



Carbon Tuck Shop

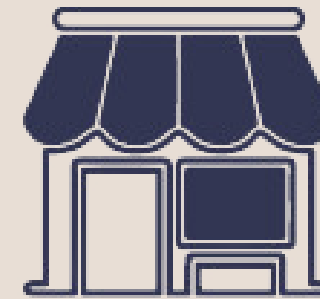
SEFS WS3 with Cultivate

Community Engager: Mary Cosnett





SIOP BWYD
CARBON



CARBON
TUCK SHOP

Idea

To create a resource that can be used across schools and in workshops that explore embodied carbon in our food choices.

We have settled on looking at a ‘typical’ school packed lunch.



Materials

We have created:

- Carbon Tuck Shop with stands and labels
- Food item Flash Cards
- Carbon Bingo
- Interactive felt play set
- Carbon Credits / money
- Menus

*HANDS ON
INTERACTIVE
ENGAGING*



So far we have concentrated on engaging with primary aged audiences and families



Climate Cymru Week



Royal Welsh Show 23



Royal Welsh Show 23



Bute Energy and Cultivate
invite you to



A free session where we will learn more about eating locally sourced foods that can not only support our physical and mental health, but the health of the planet too! The session will be supported by Laura, a Nutritional Therapist, who will share more information on how we can improve our gut health and mental health in a sustainable way. We will also be going for a short foraging walk to see what we can find growing locally.



Wednesday, September 20th 1pm – 3:00pm

Cultivate, Pendinas, Llanidloes Road, Newtown, SY16 4HX

www.cultivate.uk.com

Where to go

- Rework data and materials - need to be bilingual for us
- Come up with a traffic light system - this was just guess work!
- Create lesson plans around activities for specific ages
- Nutrient density
- Create an idea low carbon / high density meal plan/s
- Run food engagement similar to 15 Mile Meal
- Create online resource / campaign around low carbon / high density lunches to possibly include 'Low Carbon Lunch Week' / prepare cook along meal prep
- School visits and create food champions
- Carbon Top Trumps

How this fits in with our wider work in Cultivate

Carbon Tuck Shop was developed as part of Climate Cymru's Big Green Week in June 23.

It proved to be way more successful in engaging audiences and starting debate than we first anticipated and so as an organisation we all felt it was worth developing further. We added the felt food element for the Royal Welsh Show so we didn't need to handle food.

Within Bwyd Powys Food, Powys' Sustainable Food Places, which Cultivate hosts, CTS fits within the Food for the Planet aims and Good Food Movement strands.

CTS builds on our general work around engaging communities in growing, cooking and thinking about what Good Food means to them.



