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)
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 Scenarios 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)
Day 3: Continued

Session 4:
Strengthening Local Food Economies – alternative economic systems (e.g., 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)

Session 2:
Organisational & Facilitation Skills for Food Emergency Response food situations – role play scenario (Doni)

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 (e.g., for wild harvesting, land management, food production and distribution) – activity (Robina & Petra)

Session 4:
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 5 (evening):
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

Replenishing Food Deserts; Water as a sacred resource