

Our Neighborhood Food Connections Group (Outlined Summary)

Mission: *To make sure we always have enough good food by creating sustainable abundance together.*

Objectives: To increase practical knowledge and to cultivate interdependence with neighbors in order to improve the quality of our meals and the dependability of our food supply.

Types of Activities Related to Food:

- Growing and Getting
- Processing
- Preserving
- Preparing
- Sharing

Some Connections to be Explored:

- Connections between the quality of food and our health
- Connections between the sources of food and the food on our table
- Connections between our neighbors and ourselves in relationship to food
- Connections between the food we choose and consequences in the world beyond ourselves

Suggestions for Organizing:

- The person wanting to start the group thinks of one or more other families in the area (including one-person families) who may be interested, probably not more than 5 other families at most.
- That person hosts a potluck gathering, at which the idea and possibilities are discussed.
- It may be helpful to go around the circle and have each person say something about what they are eating (that is, their diets) and the strengths and weaknesses of their present food situation.
- Consider what would be a good choice for a beginning focus of activity, or topic for investigation.
- Together plan the activity/topic, date, time, length, and place of the next gathering.
- Consider whom else you might invite (if the group does not yet seem large enough).
- Consider what resources (such as kitchen equipment, educational materials, or informational speakers), you will plan to bring to the next gathering.
- Suggest that it would be helpful for each person to keep a diary or journal, recording their experiences in the group and notes about what they learn as they go along.
- Not necessarily at the first meeting (but soon thereafter), come to a decision about what kind of regular schedule (if any) would work best for your group's particular circumstances.
- Pick a time (for example after six-months or a year) that you together will evaluate your group's progress, consider if it will be a benefit for the group to continue, and, if so, think about what changes might be helpful (if any).
- As your group develops, consider if it is getting so large that it would be a benefit to split the group into "sister" groups, or if there are other *food connection* groups you might sponsor or help to get started.
- Make a point of having fun together in whatever you do, keeping the mood supportive and positive.