



BRAHMA KUMARIS  
ENVIRONMENT INITIATIVE

# FOOD CARE

a fresh awareness to energize food systems



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# A Tool Kit for Hosting Educational Sessions

This toolkit is a resource of information and activities to guide your participation in and contribution to the Brahma Kumaris Food Care Initiative. You are warmly invited to select any aspect which interests you. The toolkit can be used for personal development or to help you design and implement events for youth and adults in your city or country.

The Brahma Kumaris Food Care Initiative is a selection of events to contribute to the UN Food Systems Summit and global discussions about food and food systems. Every voice is important. The Food Care Initiative is designed to offer a fresh awareness to energize food systems, to give you the opportunity to learn about food systems and add your voice and vision to the kind of system you would like to see in the future.

This tool kit is to provide inspiration, ideas, and resources for people to hold their own food care events in their own areas.





# Section Outline

1. WHY A FOOD CARE INITIATIVE?
2. UNDERSTANDING FOOD SYSTEMS
3. GOOD FOOD BLESSING CARDS
4. REFLECTIVE QUESTIONS FOR SELF-STUDY
5. MEDITATION COMMENTARIES
6. RESOURCES
7. WORKSHOPS
8. ACTIVITIES & GAMES
9. SHARING YOUR EFFORTS

# Introducing the food care initiative

Click to Watch





# 1

## WHY A FOOD CARE INITIATIVE?

Food gives us energy and strength. It reaches us as the result of an interconnected process of growing, marketing, transporting, processing, cooking - rooted in the very soil and water of Mother Earth. Hundreds of people and many businesses can be involved in getting that food to us. For some that process is invisible, easy and appears to offer abundance. For others the challenges are all too stark.

It is the understanding of the Eco Initiative of the Brahma Kumaris World Spiritual University that a fundamental shift in our awareness and embedding values into all 5 of the United Nations Food System Summit action tracks; access to safe and nutritious food, sustainable consumption, nature positive production, equitable livelihoods, and building resilience, will substantially strengthen and enhance the entire food system.

# Eight themes lie at the heart of this approach



FOOD AND  
CONSCIOUSNESS



FOOD AND  
CHOICES



FOOD AND  
SACREDNESS



APPRECIATING  
INTERCONNECTEDNESS  
OF OUR FOOD SYSTEMS



HONOURING NATURE'S  
ROLE IN OUR FOOD  
SYSTEMS



INSTILLING VALUES  
INTO OUR FOOD  
SYSTEMS



CREATING  
SUSTAINABILITY IN OUR  
FOOD SYSTEMS



TAKING ACTION TO SHIFT  
HOW WE THINK ABOUT FOOD  
AND FOOD SYSTEMS



1

## Food and consciousness

Our consciousness impacts every stage of food systems. Every thought, word and action taken individually or at a community level has an impact. From growing to eating, each one of us is an integral part of a food system; consequently, at every step it is essential to be watchful of our thoughts, intentions, and consciousness. To help address the inequalities in current food systems we need to better understand our fundamental relationship to nature and accordingly keep respect for Mother Earth uppermost in our awareness



2

## Food and choices

The quality of our awareness ultimately determines the quality of our choices. All our actions and their impacts stem from these choices. It is the ability to be watchful of ourselves which comes from cultivating spiritual self-awareness that gives the power to check and then change our choices for the better. Being mindful of our food choices will make us physically healthier, emotionally stronger, and immune to many negative influences. We also need to be well informed of food systems, to research and understand how those systems work and what impact they have on the Earth, on producers, on the inhabitants of regions possibly far from where we live (including indigenous peoples) and on the quality of life for everyone. When, as conscious consumers, we become aware how our food gets to our plate, we may significantly alter the way we live – e.g., by shopping locally, choosing seasonal, locally produced, and fresh food. Such choices will support an equitable and sustainable food system for all the actors who are involved.





3

## Food and sacredness

Customs connected to food are common to most cultures: whether prayers before planting, giving thanks at harvest time, offering food to the Divine, or simply a pause before eating to show appreciation. Yet presently the true intention and power is draining out of these practices. At this time of 'fast food' perhaps we need to give more importance to these ageless practices. We can rekindle the sacredness in our relationship with food and the system that provides it, starting from how we prepare and consume food. Searching for and restoring the sacred in every step of the food system is a beautiful way to make a shift away from the mundane marketing and consumption of food as a commodity



4

## Appreciating the interconnectedness of our food systems

Our food systems are global as food is routinely produced in one part of the world and eaten in another. This interconnected system reaches into the daily routine of our economic, social, cultural, and spiritual lives. The current system is not sustainable, and is the root cause of much hunger, suffering and environmental degradation. A simpler, more holistic, and non-violent approach to food systems that work in harmony with land, water and energy provides hope. This will mean more local production and consumption of food, a move away from the use of damaging chemicals, and just returns for producers to create a more sustainable system. Acknowledging and giving gratitude for the parts that people and the environment contribute to the system is essential. We are part of the system, not separate from it.





5

## Honouring nature's role in our food systems

Nature is generous and abundant and ultimately all our food is given by her. In view of the damage that has been caused by industrial agriculture, we need to find solutions that consider the wellbeing of the planet as well as people - solutions that honour nature. As everything in nature is cyclic and regenerative, thinking systems that attempt to mimic this are helpful. For instance, nurturing a circular economy, and following a system that harmonizes with nature's patterns, rather than degrades her resources, is a contrast to the current 'take-make-waste' linear model.



