



FACT! – Food Action!

FACT! Workbook

To help you discover and explore your food habits
and to change some of them,
in three topics:

Part 1: Food & Waste

Part 2: Food, Climate & Environment

Part 3: Food & Health

Part 4: Ripples on the water





FOOD ACTION PROGRAM 4: Ripples on the water

First, congratulations.

Look back on what you've learnt and done, and give yourself a pat on the back.

Ready for more? We have some suggestions.

Invitation

FROM CHOICE TO HABIT

Look back, look around
Make routine your ally

EXPERIMENT AND EXPLORE

Look ahead
Waste bonus
Climate bonus
Health bonus

MULTIPLY

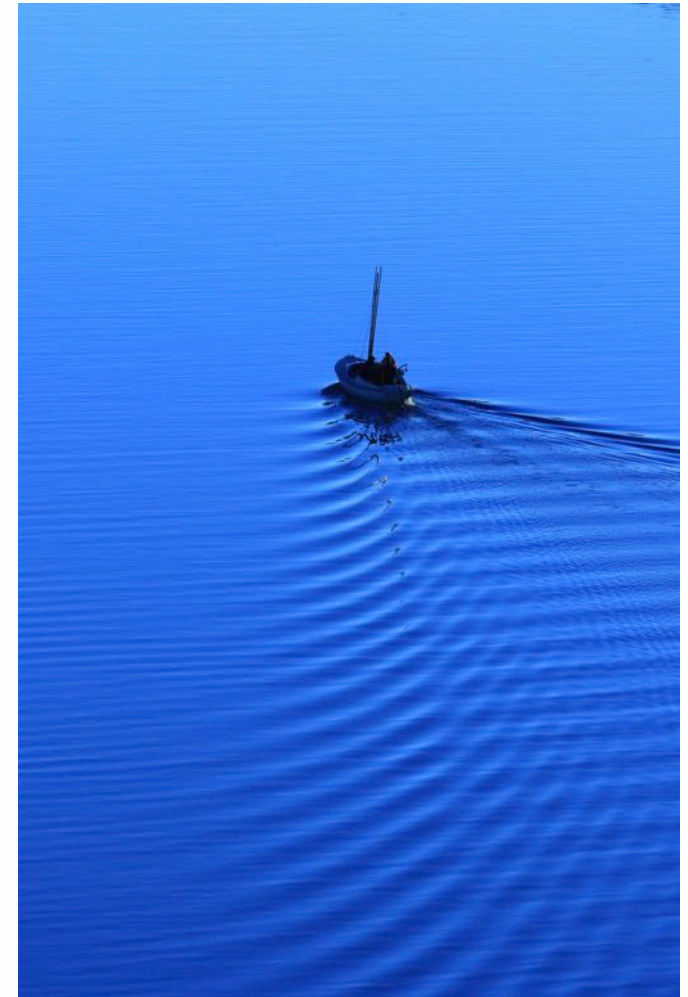
Tell your friends
Spread the word
Support others

CELEBRATE!

Food for a celebration:

Sneaky snacks
Fresh asparagus
Egyptian roast
Chia pudding

THANK YOU!





From choice to habit: Look back, look around

Why act?

It's easy to forget the changes we make. We quickly fall into thinking that this is the way it's always been.

And that's a good sign. Still, it's useful to stop and reflect. And to celebrate success.

Recipe for action

Look back on the actions you took during the program.

Which ones have 'survived' and become new habits? What contribution are they making to reducing food waste or climate change, or to improving your health?

List the ones you find most useful, and give yourself a pat on the back!

Keep track of the list - it will be useful for more actions.

Expected results

Whether you are satisfied with your actions, or feel you could have done more: stopping to reflect gives you a good basis for continuing Food Action.





From choice to habit: Make routine your ally

Why act?

Shopping for food, cooking, and eating can feel stressful, or the opposite: a welcome breathing space in daily routines.

