

## SENIOR SOW WHAT? JOURNEY AWARD – MEETING 2

**Award Purpose:** When you’ve earned this award, you’ll become aware of your place in the global food network as you start to think about where food really comes from and how your choices about food impact Planet Earth.

Activity	Materials Needed
Ask A Farmer <ul style="list-style-type: none"> <li>Connect with a local farmer and interview them about their experience operating their farm.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access
True Cost of Cheap Food <ul style="list-style-type: none"> <li>Dig into issues that agriculture workers face.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access
Small Group, Big Change <ul style="list-style-type: none"> <li>Learn about farmworkers and activists who banded together to create change, then brainstorm ideas for your own Take Action project.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils

### Activity #1: Ask A Farmer

Award Connection: Step 1 – Identify, and dig into, a food or land issue, tapping some community experts as you go  
 Materials Needed: Phone or computer with internet access

- Farming and agriculture practices have changed rapidly and significantly over the past few decades. How do these changes in farming impact people—both the farmers who produce the food and the consumers who buy and eat it?
- On the consumer side, the varieties of fruits and vegetables available to us have shrunk—and scientists have discovered that the produce that we eat today has fewer nutrients than vegetables in the past: [scientificamerican.com/article/soil-depletion-and-nutrition-loss](http://scientificamerican.com/article/soil-depletion-and-nutrition-loss)
- What about farmers? How have these changes impacted them? Connect with a local farmer and interview them about their experience running a farm. Some questions you could ask:
  - When did you start farming? How and why did you decide to become a farmer?
  - What’s the biggest change you encountered during your years farming?
  - Have the advances in technology, such as machinery, genetics, or chemicals, affected your farming practices or the farming practices in the farms around you?
  - Have you noticed a change in your land since you started farming?
  - Do you use any types of sustainable agriculture?
  - In terms of taste, appearance, etc., do you think the overall quality of produce in the US has changed—for the better, for worse, or remained the same?



- What do you envision when you think about the future of farming?

## Activity #2: True Cost of Cheap Food

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Award Connection: Step 1 – Identify, and dig into, a food or land issue, tapping some community experts as you go  
 Materials Needed: Phone or computer with internet access

1. How much do you pay for bananas? Most of us would be outraged if we had to pay more than \$1 a pound. But if you stop and think about what goes into growing the banana, harvesting and packing it for transport, and then shipping it halfway around the world to your local supermarket, it's pretty crazy that it doesn't cost *more* than \$1 a pound.
2. Though the world is becoming more automated (i.e. work being done by robots), the food we eat still must be produced by human hands. Our current food policies privilege big businesses and corporations over the people who work in the industry.
3. For every \$1 that you pay for a pound of bananas, how much of that money do you think goes to the farmworkers who grew and picked it?
4. Look into the "hidden" costs of producing food by exploring stories of people on the front lines of the food industry: [voicesofthefoodchain.com/#stories](http://voicesofthefoodchain.com/#stories)

## Activity #3: Small Group, Big Change

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Award Connection: Step 1 – Identify, and dig into, a food or land issue, tapping some community experts as you go and Step 2 – Capture your vision for change in a Harvest Plan  
 Materials Needed: Phone or computer with internet access; paper; writing utensils

1. One of the most visible examples of a small group of people banding together to create big change happened in Florida. Farmworkers and activities in Immokalee, FL organized to form the Coalition of Immokalee Workers (CIW) to advocate for better wages and work conditions. In 2011, they launched the Fair Food Program to further advance their cause: [bit.ly/CIWfairfoodprogram](http://bit.ly/CIWfairfoodprogram)
2. As the CIW demonstrated, each of us has the power to disrupt the current food system and create change that benefits people and the Earth. As you worked through the first parts of this Journey, did you encounter an issue that seemed like something you'd like to tackle for your Take Action project?
3. Brainstorm ideas on how you can impact the food network. Jot down possibilities and steps you'll need to take for your project. What specific impact do you hope to have? What's your timeframe? How much will it cost? Who in your community can you pull in to make your project more impactful?

