

What Do
you put in
YOUR mouth?



What Do you put in YOUR mouth?

Your Food Story

Hull Food Partnership has joined forces with The Warren Project to create these interactive action packs to get YOU involved with a good food movement for Hull.

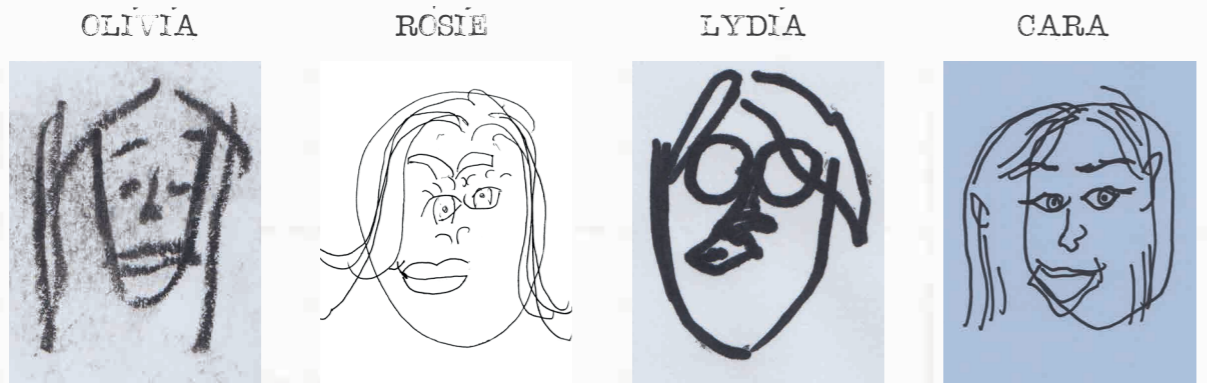
Everyone has a right to healthy and nutritious food, but during the Covid-19 pandemic many have experienced difficulties which has increased food inequality in the city. We want to make food more sustainable and available to everyone - regardless of income or background.

For this reason, we're using these action packs as a free resource for you to have your say on food and the issues surrounding food in Hull. We want to hear from you so that your views can be help shape our plans for the future.

Once completed, please return your action pack to The Warren Project where it will be collected by Hull food Partnership and used to inform our food poverty action plan for the city.



CONtribUTERS



our portraits, drawn without looking at the paper (can you tell..?)

Welcome,

Before we start be sure to introduce yourself. Find a selfie, pen and paper. Draw a self-portrait in the space provided using your photo as a guide... but don't look at the paper as you draw.

