Food for thought Project
Food for thought

- Brought about by 2 Farmers wives and a Head Teacher when doing a one off breakfast group and finding children didn`t know where their food came from.
- Didn`t know Cows were girls and needed to produce a calf to have milk
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- Put together by action learning programme which needed positive thinking.
- **Goal**
- **Reality**
- **Options**
- **Will**
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- So many of our consumers know very little of where our food comes from and the importance of a healthy diet.
- Healthy choices at an early age will develop into healthy choices in Adulthood.
- Parents are very important in this role especially from 0-5 as they whole depended on parents for guidance.
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• Goal
  • What exactly do you want to achieve?
  • By When?
  • How much of this is within your control?
  • Is the goal positive, desirable, challenging, attainable?
  • How will you measure it?
  • Do you want to break the overall goal down into more manageable or realistic goals?
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• Reality
  • Why haven`t you reached this goal already?
  • What have you done so far to move towards this goal?
  • What have you already learned from that?
  • Are there ant contracts which stop you moving towards this goal?
  • How might you overcome them?
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• **Options** finding solutions & alternative strategies
  • What could you do to move towards this goal?
  • What else could you do?
  • If time was not a factor - what could you do?
  • If resources were not a factor – what could you do?
  • Is there anybody who does this really well?
  • What do they do which you could try?
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• **Will** Testing commitment and making plans concrete
• Which of all these options will you choose?
• How does this help to achieve your goal?
• Who else needs to know about your plans?
• How will you get the support you need?
• What obstacles do you expect to meet?
• How will you overcome them?
• When will you take the first step in your plan?