Culminating Project

Food Citizen Action Project

Students will identify a food system problem and design an intervention to address it. This project has students apply what they have learned from prior lessons, and empowers them to create change.

Divide the class into small groups. Each group will:

1. Choose a food system problem to address
2. Describe any downstream effects of the problem on public health, society, and/or ecosystems
3. Identify factors that contribute to the problem, and choose one factor that the intervention will act upon
4. Design the intervention, including:
    - an achievable goal (encourage students to keep it realistic)
    - specific action steps
    - how the effects of the intervention will be measured
5. Identify allies who could help implement the intervention
6. Anticipate potential barriers, including groups in opposition to the intervention, and how they could be overcome

Groups may implement all or part of their intervention, if possible. Local interventions will generally be more feasible, but ambitious students should not be discouraged from working on a state or national issue. Examples are provided in the teacher guide on page 2.

Have each group share what they learned (and what the intervention achieved, if it was implemented) through a written report and/or presentation. Reports and presentations should include all of the numbered items above.

Share Your Impact: *Ask students to spread the word about their projects on social media and the Food Citizen Action Project page. Tag* **#foodcitizen**, **#foodspanaction**, and **#foodspan** *to join the conversation.*

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Teacher guide

If students need help generating ideas, the following examples might jump-start their brainstorming.

	Example 1	Example 2	Example 3
Problem	High consumption of sugar-sweetened beverages among students	Lack of access to healthy food in the community	High rates of wasted food
Downstream effects	Increased risk of obesity and diet-related disease	Hunger, food insecurity, increased risk of obesity and diet-related disease	Greenhouse gas emissions from landfills, wasted resources, missed opportunities to feed people
Contributing factors	Availability of sugary drinks in the food environment, behaviors of friends and family, marketing, lack of knowledge about health risks, etc.	Poverty, lack of supermarkets, corner stores may not carry healthy options, etc.	Unwillingness of stores to stock "ugly" produce, large portion sizes, plate waste, etc.
Intervention	Campaign to change school policy on selling sugary drinks	Develop a plan for a farmers' market and present it to government officials	Measure the amount of wasted food at school and offer a prize to the lunch period with the lowest amount
Potential allies	Teachers, school administrators, PTA members, public health experts	Local farmers, community leaders, non-profits working to promote food security	Teachers, cafeteria staff
Potential barriers	Sales of sugary drinks may generate revenue for school sports teams and clubs	Available land may be designated for other uses, e.g., real estate development	Measuring food waste may be difficult, and would require permission from school administrators

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