6

## Instilling values into our food systems

Our food systems today are guided by an insatiable desire for profit. However, as well as thinking about how economic value can be added to food, what if we thought more about the values we wanted to see embedded in the system and expressed between different actors in the food chain? Values such as conservation, sharing and non-violence. Respect for women farmers and primary producers, fair reward for those who transport and process food and peace and happiness with those who prepare and cook our food. Instilling ethical values into the food system contributes to everyone's wellbeing.





7

## Creating sustainability in our food systems

Our current food system is a major consumer of energy and producer of greenhouse gases, and hence contributor to climate change. The commodification of food for convenient consumption by those who possess the resources is an unsustainable system that exploits nature, treats people inequitably and ultimately wastes almost a third of the food that is produced. A simpler food system with a low impact carbon footprint that uses the natural cycles within nature to rejuvenate systems, will have the capacity to feed people sustainably for generations to come.



8

## Taking action to shift our thinking about food and food systems

We also must create alignment of head, heart, and hands if we are to find solutions to the pressing problems of climate change, and unsustainable and inequitable food production and consumption. Technology and innovation alone will not be enough to solve the challenges we face. Planting a seed of possibility, nurturing it with the power of optimism and acting with principles for flourishing futures is what we propose to every individual and every community engaged in the action to create a robust, equitable and healthy food system. This is a spiritual invitation to change our thinking and find a new approach to a fresh food system



# 2

## UNDERSTANDING FOOD SYSTEMS

The UN Food Systems Summit is part of the Decade of Action for delivery on the Sustainable Development Goals (SDGs) by 2030. The aim of the Summit is to deliver progress on all 17 of the SDGs through a food systems approach, leveraging the interconnectedness of food systems to global challenges such as hunger, climate change, poverty, and inequality. More information about the 2021 UN Food Systems Summit can be found online:

<https://www.un.org/foodsystemssummit>



Food Systems can be understood in many ways. Many professionals and organizations spend a lot of time trying to explain what a food system is. Here is one explanation:

***Food systems** embrace the entire range of actors and their interlinked value-adding activities involved in the production, aggregation, processing, distribution, consumption, and disposal (loss or waste) of food products that originate from agriculture (incl. livestock), forestry, fisheries, and food industries, and the broader economic, societal, and natural environments in which they are embedded.*

***A sustainable food system** is one that contributes to food security and nutrition for all in such a way that the economic, social, cultural, and environmental bases to generate food security and nutrition for future generations are safeguarded.*

*The Scientific Group for the UN Food Systems Summit (2021).*

*Food Systems – definition, concept, and application for the UN Food Systems Summit, UNFSS. p. 4.*



# 3

## GOOD FOOD BLESSING CARDS

Food, especially fresh, locally grown vegetables, and fruits give our bodies energy. Enhanced with herbs and spices they provide everything we need. These foods also have certain characteristics that can remind us of our own inner qualities that we can nurture and grow. The Food Care Initiative has developed a set of blessing cards that celebrate these foods and our virtues.

These cards can also be the basis of an interesting workshop for people to learn more about these vegetables, fruits, herbs, and spices.



## BACK OF BLESSING CARD

## FRONT OF BLESSING CARD



[www.brahmakumaris.com/FCI](http://www.brahmakumaris.com/FCI)



 [www.eco.brahmakumaris.org](http://www.eco.brahmakumaris.org)



You are rich deep and sweet. Like the **mango** you bring the fragrance of happiness and joy to everyone you meet.



You have a generous nature. Like the **pear**, you have an attitude of good wishes. You give support in times of need.



You are detached and loving. Like the tangy **grapefruit**, you are not afraid to speak the truth when it is needed. Others know you have their benefit at heart.



You stand tall and strong, confident in yourself. Like **celery**, you bring the subtle flavour of Inclusivity through your attitude.



You are content and happy with who you are. Like the **grape**, you accommodate, cooperate and feel comfortable with many different personalities.



You are extraordinary. Like the **cabbage**, you appear ordinary on the outside, but your heart contains many layers of depth of wisdom.



You are interesting and intriguing. Like the **walnut**, you bring a unique dimension to everything which quietly makes all the difference.



[Click For More](#)  
**Blessing**  
**Card**

# 4

## REFLECTIVE QUESTIONS FOR SELF- STUDY

Learning about food and food systems is an ongoing process. Shifting our awareness can take time and energy. Luckily, we have opportunities three times a day to think about food and our part in the food system! Take a few minutes before or after a meal to consider one of these sets of reflective questions for self-study.

**Gather your thoughts and research in a journal and share your learnings with others. You can return to a set of questions after some time and answer them again to gain more insights.**



## WHERE DOES YOUR FOOD COME FROM?

Where does your food come from? Think deeply about all the ingredients that made up your last meal? Where did each of the ingredients come from? How many different hands or businesses would have been involved in producing the food and bringing it to your plate? What kind of vibrations might have gone into your food? How can you consciously put positive peaceful vibrations into different elements of the food system?

## YOU ARE WHAT YOU EAT!

You are what you eat. Reflect on the deep meaning of this ancient wisdom. What does it mean to you? Does your diet respect these understandings? How can you alter what you eat to make you a healthier, more peaceful, and positive person? How can you apply this consciousness to other parts of your life? Looking at the world in general, how has humanity aligned with or disrespected this ancient wisdom?

