



CANADIAN CATHOLIC ORGANIZATION FOR

**Development
and Peace**

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AWARENESS ACTIVITY

GROCERY STORE CHALLENGE

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OBJECTIVE // To see what options are available to us for local, sustainable or fair-trade foods, why these are important, and what changes we can make to support these options

TIME // 1-2 hours

GROUP SIZE // Any

MATERIALS REQUIRED //

- Grocery Store Challenge sheet
- Pen
- An open mind!

The Grocery Challenge can be done in different ways:

- a) As a gathered group: coordinate a 'field-trip' to a local grocery store.
 - o Arrange a meeting with the grocery store manager to discuss local, sustainable and fair-trade options after the activity. Use this opportunity to advocate for more options according to the needs discovered through the challenge.
 - o If extra chaperones, drivers or group leaders are needed for this activity, consider inviting parish connections such as the Youth Leaders, Teachers, Families, Knights of Columbus, or Catholic Women's League to participate with the group. If possible, walk, use public transport or carpool.
- b) Use this challenge as a springboard to discuss seasonal foods in your area, and to learn about farmer's markets and Community Supported Agriculture programs. Consider a field trip to a farm or inviting a representative to come and meet the group.
- c) Include Families: Send the Grocery Challenge tool home with the participants, along with information from the 'Sow Much Love' (devp.org/sowmuchlove) campaign, to help them bring this discussion home to their families.



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INSTRUCTIONS //

Preparation

- 1) Begin with a discussion with the participants around the following questions:
 - Where does our food come from?
 - What do we know about the process of how food gets from a farm to our table?
 - What is 'industrial agriculture'?
 - What are alternatives to industrial agriculture?

- 2) Share the following information with the group:
 - 1 in 9 people in the world suffer from hunger. (FAO 2014) Pope Francis called this a global scandal and called on the world end hunger by 2025. (you can watch the video on the Development and Peace youtube channel:[youtube.com/DevPeaceTV](https://www.youtube.com/DevPeaceTV)).
 - 70% of the world's population relies on small-scale family farming for their food. These farmers are facing increasing challenges including access to seeds, climate change, and loss of land.
 - The Food and Agriculture Organization (FAO) estimates that 75% of the world's biodiversity has been lost because of the change toward corporate industrial agriculture and the homogenization of crops, which reduces the number of seeds that can resist disease and climate change.
 - Small-scale family farmers support and protect biodiversity by saving and sharing their seeds with other small farmers. The former UN Special Rapporteur on the Right to Food, Olivier De Schutter, called for the protection of small family farmer's rights to save and exchange their seeds.
 - We can support biodiversity and small-scale family farmers by changing our food shopping habits: when we purchase local organic food, we support our local farmers and our environment. When we purchase fair-trade, we are supporting the fair working conditions of farmers and farm workers around the world.

For more information, please visit devp.org/sowmuchlove.

At the Grocery store

- 3) Divide the participants into small groups, giving each group the Grocery Challenge sheet attached. Explain that they are to fill in the worksheet, as many of the items as possible – the information for each item will be displayed on the packaging or the name and price sticker. Remind the participants to respect other shoppers and give them their time limit for the challenge (20-25 minutes) and a place to meet when the time is up.



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4) Gather the group to discuss:

- What were they surprised by what they discovered during the grocery challenge?
- What was their most interesting find?
- Did they find it difficult to find local, fair trade or organic alternatives?

As a large group, or in small groups, go over the questions on the back of the worksheet.

5) If you wish to meet with the grocery store manager, plan extra time at the grocery store. Invite the participants to prepare discussion points and questions for the manager based on their completion of the activity. For example: requesting an increase in local, fair trade or organic options, or asking for better labeling of products to highlight local foods?

After the Activity

6) Invite the youth to continue the reflection with their families, friends, colleagues and classmates about where their food comes from and what they consume. The extra blank Grocery Challenge sheets can be sent home with participants to help them in their discussions with them.

Point to emphasize:

- Changes can be small, and are possible even on a tight budget! Encourage participants to think about these small changes. Here are some ideas:
 - Where possible, make an immediate switch to local apples or other foods that are produced close to where you live.
 - Commit to checking where your fruit and vegetables comes from every time you shop.
 - Perhaps you can make 1 new change every month or every season: first step, fair-trade chocolate, next step, fair-trade chocolate and coffee? Commit to buying fair-trade chocolate for the next holiday as gifts!



Grocery Challenge!

Substitute & add products as necessary to reflect your family's grocery habits

Product	Habitual product			Alternative Product: Local, Sustainable, Fair-Trade		
	Brand, Name, Size	Source, Process	Price	Brand, Name, Size	Source, process	Price
Milk						
Juice						
Cheese						
Eggs						
Apples						
Bananas						
Melon						
Tomatoes						
Cucumber						
Lettuce						
Potatoes						
Cereal						
Bread						
Crackers						
Lunch snack						
Lunch meat						
Peanut Butter						
Fresh Chicken						
Fresh Beef						
Frozen Burgers						
Frozen Veggie						
Rice or Quinoa						
Pasta						
Pasta Sauce						
Salt/Pepper						
Spice 1						
Spice 2						
Coffee						
Cake Mix						
Soft Drink						
Chips/Popcorn						
Chocolate Bar						

Total: _____

Total: _____

Grocery Challenge!



Discussion Questions:

What surprised us in this experience?

What questions do we have as a result of this experience?

Why do we, as a family, think it is important to support local, sustainable, and fair-trade food systems?

What challenges do we face in supporting local, sustainable, and fair-trade food systems?

What changes are we willing to make as a family to support local, sustainable, and fair-trade food systems?

Sow Much Love
Small family farmers feed the world



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