

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. Use the template, 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?
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.
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? **Identify the key issues you want to campaign on together with your group as part of the Good Food Nation Bill campaign.**
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.
7. **Share wider** – you can tweet using #GoodFoodNation or share with friends on Facebook.
8. **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

Our vision for a Good Food Nation

What's stopping us?

What are the top 5 things...

The Bill can do

We are worried about

We can do

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

#GoodFoodNation