## BE CONSCIOUS OF YOUR FOOD

In what ways are you conscious of what you eat and drink daily? Do you consider how your food gets to your plate? How can you enlarge your knowledge, acceptance etc. of food and where it comes from? Identify some of the reactions, beliefs, assumptions and attitudes about food and the food system in your daily life. What do you think needs to change? Why?

## LIVE TO EAT OR EAT TO LIVE?

What is your experience of "being empowered" by food? Is there a new way to deepen that experience or to create one? If you think of your body as an instrument – what kind of food does your body need to function at optimal levels?

## THE IMPORTANCE OF GROUNDING

Much of our food comes from plants. For a plant to be flourishing, it needs to be grounded in the soil. We humans also need to live "grounded" and connected to the earth and soil for our well-being.

Our way of life the last 50 years has been wearing shoes constantly, living in flats/high buildings with many floors and spending more time inside than outside. This creates a disconnection in our bodies with the earth. Diseases and disorders could be prevented by putting our feet on the earth. We also often see food only as a commodity to be purchased and consumed. We forget to make the connection that food ultimately comes from the ground. Forgetting this disconnects us from the earth and from nature. Have you experienced this "disconnection"? What can we do about it? How do you think "reconnecting" will improve our relationship with nature, our food, and our food systems?



# 5

## MEDITATION COMMENTARIES ON FOOD & FOOD SYSTEMS

A meditation commentary related to food and food systems can be helpful in raising awareness and in sending positive energy into our food systems. When we are in a meditative state of mind, we are clear and concentrated. In this state of mind, we can contemplate aspects of our food systems, envision the kind of system we would like to have in the future and, with our connection to the Divine, send positive energy into the system.

**Here are three examples of meditation commentaries. Please feel free to use them or adapt them and make your own.**

# Meditation Commentaries



FOOD ... GLORIOUS FOOD



REFLECT ON ALL THAT IS  
IN MY FOOD



THANKS TO THE FOOD  
SYSTEM

## Click to Experience





# 6

## RESOURCES

You may want to host different kinds of events or activities to help people understand food and food systems and shift awareness to energize food systems.

Here are some suggestions – be creative, make the events appropriate to your own context. The purpose is simply to encourage people to become more conscious of the food system and to think about how they might contribute to the food system of tomorrow.

# Possible Topics for Guest Speakers

- Growing Right Food righteously
- Consuming Satvic food
- Consumption patterns and Well being
- Food Behaviour and our Dual-Physiology (Body and Soul)
- Righteous, value-based marketing of Food
- Compassionate Consumption
- Learning to avoid and Say No
- Communicating Satvik Food in a benevolent, effective, and meaningful manner.
- Faith traditions and Food
- Youth and Food
- Power of consciousness over matter
- Power of Consciousness and Food chain
- Connectivity of Food(matter) and Soul (Energy)
- The Virtue of Simplicity and Enthusiasm and its connection with FOOD.
- Food Waste and its impact on our Spirituality.





# Possible **Activities** People Can Do

- Awareness campaigns,
- Workshops
- Dialogues
- Panels
- Monthly or weekly challenge via social media
- Growing kitchen garden
- Adopting a kitchen garden
- Adopting a local vegetable vendor or farmer
- Self sufficient agriculture practices
- Training Youth and children for Food related activities
- Food rescuers, food growers and food makers
- Meditation on farms and orchards
- Sessions with Chefs, Food analysts, food critics, Hospitality industry, etc.
- Hospital Kitchen Environment recharging



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# OTHER PEOPLES' VIDEOS YOU CAN USE



YouTube and other platforms have 1000s of videos related to food – some of them good, some of them not so good. Many of them are useful for raising awareness about food and food systems. Do not just watch the video and accept what is being said but watch critically. Pull out key ideas that are being shared, ask questions related to the videos and have a discussion with others. Follow up with other sources of information to fact check the videos.

Videos can be informative, motivational, or spiritual – or sometimes a combination of all three. Here are some examples we suggest.

A few bullet points are mentioned for each video to help you determine which ones to use.



# Food Glorious Food

- The food we eat nourishes the body and soul.
- Feeding the body is a sacred act for without the cooperation of the body we would not be alive or able to experience the beauty of this world.
- In Hinduism the belief is that if we do not thank God for our food, share a small prayer or give grace then it is as though we are stealing that food.
- Having gratitude for the water we drink, the fruit we eat and the food we consume is a form of respect for the creator.
- Practice being mindful not only about what we eat, but also how we eat, where we shop, what we buy, how we cook, how we serve and lay the food on the table, and the consciousness in which we are eating.



CLICK ON PHOTO TO WATCH VIDEO

# Introduction to Food Systems

- complex, institutions, firms, businesses, and people that provide us with food
- production, consumption, and distribution: who makes decisions?
- Everyone impacted by food system; food is a fundamental human right
- How do we create a food system that is environmentally sustainable and helps people eat healthy food?



