

Great Meals for a Change, Dining Educational Kit

This is a shared, small-group meal and educational and social experience that uses accompanying activities to raise awareness and give participants information on sustainable food, help people to identify ways to increase sustainable food purchasing, and have fun. A party-style "sustainable meal" can be an effective way to shift norms and disseminate knowledge about sustainable food. A "Great Meal" is hosted by people's in their own homes with their friends, supported by an educational activities and toolkit, and disseminated using a "pass it on" format. The *Great Meals* activity is an appropriate introductory/intermediate activity for meal guests, although it is helpful if the host has a bit more knowledge about food, and sustainable food systems. *Great Meals for a Change* was created as part of a research project which examined the effectiveness of people hosting a meal with friends and using educational activities to guide and support conversation about sustainable food and food systems (Warner, Callaghan & de Vreede, 2014).

Role: Community, Dietetic Educator, Research

Activity: Education, Competency Development, Personal Knowledge Development

Region: Adaptable (meal can be adapted for regional/local food)

Objective: Through fun and playful activities, *Great Meals* provides information, sparks conversations, and shares experiences about sustainability, sustainable food, and food systems.



Materials needed:

- Food to host a meal for six to ten guests
- Time and space to make and host the meal (preparation can be a shared task)
- The *Great Meals* educational package – you can order a *Great Meals* kit from the following website, or create your own *Great Meals* activities
 - <http://www.greatmealsforachange.ca/recipes.php>
- Ability to make meal menus

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