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MODULE 1.



FRESH FOOD ECONOMY

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FRESH FOOD ECONOMY

MODULE 1. OVERVIEW AND SCHEDULE

Module Aims to consider the features of agriculture and rural development, new trends in modern agriculture regarding innovation and water use, thereby introducing the concept of the local food economy and explaining access to fresh food and requirements for fresh products from local growers.

MODULE 1 provides an introduction to the main topics of the FRESH FOOD ECONOMY, why it is meaningful and how to apply it in practice. It begins by examining some of the characteristics that define agriculture and rural development, includes some statistics and provides a rough overview of EU policies in this area. The module then rolls to consider new trends in contemporary agriculture, focusing on innovation and water in agriculture and the agri-food sector. The next two units of the module, "Local food economy and access to fresh food" and "Fresh products from local growers", address how to incorporate and consolidate this concept in the local community.

The **focus** is to increase the capacity of adult educators/trainers to give women farmers some new ideas and information on relevant initiatives and to show adult educators/trainers how to grow the local food economy and access to fresh food for the local population.

Timetable	Module 1. – Proceedings		Duration	
09:00 – 09:10	Welcome word and introduction		10 min	
09:10 – 09:20	Getting to know – "Hello My Name Is" Icebreaker game, Name game – introduction to the group		10 min	
09:20 – 10:00	Common board – Expectation test and reflection Introductory evaluation: Wall writing		40 min	
10:00 – 10:30	Introduction to the topic through the eyes of the participants – Expectation test and reflection "How do I feel?" Expectations & fears & contributions Introductory evaluation: Wall writing Participants write their expectations, fears and contribution on stickers and put them on the wall.		30 min	
10:30 – 10:40	Coffee break		10 min	
10:40 – 11:00	Unit 1: Agriculture and rural development		20 min	
11:00 – 12:30	Unit 2: New trends in modern agriculture		90 min	
	11:00 – 11:45	2.1. Innovation in Agriculture		45 min
	11:45 – 12:30	2.2. Water and agri-food sector		45 min
12:30 – 13:00	Reflect and evaluation dimension		30 min	
13:00 – 14:00	Lunch		60 min	
14:00 – 14:10	Game energiser – Warming up for further work		10 min	
14:10 – 15:00	Unit 3: Local food economy and access to Fresh Food		50 min	
15:00 – 15:30	Worksheet: Growing a Local Food Economy		30 min	
15:30 – 15:40	Coffee break		10 min	
15:40 – 16:00	Demonstration of the scheme "Growing a Local Food Economy" to the whole group		20 min	
16:00 – 16:10	Discussion / comments on presented schemas "Growing a Local Food Economy"		10 min	
16:10 – 17:00	Unit 4: Fresh products from local growers		50 min	
17:00 – 17:30	Worksheet: Increasing the Availability of Locally Grown Food		30 min	
17:30 – 17:50	Demonstration of the scheme "Increasing the Availability of Locally Grown Food"		20 min	
17:50 – 18:00	Discussion / comments on presented schemas "Increasing the Availability of Locally Grown Food"		10 min	

Module Learning Outcomes – By the end of this module, trainees should be able to:

- promote change in the community based on local resources, which brings innovation and a new vision in the field of nutrition culture, sustainability and personal development
- promote the availability of healthy, local, organic, fresh and low-impact seasonal foods
- demonstrate competence in defining how to start the development (rebuilding) of the Local Food System
- demonstrate competence in explaining how to increase the local food economy and access to fresh food for the local population