CLICK ON PHOTO TO WATCH VIDEO



# What's wrong with our food system?

- speech by an 11-year-old boy
- kids led to want certain foods that are not good for our health or the planet
- a dark side to the industrial food system e.g., GMOs, chemicals, contaminated soil, and water
- what can one person do? i.e., be an organic farmer; make different choices; know your food



CLICK ON PHOTO TO WATCH VIDEO

# Food System Transformation and Reversing Climate Crisis

- Food is the very basis of life and connects all life forms
- 30% of food comes from large industrial farms, the rest from smaller farms
- 75% of diversity in agriculture was lost because of industrial agriculture
- On an average 75% water is going for industrial agriculture in most nations
- 40% of green house gases come from industrial agriculture
- Genetically modified seeds (GMOs) do not necessarily improve the yield; most GMOs cultivated are corn and soya, only 10% are being grown for human use, rest is going for animal feed and biofuel.
- The population of Monarch butterflies is 10th of what it used to be because of the hazards brought by today's farming.



CLICK ON PHOTO TO WATCH VIDEO



# Mindful Eating

- experiment with pure food; no vibrations of hurt, anger or violence
- check vibrations not just nutrients; we are what we eat; food influences my mind/soul
- experiment eating at home; take the time, it will bring happiness to family
- energize your food with high energy vibration by connecting to the Divine
- no TV while eating dinner and only happy talk, no discussion of problems
- food energizes body and mind; 20 sec to bring peace before drinking water
- start tomorrow morning! To change our life and change the world



CLICK ON PHOTO TO WATCH VIDEO



# Food System Innovation

- food demand will increase by an estimated 50 to 100 percent by 2050
- scale of waste estimated at a staggering 1/3 of all food produced globally
- conventional agriculture was defined by the Green Revolution (capital intensive, large scale, monoculture of crops, highly mechanized, artificial / chemical fertilizers, and herbicides); led by multinational businesses; people only seen as consumers
- conventional agriculture has negative environmental consequences; people now have low trust in industrial food system
- need to utilize natural, social, and cultural capital; use systems thinking to take us away from a linear to a non-linear network model of food production, processing, and distribution
- information technology can connect local producers to markets, get rid of waste with a circular economy; focus on delivering nutritional outcomes; build agility and resilience – which is different than a centralized system that creates dependence



CLICK ON PHOTO TO WATCH VIDEO



# Can we create the perfect farm?

- Agriculture led to civilization. Today 40% of our planet is farmland. Unfortunately, the first agricultural revolution led to environmental destruction
- The next agricultural revolution will have to increase output while protecting biodiversity, conserving water, and reducing pollution and greenhouse gas emissions.
- Future farms may have drones, field robots, water, and soil sensors, but we also need low-cost solutions that work WITH the environment instead of trying to control the environment
- Examples from different countries.
- In Costa Rica, farmers have intertwined farmland with tropical habitat contributing to doubling the country's forest cover.
- Rice is a staple food for three billion people and the main source of livelihood for millions of households. More than 90 percent of rice is grown in flooded paddies, which use a lot of water and release methane emissions. This accounts for one to two percent of total annual greenhouse gas emissions globally.
- In Zambia, numerous organizations are investing in local methods to improve crop production, reduce forest loss and improve livelihoods for local farmers. These efforts can increase crop yield by almost a quarter over the next few decades.
- In India, where up to 40 percent of post-harvest food is wasted due to poor infrastructure, farmers have already started solar-powered cold storage capsules that help rural farmers preserve their produce and become a viable part of the supply chain



CLICK ON PHOTO TO WATCH VIDEO

# Yogic Farming Gains Ground

- empower seeds with yogic power ... endorsed by Indian Minister of Agriculture
- mind and heart-based meditation with organic farming
- started because of debt issues because of seed and fertilizer costs and suicide of farmers
- scientific studies have proved value of meditation with seeds and farms and organic agriculture



CLICK ON PHOTO TO WATCH VIDEO



# Futuristic Farms

- If you want to feed the world in 2050 in the same way as we did in the past, then in the next 40 years we need to produce the same amount of food as we did in the last 8000 years! (Obviously the system needs to change)
- If everyone on earth ate the diet of the average American, all habitable land would have to be used for agriculture, and we'd still be 38% short.
- With a national commitment to produce twice the amount of food with half the resources, the Netherlands has become the world's number two food exporter, and they do it with four times less water
- Do you know how many liters of water were needed to produce a cup of coffee? 150.



CLICK ON PHOTO TO WATCH VIDEO

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# LOGO & BRANDING

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This is the logo developed for the Food Care Initiative.  
Feel free to use it to advertise different events you plan to host.

You can find different versions of the logo [here](#)

Please send us a copy of any posters or materials you develop.

xyz@gmail.com





# 7

## WORKSHOPS

Workshops provide an opportunity for people in small groups to learn something new, discuss it and plan how they might use the information in their own lives. It is often said if you hear something you forget, if you see something you remember, but if you do something you understand and can apply it. Workshops provide an opportunity to “work with information” to turn it into wisdom for our lives.

In planning events for raising awareness about food and food systems consider hosting workshops where there is the opportunity for interaction and people to share experiences. Below are four examples of workshops you could host, and a template you might find useful for planning your own workshop.

Good luck. Please let us know how successful your workshop was and share your ideas with others.

