

## Dig for victory

### Time:

1 hour

### Who it's for:

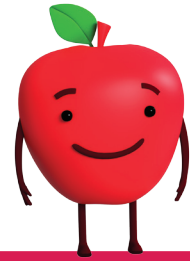
5 to 10 year olds

### You'll need:

- Print-outs of Dig for Victory posters taken from the internet
- Pens
- Pencils
- Paper

### What to do:

1. Display some of the Dig for Victory posters and discuss the messages that they included. Why do members think the government wanted to encourage people to grow their own food?
2. Explain that just as the people growing their own during the World Wars helped to make a difference, we can make a difference to the environment by using our gardens to grow delicious fruit and veg.
3. Discuss the benefits which growing our own food organically may bring for the environment. For example, it may encourage bees and butterflies, provide food which hasn't taken carbon to transport etc. It also has personal benefits – it's cheap, healthy food, and enjoyable experience that will get you out of doors in the fresh air.
4. Get each member to come up with a slogan which they could use on a poster to encourage people to start growing their own food.
5. Now they should use that slogan to create a persuasive poster. Perhaps copies of the best posters could be displayed in the local area.



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## Gardening club

### Time:

N/A

### Who it's for:

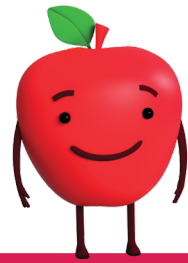
5 to 10 year olds

### You'll need:

- Tools
- Volunteers

### What to do:

1. Help to make a difference in the local area by organising a gardening club where members help to plant and maintain a vegetable garden.
2. Contact local old people's homes, churches or schools and see if they have some space which they would like help turning into a productive garden.
3. It provides a great opportunity for members to learn new skills, get outdoors and also build links with the local community.
4. Why not invite a keen gardener or even a farmer to come and give members a growing masterclass?
5. Any fruit and vegetables could be given to a local food bank to help support less fortunate people.



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## Ready steady cook!

### Time:

10 minutes

### Who it's for:

7+

### You'll need:

Name labels and a pen

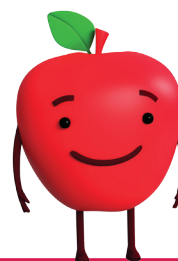
### What to do:

Many cooks will say that a great way to come up with new recipes is to experiment. Try this game to see if your group can accidentally invent something amazing! It's great practice for your members to be inventive with leftover food.

1. Ask everyone to think of a type of food – an ingredient – something like bread, tomato, cheese etc.
2. Give everyone a name label and ask them to write down the name of the food they thought of and stick on their label so everyone can see what they are. Before you start, it's worth checking there's some variety as that will make the game more fun.
3. This is a grouping game. Ask everyone to move around the meeting place freely – (you could think of a silly walk or action they can do as they move). When the leader calls out a number ie 4, members should rush to make groups of 4. Then they need to work quickly to think of a meal that would use all their ingredients, and the first group to think of a meal should call out and tell everyone their idea! It can be as wacky and unusual as they like.
4. Sometimes there will be a spare person when the groups are made. You can decide to have them as out, and eventually you'll have a winner, or ask them to join the last group that forms.

### Take it further:

Write down all the mad meal ideas the groups come up with. Try out the group's favourite idea at another meeting or during a trip away!

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## Foraged food stall

### Time:

6 hours preparation  
6 hours delivery

### Who it's for:

10+

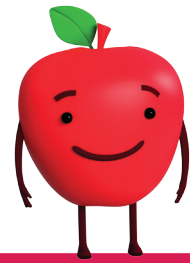
### You'll need:

- Foraging guide or expert
- Somewhere to prepare food
- A stall or space to sell your goods

### What to do:

1. Foraging for food may sound a bit old fashioned but it provides an amazing opportunity to get out and experience nature, as well as providing a tasty bounty at the end. Furthermore it allows us to make use of Britain's many underused and abundant wild plants.
2. If you lack foraging experience see if there are any local experts that would be willing to lend a hand. Otherwise you can find out more in the Guide to Foraging available here – <http://www.countrylovers.co.uk/wfs/wfsURBFORAGER.pdf>
3. Your group could even take the opportunity to try and raise some money for a green cause and show off their culinary skills by starting a food stall at a local farmers market. Alternatively set up a stall at the meeting room and invite friends and family to come along and sample their wares. Think of homemade jams and jellies!

**NB** It's very important to act cautiously and responsibly when foraging – for your own health and safety but also for the environment. Don't eat anything you're not 100% sure of. And don't take too much of any one thing!