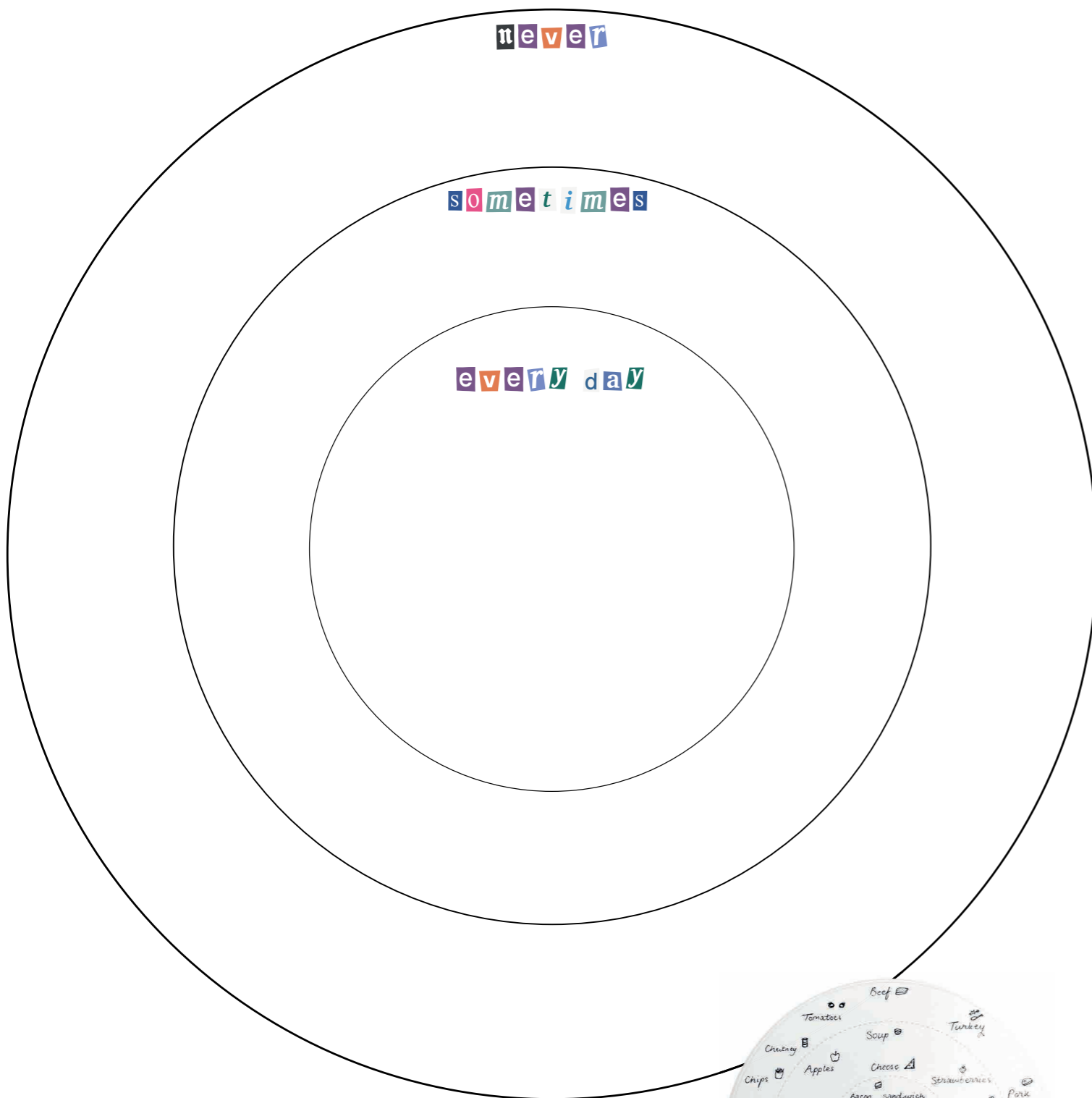
Warning: This drawing activity might make you look like a weir-dough.

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Roll a dice and answer the corresponding food question in the space provided. We like to call this a dicebreaker...

1. Favourite meal to cook
2. Fondest food memory
3. Proudest meal you've ever cooked
4. Recipe or food you would like to try someday
5. Least favourite food (and why?)
6. Best place you've ever eaten a meal

eNOUGH ON YOUR pLATE?