# Workshop Example

## GUEST SPEAKER

**Topic:** The virtue of simplicity and enthusiasm and its connection with food  
**Intentions:** to encourage people to learn about the food system they are part of and to make choices to simplify their food system  
**Audience:** general  
**Time:** 1 ½ hours  
**Format and Materials:** in person workshop in a classroom setting; notebooks and pens

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
5 Minutes	<p>1. <b>Welcome and Energizer</b></p> <p>Welcome people to the workshop and give them an overview of the agenda.</p> <p>Do an energizer / icebreaker to warm people up.</p>			



TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
10 Minutes	<b>2. Inquiry with Participants</b> Each person writes down: What was your last meal? What were all the ingredients? Where did the food come from? Who was involved in getting the food to you? Was this simple or complex?			
40 Minutes	<b>3. Guest Speaker</b> Have the person speak on a topic like “The Virtue of Simplicity and Enthusiasm and its connection with FOOD”. Save 10 minutes for Q and A.			
20 Minutes	<b>4. Discussion</b> In small groups: discuss what we can control to make our food and food system less complex? What is beyond our control? Take away – what will you do differently as a result of what you learned today?			

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
10 Minutes	<b>5.Guided Meditation</b> Play a guided meditation from YouTube such as Aruna Ladva's meditation above OR get someone from your planning team to offer a commentary with music in the background.			
5 Minutes	<b>6.Check Out and Closure</b> Thank people for their participation, let them know about other upcoming events and share a blessing.			



# Workshop Example

## BLESSINGS OF VEGETABLES, HERBS AND SPICES

**Topic:** Know your food and their values  
**Intentions:** to learn about the origin and value of different foods, and to consider the values and kinds of vibrations that food can represent  
**Audience:** general  
**Time:** 2 hours and 15 min  
**Format and Materials:** in-person session; printed vegetable blessing cards; Wi-Fi connection so people can research from internet on their phones; flip chart paper and markers

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
10 Minutes	<p><b>1. Welcome and Energizer</b></p> <p>Welcome people to the workshop and give them an overview of the agenda.</p> <p>Depending on size of the group do an energizer / icebreaker to warm people up.</p>			

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
30 Minutes	<b>2. Research Your Food</b> (assume 20 people) Divide group into pairs. Give each pair 5 blessing cards. They have 30 minutes to research (a) two nutritional benefits of each food and (b) the country of origin of the food. Write down their answers (including the source) so they can share with others and to hand in at the end of the workshop		Share link to accurate info on nutritional value	
NB. Share link to accurate info on nutritional value - NB. <a href="https://www.nutritionix.com/">https://www.nutritionix.com/</a>				
30 Minutes	<b>3. Report Back</b> Ask each group to report their findings on a flip chart paper and to share what were the values associated with each food.			
10 Minutes	<b>Stretch break</b>			



TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
10 Minutes + 20 Minutes	<b>4. Discussion</b> Now ask groups to spend 10 minutes to discuss, what was your food card and why? How will you cultivate the virtues associated with that food in your own life? Share in plenary.			
10 Minutes	<b>5.Guided Meditation</b> Play a guided meditation from YouTube such as Yogesh Sharda's meditation above OR get someone from your team to offer a commentary with music in the background.			
15 Minutes	<b>Checkout and Closure</b> Thank people for their participation, let them know about other upcoming events and share a blessing.			

# Workshop Example

## FOOD AND MOOD WORKSHOP

**Topic:** Know your food and their values  
**Intentions:** to learn about the origin and value of different foods, and to consider the values and kinds of vibrations that food can represent  
**Audience:** general  
**Time:** 2 hours and 15 min  
**Format and Materials:** in-person session; printed vegetable blessing cards; Wi-Fi connection so people can research from internet on their phones; flip chart paper and markers

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
10 Minutes	<p><b>1. Welcome and Energizer</b></p> <p>Welcome people to the workshop and give them an overview of the agenda.</p> <p>The ice breaker/ energizer can be a quick interactive sharing by the participants about the following questions:</p>			



TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
	<ul style="list-style-type: none"> <li>o What did they eat before coming to the workshop?</li> <li>o How did they feel while eating the meal?</li> <li>o How do they feel now?</li> </ul> <p>·Poll and share answers on chat or otherwise – What do you think is more powerful?</p> <p>(a)Food influences mood OR (b) Mood influences food?</p>			
	<p><b>Informational Video / Talk</b></p> <p>Connect with a BK / learned person about food and mood OR do an interview.</p> <p><b>Example questions:</b></p> <ul style="list-style-type: none"> <li>- How do our emotions and feelings affect the food we eat? Can food help uplift our mood? Why does food have an impact on our mood and emotions? Is it necessary to eat good-looking food to feel good? How does food affect our mind and body? How is food affected if I eat in front of a TV, while talking on the phone or doing other work? What is the best way to eat a meal?</li> <li>- Questions and answers- The audience can ask the questions to the speaker</li> </ul>			

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
	<b>Discussion</b> ·What factors affect your mood? ·Do you think a good mood can enhance the taste of the food? ·Do you feel that your mom/a family member makes the best food? And if yes, what do you think makes it special?			
	<b>Meditation and Closure</b> ·Share a few comments on chat ·Meditation Can ask the audience to do an experiment/activity and share their feedback on the google form			

# Workshop Example

## UNDERSTANDING FOOD SYSTEMS

**Topic:** Understanding Food Systems and what we can do.  
**Intention:** to help participants gain a greater understanding of the complexities of food systems and to explore examples of what farmers can do and what consumers can do to improve parts of the system  
**Audience:** youth, BKs and contact souls around the world. With a small group there can be more discussion  
**Timing:** 2 ½ hours with a 5-minute break  
**Format and Materials:** this workshop can be offered as an in-person or online session. If in-person a link to the videos, laptop and a data projector are needed

