Farmers, food and fair trade: the global food system

Action Guide for Brownies and Guides



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 ON THINKING DAY?

1. THINK about food justice and fairtradeGo to page 2



2. Write GROW in food to raise awareness
Go to page 3



3. Go Fair Trade with a bake-off Go to page 4



4. Screen a film followed by a panel discussion
Go to page 5





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: education@oxfam.org.uk



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Harvesting honey in Mecha village, Ethiopia.

INTRODUCTION

Thinking Day is a day dedicated to thinking about all the other Brownies and Guides in the world. Thinking Day 2012 also falls just before Fairtrade Fortnight; 2 weeks which encourage people to think about the farmers who grow the food they eat and make informed when shopping to help farmers everywhere get a fairer deal.

Honey producers display their goods in Korce, Albania. Credit: Crispin Hughes/ Oxfam



FANCY A JET-LAGGED STRAWBERRY?

The food we eat everyday often comes from other countries. Fresh fruit and vegetables are often flown or shipped to the UK from all over the world.

The distance food travels to arrive on our plates is called food miles.



Credit: Annie Bungeroth/ Oxfam

Hello! My name is Emilia de Jes Aquilar. I am 9 years old and live in Honduras. My mother grows coffee on 2 small plots of land. The money she earns from this supports my entire family— me, her mother and my 9 brothers and sisters. When coffee prices fall on the world market I cannot go to school as there is not enough money to pay for my school fees.

My mother recently joined a local farming cooperative. Through them she now works with a fair trade coffee company in Germany who will always pay a higher price for her crop. This higher and more reliable income should mean that my family always has enough to eat and that I will be able to go to school everyday.

WHAT CAN YOU DO ON THINKING DAY?

HOW FAIRTRADE IS YOUR TOWN?

Explore your local shops and see what fair trade products are available. You could split into teams and see how can identify the most products.

CALCULATE YOUR FRUIT BOWLS' FOOD MILES

Calculate the distance your favorite fruit has travelled to arrive in your fruit bowl. How far is too far?

HAVE AN EXOTIC FRUIT TASTING NIGHT

Try star fruit, guava and dragon fruit. You could use this event as an opportunity to invite others in your community, and tell them what they can do to make more sustainable food choices.



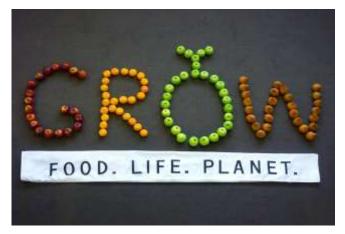


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WRITE GROW IN FOOD TO RAISE AWARENESS

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

MAKE TRADE FAIR

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 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 a 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

Fairtrade Banana Loaf

Bake a delicious fair trade banana loaf and invite you 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



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 1½ 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!

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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FOOD. LIFE. PLANET.

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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



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 you 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.4 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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