



# Earthcare Education Aotearoa

## BIOREGIONAL FOOD SOVEREIGNTY FACILITATORS TRAINING

**DURATION:** 4.5 days

**TUTORS:** Robina McCurdy, Petra Stephenson (*New Zealand*), Doni Mortimer (*Indonesia*)

### DAY 1: GLOBAL TO LOCAL FOOD SYSTEMS STOCKTAKE

#### Session 1

**(a) Introduction, logistics & proposed programme**  
*activity & delivery (Robina)*

**(b) Sharing Intentional Personal & Group Outcomes for course**  
*activity (Petra)*

#### Session 2

**(a) Food Sovereignty, Food Resilience & Food Security: definitions & distinctions** *presentation with examples (Doni & Robina)*

**(b) Thumbnail sketch of the Globalisation of Food:** History, patterns, players, impact, implications  
*brainstorm, presentation, small group work (Petra, Doni, Robina)*

#### Session 3

**Bioregional Food Sustainability Analysis**  
*small groups activity (Robina)*  
(a) Power & Ownership Analysis  
(b) SWOT, Vision, Goals, Action

#### Session 4

**Household Food Sustainability Choice**  
(a) Household & Community Food Self-reliance Chart – *presentation & individual activity (Robina)*  
(b) Planning for New Initiatives arising out of the Food Self-reliance Chart  
*group activity (Robina)*

#### Session 5 (evening)

**'SEED, The Untold Story' documentary**  
*followed by discussion (Petra)*



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## DAY 2: MOBILISING FOOD SOVEREIGNTY STRATEGIES

### Session 1

#### **(a) Bioregional Food Strategies Overview**

##### **Mindmap**

*presentation (Robina)*

(b) Mindmap our own areas, to look at strengths and deficiencies

*activity (Petra)*

### Session 2

#### **Identifying, Evaluating & Engaging Local Food System Players**

*powerpoint, interactive analysis and planning activity (Robina)*

### Session 3 & 4

#### **Getting a Local Food Movement Started & Sustained**

*presentation (Robina)*

Introducing useful tools, facilitation techniques, engagement approaches and

specific programmes as we go through the steps of learning how to build city-wide food resilience - 12 steps from food dependency to food sovereignty from the perspective of:

- (a) a disempowered household
- (b) an empowered community organisation

Followed by small group discussions re how this relates to people's own areas, and identifying where a selected organization is at on these projectory steps, where the gaps are and how they can be addressed

*activity (Petra & Robina)*

### Session 5 (evening)

Localising Food Documentary 'SOS: Save Our Seeds' – (Robina)

## DAY 3: CREATING INCLUSIVE LOCAL FOOD ECONOMIES

### Session 1

(a) **Global Seed Senarios summary** –  
*group activity (Petra)*

(b) **Navdanya Biodiversity Centre, a Seed Sanctuary in India** –  
*presentation (Petra & Robina)*

(c) **Organising Seedbanks and Seed Exchanges**  
– *powerpoint presentation & activity (Robina)*

### Session 2

(a) **Local Food Modeling, Mapping, Stocktaking, Zoning & Inventory** –  
*presentation + activity (Robina)*

(b) **Participants Practice facilitating Local Food Model** – *activity (Robina)*

### Session 3:

**Motueka Food Resilience Network & Kai-Festival** an example of an organised Bioregional Food Resilience strategy -  
*presentation (Petra)*



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## DAY 3: Continued

### Session 4:

**Strengthening Local Food Economies** – alternative economic systems (eg LETS systems, time banks, savings pools), food & technology trading commodities, establishing a CSA, Courtney’s Cornucopia,

Margaret’s household self-reliance – *presentation & examples (Petra)*

### Session 5 (evening) :

**Local Food Trading Game** - *an innovative fun social & educational activity (Robina)*

## DAY 4: TRANSFORMING CRISIS INTO OPPORTUNITY

### Session 1:

**Principles & Design of Food Systems Planning for Emergency Situations** at national, bioregional and local scales, with case studies of preparedness for local food resilience with IDEP in Indonesia – *presentation (Doni)*

harvesting, land management, food production and distribution) – *activity (Robina & Petra)*

### Session 2:

**Organisational & Facilitation Skills for Food Emergency Response food situations** – *role play scenario (Doni)*

### Session 3:

**Rekindling Community Food Culture**  
Seasonal Festivals, Historical and Indigenous Practices, Urban Food Nodes, Schools as Community Food Hubs, Open Orchards - *presentation & group sharing activity – (Robina)*

### Session 3:

**Seasonal Calendars**

- (a) **Seasonal calendars as a strategic planning tool** for boosting local economies – *presentation (Robina)*
- (b) **Bioregional seasonal calendars** linking social-cultural events with food systems (eg for wild

### Session 4:

**Food Self-Reliance through Piggybacking Social Connections** -*short presentation followed by individual activities (Robina)*

### Session 5 (evening) :

Localising Food Project Documentary:  
**Perennial Paradise: The Creation of Food Forests & Community Orchards in NZ**

## DAY 5: EMPOWERING COMMUNITY EDUCATION

### Session 1:

Organising and teaching hands-on, in-situ neighbourhood workshops eg Home Garden Coaching, Designing & Installing permaculture gardens, food forests, compost systems - *presentation & resource sharing* – (Robina)

### Session 2:

Emergent & Wrap-up Session  
(Petra)

### Completion

2pm

## FACILITATOR & PRESENTER BACKGROUND

For the past 25 years, Robina has worked internationally and nationally as an community development facilitator and Permaculture educator/designer, evolving her own methodology and accompanying resource materials - culminating in two facilitators manuals:

- 'Grounding Vision: Empowering Culture'
- 'Localising Food'

Robina is a passionate gardener, and worked as the co-ordinator of Victory Community Gardens in Nelson and as a consultant with Project Lyttelton's 'Food Resilience Project'. Four years ago she established 'The Localising Food Project', which toured NZ filming a plethora of inspiring local food initiatives, and teaching workshops on local food action planning, home garden design, public food forests and seed sovereignty.



Visit: [www.localisingfood.com](http://www.localisingfood.com)

Replenishing Food Deserts; Water as a sacred resource