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
18 Minutes	<p><b>1.Welcome and Energizer</b></p> <p>Welcome people to the workshop and give them an overview of the agenda.</p> <p>Depending on size of the group do an energizer / icebreaker to warm people up.</p>			



TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
	<ul style="list-style-type: none"> <li>- E.g. Ask people to share their favorite food and why?</li> <li>- E.g. Ask people to think about their last meal?Where did the food come from? How many different people do you think were involved getting the food to your plate from the farm?</li> </ul>			
12 Minutes	<p><b>2(a). Future Farms</b></p> <p>Tell people you are going to show them a short video, and you want them to consider the following questions for discussion afterwards (you can show questions by shared screen on a PowerPoint or copy into chat box):</p> <ul style="list-style-type: none"> <li>a) What were the key features, and some of the problems of the first agricultural revolution?</li> <li>b) What could a future high tech farm look like?</li> <li>c) Give three examples from different countries of a future low-tech farm that works with the environment?</li> <li>d) What kind of future farm would you like to get your food from? Why?</li> </ul> <p><u>Watch the video: The Perfect Farm Video 7:19</u></p>		VIDEO	

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
30 Minutes	<p><b>2(b). Questions and Discussion :</b></p> <p>Ask for answers from different people in the group to questions a – c; you can type their answers in a document while they report back and then share screen later, so they see their work.</p> <p>Then have a short discussion with people about question “d”.</p>			
5 Minutes	<b>Stretch break</b>			
10 Minutes	<p><b>4(a). Yogic Farming</b></p> <p>Tell people you are going to show another short video, and again you want them to consider the following questions for discussion afterwards (you can show questions by shared screen on a PowerPoint or copy into chat box):</p> <p>a) What is yogic farming? How did it get started?</p> <p>b) Is yogic farming scientific? What is the evidence?</p> <p>c) Do you have any experience with anything like this? (e.g., lots of home gardeners say they talk with, pray to, or play music to their plants)</p>		VIDEO	

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
	D) Do you see a role for yoga in future farms? Why? Why not? <u>Watch the video Yogic Farming Gains Ground Video7:19</u>			
20 Minutes	<b>4(b). Questions and Discussion :</b> Ask for answers from different people in the group to questions a – b; you can type their answers in a document while they report back and then share screen later, so they see their work. Then have a discussion with people about question “c and d”.			
10 Minutes	<b>5(a). Mindful Eating</b> Share with the group that some of us are farmers, or gardeners, but many of us are simply “consumers” of food. Ask them to watch one more video, and to think about the vibrations that can get into our food from the food system and our own habits. Ask people to come up with a list of ways to put pure vibrations into their food. <u>Watch Mindful Eating Video 10:20</u>		VIDEO	



TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
20 Minutes	<p><b>5(b). Questions and Discussion :</b></p> <p>a) What kinds of vibrations can get into our food from the industrial fast-food system and our own habits?</p> <p>b) List what we can do to put pure vibrations into our food?</p> <p>c) Do you think putting good vibrations into our own food will contribute to improving world food system? Why or why not?</p>			
10 Minutes	<p><b>6. Feedback</b></p> <p>Ask people to complete a short survey to consolidate learning and provide feedback on the event.</p> <p>1) What is one thing you learned about the food system?</p> <p>2) What did you like best about this session?</p> <p>3) What could be improved?</p> <p>4) What other groups would benefit from a session like this?</p> <p>5) What is one thing you will now do differently in relationship to food and the food system?</p> <p>6) If you want to be involved in attending or in offering future session please provide your name, cell phone and address.</p>			

TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS
15 Minutes	<b>7.Meditation and Closure</b> Share a few of the comments from people regarding what they will do differently regarding their relationship with food and food systems. Speak a short, guided commentary re sending positive vibrations to food and the food system (5 – 10 minutes) Thank people for their participation, let them know about other upcoming events and share a blessing.			

**Notes:**

- Decide when the workshop will start and then fill in the times in the time column. This will help in the workshop flowing smoothly and using time effectively.
- Make any adjustments to the Activity / Methods for your group.
- Decide who is going to be responsible for different sessions and put their name in the responsible column.
- Add any specific reminders about materials or technical needs.
- The comments column is for any other reminders to people facilitating the event.



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TEMPLATE FOR A

# Food Care Initiatives

WORKSHOP

THIS WORKSHOP TEMPLATE CAN BE USED BY ANYONE TO PLAN A SHORT SESSION ON  
“FOODCARE” FOR DIFFERENT GROUPS.



# A. Basics

## FOOD CARE INITIATIVES WORKSHOP

**In planning a workshop, it is good to consider:**

1. Topic:
2. Intentions:
3. Audience:
4. Time:
5. Format And Materials:

# B. Interesting Structure

## FOOD CARE INITIATIVES WORKSHOP

### Structure of a Workshop

1. Welcome
2. Energizer and ice breaker
3. Information / Input / Experience
4. Discussion and Reflection
5. Motivation for Change
6. Guided Meditation
7. Check Out and Closure

Once you have started thinking about the basics of the workshop in the 5 points above it is good to spend time planning the structure and design of the workshop.