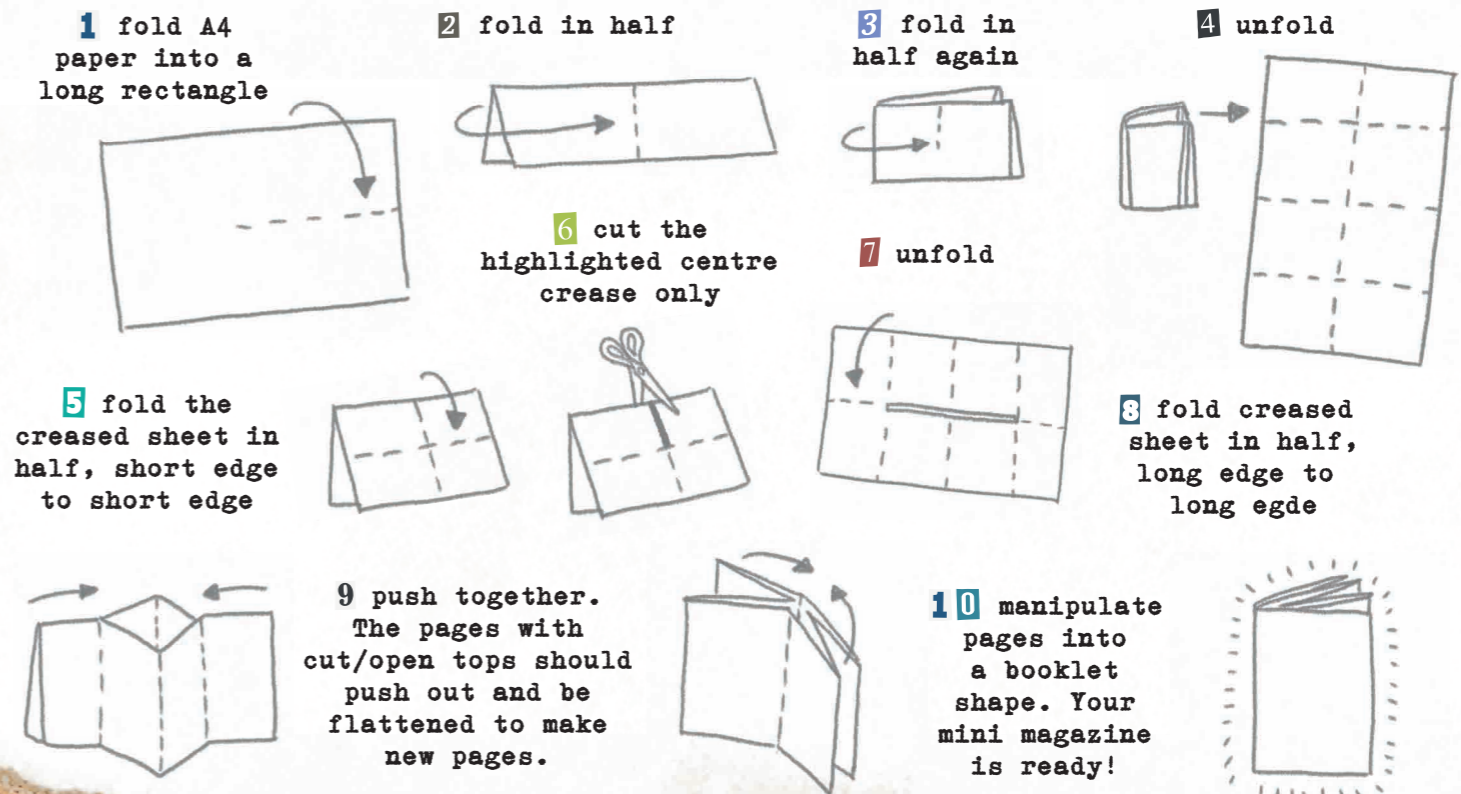


Write down the sorts of foods you eat and how often, by putting them in the rings. Tiny drawings optional.



memory meals

"Zines" (pronounced zeens) are easy to make mini magazines. They are commonly made by artists, illustrators, and poets to share their ideas, drawings, and stories in a quick and affordable way. They are usually made with simple low-fi materials, then photocopied and handed out to spread their word. From funny comics to political caricatures, there are no rules to what goes in a zine!



food memories

- Best or worst supermarket experience
- Proudest meal you've ever cooked
- Best place you've ever eaten a meal
- Worst meal ever eaten and why?
- Funniest food memory
- A meal you wish you could eat again
- Best meal shared with a group of friends
- Your worst food fail/cooking disaster

Share your zines with us!