## Plastic bottle greenhouse

### Time:

8 hours

### Who it's for:

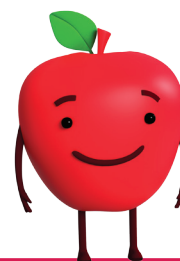
10+

### You'll need:

- Lots of 2 litre plastic bottles
- Wood
- Tools

### What to do:

1. This project provides a great way to make use of recycled plastic bottles and gives you the chance to get a head start on planting for spring.
2. The project requires a lot of plastic bottles (around 1,500!) so make sure you encourage your group to start collecting as early as possible. Could you ask younger groups to help collect bottles for the project as well? Why not talk to other organisations like local businesses or supermarkets and see if they can help?
3. Detailed instructions on how to build the greenhouse can be found at [http://issuu.com/groundworkleeds/docs/how\\_to\\_build\\_a\\_plastic\\_bottle\\_greenhouse](http://issuu.com/groundworkleeds/docs/how_to_build_a_plastic_bottle_greenhouse)
4. If the greenhouse outlined in the instructions is too big you could scale it down to suit the available space. Also, if you are unable to build a permanent structure outside your meeting space, how about attaching wheels to a palette and building a portable greenhouse?
5. Once you have completed your greenhouse you could make pots out of recycled newspaper to plant your fruits and vegetables in.
6. Find a hard round cylindrical container (a deodorant would be good) and wrap newspaper around it in about 3 layers. Remove the container in the centre and staple the newspaper into place. Fill with compost and add seeds. Leave them to germinate in the greenhouse.
7. Alternatively you could use guttering to plant your seedlings (see 'Grow your own' under All ages).



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## Grow your own

### Time:

3 hours

### Who it's for:

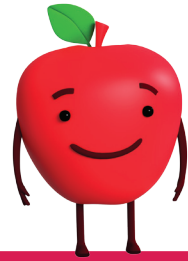
All ages

### You'll need:

- Plastic guttering (preferably 'salvaged' or donated by parents rather than new)
  - Soil
  - Seeds/seedlings
  - Drill
  - Breezeblocks / large stones
- Alternatively use plastic bottles – you'll need scissors and string for this one!

### What to do:

1. Introduce your group to the joy of growing their own food in even the most urban surroundings.
2. Use plastic guttering as a container to grow a variety of fruits and vegetables. They don't take up much space and can be moved easily if required.
3. You will need to stick to crops which don't need too much depth; strawberries, salad leaves, herbs, spring onions and radishes are all good options.
4. Take a piece of guttering and drill some holes along the bottom to allow for drainage. Have your group fill the guttering with compost and water it well before scattering their seeds on top and covering with another thin layer of compost.
5. Leave the guttering in a bright sunny area and place a breezeblock or large stone either side to stop it from being tipped over. Plants such as strawberries may need to be thinned out once the seeds have germinated. The guttering will need to be watered regularly in warm weather.
6. Enjoy eating the fruits of your labour!
7. You could divide your group into smaller teams and have a competition to see who can grow the most strawberries or the biggest fruit?
8. As an alternative, you could use plastic bottles for single plants such as strawberries. Again, you will need to drill some holes in the bottom for drainage, and to cut a section out of one side of the bottle, fill up to the rim of the cut with soil then plant. You can use old string tied round the neck of the bottle to hang it up.



## Recipe video

### Time:

1 hour

### Who it's for:

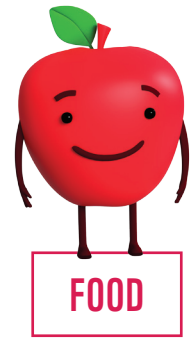
All ages

### You'll need:

- 'Fish cards'
- Video cameras
- You might want to check out "Hugh's Fish Fight" online in advance <http://www.fishfight.net/>
- You can also see some of the Channel 4 programming at <http://www.channel4.com/programmes/hughs-fish-fight/4od>

### What to do:

1. Split the members into smaller groups and ask them to pick one of the fish cards with a rating of 1 or 2.
2. These fish are rated the most sustainable so by eating more of them instead of other fish we can cut down our impact on the seas.
3. Ask each group to come up with a recipe video for their fish. They could make it a spoof of a well-known chef or in their own presenting style.
4. If cooking facilities are unavailable at your meeting space then it could simply be acted out. Members could choose to do a real life demonstration at home.
5. Send your videos to WWF so we can celebrate your good work – [youth@wwf.org.uk](mailto:youth@wwf.org.uk) or via twitter using **#ga4youth**



