

ALEX'S STORY

Food is often overlooked in the climate debate, but weaving more regenerative practices into farming is one of the best ways to heal the damage we have done to the planet and avert catastrophic climate effects.

Alex is a fantastic example of the food revolution that is bubbling up here in Bude. His 3-mile loaf, with grain specifically chosen for its hardiness to local conditions, all grown, milled, baked, and sold within 3 miles, is a glimpse into a healthier and safer future for us all. With a bit of thinking and by coming together as a community we can find better ways of growing and eating

You can read more on [food, farming, soil and regenerative agriculture](#) here. We have also suggested some links at the end of this toolkit.

THIS TOOLKIT

This toolkit has been devised to help KS3 pupils think about climate change in relation to their own experiences and locality.

Using Alex's digital story as a starting point, we hope to encourage discussion and the sharing of memories and experiences around the themes of food security, farming, food miles, community adaptation and sustainability.

To delve deeper into these themes we have outlined a series of activities and ideas for you to adapt to your class needs, time availability and teaching method. Whether you dip in for an hour or run with an idea for a whole term, there's scope for interpretation and creativity. It can be cross curricular and incorporate literacy, art, design, food technology, geography and science and gives scope for classroom work and independent research.

GET THINKING

Before you start it might be helpful to unpick some of these terms through a class discussion as pupils will need to have an understanding of what they mean. Here are some thoughts and ideas you might want to explore to get the ball rolling.

FOOD SECURITY

Find another word for secure. What does it mean? What is the opposite word?

We all like to feel secure. Think of one way in your life you feel secure. What would it feel like to feel insecure about this one thing?

During World War 2, food was scarce and people were unable to get the food they normally could due to problems with transport, employment and growing. This may happen to us in the future and so our food security could be threatened. Have you ever heard stories or memories from older members of your family or community about what life was like living without food security?

FOOD MILES

Do you know how many miles you travel to school each day? Food on your plate doesn't appear by magic, it has to be brought to you in some way. Have you ever thought about how it gets to you and how far it travels? Think about all the different ways that food travels to you. Are some ways better than others?

COMMUNITY

Where have you heard this word before? What does it mean and how does it apply to you? Discuss the school community and how it feels to be part of this community? Look at other communities you might belong to in your lives (friendship, clubs, where they live etc). How do they differ in what they feel like? How do you maintain them and make them thrive? Why are they vitally important in our lives and especially when we consider the future? Did you feel the power of a community during lockdown? Discuss what happened in response to Covid-19 locally and the idea of Mutual Aid.

SUSTAINABLE

Have you ever heard this word mentioned before? In what context? What does it mean? What might the opposite be? Have you been able to keep something going for a length of time (keeping a football up, dancing, revising, talking)? What was the longest time you kept something going? What happened next? How did you feel then? Could you have kept this going indefinitely? Why not? What happens if you keep only giving, or only taking? How might this concept apply to our lives, food in particular? Discuss and apply it to food miles.

GET SHARING

To help you relate this story to your lives, you might like to use these prompts to share some of your own experiences and reflections.

This could be done in pairs, small groups or as a class. It's a good opportunity to practice your listening skills, taking it in turns to share with each other.

What food could you not live without?
Do you think this is sustainable?

What would you definitely not want to see on your plate?

Have you ever cooked a meal?
Any successes or disasters?
What did you learn?

Is there a recipe you'd like to get good at?

Has anyone ever taught you to cook or bake?

Have you ever grown any of your own food?
What was it and how was the experience?

Is there anything you would really like to grow?
Why?

Where do you get your food from?

Out of everything you eat, what do you think travels the furthest to get to you?

Do you think about where your food comes from?
How does this make you feel?

Do you think what you eat might change in the future due to climate change?

What happens to your household food waste?

If you were to visit the Electric Bakery what would you be likely to buy?

Do you think producing and buying local food is important?
Why?

What might it feel like if Bude had to become totally reliant on local producers for all its food because of the climate crisis?

Have you ever made a sacrifice because you're aware of the bigger picture?



This would lend itself to working in small mixed ability groups, as we know business ventures are more likely to succeed if they have a range of people with different skills working together. When you get into your groups, you might want to discuss what each of you can bring to the business venture. Make a list of all the skills that each person can bring and what areas of the business building they would fit into. For instance.... Who has great design skills? Who has experience of cooking or baking? Who is good at social media? Of course, members of the team will have to want to slip into these roles so don't stick to stereotypes and really listen to the unusual offers that group members make. Make sure everyone has a good fit.

YOUR FOOD BUSINESS

An opportunity to think creatively and be ambitious

What food or drink are you selling or producing?