Do you find yourself backsliding into old habits?

You can make habit your ally by finding ways to introduce your new food choices into your regular routines.

Recipe for action

Shopping can be quick and/or fun when you know the seller. Some farmers deliver, for example weekly boxes of fresh vegetables or meat. In some cities you can order a 'food kit' for delivery complete with menus for days or a week; it may be more expensive than doing your own shopping, but it can take out some of the stress and you can forget about meal planning...

Cooking is very personal: some people love a kitchen full of people helping out, others prefer to be left alone. Find out what works for you. However, if you have children, do encourage them to take part – not least the boys! If you are the eternal cook, think about encouraging others to take responsibility. Children can be great cooks, given encouragement.

Eating together at least a few times a week can be a wonderful way to catch up on news and relax together – as long as it feels like a fun occasion. Forget the old adage about not speaking while eating: start a conversation, a quiz, a round of questions. If you live alone, think about starting a 'dinner club' for weekly or monthly gatherings – see Bonus Action Cook Together.

Expected results

Cooking and eating in a relaxed atmosphere lead to greater wellbeing for everyone. The food even tastes better!



Experiment, explore: Look ahead

Why act?

Food Action is a program about lifestyle and culture. It puts YOU in charge. You can choose to keep the best of the old, and bring into your life the best of the new.

This is not something that is done once, and then finished. It's a journey of exploration. Where will you go next?

Recipe for action

Start with the list you made in the action 'Look back, look around'.

What would you like to do more or better next week, next month?

Were there obstacles that made it difficult for you to do all you wanted? How might you overcome them? Your household or team or coach might have ideas.

Make a plan, *for one action at a time*, and put it in your diary or on the fridge door. Give it a reality check: does it seem realistic?

Expected results

Making a plan you believe in is a great boost: a feeling of being on the way to take greater control of your daily life. Enjoy!





Experiment, explore: Waste bonus

Why act?

Food waste is a huge and growing problem. If we all halve our waste, no-one would need to go hungry. And there's always something more we can do.

Recipe for bonus action

Take another look at your food waste.

- * Some of it will be peelings and other parts of food discarded before cooking. Good – it shows you're cooking! Consider whether some parts can be used, for instance as a basis for soup or snack.
- * Some of it will be off-the-plate: cooked but not eaten. Do you make too-big portions?
- * Some of it may be 'expired before use' - like milk or fruit kept for too long. Could you improve your buying or storage routines?

And some may seem 'too small to keep'. But sometimes you can conjure a meal by unusual combinations - experiment! What can you turn into a pasta sauce?

Expected results

As you get into the habit of experimenting, you may see your food waste shrinking.

Congratulations!

ALMOST A BILLION PEOPLE
are going hungry, while we waste
1/3 OF THE FOOD WE PRODUCE.



Experiment, explore: Climate bonus

Why act?

When it comes to food, the biggest single climate 'villain' is meat.

You might choose to eat less meat, or no meat, for reasons of health or animal welfare. But the environmental impact of most meat is another very good reason.

We're talking about land use, water use, energy use - *and* production of the gases causing climate change.

So if you'd like to do that bit extra, and are still eating meat products, then the biggest contribution you can make is right here.

PS And if you're eating mostly vegan food, you could try tracking and reducing palm oil instead of meat...

Recipe for bonus action

Log your consumption of meat and meat products - including milk and cheese. List how much you buy each week.

