

SDG15 Seeding Sustainability

Micro Module 2: Food Sovereignty and Security



MM2: Food Sovereignty and Security

Programme Phase 1: Research and Development

Lesson 5 The Local Food Project

Subjects: CSPE; English;
Home Economics;
Geography; SPHE

Lesson Title and Summary: The Local Food Project and 30 Day Food Challenge

This lesson introduces learners to artist Lisa Fingleton's 30 Day Local Food Project. Every year Lisa invites people to take part in the 30 day Local Food Challenge from the 1st-30th September. The challenge includes all food/ingredients grown on the island of Ireland.

The lesson can be used to encourage learners to undertake a food challenge. The lesson can also be used to prepare learners for a visit or online call with Lisa Fingleton, from The Local Food Project.

Vocabulary: Carbon Footprint; Consumption; Food Challenge; Self Sufficiency;

In this lesson, the learner will:

- summarise ideas that they have read about
- share and argue opinions
- analyse information and form questions
- prepare to conduct an interview (planning)

Materials

- Internet Access:
- Worksheet: The Local Food Project
- The annual 30 Day Food Challenge



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ACTIVITY INSTRUCTIONS

Activity 1 What's a food challenge? (5 mins)

- 1) Ask learners if they know what a 'food challenge' is? Has anyone ever taken part in one? Are all food challenges healthy? It is important to make the distinction for learners between a diet and a challenge in this context.

Activity 2 The Local Food Project & 30 Day Food Challenge (30 mins)

- 1) Give each learner a copy of The Local Food Project & 30 Day Food Challenge. Ask learners to either read the first page individually or ask for volunteers to read aloud. After the first page has been read, elicit the main ideas in each paragraph and clarify any unknown vocabulary.
- 2) Ask learners in pairs to spend 1 minute discussing the question at the bottom of the first page – 'why are we not growing vegetables in Ireland?' Share ideas as a whole group.
- 3) Continue reading the second page of the outline, elicit the main ideas and clarify any unknown vocabulary.

Activity 3 Developing questions (15 mins)

- 1) In small groups, ask them to create 2 questions to ask about the book and 2 questions about the challenge. Get them to think about; Who, What, When, Where, Why and How. List all of the questions on the board and pick the top 5 about the book and the top 5 about the challenge.

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.

EXTENSION / REDUCTION ACTIVITIES:

Reduction: For a shorter lesson, complete Steps 1-4 and ask learners to complete Step 5 for homework.

Extension: For a longer lesson, begin to prepare for the visit or online call with Lisa Fingleton. Get learners to delegate roles (interviewers, recorders/scribes, tech support, etc.). Ask learners what they think the class should do with the information they get from Lisa (i.e., create a webinar by recording the online call, write an article for the school newsletter).

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MEDIA BOX: (materials, online video links, extra resources, case studies etc)

The Local Food Project: <https://lisafingleton.com/project/the-local-food-project/>

The Sandwich Project Project: <https://lisafingleton.com/project/the-sandwich-project/>

Define Local Food: <https://www.transparency-one.com/3-ways-define-local-food/>

Local Food Projects in Schools

- <https://www.independent.ie/regionals/wexfordpeople/news/tasty-ty-projects-at-eight-local-schools-34460474.html>
- Slovenia <https://skp.si/en/rdp-projects/local-food-at-schools>

Promoting Local Food

- <https://www.foodireland.com/>
- <https://www.neighbourfood.ie/> includes the Neighbourhood Food Podcast a weekly look at food stories from across Ireland / UK <https://www.neighbourfood.ie/podcast>
- in Kerry : <https://tastekerry.ie>
- in Cork <https://www.corkcity.ie/en/cork-on-a-fork-fest/>

LOCAL TRIP / EXPERTISE

"Join the #30daylocalfoodchallenge to eat fresh local food, reduce air miles and support local growers. If the food is organic/chemical free you also are doing your part to protect soil, biodiversity, water and health."- Lisa Fingleton

Invite Lisa, from The Local Food Project, to talk to the class (either face-to-face or online) about The Local Food Project book and 30 Day Local Food Challenge that she holds every year in September. <https://www.facebook.com/groups/30daylocalfoodchallenge22>