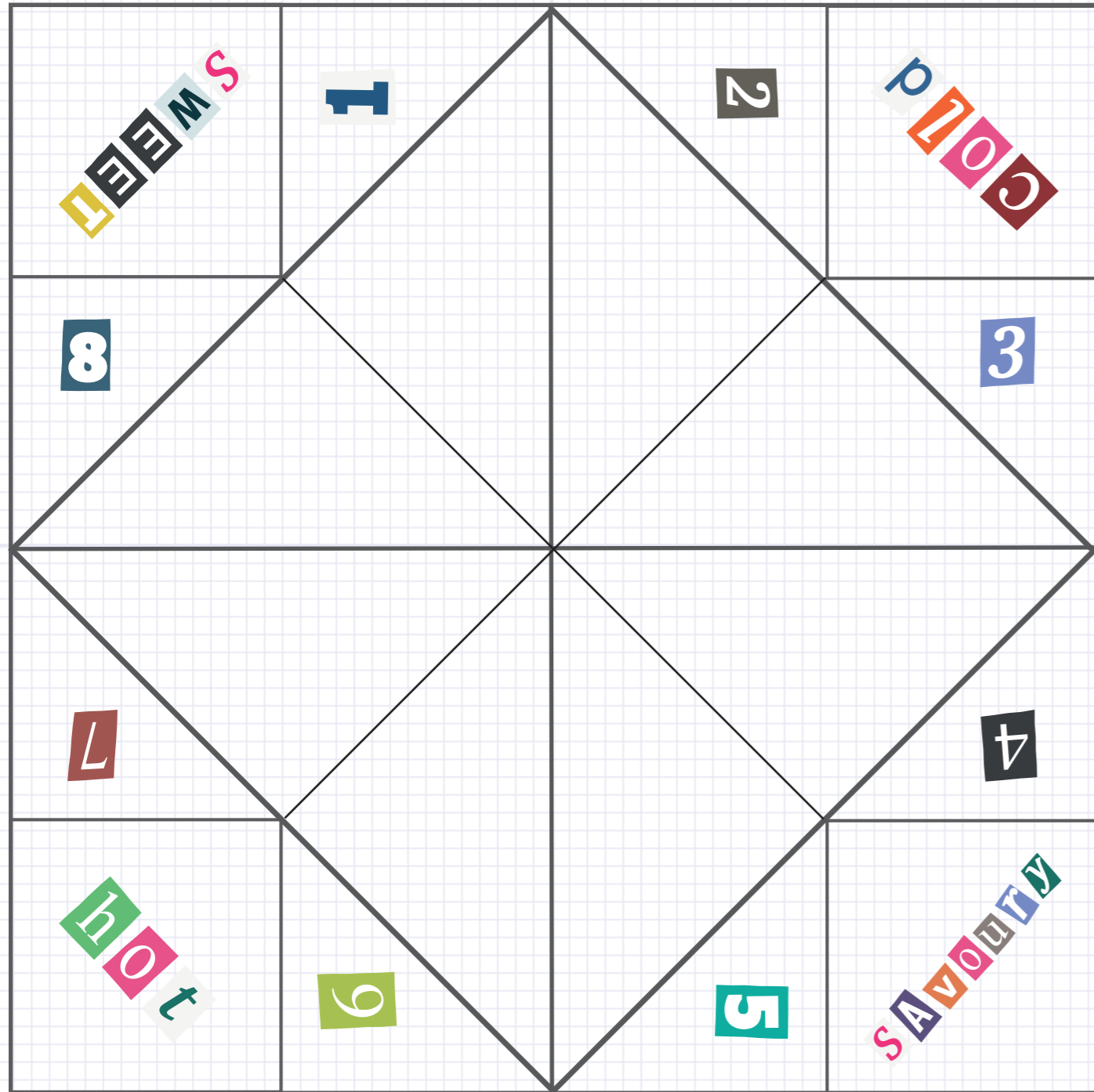
Tag us in your photos #NurtureHull and @HullFoodPartnership

Make a zine using A4 paper, scissors, and the instructions above. Create content for your zine by writing a food memory on every second page. Illustrate your answers on empty pages by drawing or collaging with magazines and newspapers.

Remember to design a cover!

foOd FoRtUNes

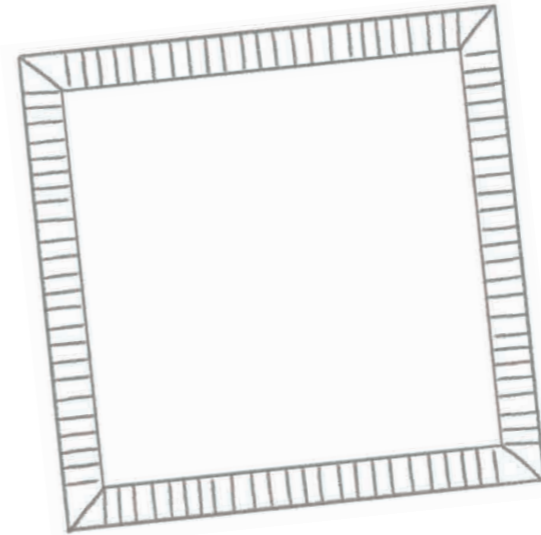
Inspired by the Memory Meals activity, we want young people to get talking about food together. Cut out the template and fold into a fortune teller. Each quarter and subsection has a category, but the final questions are yours to choose! Channel your Mystic Meg to play with a friend or family members. Write down your favourite answers on post-it notes and stick them across pages 16-17 when finished with this activity book.



