

# JOIN IN VIRTUALLY WITH WORLD FOOD DAY

You might decide to organise something virtual for World Food Day for any number of reasons – it could be so you can include more people than you can safely have at a face-to-face event, you might want to create connections with people who are particularly vulnerable, or you may simply want to enable people to join in from the comforts of their own kitchen. Either way organising an online event for World Food Day is super easy and if you keep a few things in mind can create a really great space for community connections to grow.

WHATEVER KIND OF EVENT YOU HAVE IN  
MIND HERE ARE A FEW THINGS TO CONSIDER  
WHEN ORGANISING AN EVENT ONLINE



## ACCESS TO YOUR VIRTUAL EVENT SPACE

There are a variety of platforms you can use to host your virtual event → **Zoom, Microsoft teams, Facebook, House Party** to name just a few. Think about what platform the people you want to reach may be most familiar with and how you could share some step by step joining instructions in advance to make everyone feel at ease.

At Eden Project Communities we often use Zoom and we've put together some → **helpful resources** on how to use the platform.

Remember that not everyone will have access to online platforms or feel comfortable using them, consider who you're trying to connect with and if an online event isn't right for reaching them you could create → **offline connections with phone trees** or small, and distanced face to face groups.

## BOOK OUR VIRTUAL VILLAGE HALL

If you'd like to host a virtual World Food Day event on Zoom but don't have access to a licensed account (which allows for more people and unlimited time) you can book a slot in our Virtual Village Hall – it's a licensed Zoom account that you can use for free, for community related events!

→ **Contact your regional Community Network Developer** for how to book.



Words in bold are clickable links!

## CREATING CONNECTIONS

It can sometimes be challenging creating connections online – there's less opportunity for nonverbal cues and a risk of people talking over each other or being too shy to fully participate. Have a plan for getting everyone involved.

Some platforms offer opportunities for people to break out into smaller groups and the way you facilitate an activity (e.g. ask people to give thumbs up, raise their hand, use chat boxes or add comments) can really help make people feel included.

Spend a little bit of time beforehand getting to know how people can interact on the platform you'll be using and for ways you can encourage active engagement at your online event.

## MAKE IT FUN

Lots of people have been using online platforms regularly during the last few months, so making your virtual event stand out will be key to encouraging people to join in and enjoy themselves.

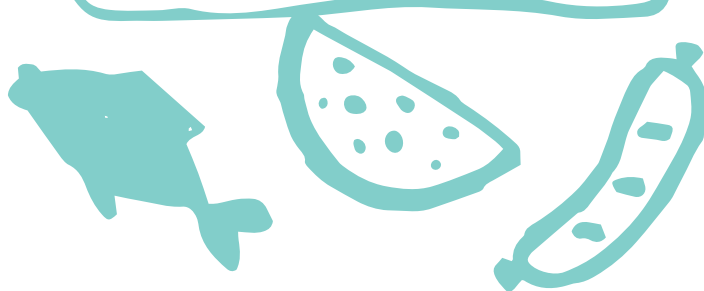
We've collated → a few games, ice-breakers and fun ways to connect whilst getting together virtually, take a look at our ideas for keeping it playful.

## YOU DON'T HAVE TO EAT AT ALL

Sharing food in a virtual space isn't something that feels natural for everyone – we've learnt lots from The Big Virtual Lunch weekend this year, here are some ideas on how to celebrate World Food Day if you don't feel comfortable eating on camera.

There are other ways you can connect over food. Your event could be about sharing knowledge of food, food heritage, food waste, cooking or even growing food. Why not try a Food Show & Tell, have a Cooking Challenge, or a food quiz instead?

You could even host a live cook-along – it's a great way for people to interact with an online event – as one person cooks a meal live on camera and everyone can join in step by step creating the same meal.



## DID YOU KNOW?

Since 2010 mukbang (roughly translated to eating show) has become a world-wide trend started in South Korea. It sees people consuming food live on camera which then is broadcasted live on the internet. While you might not be planning to stream your World Food Day event to an international audience it may be comforting to know that you'll be part of a growing trend!

## HAVE A FOOD SHOW & TELL

Invite everyone to bring along an item of food and use it as a conversation starter. Share knowledge, favourite recipes or ask everyone for their ideas and top tips.

Sharing information, ideas and food facts can really help people to try new things, avoid food waste, save money, and enjoy fresher, tastier food!

**WHAT'S THE BEST WAY TO MAKE THE MOST OF A PARTICULAR INGREDIENT?**

**WHAT CAN YOU DO WITH THE PEEL FROM A...?**

**HAS ANYONE GOT A RECIPE FOR THE TIN THAT IS ALWAYS LURKING AT THE BACK OF THE CUPBOARD?**

**WHAT'S THE BEST WAY TO COOK...?**

**HAS ANYONE SUCCESSFULLY GROWN...?**



## EASY EATING

THINK ABOUT WHAT YOU CAN EAT EASILY, WITHOUT MAKING TOO MUCH MESS OR NOISE! FINGER FOOD, BITE-SIZED SNACKS OR MAYBE SOMETHING THAT DOESN'T NEED TOO MUCH CHEWING WILL ALL WORK WELL ESPECIALLY IF YOU'RE CONSCIOUS ABOUT EATING IN FRONT OF A CAMERA.

## WHAT ABOUT A COOKING CHALLENGE?

Decide on a list of everyday ingredients and let people know about them in advance. Then, it's as simple as setting everyone the challenge of creating a dish that features some or all of the ingredients on the list.

You can do this live whilst everyone's together online – cook in your own kitchens and try some live cooking commentary. Or, do the cooking first and then meet-up virtually to all share your creations.

JOIN THE CONVERSATION

@EDENCOMMUNITIES