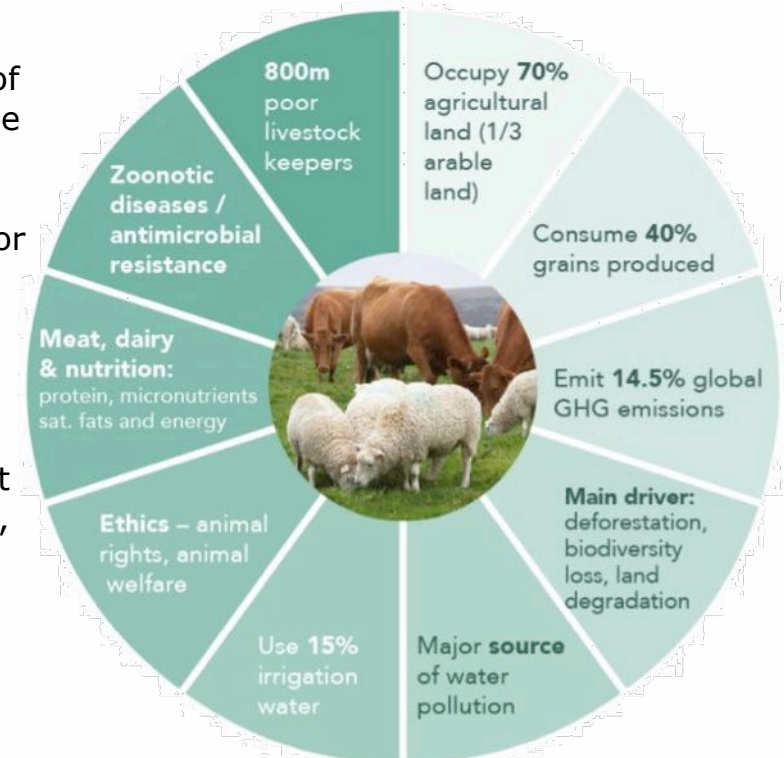
Review the list.

- * Give yourself a 'bonus point' for all certified organic items.
- * Can you replace or reduce any of the other items by increasing the portions of vegetables and beans? Look for new recipes.
- * Take a look at your usual store or supplier and see whether there are any vegan products you could consider trying

Make a plan! Try it out for 2-3 weeks and then evaluate: how is it working? Do you want to continue, or to change something?

Expected results

Reduced climate impact. A feeling of being in control of your own lifestyle. And possibly, better health: most people in affluent societies eat more meat than is good for us.





Experiment, explore: Health bonus

Why act?

Each of us has our own challenges when it comes to food and health.

Sugar is a big one for many, and so are heavily processed foods. Or perhaps you have a constant ambition to 'lose weight' or to look different?

Recipe for bonus action

Did you fill in the health check and the food log in Booklet 3, Food and health? If not, you may like to do it now.

Look through your results. What are *your* food challenges? If you've tried different 'diets' without the desired results, give them a holiday and home in on one specific thing you'd like to improve.

Is there anything stopping you? How might you overcome the difficulty?

Make a plan! And, yes: put it in your diary or on the fridge door. Give it 3-6 weeks before deciding whether or not to continue.

Expected results

A greater feeling of control over your own lifestyle. Maybe already better health, though that may take longer than a few weeks to show up.





Multiply: Tell your friends

Why act?

A lot of people - perhaps like you, once - think 'I really *should* change my food habits'. But they don't get around to it, because

- * They're afraid it will 'tell' them to stop eating the things they like most
- * It sounds like hard work - and maybe expensive
- * They 'don't have time'
- * ...

If you've found Food Action useful and fun, don't be shy about telling others. You may inspire them.

Recipe for action

Make a list of the changes you've made through Food Action. Pick the few (maybe three) you're most happy about.

Work out how to boast about your achievements *and* emphasize how enjoyable it was to make the changes. Some people will like to hear how little it cost (maybe you actually saved money?), some will be more interested in how much time it took or whether your health has improved or where you found the new products.

Go for it! Food is a common topic of conversation, you will get lots of openings.

Expected results

Respect. First, for yourself, when you step back and enjoy your achievements. Then from others.

Possibly, new 'recruits' to the global search for sustainable food habits, whether through Food Action or some other way.



Multiply: Spread the word

Why act?

Once you've talked to a few friends about your Food Action results, you may feel able and willing to reach out to others.