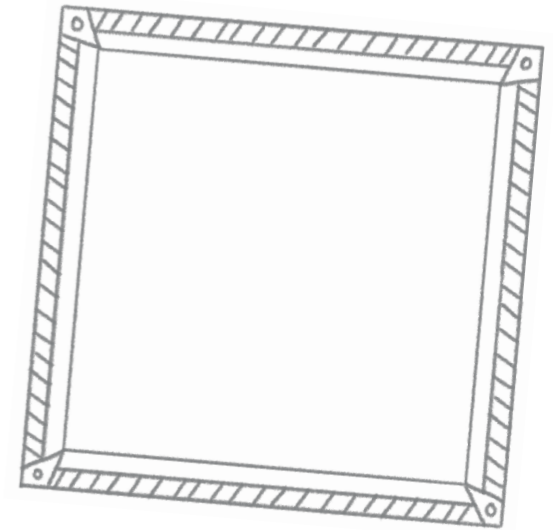
LET'S GIVE EM
SOMETHING TO TACO ABOUT

re-FRame iT

Fed-up with online schooling? Sick of job hunting during a pandemic? Dying to go on a night out? Positive thinking is a useful tool for anyone with something on the mind, from minor frustrations to experiencing more serious difficulties. In the frames, write recent negative experiences or thoughts. This could be small everyday concerns or larger worries.



"I can't be bothered today."
"Let's just get going
and tackle the day
as it comes."

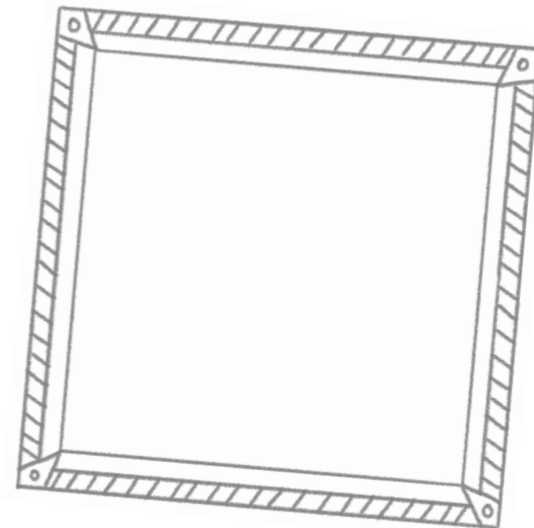


"Days are getting
repetative. It's very
draining."

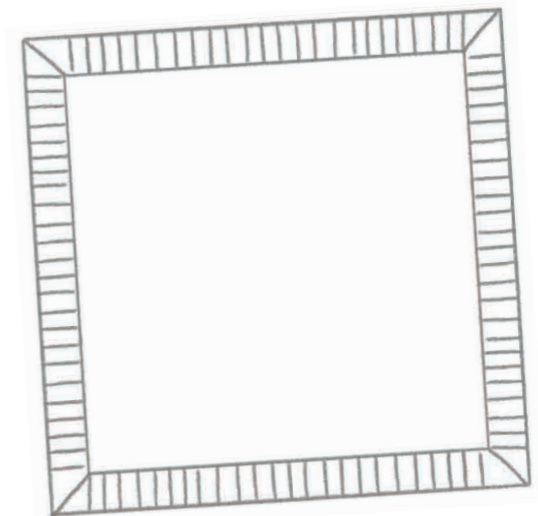
"Stuff hasn't been going so great
recently, I feel a bit rubbish."
"Today, I'm going to do something
for me, something I love."

"I'll try switching stuff up
by doing something I
don't usually do, like
getting up early and
watching a sunrise."

"There isn't anything good to
bother getting out of bed for"
"I'll write down things I
appreciate, such as all the things
loved ones do for me."



