FOOD FOR THOUGHT
This booklet is coming to you from the Central KP team for Common Ground, the Woodcraft Folk international camp happening in 2020, but at its core it is a collection of activities to get young people thinking.

We have picked just a few food related issues but we hope this gives leaders a starting point. Each session has several activities, you know your groups best so we encourage you to pick and choose or adapt them in any way.

There are a few activities where we are asking for your feedback. Through doing this your group can be part of writing the menu for Common Ground. Feedback can be submitted on the Common Ground website.

Whether you intend to come to Common Ground or not we would encourage everyone to take part in this consultation process to make Common Ground the best camp it can be and to start discussions on the choices we all can make about our food.

Blue Skies,
The Central KP team

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SESSION ONE - COOKING AT CAMP

Starting off – who has been on a Woodcraft camp? (10 minutes)
While seated in a circle, introduce the topic of Woodcraft camps, maybe your group has been on one recently. As a group, share memories of recent camps. This could be done simply by going around the circle, talk in pairs first then have each person report back to the group what their partner remembers or on post it notes anonymously. If one (or several people) have not camped with Woodcraft before, they could interview others who have. Does anyone have any memories specifically related to food or cooking on camp?

Main activities – Cooking clans (20 minutes)
On Woodcraft camp all the jobs are shared out. In clans you help with all the tasks. Make a list of all the jobs you might do as part of a cooking clan, use your memories and the photofound on the next page to start you off. Divide the list into ‘Best Tasks’ and ‘Worst Tasks’.

Main activities – Job descriptions (20 minutes)
On Woodcraft camp all the jobs are shared out and everyone has a role to play. Try to write a job description for the following roles:
- Cooking clan member
- Clan leader
- KP - Keeper of the Provender
This could be done co-operatively by dividing into three groups, working on one job description and after 5 minutes rotating the roles being worked on. The final group can feedback the finished product to all.

Feedback Activity – Interview your KP (20 minutes)
Invite your district KP to a group night (if they are not there already!) and ask them some questions to find out what it is like to organise the food for a camp and be a KP. We would like to hear about your KP’s experiences to help us make a KP guide for Common Ground. There are suggested questions to get you started. Take a photo of the results of the activity and submit the feedback on the Common Ground website.
RESOURCES FOR SESSION ONE
KP Interview Questionnaire

1. What is your name and District?

2. How many times have you been a KP?

3. In your opinion, what is the best part of being a KP?

4. In your opinion what is the hardest part of being a KP?

5. What is your favourite meal to prepare as a KP?

6. What advice would you give to a new KP?

7. Do you think you might KP at Common Ground?

Questions of your own:

8. 

9. 

10. 
SESSION TWO - COOKING AT CAMP

**Elfins**

**Starting off – who has been on a Woodcraft camp? (10 minutes)**
Mind-map all the issues (worldwide or local) that have some link to food. Think about the whole process from farming to transporting, eating and disposal. To help prompt see the photo of one pioneer groups ideas.

**Main activities – Meat or no meat? (20 minutes)**
Using the character statements, introduce the meat continuum. At one end of the line (a washing line, masking tape line on the floor or just a line on a sheet of paper) have the label ‘No meat’, at the other the label ‘Meat with every meal’.
To help younger groups, add labels such as ‘Meat once a day’, ‘Meat twice a day’, ‘Meat in half of meals’.
Decide where each character would stand on the line. Where would you stand for a typical week?

**Feedback Activity – Low Meat Camp Continuum (20 minutes)**
Read out to your group: For Common Ground we want to get the right balance of meat for everyone, that means keeping in mind everyone’s personal choices, health requirements and environmental concerns. To help us do that we want to know what YOU ALL think is the right compromise. We are aiming for a low meat camp but we want to know what you think a ‘low meat’ camp looks like?
Using the continuum line printed, or drawn yourself, ask everyone in your group (adults and children) to vote on what they think is acceptable low meat, this is not meant to be judgemental in any way - people can be anywhere on the continuum line. Vote by standing on the line or using stickers. Take a photo to record your group’s views and submit the feedback on the Common Ground website.

**Pioneers**

**Main activities – Venturer takeover (40 minutes)**
In small groups, choose an issue that links to meat (and fish) and plan an activity for your group to get others thinking. This could be started one week and presented the following week to allow for more research and preparation.

**Venturers**


I'm a vegetarian and I choose not to eat meat. I have a vitamin deficiency and I should eat meat regularly for my health. I like meat but to protect the environment I don’t eat meat with every meal. I have always eaten meat my whole life and I am used to it. I do not see any reason to change my current lifestyle. I am vegan, I do not eat any animal products.

THE MEAT CONTINUUM

- No meat
- Meat with one meal a day
- Meat with half of meals
- Meat with two meals a day
- Meat with every meal
Starting off – What meal am I? (10 minutes)
In the style of Heads Up! put names of meals on post it notes. Each person chooses a post it note WITH-OUT looking at the meal and sticks it to their forehead. By asking questions of other people in the group (that can only be answered yes or no) everyone must try to guess what meal they are. This can be done by walking around and talking to people or by taking in turns as a circle activity.