A simple structure for a workshop can include:

Number 3, the **Information, Input or Experience** you want the workshop to focus on and number 4 the **Discussion and Reflection** are very important.

The Information, Input or Experience can be a guest speaker giving a talk, a video clip, or an activity that participants do individually or together in small groups. It should always be followed with some time for Discussion and Reflection, so people make the learning their own. People only remember a small percentage of what they are told but improve their knowledge and awareness when they can discuss something, relate it to their own experience. It is only then that they can put their learning into action, change their behavior or shift their consciousness.

# C. Detail Design

## FOOD CARE INITIATIVES WORKSHOP



TIME	ACTIVITY / METHOD	RESPONSIBLE	MATERIAL/ TECH	COMMENTS



# D. Positive Energy and Optimism

## FOOD CARE INITIATIVES WORKSHOP

Spend time before any workshop to instill it with positive energy and optimism. Take a few quiet minutes and imagine the event being a success and supporting all those who are involved. Continue to bring enthusiastic and positive vibrations throughout the event. Participants are learning something new and may be challenged to do something different in their lives, but they should leave an event feeling uplifted and hopeful that any steps they take for positive change will be a success. Enjoy the opportunity to share and learn with others!

# E. Be Careful

## FOOD CARE INITIATIVES WORKSHOP

- It is nice when workshops can appeal to people of different levels of experience and backgrounds.
- Be careful of jargon and secularism in vocabulary, or mentioning food related concepts that are abstract, or difficult to explain.
- Sometimes all of us might unknowingly use things that might not be very wise to use with a general audience – rehearse what you are going to say first and ensure it appeals to a general audience.

# F. Feedback and Sharing

## FOOD CARE INITIATIVES WORKSHOP

Closure and feedback is important in every workshop. Consider having a short survey form or quiz etc. at the end of the session to get substantial results.

# 8

## ACTIVITIES & GAMES

Different activities and games can be helpful for learning about the food system – and people can have fun at the same time. Here are examples.

# Short Story Writing Competition

**Theme:**

A story about a memory linked to food

**Categories:**

Age group 10 to 17 years

Age group 18 years and above

**Guidelines:**

- a. Express your memory in a story form in not more than 100 words
- b. One participant may submit only one story entry
- c. Styling and typing details: font size 12 pt, Times New Roman/ Calibri
- d. Participants may submit their stories in .pdf or .doc or .docx formats
- e. The work of the individual should be the manifestation of his/her own ideas and creativity
- f. Language: English or Hindi (or any other language)
- g. Last date to submit the entries is \_\_\_\_\_
- h. Please mention your name, email id, contact number, city and country of residence at the bottom of the poster.
- i. Use this link to submit your story: (google form link attached)



# Short Essay Writing Competition

## Theme:

Food Tales or Food Chronicles

## Guidelines:

- a. The essay should be written in 300-500 words
- b. One participant may submit only one story entry
- c. Styling and typing details: font size 12 pt, Times New Roman/ Calibri
- d. Participants may submit their stories in .pdf or .doc or .docx formats
- e. The work of the individual should be the manifestation of his/her own ideas and creativity
- f. Language: English or Hindi (or any other language)
- g. Last date to submit the entries is \_\_\_\_\_
- h. Please mention your name, email id, contact number, city and country of residence at the bottom of the poster.
- i. Use this link to submit your essay: (google form link attached)

## Categories and topics:

Category I - age group 10 to 15 years

Topics: (1) I love my food, (2) My favourite food

Category II - age group 16 to 35 years

Topics: (1) The saga - from soil to plate, (2) Our thoughts - the key ingredients of a good meal

Category III - age group 36 years and above

Topics: (1) My relationship with food



# ACTIVITY Poster Making Competition

Food Care Initiative is initiated by the Brahma Kumaris in observance of the United Nations Food Systems Summit.

Send us your entries on the link mentioned in the poster and participate in this amazing poster making competition.

Let us come together and make a better future!



# FOOD SPLASH

## Poster Making Competition

**A** 10-15 yrs  
Topics:

(i) I love my food,  
(ii) The People behind my food.

**B** 16-35 yrs  
Topics:

(i) Eat clean, eat healthful,  
(ii) Food on time; health on track

**C** above 35 yrs  
Topics:

(i) As the food, so the mind,  
(ii) Mindful eating for fruitful mind

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### GUIDELINES:

a) Participants can submit a digital poster or a hand drawn poster using any coloring medium including water colors, acrylic paints, oil pastels, crayons, color pencils etc. in either A4/ A2/ A3 size

b) Post should be a unique creative expression of your individual ideas, not copied from elsewhere.

c) Please mention your name, email Id, contact number, city and country at the bottom of the poster.

Submit your entry here:  
<https://tinyurl.com/bkunfss1>



@ecobrahmakumaris  
@brahmakumaris  
@brahmakumaris.un  
@youth4meditation



@brahmakumaris  
@ecobrahmakumaris

Last date



Organised by



Brahma Kumaris Initiative

Here is an example of a poster making competition. This one was international. You can do one at a school, with a youth club, or with your spiritual community. Alternatively, you can do photo competitions or short essay contests – anything on the theme of food and food systems.



# Video Diaries

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Name: Camera ready? Take 1! Action!!

Time for a sneak peek into your favorite recipe!! Let us know everything, from how the scientist in you invented it, or how you discovered the recipe from the most archaic cookbooks that have been passed on for generations in the family, or just that you found this recipe on the internet and loved it to the moon and back, to telling us what makes this recipe something much more than just tasty.

