

Kitchen Table Talks

A guide for hosts

Setting up a Kitchen Table Talk

1. Invite friends, colleagues, neighbours, family members, maybe your local councillors or MSPs too?
2. Think about some tasty food or snacks, maybe your guests could bring some too.
3. Print off the template from the website, or simply gather some blank paper and pens.

Doing a Kitchen Table Talk

1. **Ice breaker!** What's your earliest food memory? Go around in a circle, or split up in pairs, with each person sharing an early food memory.
2. **What does a Good Food Nation look like?** Get those creative juices flowing and imagine your vision for a Good Food Nation. How will we know when Scotland is a Good Food Nation? How/what do people eat? How is food produced? If you're stuck for ideas, check out the 'Right to Food' framework, which splits food into 8 key elements. (You can find this on page 2 of the Background Briefing.)
3. **What's stopping Scotland becoming a Good Food Nation?** Why aren't we already a nation that's good with food? Note down any thoughts you have about what is getting in the way.
4. **Top 5s!** What are your top 5 concerns? As a group, come up with the five things you are most bothered about with how the food system works. We'll be collating this information for all the groups and sharing this far and wide, including with decision-makers, and it will support us at the Scottish Food Coalition to respond to what most matters to you.
5. **Top 5s!** What are your top 5 actions for Government? We know there is a lot we can do in our lives and communities to contribute, but what are the things that Government can do to create the change that is necessary given the scale of the problem? Are there big structural interventions that could help create a Good Food Nation?
6. **Any other thoughts?** Space for any other ideas or further discussion. Maybe you want to talk about what action(s) your group would like to take forward from this conversation.

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After the Kitchen Table Talk

1. **Fill in the online form with your top 5s** - knowing what matters to you the most will enable us to work together to change Scotland's food system. You can upload a photo in to the online form which will put your mark on our interactive map.
2. **Share with friends** – you can tweet using **#GoodFoodNation** and **#KitchenTableTalks**, share with friends on Facebook, or email them directly using our online templates.
3. **Contact your MSPs** – send an email or letter to share your ideas for a Good Food Nation. If decision-makers don't know that people care about food, it will keep slipping down Government's agenda. Use this tool to check who your MSPs are: www.parliament.scot/mspfinder/index.html
4. **Keep an eye out for the results** of these Kitchen Table Talks, and the Government consultation on the Good Food Nation Bill. Sign up to the **Scottish Food Coalition newsletter** to stay in the loop.
5. **Donate to support the campaign** – your support will ensure everyone can be involved in deciding the future of our food system.

Any questions? Email us: goodfoodnation@nourishscotland.org.uk