




# THINGS YOU CAN DO TO CELEBRATE WORLD FOOD DAY




By organising a small, socially-distant, outside event you can celebrate World Food Day and connect with others over food. It might need a little extra thought and some careful planning, but where an online event isn't possible or appropriate for your audience, it's worth thinking about how you can safely bring a small group of people together outside.

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**WE RECOMMEND YOU FOLLOW THE LATEST GOVERNMENT GUIDELINES AT ALL TIMES AND ADHERE TO ANY RESTRICTIONS OR SAFETY MEASURES IN PLACE, THIS COULD BE AT A NATIONAL AND/OR LOCAL LEVEL. IT'S IMPORTANT TO NOTE THAT THIS IS DIFFERENT ACROSS THE UK, ACROSS COUNTIES AND EVEN TOWNS, SO PLEASE MAKE SURE YOU CHECK ANY SPECIFICS FOR YOUR AREA.**

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Sharing food and eating together is a great way to learn about each other's cultures, heritage or simply discover each other's food preferences and quirky combinations, during these unusual times however, you might want to consider how you can get together and connect without being physically close or sharing food between you.

**HERE'S THREE OF OUR FAVOURITE IDEAS FOR STARTERS**



## SHOW & TELL (BUT DON'T SHARE)

Invite each person to bring their own food to your event and have a Show & Tell, where everyone shares what they've brought for themselves to eat and why. To make it more playful rather than simply naming the food, describe the taste, smell and texture instead and invite others to try guess what everyone's eating.



## TIME TRAVEL WITH FOOD

Invite people to share their favourite food memory or story. We all have a particular food that takes us back in time to a special moment, or get excited about eating our all-time favourite dish. Food stories help us to discover similarities no matter what age we are and are great for starting food-based conversations.

## GO ON A GARDEN TOUR

If you run, or are part of a community growing space, or you and any of your audience are keen growers in your own allotment/garden, invite people to come on a magical mystery tour. You can quiz each other on any food which is growing and you could even let people pick their own produce to take home if there's anything growing in abundance.

However you decide to celebrate World Food Day one thing to keep in mind is that not everybody is comfortable with the same levels of contact even if your activity clearly follows the latest Government guidelines – some people might still be shielding or feeling a bit over-whelmed by meeting up again.

**IF YOU'D RATHER CONNECT WITH PEOPLE ON WORLD FOOD DAY WITH A VIRTUAL, ONLINE EVENT, WE HAVE SOME IDEAS ON OUR WEBSITE**

JOIN THE CONVERSATION

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