

S.O.W. Food for Thought: Unit One

Directions: For each prompt, write or draw a response.

- What definition of land did you connect with the most? What is your relationship to land?

- Together we did a mindful eating exercise focusing on each of the senses—sight, touch, sound, smell, and taste—as we ate a specific food. This week please do this practice on your own with a food of your choosing.
 - What food did you choose?
 - Describe this experience. What did you notice?

- Are soils alive? Create your own soil mudshake filling a jar with half water and half soil. Close the jar and shake! What do you notice?

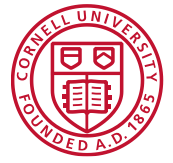


S.O.W. Food for Thought: Unit Two

Directions: For each prompt, write or draw a response.

- Take a gratitude moment each day this week. Note three things that you appreciate and what you know about them.

- What has surprised you the most during our time together? (This could be about your own reactions to what went on, something that someone did, or anything else that occurred).



S.O.W. Food for Thought: Unit Three

Directions: For each prompt, write or draw a response.

- Together we mapped a snack's journey throughout the food system focusing on how we grow, process, distribute, access, eat, and dispose of any waste. For each part of the food system, we considered who might be involved, what the inputs are and if there is any waste. This week map the journey of a snack of your choosing.

- How did it feel to plant the garden? What was your favorite part?

- During our time together, at what moments have you felt most distanced from what was happening? What action that anyone (facilitator or group member) has taken have you find most helpful?