## Fish cards



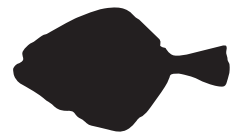
### Pouting



Sustainability  
rating



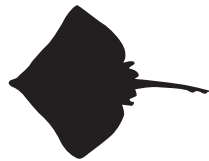
### Flounder



Sustainability  
rating



### Skate



Sustainability  
rating



### Mullet



Sustainability  
rating



### Hake



Sustainability  
rating



### Whelks



Sustainability  
rating



### John Dory



Sustainability  
rating



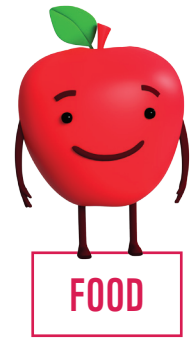
### Whitebait



Sustainability  
rating







## Fish cards



### Torbay sole



Sustainability  
rating



### Farmed mussels



Sustainability  
rating



### Pink salmon



Sustainability  
rating



### European eel



Sustainability  
rating



### Arctic char



Sustainability  
rating



### Sprat



Sustainability  
rating



### Brown or sea trout



Sustainability  
rating

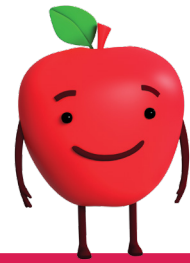


### Pacific halibut



Sustainability  
rating





## Remember in style

### Time:

One meeting

### Who it's for:

All ages

### You'll need:

- Blackboard/chalkboard paint
- Sticky-back magnets
- Paintbrushes
- Thick card
- Chalk
- Scissors/craft knife

### What to do:

**Get crafty! Make boards to go up on the fridge to help families remember the food that's in the house or the meals they have planned to have.**

1. Ask group members to shout 'True' or 'False' to the following two statements:

"A third of all the food grown globally is wasted."

"A third of all the food bought in the UK is thrown away."

In fact both statements are true. What do members think about this? Say that you're going to come up with a way to help people reduce their food waste.

2. Decide on the size and shape of your noticeboards, and cut the card accordingly with scissors or a craft knife. An adult should either supervise this or do the cutting on behalf of the child.
3. Paint your noticeboards with the blackboard paint as per the maker's instructions. When dry, stick the magnets to the back of the board. You might like to use thinner card and different coloured paints or pens to create a colourful frame for your board.
4. Now the boards are ready! Ask the members to take their board home and use the chalk to record what's in the fridge, and encourage their family to cross out what they've used, so everyone knows what's lurking at the back and can use it for a delicious meal!



## Top tips

### Time:

15 minutes

### Who it's for:

All ages

### You'll need:

Print-outs of the two lists, cut out, one set per group

### What to do:

One of the biggest things that's wasted in the UK is food. We should try our best to use everything we buy so nothing gets wasted! Try this game to encourage your group to think about different ways to use food.

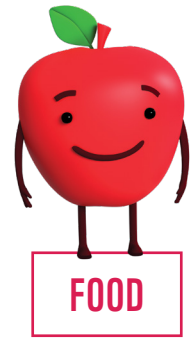
1. Copy and cut up the two lists - keep the wasted food cards and the tips cards in separate piles but make sure the cards in each pile are well mixed up.
2. Divide the group into small teams and hand out to each team a set of the wasted food and tips cards. The teams' job is to match the wasted food to the top tip that might help them reduce the waste.
3. Make it more of a challenge by having the tips at the other side of the room, so members have to relay run to collect the next answer.
4. The winners are the team who match all the answers correctly first.
5. Go through the answers afterwards. Can anyone think of any more tips?

### Answers:

- **Made too much pasta bake** – Put it in the freezer to use another time
- **Half a tin of baked beans is mouldy** – Buy a smaller tin next time
- **Brown bananas in the fruit bowl** – Make a banana cake!
- **Not sure if my eggs are ok to eat** – Record the expiry date next time
- **Too much orange juice** – Make ice lollies
- **Won't be able to eat vegetables before they go off** – Make soup and freeze some for later
- **Bread's gone stale and hard** – Make bread and butter pudding
- **Milk's gone off** – Buy less next time and keep UHT as a backup or buy long life soya milk

### Take it further:

Why not produce a book of food saving tips? Ask everyone to invite as many people as they can for tips on how to save food. It could be recipes for using up old food or ways to cut down on waste. Ask everyone to write down the ideas they gather and bring them back. Your group could design a website or printed booklet, and advertise it and give it out to members of your local community.



## Top tips cards

Made too much pasta bake	Put it in the freezer to use another time
Half a tin of baked beans is mouldy	Buy a smaller tin next time
Brown bananas in the fruit bowl	Make a banana cake!
Not sure if my eggs are ok to eat	Record the expiry date next time
Too much orange juice	Make ice lollies
Won't be able to eat vegetables before they go off	Make soup and freeze some for later
Bread's gone stale and hard	Make bread and butter pudding
Milk's gone off	Buy less next time and keep UHT as a backup or buy long life soya milk