

[illegible]

Let's talk about Food

A resource for
small groups to
aid discussion on
food, farming, and
the environment.



Rationale



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Food

This series of questions around food farming and the environment has been produced by the Rural Life Group of the Diocese of York, part of the Church of England and the Anglican Church. The purpose is to raise awareness of the increasingly complex interaction between these elements of our lives, which are so fundamental to our future.

Format



The questions have been grouped in seven sections:

- Growing our Food
- Sources of Food
- Food and the Environment
- Consumer Buying Habits
- Food Waste
- Food and Health
- Spirituality of Food

The questions have been formulated to encourage discussion and to help inform. Whilst not essential, the resource can best be used with the presence of a facilitator who has some basic knowledge of the different topics. The resource has been produced for use with church groups but is equally relevant to a much wider audience, though some of the questions in the spirituality section may be less relevant. There are two note pages on pages 5 and 8.

Using the resource



The questions can be employed in various situations:

- Two or three people wanting to stimulate discussion and raise awareness.
- Larger groups - 9 or 10 maximum or smaller groups of 4-6 to enable full participation. In this scenario each group may work its way through one section at a time.
- A panel of informed people to discuss the questions with a chairperson facilitating audience contributions and participation.

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7. Spirituality of food



- Is preparing or eating food ever a spiritual experience for you?
 - If so, why?
- Food is mentioned a lot in the Bible; what are the main themes?
- We pray 'Give us this day our daily bread'.
 - What does this mean?
- In real terms, our food is said to be cheap; why are there so many food banks?
- Are any ways you should change your food buying and/or consumption habits?
- How far should the role of food in our worship, e.g., Holy Communion, shape the ways in which we value food, farming, and the domestic animals that we depend upon?
- How might we mark the spiritual significance of food in our daily lives?

5. Food waste



- Much food is wasted either before it gets to the shop or in the shop or home.
 - What do you think are the main reasons?
- It is estimated that, on average, each household in the UK wastes food to the value of £400-500 every year.
 - Is this consistent with your own experience?
- What do you think can be done to significantly reduce food waste?

6. Food and health



- Why is obesity much more of a problem than it used to be?
- We have the second highest level of consumption of 'Ultra Processed Foods.'
 - What are these and is this a problem?
- Can you describe what you understand to be a healthy diet?
- In terms of your extended family, how many prepare meals and bake using raw ingredients on a regular basis?

1. Growing our food



- What is your perception of farming and farmers in the UK?
- What, in your view, does good stewardship of land entail?
- What do you understand by the phrase 'Intensive Farming'? Is it bad?
- How would you describe good animal welfare?
- Why can the welfare of farm animals be a concern?
- Is food produced organically (without inorganic fertilisers and chemicals) more ethical?
- How is the keeping of farm livestock good for soil health?
- What would be the implications of all our food being grown organically?

2. Sourcing our food



- In the national context, what do you understand by the term 'Food Security'?
- Do you believe our supply of food is secure?
- In the UK, do you believe it important in terms of food that we should have a high level of self-sufficiency?
- Imported food may be produced under systems regarded as unethical/illegal in the UK.
 - Does this matter to you?
- What do you understand by the term 'Food Supply Chain'?
 - Can you describe the different elements of our food supply chain?
- Two phrases used to characterise our food supply system are 'Just in time' and 'Leave it to Tesco'.
 - What do you think is meant by these terms?
- Is it your perception that farmers receive a fair reward for growing our food?
 - Why are they in a relatively weak bargaining position?

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- ## Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.