



## INTRODUCTION

1 in 7 people in the world are hungry.

This hunger is not the result of drought, flood or failed harvests. It is a result of the way the global food system works— how food is traded between countries and how the farmers, consumers and businesses within them interact.

*Vegetable market in Bara Garon, India.  
Credit: Tom Prietrasik/ Oxfam*

## WHY FIX THE BROKEN FOOD SYSTEM?

There is enough food being grown in the world to feed everyone. Yet due to unfair distribution, many people are going hungry while in rich countries, some consumers throw up to a quarter of all the food they buy into the bin as waste. Making changes to the way the food system works would ensure that everyone in the world has enough to eat and is paid a fair wage for the work they do.

## WHAT DO WE WANT?

Many of the reasons why small scale farmers are treated unfairly is due to global trade systems; controlled by big business and governments. World leaders and business leaders need to be pressured to work together and make big changes to make the global food system fair.

## WHAT CAN YOU DO?

SMALL  
ACTION

1. **Write GROW in food to raise awareness**

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MEDIUM  
ACTION

2. **Go Fair Trade with a school bake-off**

Go to page 3

LARGE  
ACTION

3. **Screen a film followed by a panel discussion**

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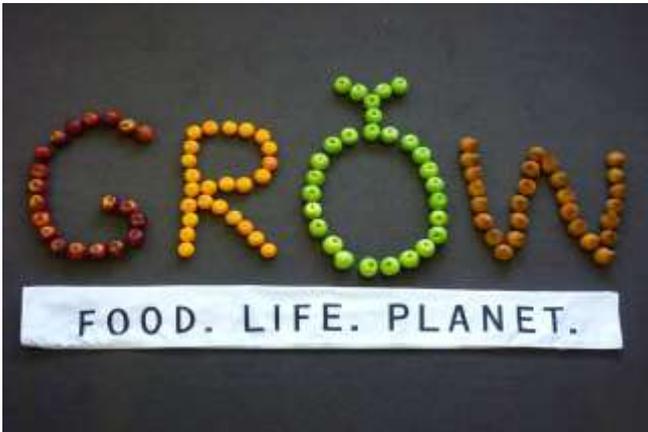
*Food prices are rising quickly. In Cambodia the price of rice increased by 50% in 6 months. The big pile is how much rice a farmer could afford in 2007, the small pile is just a year later.  
Credit: Abbie Traylor-Smith/ Oxfam*

For support with taking action, get in touch with Oxfam's Youth & Schools Team:  
[youthteam@oxfam.org.uk](mailto:youthteam@oxfam.org.uk)

Send in pictures and stories about taking your action to [youthteam@oxfam.org.uk](mailto:youthteam@oxfam.org.uk) - and we'll share the best ones on [www.oxfam.org.uk/youth](http://www.oxfam.org.uk/youth)



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## WRITE GROW IN FOOD TO RAISE AWARENESS

GROW is Oxfam's biggest global campaign yet. It aims to fix the broken food system and deliver food justice for all. Write a giant GROW logo in your school or community and join our growing global movement of like minded people.

Help us to persuade world leaders and big business that the system needs to change to ensure everyone in the world has enough to eat.

## WHY THIS ACTION?

Have fun and make a statement. Simple, eye catching statements will attract people to your cause by sparking their curiosity and ensuring they have to ask questions.

Producing a big message is a great way to engage a large number of people, and attracting some attention from the media.

*Oxfam Campaigners marching with a make trade fair banner.*

*Credit: Kate Raworth/ Oxfam*



## WHAT TO DO

### STEP ONE

Collect lots of fruit, veg, tinned food or anything else you have. Find a nice patch of grass in your local area that lots of people pass by every day.

### STEP THREE

Sit back and enjoy your handiwork.

Why not take a picnic blanket, set yourself up by your sign ready to answer interested people's questions as they pass by.

Think about what you have learnt, pick out some key facts about the broken food system and be ready to persuade the general public.

### STEP TWO

Spell out GROW as big you can using the food you have collected.

Take photos or make a video as you lay out your statement and up load it to a social network site later to share with an even bigger audience.

Please also send pictures to [youthteam@oxfam.org.uk](mailto:youthteam@oxfam.org.uk) and we'll post them on our blog.

### STEP FOUR

Send your pictures to your MP, along with a letter expressing why you care about fair trade and fixing the global food system.

Finally, make sure the food is used afterwards - not wasted!

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### BAKE FAIR TRADE!

Making fair trade choices in the super market is a great way to make a contribution to making the world a more equitable place. Bake a cake using fair trade ingredients and invite your friends to see how much tastier cakes are when they're helping give small scale farmers a fairer deal.



