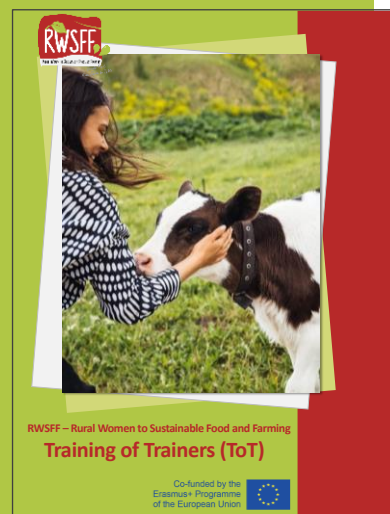




Link: [ruralwomen.eu](http://ruralwomen.eu)



# Local food economy and access to fresh food

[ruralwomen.eu](http://ruralwomen.eu)

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### Growing a Local Food Economy – help make that happen

How can you support local communities to bring about change?

How can you do this in your community?

Start with what's there and be creative!

Explanation:

The created worksheet follows the training section and is designed to help adult educators delve deeper into the topic. By filling out the form, adult educators individually develop the scheme “Growing a Local Food Economy” according to the conditions in their local environment. That will improve their understanding of how they can organise educational activities and contribute to Growing a Local Food Economy.



Short instructions for filling in:

- In what geographic area will you focus your efforts?

1. Define “Local”
2. Assess a Community’s Local Food Potential
3. Support Systemic Change
4. Develop Capacity to Support Local Farms
5. Planned activities – describe the activities you would undertake and how to organise them.
6. Expected results and impact – state what you expect to achieve and desired impact on farmers, local people and the community.



### Suggestions for consideration

Question: What is the geographic area that represents “local”, and how do you define it?

Questions that can help for further thinking:

- What are the existing farming production methods in the defined scope of “local”?
- What types of companies exist within a defined scope of "local"?
- What other characteristics can be included to define “local” food and farms?

How to Build (Rebuild) Local Food Economy?



**Recommendation for group work:** let adult educators work in pairs so that both participants are from the same local community.

After filling out the form “Growing a Local Food Economy”, it is desirable that participants demonstrate their scheme to the entire group.



**Discussion topic:** Encourage participants to comment and develop discussion in terms of presented schemas.

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**Growing a Local Food Economy**

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