

Food & More

working book



About the Food&More Training Programme

Dear Food&More training participant!

This working book is planned to accompany you through the Food&More training journey. Feel free to make notes, draw your ideas or collect any kind of useful information. This book will be with you even after the training events as a “collection of memories.”

Food&More is a European education program designed by four organisations: Tudatos Vásárlók Egyesülete (Hungary), Asociace AMPI (Czechia), Fundacja Ekorozwoju (Poland) and the International network URGENCI. We are working to support you, the “food citizens:” the conscious consumers who do more than just buy their food; they support small-scale farmers, organise food communities and support our organisations.

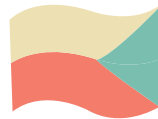
This training is designed to show how to build stronger food communities by using practical methodologies for participatory decision-making and planning, community-based communication, and cooperation. After the training events, short films, information materials and webinars will be available for you and other members of your food community. Do not forget to look for these!

In this working book you will not find detailed descriptions. If you are interested in more comprehensive information about how to organise food communities, please visit URGENCI's learning hub where all the Food&More materials are available: <https://hub.urgenci.net/>. For your language versions, please contact your national organisations!



Let's Get to Know Each Other: ORGANISATIONS

Usually, we start our trainings with an introduction round. So first, let us introduce the organisations behind Food&More.



The Association of Conscious Consumers' (ACC/TVE)

activity focuses on sustainable and ethical consumption. The aim is to make consumers aware of the environmental, social, and ethical aspects of their consumption, and to help them to live more sustainable lifestyles. ACC supports the CSA movement in Hungary www.tudatosvasarlo.hu/en



AMPI

is a non-profit organisation founded in 2014, focused mainly on development of local food, solidarity-based initiatives, and Food Sovereignty. AMPI stands behind the development of CSAs in the Czech Republic.

<https://www.asociaceampi.cz/english-version>



Fundacja EkoRozwoju (FER)

has been systemically engaged in activities designed to build a responsible and resilient society for more than 25 years in Poland. It focuses mainly on problems that are generated by people in the urban environment.