Feedback Activity – Menu suggestions (30 minutes)
Divide into small groups, each with a piece of paper. Split the paper into 4 boxes and put the heading shown below:

WITH PASTA       WITH RICE

WITH POTATOES    WITH BREAD

How many meals can you think of? Some you’ve had on camp. Some you’ve had at home. Some you’ve had at school. After 5-10 minutes, send out one person as a ‘spy’ to visit other groups and magpie good meal suggestions. Then in your groups decide on one meal per box that you think would be a good meal for Common Ground. Use a highlighter or circle your choice. Joint favourite meal per box is allowed :) Take a photo of the results of the activity and submit the feedback on the Common Ground website.

All meal ideas are valid! We will do our best to adapt popular suggestions to work in a camp kitchen setting.

SESSION THREE - FOOD ISSUES

Elfins
Pioneers
Venturers

Feedback Activity – Menu suggestions (30 minutes)
Start with 18 meal cards - 8 meals have been suggested for you on the next page, 10 have been left blank for meals of your choice. Decide as a group what these ‘extra’ meals should be, maybe your own camp favourites.

In small groups choose the 10 meals you most want to save i.e. the 10 meals you would most want to eat at camp. Give the 6 eliminated meals back to your group leader.

Now rank these 10 meals into the shape of a pyramid. Your first choice goes at the top, joint second below, and so on. (See diagram left.)

Challenge: can you combine all the pyramids in your woodcraft group through discussion and compromise?

When everyone is happy with your pyramid(s), take a photo of the results of the activity and submit the feedback on the Common Ground website.
RESOURCES FOR SESSION THREE

<table>
<thead>
<tr>
<th>STIR FRY WITH NOODLES</th>
<th>SANDWICHES AND CRISPS</th>
<th>SOUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAUSAGES, MASH, &amp; PEAS</td>
<td>EGGY BREAD</td>
<td>CHILLI AND RICE</td>
</tr>
<tr>
<td>PASTA WITH TOMATO SAUCE</td>
<td>CURRY AND RICE</td>
<td></td>
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</tbody>
</table>
JOB ROLES at Common Ground

Village KP
Who: This role is likely to be filled by someone who has KP-ed for their district before and will be chosen by their district closer to the time.
What: The KP has responsibility for preparing and serving food for their village. They will collect the ingredients needed from a distribution point and will co-ordinate the smooth running of the kitchen tent.
Reward: Food hygiene training will be provided online with recognised certification valid for two years. A limited edition Common Ground apron will also be provided and can be worn with pride for years to come.

Respite KP
Who: This role is for someone with previous KP experience who will not be a village KP at Common Ground.
What: Since we recognised that even the most experienced KP will need a break at some point during the 10 day camp, we are looking for a small team of people happy to step in to offer respite cover if needed. This role should not prevent you from taking part in other aspects of camp.
Reward: Food hygiene training will be provided online with recognised certification valid for two years. A limited edition Common Ground apron will also be provided and can be worn with pride for years to come.

Distribution centres
Who: This role is for someone organised and patient, with or without an interest in cooking.
What: This role will not involve any cooking. This person will work in a small team to monitor the incoming and outgoing supplies and support village KPs.
Reward: To help work around any difficulties that might arise, you will be provided with mediation training prior to the camp. You will also be provided with online food hygiene training and a limited edition apron.

Central distribution
Who: This is a role for someone who is organised and methodical. It is a warehouse type of role. Being able to drive would be an advantage.
What: Working in a team, this role will involve meeting and unpacking deliveries, sorting food ready for distribution and meeting health and safety regulations.
Reward: This role is key to a successful camp for all. You will receive access to training on food hygiene and mediation as above. Plus a well-deserved, limited edition apron.
OUR VISION

Our aims as central KP for Common Ground are to create a menu as described by the young people in the movement through consultation, source the food in an environmental and ethical way, and distribute it across the campsite as efficiently as possible.

We are aiming for an enjoyable camp for all. We hope that by introducing the role of the Respite KP and offering training to those in the distribution centers, everyone, even village KPs, will feel supported and have a good time.

HOW TO FEEDBACK

When you have all of your photos and saved input collect them all into one place, visit the Common Ground website and upload your feedback by following the instructions there.

Please submit all feedback by September 30th 2019

To apply for any of these roles, or want to get involved please contact us at

KP@commonground.camp
From 1st-11th August 2020, Woodcraft Folk and our friends from around the world will stand together on Common Ground to live co-operatively in solidarity and friendship, having lots of fun!

Common Ground 2020 will be the next IFM-SEI International Camp to be hosted by Woodcraft Folk in the UK. The theme for the camp is: international friendship and solidarity.

www.commonground.camp