials” for resources to facilitate virtual and in-person conversations.

1. Order physical copies of [An Eater's Guide to Climate Action](#) or download the digital version in French or English. Allow 10-15 business days for mailing.
 - [Order here](#) or by visiting our [webpage \(tinyurl.com/EatersGuideClimateAction\)](#)
2. Choose a date and time to host a conversation.

3. Decide if you will focus on a specific theme(s) or discuss the guide overall.
4. Book a meeting space for 2-3 hours (allow for set-up and time for guests to chat afterwards without being rushed).
 - The space can be virtual or in-person - your own home or a community space like the library or school.
 - Make sure the space you choose is accessible to your participants and has minimal distractions and disturbances.
5. Communicate with participants:
 - Invite 10-12 participants, and be sure to remind them a day or two before the event.
 - Share [An Eater's Guide to Climate Action](#) for review before the event.
 - Encourage participants to reflect on what surprises them, what feels optimistic, and what creates tension.
 - Ask participants about their access needs and organize accordingly.
 - Review the “During the Discussion” section for questions you may want to share with your confirmed participants **before** the event (best suited for personal experience/reflective questions).
6. Prepare materials to support your event.

During the Discussion

Framing conversations with accurate information, centring *empathy* and *non-judgement*, and bringing diverse voices and perspectives to the table can spark decisive actions.

SET THE TONE AND CREATE DISCUSSION GUIDELINES

As a group, create a list of guidelines to support lively and respectful conversation.

For example

- We encourage open discussion, sharing viewpoints, experiences, and stories
- Everyone has an equal opportunity to speak
- We're curious to understand what others have said
- We do not have to agree on everything; there is always more to learn
- Speak from experience
- Silence is ok
- Emotional and intense reactions to the climate crisis are rational reactions
- We appreciate and respect the differences of others
- Each person's feelings are valid

ENCOURAGE PARTICIPANTS TO REFLECT ON THEIR CONTEXT;

- Discuss how the information in the guide overall, or in specific theme(s), makes each participant feel.
- Discuss how participants see the information reflected in their communities?
- What are other ways that participants can link information presented in the guide to the health of human beings, other living beings, and the environments around their local and global communities?
- What deters participants from acting on climate change? What motivates participants to act on climate change?
- What are ways that participants are already taking action? Celebrate these actions!

SHARE INITIATIVES AND IMPACT:

- What foods do participants prepare regularly and love to eat? How can they connect the foods they love to climate action?
- What initiatives do participants know about that address climate change through food (from local to global!), on land, in water and air, and within ecosystems.

- The guide points to local initiatives; discuss these as a group and ask participants to share other examples!
- We often think about food coming from farms or the ocean. What about wild foods? How are they affected by climate change?

BE READY FOR LEARNING OPPORTUNITIES AND INCORPORATE RELATABLE EXAMPLES:

- *An Eater's Guide to Climate Action* includes “Did You Know?” pop-outs throughout that can offer excellent examples of surprising statistics and positive actions.
 - Ask participants if they have a “Did You Know” pop out they would add from their communities!
- Have extreme weather events due to climate change already impacted participants’ ability to access or produce food? See the “Remember When?” pop-out on Pg. 11 of the guide for an example.
 - Do participants have “Remember When?” stories of their own? Encourage sharing and thinking big. Global climate change affects local food systems.

Wrapping up

- Summarize by repeating commonalities and themes you heard.
- Do any of the listed actions resonate with participants?
- Which themes seemed to resonate most with the majority of participants?
- Do participants want to meet again?
 - If yes, would you or another person be willing to organize another meeting?
- Thank your participants for joining the conversation and provide an event survey (Appendix B - tinyurl.com/EatersGuideSurvey) for each person to fill out.

Suggested Materials

RESOURCES TO ORGANIZE AND FACILITATE YOUR CONVERSATION

VIRTUAL CONVERSATION RESOURCES	IN-PERSON CONVERSATION RESOURCES
<ul style="list-style-type: none"> • Digital copies of <i>An Eater's Guide to Climate Action</i> • Zoom meeting account (contact info@foodforallnb.ca to use access zoom account) or other virtual meeting places • A Doodle Poll (doodle.com) can help find the best available time for participants • Jamboard, google docs, or other virtual note-taking tools • Sample agenda (Appendix A - tinyurl.com/EatersGuideAgenda) • Encourage participants to bring a snack and something to drink! • Sample survey (Appendix B - tinyurl.com/EatersGuideSurvey) 	<ul style="list-style-type: none"> • Physical copies of <i>An Eater's Guide to Climate Action</i> • Brainstorming materials: pens, markers, flip chart paper, paper and post its • Sample agenda (Appendix A - tinyurl.com/EatersGuideAgenda) • Snacks and drinks (optional) • Be thoughtful about participant safety; consider accessibility needs, gender inclusivity, cultural background, dietary restrictions and personal food choices. • Check public health guidelines for hosting in-person events (food safety considerations and advisories related to disease spread). • Sample survey (Appendix B - tinyurl.com/EatersGuideSurvey)

Let Food For All know how it went!

Please fill out the facilitator's survey linked here to share the experience.

tinyurl.com/EatersGuideShareback