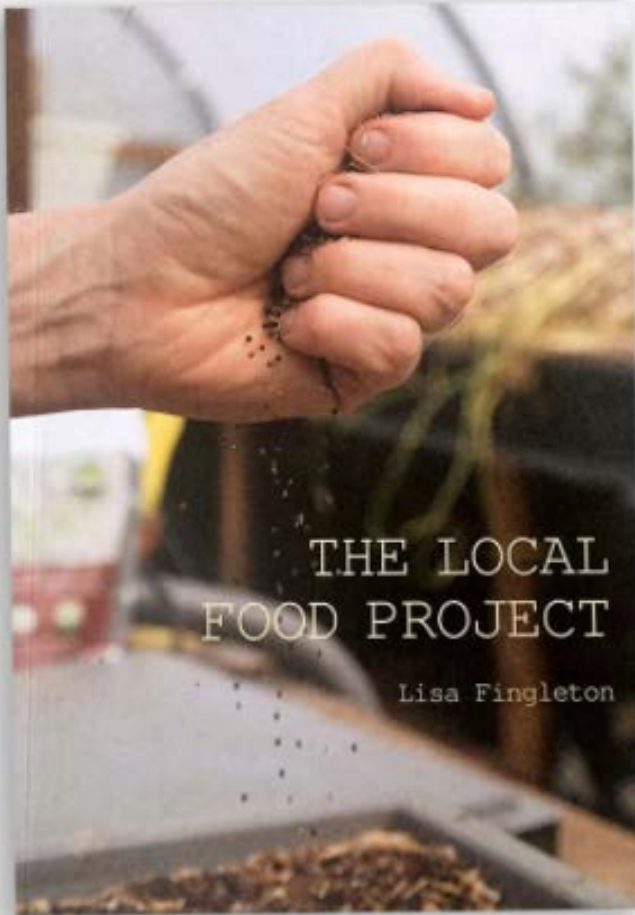
Other Possibilities:

Explore the local Adult Education Centre to see if someone's teaching Horticulture or gardening and invite them to the school.

Also ask if the local Tidy Towns group has any local food growing initiatives.

Visit Ballinskelligs Edible Village - <https://www.facebook.com/The-Ballinskelligs-Edible-Village-Project-Community-Gardens-1552235785053802/>

Visit Killarney Food Market - <https://www.neighbourfood.ie/markets/killarney/27>



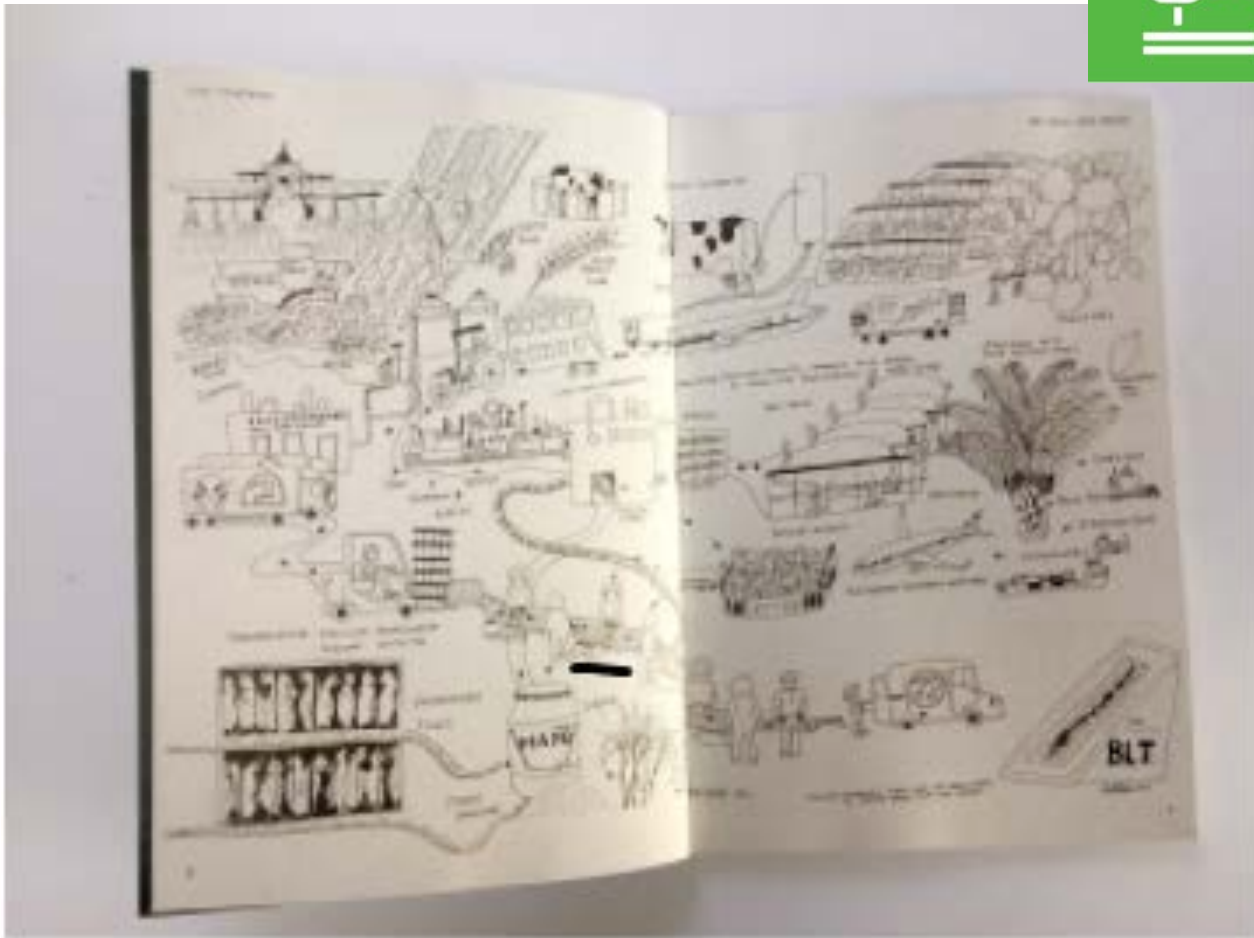
Lisa Fingleton is an artist, film maker, writer and grower living in West Kerry, Ireland. You can learn more about her work at <https://lisafingleton.com/>

