



One Planet Local | Taking action



One Planet Challenges



30+ mins

Rainbows, Brownies, Guides & Seniors

In this part of the session, girls choose a number of practical activities they can do, either to share what they have learned with others, or to take practical action to address issues connected with our shopping choices.

Personal Pledge

Eat only UK grown fruit for a week.

Presents from plants

Sow cress seeds in the shape of your friend's name and give it to them. Plant herb seeds and decorate the pots. Give them as gifts to friends and family.

Seasonal foods calendar

Make and display a seasonal foods poster or calendar for your 'chef' at home.

Vege investigations

Find out how many varieties of apples and pears are for sale in your local shops. There are 2,300 apple varieties and 550 pear varieties in the UK National Fruit Collection in Kent. Ask the shopkeepers why they don't stock a greater variety. Investigate and present your findings at your meeting.

Visit the local farmers' market. Investigate what is for sale and find out how far it has travelled. Take photographs. Tell your friends and show your photos at your meeting.

Find out about any local food producers and perhaps visit any local farm shops. Design leaflets to encourage people to buy more local food. Decide what to say to persuade them.

Interview members of the Trefoil Guild or your grandparents about how food has changed since they were your age. What do they think about these changes? Learn a skill from them that you haven't tried before - for example: patchwork, making jam, pickling, reusing household items.



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One Planet Challenges cont.



30+ mins

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Luscious lunches

Plan a low-food-miles lunch. Find out what you can buy that has been produced locally and what is in season and then make up a delicious menu that uses mainly those foods. Prepare it for your family or friends.

Unit pledge

Wherever possible buy only local and seasonal products for your meetings, pack holidays or camps - add this to your Unit Charter. More information on Unit charters can be found in your G File.

Grow your own food (e.g. salad, tomatoes, pumpkins, strawberries) at your meeting place or at home. Have a competition to grow the biggest pumpkin, then make pumpkin pies and lanterns in October. Send your photos and success stories to the WWF *One Planet Challenge* website.

Cooking Competition

Hold a *Masterchef* competition, cooking local, organic and seasonal foods either on the campfire or your meeting place kitchen. Send your best original recipe to WWF *One Planet Challenge* website and enter the *One Planet Challenge* recipe competition.

Seasonal/ regional recipe books

Share your ideas on the WWF *One Planet Challenge* website or take part in our *Seasonal Recipe* competition - details also on the website.

Download *Seasonal Recipe* competition here ►

Celebrate!

Plan a Celebration for Apple Day on 21 October (find out more from www.commonground.org.uk/appleday). Invite family, friends or another Guiding group to join you.

Celebrate success!

Don't forget to celebrate success! There are downloadable certificates from the *One Planet Challenge* website to help you recognise effort and achievement. But why not design British wildlife stickers that can be given to girls who do something to raise awareness or take action in relation to buying local/organic/seasonal foods?