Each time you connect with more people, you contribute to a better, more sustainable future.

And you may even make new friends!

Recipe for action

What would suit you best: to host a small meeting of your own, at home; or to ask to organize a 'Food Action' meeting at work, or at your children's school?

In any case you may want to

- * Think about who might be good to have as a partner, so you're not doing it alone
- * Work out how to keep it simple: an informal after-lunch gathering at work, a talk with a few school teachers and kitchen staff
- * Prepare some information to share at the meeting: WHY food is important, what you liked best about the Food Action program, how to register, easy actions

There are many more tips in the Coach guide - see next action.

Expected results

New awareness about the importance of food in our communities - thanks to you.

A boost to your commitment and confidence.

And maybe new friends and allies.

Multiply: Support others

Why act?

Did you get support to do the Food Action program? How did you find out about it? Was there anyone you could turn to, if you got stuck?

By acting to support others you can multiply the effects of your own changes: raising awareness, promoting action, helping someone past their difficulties.

Recipe for action

Download the Food Action Coach Guide.

There you will read about how to become an ambassador for Food Action, or a coach for participants. Or, indeed, both.

An ambassador raises awareness, either on their own initiative (as in

the previous action) or as part of a local group, and recruits new participants to the program.

A coach supports registered participants, cheering them on, helping them past difficulties, celebrating their achievements.

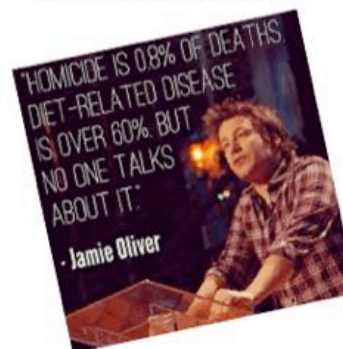
Expected results

Your own contribution to a better food future is multiplied, many times. You're a food hero!

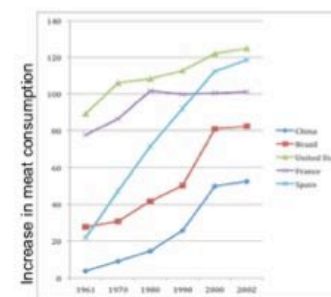
You learn skills of organizing, awareness raising and coaching, all of which are valuable in your community and at your work-place.

The size of the food challenge

The waste
30-40% of all food produced is *never eaten*
25% of that is thrown away *at home*



The overfed
As incomes increase we choose *more & more sugar, salt, fat, meat, processed foods*
...all of them are *killers* in high doses



Global food production occupies 25% of all habitable land uses **70%** of fresh water causes **80%** of deforestation, and one **third** of climate-changing gas emissions

The underfed
Still today, 800 million globally go hungry
80% of them - **640 million!**
are farmers and other food producers

Modern farming methods are sawing off the branch we all sit on:
polluting the **water**
destroying the **soil**



Celebrate: Sneaky snacks

You need

Your choice of

- * Potato skins
- * Nuts
- * Fresh and dried fruit
- * Seeds - sunflower, pumpkin etc.
- * Olive or coconut oil
- * Salt

How to do it

Just offer fruit and nuts as healthy snacks - or try the sneaky twists.

Different potato crisps

- * Thinly peel a kg or 2 of washed organic potatoes
- * Toss the peelings in olive oil, powdered garlic and salt
- * Spread on a baking sheet and toast on medium heat for 20 minutes

Seeds & such

- * Heat a little oil in a medium oven
- * Toss a selection of seeds (maybe also flaked almonds or chopped nuts) in the oil, toast until golden
- * Sprinkle with a little salt, cool, mix with raisins if liked

Date with chocolate

- * 100 g dates (no stones)
- * 2 tbsp coconut oil
- * 1-2 tbsp cocoa powder
- * 0.5 dl rolled oats
- * 2 tbsp water
- * 1 dl dessicated coconut
- * Mix everything except the coconut in a food processor
- * Roll into bite-size balls
- * Roll the balls in the coconut
- * Keep in the fridge

What to expect

These snacks are healthy as well as delicious. When we served some of them for children, we noticed they went first - before the more conventional and less healthy snacks.