One day I bought a sandwich in a petrol station and I couldn't believe that there were over 40 listed ingredients from all over the world including such things as Diglycerides of Fatty Acids, Xanthan Gum, emulsifier and stabilisers. I started to think about the journey of a sandwich and where all these ingredients come from. It felt like this sandwich connected me to so many places, people, plants and animals from all over the planet. I started to think about the energy needed to bring this sandwich to me; all the electricity, fuel and water.

It makes me sad that food, which lands on our plate, has traveled thousands of miles just to be eaten by us. I had been to Borneo and seen the destruction of the rainforest with palm oil plantations and here was palm oil in my sandwich. I learned a lot from that sandwich. It made me question if there is really any such thing as 'cheap food'? Someone, somewhere is paying the price in terms of poor conditions for workers, crowded conditions for battery hens or health implications for the consumers of processed foods. I am concerned about the fact that we are importing so much of our food and losing the capacity to be self sufficient, despite what we know about climate change and carbon footprint. According to Eurostats 2016 "Only 1% of Irish farms grow vegetables, the lowest in the EU" (Agriland headline).

Why are we not growing vegetables in Ireland?

It is not easy to eat local Irish food all year round and I know that. There are hungry months in late Spring when the food is just not ready after late frosts. So three years ago I decided to do a trial month: A 30 day local food challenge.



<https://lisafingleton.com/project/the-local-food-project/>

September seemed a really good option as the garden is truly abundant with tomatoes, kale, spinach, herbs, peas, beans, onions, garlic, beets, carrots, parsnips and the list goes on. It is a luscious month in the gardening calendar. To eat Irish still means doing without what [Barbara Kingsolver](#) called 'botanically outrageous' foods, but it is somehow easier this month with all the food on offer in the garden and hedgerows. By eating only Irish food I hoped to reduce air miles, support local growers and farmers, eat food that is tasty and fresh and in a small way resist capitalist systems that insist that food is only about profit. I also wanted to link with local growers and engage the community around me to think about what we are eating and how we can be more sustainable in our food consumption'.

Now the 30 Day Local Food Challenge takes place every September. This year, with the support of Transition Kerry and other groups around the country, lots of people joined the challenge. This community page has been created on Facebook to share ideas, menus and the experience of eating food only from the island of Ireland.

Join the Local Food Project Group ([Facebook](#))