What do you think would go down well in Bude? Why? Do you have evidence?

Who will your customers be? Age range/ gender/earnings/location.

Who would be a typical customer? Can you draw and write about them?

Who will you employ and for what roles? Where will these people come from and how will you find them? What values would you like your staff to share?

Where would be the ideal place in Bude to set it up?

GET IMAGINING

TASK You've been given a pot of money to set up a food business in Bude. This can be anything, from a café, mobile food outlet, takeaway service, or shop, as long as it sells food. It also has to be sustainable, which means you'll need to think about things like where your food is coming from, where it's grown, your waste and how you're transporting and packaging it. This is a chance to be creative and dream, just as Alex did when he set up the Electric Bakery.



INGREDIENTS

A chance to consider food miles and consider local producers

What ingredients will you need to make this food? Draw these or write a shopping list.

Where will the ingredients come from?

Next to each ingredient, write how many miles each will have to travel to reach your food business. You might like to draw the journeys on a map or draw a series of radius circles to show how far things are travelling. You might need to do a bit of research to inform this. Did you know there are over 70 local producers around Bude?

How would your ingredients change with the seasons? What will be your seasonal specials?

You could use an online carbon calculator to work out what footprint different food has.

NETWORKS

Considering the strengths of collaboration/community and introducing a circular economy.

Is there anyone else locally you would collaborate with? For example could your product be sold in other people's shops or cafes? Can you set up a trading agreement with another group in the class? Is there an organisation in the town that can distribute your product to a wider audience?

Explain what a circular economy is and consider how you can use this way of thinking in your business. This video provides a good introduction.



PUBLICITY

Creative writing to promote your business

Write a press release to promote your new business or write a piece for local radio. Include some quotes from locals.

Imagine you're a journalist visiting this food business and write an article about this enterprise. What was your overall impression? What did you see? Eat? Think? Feel?

Devise a TikTok video to promote your business or an Instagram story.

VALUES

Exploring values and creating a manifesto.

What will be your values? These are the things that are important to you, for example, I want to employ local people or I want all my ingredients to come from within 3 miles.

Make a value statement or manifesto that sets out exactly how you are trading and the values that are important to you. This is a big selling point just like Alex's 3 mile loaf.

Are you donating any of your profits, produce or time to good causes?

Check out 1% for the planet.

BRANDING & DESIGN

An opportunity to get creative

What would you call your business?

What's your strap line?

Can you design a logo?

Where else will this branding go?

What will your food business look like?

Does it have a physical space, a mobile unit or container for delivery. Design this.

How will you package or serve your food? How will you make this sustainable yet attractive?

Will you give information to your customers about the packaging and how to dispose of it and what it is made of?

Remember, all packaging requires energy and resources, so less is always more, do not fall into the pitfalls of 'greenwashing'.

If you can get your customers to bring their own containers it is always better. For takeaways could you offer a deposit scheme, so your containers can be returned, washed and reused, or at least to guarantee they are recycled?

You might find some inspiration on the following websites-

BigCommerce

Sustainable solutions to food packaging

What they are doing in Bristol



CHALLENGES

Problem solving and creative thinking around ethics, sustainability, energy and food waste

What challenges might you face?

What might make it difficult to ensure this business is sustainable and ethical?

Can you come up with any ideas that would help you overcome specific challenges- for example people bringing their own cup or container.

Will there be any food waste from your business? What will you do with this? For example, Alex gives any surplus food to the food bank and food waste goes to his friend's pigs. How are you going to power your business? Can you do this sustainably? You might like to look at some of the positive solutions that other people have found using the links below-

Food waste solutions from around the World

Olio app that helps distribute unwanted food

Waste food used to create energy

SHARING IDEAS

Share your enterprises with one another. Encourage deep listening and create a feedback form so that listeners can contribute their thoughts.

DRAGON'S DEN

Pitch your ideas to a panel. Either a group of older pupils / staff / parents / a local producer. How well does each enterprise do in terms of food miles, food security, community, sustainability? Could there be prizes for innovation or sustainability?

DISPLAY

Is there a space where you could create a display to share your ideas with each other and the wider school community?

DIVE DEEPER

BBC Bitesize on SUSTAINABLE FOOD
United Nations BEGINNERS GUIDE TO SUSTAINABLE AGRICULTURE

Check out the video at the bottom of the page too, for an inspiring story of overcoming adversity from another young person.

YOUR FEEDBACK

To help us evaluate and learn, we need and appreciate your feedback (it'll only take 2 minutes!).

Please follow the link below

Pupils

Teachers

This resource was created by **Storylines** in collaboration with the **Bude Climate Partnership**.