**PS- We are assuming that it tastes great. Right? Please let us know.**

You can bring your family together for the video as well, show us how you do the magic and you and your family can taste it together! Towards the end you need to let us know more than just the recipe, more than the taste. You need to tell us what thoughts/feelings you added in the food while making it and how that makes your recipe a unique one. Also tell us what and who are your words of gratitude for, that you say in your head, with your heart, just before eating the food.

# Video Diaries

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**Guidelines:**

- a.The duration of the video should not exceed 10 minutes.
- b.Submissions will be accepted from \_\_\_\_\_ to \_\_\_\_\_
- c.All the submitted videos should not be offensive in any way or in violation of copyright.
- d.Subtitles can be added to the videos.
- e.If you use any ideas from the internet, proper credit should be given to the original artists.
- f.An individual can submit one or more videos.
- g.The language used can be English, Hindi or any language.
- h.Submission should be done via the following link-\_\_\_\_\_

# Photo Contest

## **Pictures/ photographs :**

A gateway that connects us to our past, people, places, memories and sometimes comes with a bonus of a funny story.

Time for the drum roll! We present the food photo contest (should think of the name). You can share your joy by sending us pictures depicting one of your food memories. If you have a series of pictures that tell a really interesting/ enthralling and fun story you want to share, you can make a collage and send it to us!



# Photo Contest

## Guidelines:

- a. Basic editing including use of filters, color enhancement, cropping of the photos is accepted provided it does not affect the authenticity of the photograph.
  - b. Photos that portray any offensive content including environmental violation or any other such content are not accepted.
  - c. More than one photo may be submitted
  - d. Provide a unique title and description for each photo submitted.
  - e. Final date for entries is \_\_\_\_\_
  - f. Entries must be the original work of the individual.
  - g. Photos may be black and white or color.
  - h. The photos should be submitted in JPEG, PNG, or PDF format.
  - i. The photos must not be a promotion of any brands or trademarks.
- The work can be submitted through the following link\_\_\_\_\_



# The Game of Wisdom/ Snakes and Ladders with a twist

**Background:** The game popular as “snakes and ladders” is based on an ancient Indian game called “Mokshapat”. Originally, the game was used as a part of moral instruction to children.

**Concept:** We have adapted the snakes and ladders game to make it more interesting and fun. In this game, the snakes represent a bad/ damaging food-related habit and the ladders represent a good food-related habit. As you play the game and make your way through the grid boxes numbered from 1 to the 100, you will learn about many common wrong habits and good habits that we can all imbibe.

**Rules:**

- a. Each player puts their counter on the space that says 'start here'.
- b. Take turns to roll the dice. Move your counter forward the number of spaces shown on the dice.
- c. If your counter lands at the bottom of a ladder, you can move up to the top of the ladder.
- d. If your counter lands on the head of a snake, you must slide down to the bottom of the snake.
- e. The first player to get to the space that says 'home' is the winner.



# The Game of Wisdom/ Snakes and Ladders with a twist

**For game developer/ Graphic Designer**

## **List of items for Snakes**

Overeating  
Watching TV while eating  
Late night food binging  
Eating out frequently  
Wasting food  
Eating too spicy  
Aerated drinks on the side  
Eating on-the-go

## **List of items for Ladders**

Eating on time  
Mindful eating  
Growing your own food  
Go Vegetarian  
Eating fresh, seasonal and locally sourced food  
Eating a balanced diet

**Add somewhere points like offering to Divine, Fasting, Reverence to drinking water while we are drinking it etc...**



# CATCHPHRASE

## INSTRUCTIONS (IF PLAYED ONLINE)

1. Form teams of 6
2. Each team along with a host will be sent to breakout rooms.
3. The name of the fruit/veggie/herb will be sent to one of your team members by the host.
4. The team player can then give verbal clues (without saying the word) that will allow their team to guess the word.
5. The same goes for all the teams.
6. Once the team guesses all the given words, they can rejoin the main meeting.
7. The team that guesses all the given words the fastest wins the game!
8. Do you want to play the game with your family and friends? Just download the cards from ----- and find out which team knows more about the fruits and veggies!

## INSTRUCTIONS (for website)

1. Have everyone divide up into two teams. It's best to alternate players in a circle so each player is next to a member of the other team.
2. Print the cards from ----- and place them upside down in the center.
3. Pick a team to start (that will be Team 1) and a player on that team to go first.
4. The player can pick a card from the center and give verbal clues to get their team to say the word within 90 seconds.
5. As soon as team 1 guesses the word, the next team can pick the card. Don't forget to note the scores!
6. After 7minutes, check the scores of the teams. The team with the highest score wins!

# CATCHPHRASE

Can Reveal	Can't Reveal
A maximum of 3 nutrients the veggie/fruit is rich in	The color of the fruit/veggie
The season it grows in	A word that rhymes with the name of the fruit/veggie
Two health issues it can help disappear!	The first letter of the word
The period of growth	Part of the word (e.g., pine for pineapple)
One recipe/food item in which it is the key ingredient	



# 9

## SHARING

Different activities and games can be helpful for learning about the food system – and people can have fun at the same time. Here are examples.



**Contact Us :-**

[www.foodcareinitiatives.org](http://www.foodcareinitiatives.org)