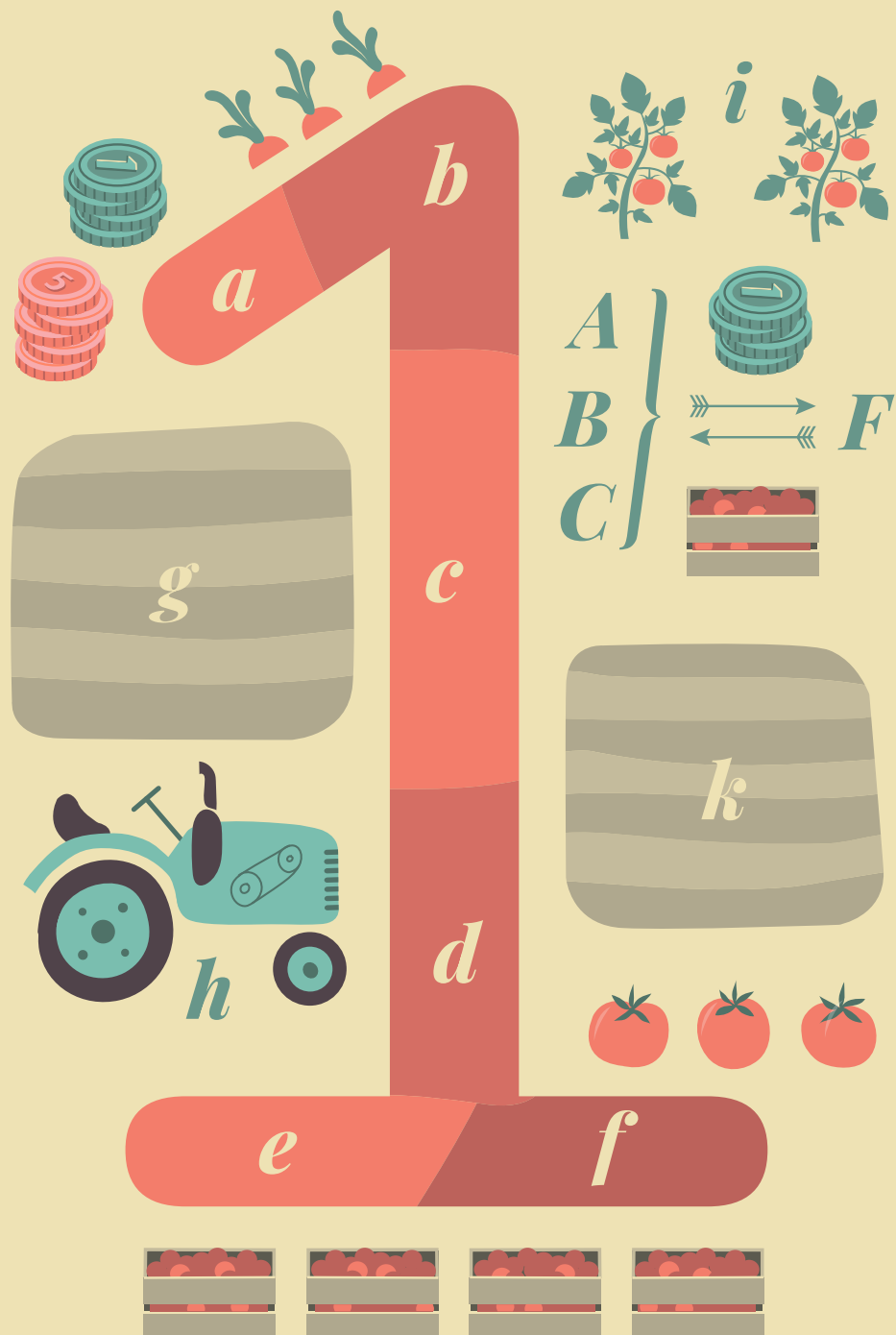
<http://fer.org.pl/en>



URGENCI,

the international Community Supported Agriculture (CSA) is a network of alliances between producers and consumers with members from 32 European countries. It promotes CSA in all its diversity and has been fostering exchanges between initiatives from different backgrounds for several years now.

<https://urgenci.net>



First training day



Let's Get to Know Each Other: NEW FACES – KNOWN FACES

It can be challenging to remember all the names of a group. Here you can collect the names of training participants and trainers.

If you would like to, you can even draw the others!



Example Joe
participant



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Let's Get to Know Each Other

INTRODUCTION ROUND

Would you like to get to know somebody even better? Or did you have something you especially liked during the introduction? Collect these here!

I want to connect with...

I would ask him/her about....

It was fun to:



Let's Get to Know Each Other:

QUESTIONS ROUND

This information was interesting for me from the "getting to know you" pair discussions:



Basic Information About Our CSA



1. Starting year:

2. What kind of food is available through our community:

3. How many members does our community have?

4. Where is/are the delivery point(s)? When is the delivery organised?

5. Where is the land cultivated by our farmer? How big is it? Does it have organic certification?

6. Who are the key persons involved in the organisation of our CSA?

7. Which farms do we cooperate with?

8. Where to find information about our CSA (website, social media link, etc.):

Get to Know Your Farmer

Do you have any questions for your CSA farmer(s)? Are you interested in farming related topics? Or would like to know the personal motivation behind starting a CSA farm? Ask your farmer(s)!

Question 1

Question 2

Question 3



CSA in Our System

We're sure you know a lot about CSA as you are a member in one community. But have you learned something new today?

The most useful information I learned about CSA today:

This is relevant for me because...

Would you be interested in CSA on an international level? Check out the International CSA network's – URGENCI – website: <https://urgenci.net/>

CSAs in the Bigger System

Let us continue learning. The world is so big! Do you know what food sovereignty or agroecology means? Do you feel connected to these networks?