You can also use this and the following three recipes as a menu for a splendid celebratory meal, and quickly gain a reputation as a gourmet cook (if you don't already have it).





Celebrate: Fresh asparagus

You need

- * Fresh green asparagus - 3-6 stalks per person
- * Olive oil
- * Parmesan or other hard cheese
- * One egg per person

How to do it

- * Break off the 'woody' ends of the asparagus, and any damaged parts. Keep in really cold water until it's time to cook.
- * In a pan big enough for the asparagus to lie down, bring salted water to the boil.
- * Boil the asparagus gently until a stalk will bend over a fork (ca 15 min).
- * Strain onto a heated dish, drizzle olive oil and grate cheese over.
- * Serve a lightly fried egg on top of each portion.

What to expect

Simple gourmet food.

Serve with crusty bread and salad, for a light lunch. Or as a starter.

For vegans, replace the egg with a little more olive oil.





Celebrate: Egyptian roast

You need

- * Aubergines
- * Fresh or preserved whole tomatoes
- * Onions
- * Fresh okra or haricot/runner beans
- * For carnivores: pieces of lamb, with bone (the cheaper cuts are great)
- * Olive oil
- * Harissa or other chili-based spice
- * Salt

How to do it

- * Wash aubergines & slice medium thick
- * Peel fresh tomatoes
- * Peel & slice the onions
- * Wash okra & remove stem; or trim haricots/runner beans
- * Heat a lot of oil in a skillet
- * Fry the aubergine slices until golden on both sides; drain and set aside
- * Fry the onions gently till transparent
- * Add the tomatoes and spices
- * Put in an oven-proof dish
- * Top with raw okra/beans...
- * and then the aubergines...
- * and then the raw lamb pieces
- * Put in a medium oven for at least 30 mins (veg) / 45 min (with meat)

What to expect

Late guests? Just turn down the heat and leave it for an hour or more. This is a very flexible dish.

Serve with rice or couscous or your grain of choice. Or with creamed potatoes (if you made potato skin crisps!).

Vegetarians might appreciate a sprinkle of cheese, or a slice of fried or grilled halloumi. Or add a packet of cooked white beans to the onion-and-tomato mix.



Celebrate: Chia pudding

You need

For 6-8 people:

- * 1 dl chia seeds (light or dark)
- * 4 dl unsweetened fruit juice or milk
- * Fresh or frozen (unsweetened) berries - try raspberry, cranberry or pomegranate if available

How to do it

- * Mix the seeds and liquid well
- * Add some of the berries (frozen is OK)
- * Cover & leave in a cool place overnight or at least 3 hours
- * Serve with berries on top

No berries?

Maybe you have some dried fruit?
Even 'old', too-dry fruit?

- * Chop the fruit roughly
- * Put in a small saucepan and barely cover with dry wine (white or rosé) or unsweetened juice
- * If liked, add ginger or cardamom
- * Simmer gently for 10-15 mins, leave to stand till it cools

Use as a luxury topping for chia pudding, or for ice cream or sorbet.

What to expect

A luxurious dessert that (literally!) anyone can make. Even without a stove - or a kitchen. What's more, it's healthy: no sugar, no fat, and chia is claimed to be one of those 'superfoods'.



Thank you! Keep those ripples spreading

Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.

– Winston Churchill

Putting the world's food system back on a sustainable track will for sure not happen overnight. It will take a lot of us working together, one step at a time.

Keep exploring and experimenting, and never doubt that your contribution is important. Thank you for being part of our Food Action community.

Keep in touch on the [Care to Eat](#) Facebook group!