*Fresh produce for sale in Bani Gheni village in Minia, Egypt Credit: Karen Robinson/ Oxfam*

### WHY THIS ACTION?

Fairtrade is ensuring the first steps to a more sustainable, fairer trade system. However there is still a lot of progress to be made. By making more people aware of the positive outcomes of buying fair trade products we can grow a bigger global movement working together to fix the food system.



*Credit: Gilvan Barreto/ Oxfam*

#### Method

Heat oven to 180°C/Gas Mark 4.  
Sieve the flour, nutmeg and cinnamon into a bowl, and rub in the margarine. Using a wooden spoon, fold in the sugar, eggs, lemon rind, sultanas, mashed bananas and honey. Pour half of the mixture in the tin, drop in the whole firm banana and add the rest of the mixture.  
Bake for 1¼ to 1½ hours or until a skewer pushed into the cake comes out clean (avoid pushing into the whole banana!).  
Leave to cool in the tin for ten minutes before turning out onto a rack to cool.

Slice, spread with organic butter, eat. **ENJOY!**

### Fairtrade Banana Loaf

Bake a delicious fair trade banana loaf and invite your friends for a slice. Be **sure to tell them all about fair trade while they're eating!**

In Brazil, women farmers in the Xique-Xique group bake banana cake to sell to make extra money. This money helps them pay for medicines and school fees.

#### Ingredients;

- 250g (8oz) organic white self-raising flour
- 1/4 of an organic nutmeg, ground
- 1 teaspoon organic cinnamon
- 125g (4 oz) organic butter
- 125g (4 oz) organic caster sugar
- 125g (4oz) organic margarine
- grated rind of an organic lemon
- 2 organic free range eggs
- 3 medium Fairtrade bananas
- handful of organic sultanas
- 6 heaped tablespoons organic set honey
- 1 whole firm fairtrade banana (optional)

Try adding fair trade chocolate chips to your banana loaf!  
Lots of fair trade chocolate comes from Ghana in West Africa



*Credit: Steve Simon/ Oxfam*



**Hello!**  
My name is Irere. I am 9 years old and live in a small village called Gacundura in Rwanda. Rwanda is a small country in the centre of Africa. We use bananas to make matoke.

### SPREAD THE WORD ABOUT FAIRTRADE

Invite friends and family to enjoy your delicious fair trade produce. As people are eating, tell them all about the benefits of fair trade for farmers.

### TAKE ACTION FOR EVEN BIGGER CHANGES

Send your MP a fair trade cake along with a letter explaining why you care about fair trade. Remind your MP about some of the benefits for farmers and how unfair the global food system is.

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### FILM FOR THOUGHT

Screening a film is great to introduce people to a global issue in an engaging and visual way. There are loads of films available exploring a huge range of topics. Films offer a unique insight into life in other parts of the world and how individuals are affected by global systems.

Offer your friends a 'film for thought' night and invite some experts to run a panel discussion after the screening.

*Left: A sustainable livelihoods project in western Nepal.  
Credit: Jisu Mok/ Oxfam*

### WHY THIS ACTION?

Screening a film gets people thinking about trade and the issues raised. Holding a group discussion afterwards offers your guests the chance to explore their opinions and find out more about trade inequalities and food justice.

Offering people information will help you to encourage some people to buy fair trade items and finding others who may join you in campaigning to fix the broken food system.

*Right: Check out Oxfam's Youtube channel  
[www.youtube.com/oxfamgreatbritain](http://www.youtube.com/oxfamgreatbritain)*



### WHAT TO DO

#### STEP ONE

Find a film exploring global trade or fair trade which you found interesting and think other people would enjoy.

It's important that the film you choose to screen appeals to the audience you hope to attract to your event.

A good example film is Black Gold - <http://blackgoldmovie.com/>

#### STEP THREE

Invite some people to lead a discussion after the film. You could invite local farmers, an interested teacher, a member of the local fair trade group or your MP. Anyone who is willing to answer questions and enjoy a lively discussion about global trade.

#### STEP TWO

Find a suitable venue to screen your film

E.g. the school hall, a community centre or scout hut. Ask their permission to hold the event.

Or screen your film at home, in your garden shed, or if your sick of wintery weather, project it onto a white washed wall and enjoy an outdoor festival of film.

#### STEP FOUR

Host your event. Invite everyone you know.

Screen your film. Consider offering light refreshments (home made fair trade banana cake pg.3 is delicious!) Encourage your guests to note down and hand in questions about the issues the film raised. Prepare the panel by giving them the suitable questions and enjoy a discussion for 20 minutes or so.

**Next month:** Birth Rights in Ghana

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