DEFINITIONS:

Food Sovereignty

“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations.” – Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007

Agroecology

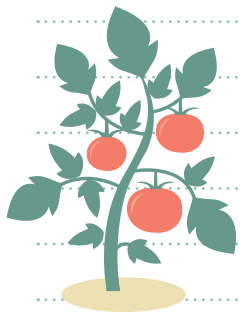
Agroecology is a science, a practice and a social movement. It encompasses the whole food system from the soil to the organisation of human societies. It is value-laden and based on core principles. As a practice, it is based on sustainable use of local renewable resources, local farmers' knowledge and priorities, wise use of biodiversity to provide ecosystem services and resilience, and solutions that provide multiple benefits (environmental, economic, social) from local to global. (Agroecology Europe)

For more information check the “More Sources” part. On the next page you can collect your notes!



The most valuable information I learned about agroecology and food sovereignty...

These are relevant for me because...

A stylized illustration of a tomato plant with three red tomatoes and green leaves, growing out of a small yellow patch of soil. The background is white with horizontal green dashed lines for writing.

What Makes a CSA Work ?

Consider the various roles and various perspectives within a CSA. What does a “well-working” CSA look like for you? And for the others?

For me, the most useful information about this exercise was ...



Preparation for the Next Training Day:

SWOT ANALYSIS

SWOT analysis is a useful tool to understand the current situation of an organisation or community. This strategic planning tool is used before planning or when an important decision must be made.

First, you need to understand the acronym.

- “S” stands for Strengths,
- “W” means Weaknesses,
- “O” stands for the Opportunities and
- “T” stands for Threats.

Sometimes it’s not clear what should be classified as Strengths, Opportunities, Weaknesses, or Threats. If you’re unsure, try to decide whether the concept is an internal or an external factor. Strengths and Weaknesses are internal factors. For example, an experienced farmer could be a strength of your CSA while a lack of volunteers could be a weakness. Growing interest in organic products could be an external opportunity, and an economic crisis should be listed as a threat.

What should you do before the next training day?

- ☒ Find some time with your community when you can work on a SWOT analysis in person or online.
- ☒ Don’t forget to invite your CSA farmer, coordinator, and other workers as they may have different perspectives. Other members who are not participating in training events are also welcome!
- ☒ It helps if you collect your ideas before the meeting.
- ☒ Choose a facilitator who will organise the brainstorming.
- ☒ Summarise your results within the table on the next page.

SWOT Analysis: Our CSA

STRENGTH What works well?	WEAKNESSES What must we improve?
OPPORTUNITIES What opportunities are open to us?	THREATS What risks do we see facing our CSA?



Second training day



Communication Challenges

Sometimes it's not so easy to understand each other -- even if we want to. How is the communication in your CSA?

Regarding Communication:

What we do well ...



We need to improve/change ...

Communication Tools

How can we avoid misunderstanding in our CSA? Let's collect tools that can help us! Consider some personal tools, like a group meeting or online solutions (like a mailing list!)

I want to try/use this in our CSA:



Sources of Information

What kind of information do you need for your work or position? What would you need to share with others? Use this page for the group work! *I am in the group of:*



CSA farmers



CSA member



Coordinator



Volunteer or Intern

*Neighbour*

Seasonal Worker

We need this information

Minimum level	Pro level

We would like to share this information with others

Minimum level	Pro level

My harvest from the plenary discussion:

Role and Tasks of the Coordination Team

What has worked well in this CSA and what do we want to improve?

List of the most important tasks for the coordination team:



Making Decisions

What made the decision making easier or harder in the simulation game?

How are decision-making processes and conflict resolution work in your community?

Notes about decision making in our CSA:



Importance of Inclusive Decision Making

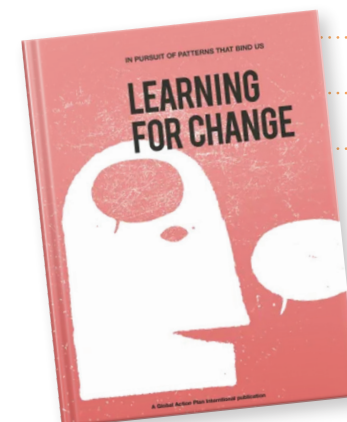
Do you use any decision-making methods in your community? What works and what doesn't? Have you experienced consensus-based decision making? Or have you participated in online voting? Which do you prefer?

I like this method(s) of making decisions the most:

What Makes a Meeting Effective?

Have you experienced effective meetings? Half an hour could be enough to decide, but there are day-long meetings that end without results. Meetings can be fun!

It was useful from the theory bubbles....



Would you like to learn more about these methods and theories? Check out the “**Learning for Change**” booklet.

Synergy Method

The Synergy method was developed by Erhard Fleck in Sweden. At a synergy meeting, the agenda is built and used dynamically. It's worth a try! How to use the method:

- 1 A facilitator builds the agenda.
- 2 **WISH LIST:** Meeting participants with a topic tell the facilitator the estimated time needed for the discussion.
E.g., Barbara: Organising a farm visit – 20 minutes
- 3 All topics should be visible to everyone, like on a flipchart or board.
- 4 The time required for topics should be totalled and compared to the time available for the meeting. *Do not forget to plan some buffer time!*
- 5 **NEGOTIATION:** If there is not enough time to discuss all topics, a negotiation should be organised. The facilitator encourages this by going through the list of the topics. Only the person presenting a topic can decide to shorten or eliminate it. *You will find this process is useful – usually an agreement can be made within minutes!*
- 6 The revised times are written clearly on the agenda.
- 7 Topics could be discussed dynamically as well! Choose topics based on priority, logic, or the energy level of the group.
- 8 Do not forget the time keeping! Topic presenters can ask for help from any members of the group.

Preparing for the Next Training Day

Make a mini research in your CSA: what are the most effective and inclusive types of decision-making methods? Please prepare a summary using the checklist!

Checklist

METHOD 1.

Short description of the method

Supporting questions

- ☒ Who is involved in decision making?
- ☒ Why do you think it is effective?
- ☒ Which kind of decisions could be made with this method?
- ☒ Online or offline?
- ☒ How is the final decision made?

METHOD 2.



You can collect these on a separate sheet for the next training day!





Third training day



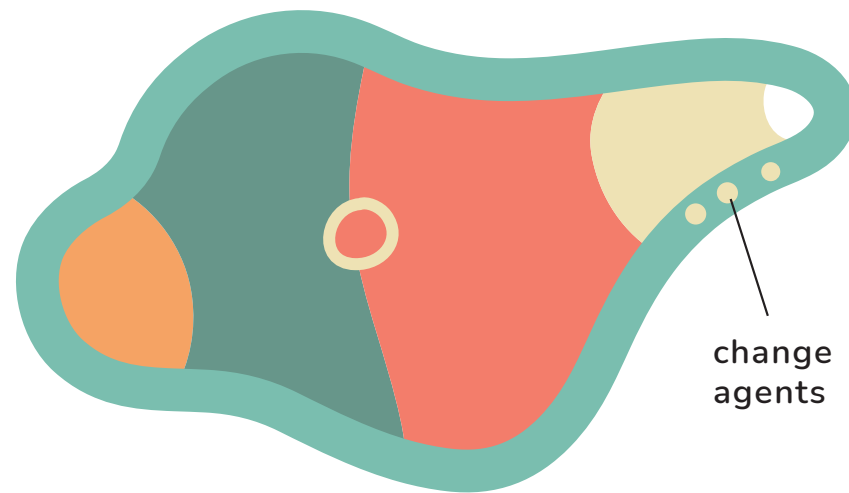
Roles and Tasks

Where do you see yourself in the imaginary ship?
What position/character would fit you the most?



We are the Change Agents

You are an agent of change! From Alan AtKisson's Amoeba model you can understand the reason for it.



- laggards
- early adopters
- late majority
- innovators
- early majority

Future Cooperation

What kind of change/improvement would you ask from a CSA farmer as a member? Or from a CSA network? Collect it here!

Our improvement wish list:



Based on the group discussions in what change/improvements would you like to be involved personally?



Food&More Resources

*The training is going to be over soon, but we should not say goodbye.
Food&More is designed for those food citizens who would like to work and
support food communities with us!*

How can you connect?

online

Visit URGENCI's e-learning hub where you can find all Food&More materials online, and other useful courses and resources. <https://hub.urgenci.net/>

experts

Do you need more information? Would you like to learn from practical experiences? Contact our super-experienced mentors!
<https://hub.urgenci.net/mentors/>

me
di
a

Would you like to share with your friends why food communities are the best source of food? Use our short film, colourful materials, maps, or articles!

<https://urgenci.net/?s=foodandmore>

tool kit

Do more! Contact our trainers to receive educational materials, for example the toolkit or mentoring guide for coordinators:
[contact\(at\)urgenci.net](mailto:contact(at)urgenci.net)

webinars

Join our webinars! The international network organises several webinars involving experts and practitioners of LSPAs from all over Europe. Check URGENCI's blog to find more information: <https://urgenci.net/blog/>.

twitter

You can also tune in @urgenci1 on Twitter, and like the page “URGENCI, Community Supported Agriculture around the World”: <https://bit.ly/2MTgX1D>

Closing

These were three colourful days. What are your reflections?

I take home...

New ideas:

I am happy because...

What Do We Do Beyond Food&More?

As you may know, the organisations coordinating Food&More are active in supporting food communities in various ways.



More Sources

Would you like to learn more about food communities? Here we collected some main sources. For more, please visit our websites!

BOOKLETS:



Be Part of CSA! Supporting Booklet for Training on Community Supported Agriculture

The booklet summarises the basic learning points of starting a CSA: General background of CSA, Starting a CSA initiative, CSA community-building and Field training.
<https://urgenci.net/be-part-of-csa/be-part-of-csa-booklet/>



SOLID BASE Supporting Booklet on Training of Financial Sustainability for Solidarity-based Food Systems

The booklet is planned for already working CSA communities to support them in the following topics: Management, Financial Planning, Digital Tools and Participatory Inclusion Techniques.
https://hub.urgenci.net/wp-content/uploads/2020/04/Solidbase-Booklet_EN.pdf



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Agroecology Europe
 (news, events, webinars, publications):
<https://www.agroecology-europe.org/>



European Agroecology Knowledge Exchange Network
 (peasant to peasant knowledge exchange)
<https://www.eurovia.org/eaken/>



Food sovereignty
 (key documents, videos, podcasts):
<https://viacampesina.org/en/food-sovereign>



International Planning Committee For Food Sovereignty (IPC):
<https://www.foodsovereignty.org/>



URGENCI and its affiliates were partners in the European Dynaversity project. If you are interested in agrobiodiversity, check out the short films, personal stories from the field, publications, and case studies here:
<http://dynaversity.eu/>

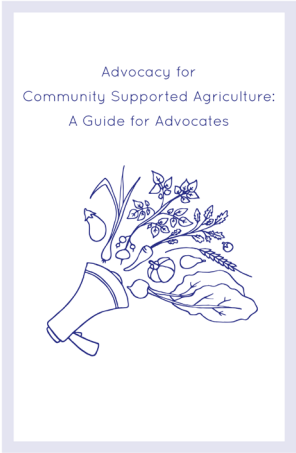
The materials are available in several languages.

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SWOT analysis shortly.
https://www.mindtools.com/pages/article/newTMC_05.htm

We wrote about this tool in our booklet
**Advocacy for Community Supported Agriculture:
 A Guide for Advocates.**

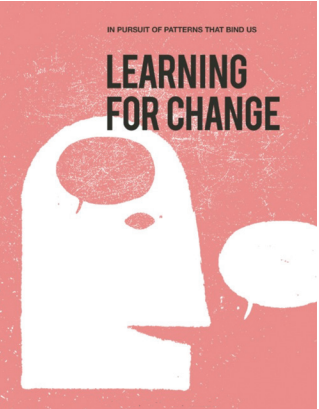


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You can read more about the Synergy method, facilitation, the I/We/IT theory and the process of change in the **Learning For Change** publication. It is a useful publication for community organisers!

<https://legacy17.org/Files/Article-related/L4C.pdf>



If you are interested in the facilitation of trainings, community-based decision-making methods, and skills for working in groups, check out the Seeds for Change website: <https://www.seedsforchange.org.uk/>

IMPRESSUM

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- AMPI**, www.asociaceampi.cz
- Fundacja EkoRozwoju (FER)**, <http://fer.org.pl/en/>
- URGENCI**, www.urgenci.net



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