"It's too complicated."
"I can ask for help.
I can break it into
smaller parts to
understand"



We challenge you to 're-frame' your answers by considering a rational outlook. If your friend was confiding in you with their worries, what advice would you give them? Do you give this advice to yourself? Read your responses back and think about how you can ground them, or any potential positives.

Write and draw your new responses on a post-it note and cover the original response to re-frame your thoughts, creating mini artworks along the way.

A week in food

When it comes to food, what does a typical week in the life look like for you? Have you ever thought about what you eat, how often you eat, and why you eat what you do across a full week? Or where you shop, how often your shop, and why you shop there? Use the comic strip template to tell your story and reflect.

MY USUAL BREAKFAST ROUTINE...

...AND MY WEEKEND TREAT

WHAT I USUALLY HAVE FOR LUNCH

EMERGENCY LUNCH OPTIONS

GO-TO SNACK WHEN OUT THE HOUSE

HOW MANY MEALS I EAT A DAY

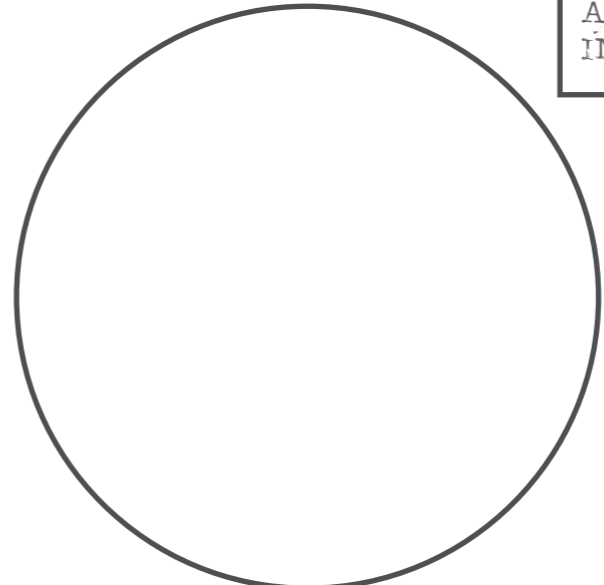
WHERE I USUALLY BUY FOOD

... AND WHEN I BUY IT

WHAT A PIG OUT DAY LOOKS LIKE

WHAT A HEALTHY DAY LOOKS LIKE

A PIE CHART OF THE TYPES OF FOOD I EAT IN AN AVERAGE WEEK. COLOUR THE KEY.

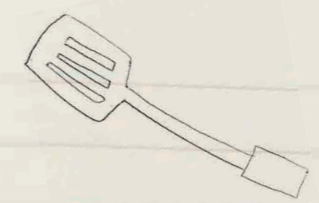


- FOOD COOKED FROM SCRATCH
- PRE-PREPARED FOOD FROM HOME
- FOOD BOUGHT ON THE GO
- TAKEAWAY DELIVERY
- SNACKS

AVERAGE SPEND ON FOOD

Supermarket sweeeeeep

Grab a friend or family member for this speedy drawing challenge. Work your way down the shopping list and draw each item within the amount of seconds listed - use your phone to set timers. You'll be drawing quicker than you can say 'Fancy a cheeky Nandos?'



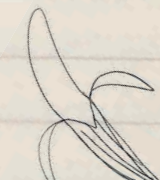
A P P L e in 5 secs

S p a t u l a in 10 secs



C a r r i e r B a g in 2 secs

T r o l l e y in 15 secs



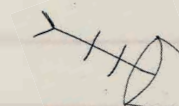
b a n a n a in 5 secs

T o m a t o in 2 secs



S a u s a g e R o l l in 20 secs

f i s h in 5 secs



S p a g h e t t i & m e a t b a l l s in 30 secs

y o u r f a v o u r i t e d r i n k in 10 secs



Use this page for drawing or work on spare paper. Share your drawings with us - the more ridiculous the better!
Tag @HullFoodPartnership or use #NurtureHull

ANOTHER ONE BITES
THE CRUST!

fOOD uTOPIA

For this activity you will need coloured paper, scissors, a glue-stick, magazines, newspapers and an active imagination! For the best variety of images try to find food magazines, old recipe books, and food packaging to cut up.

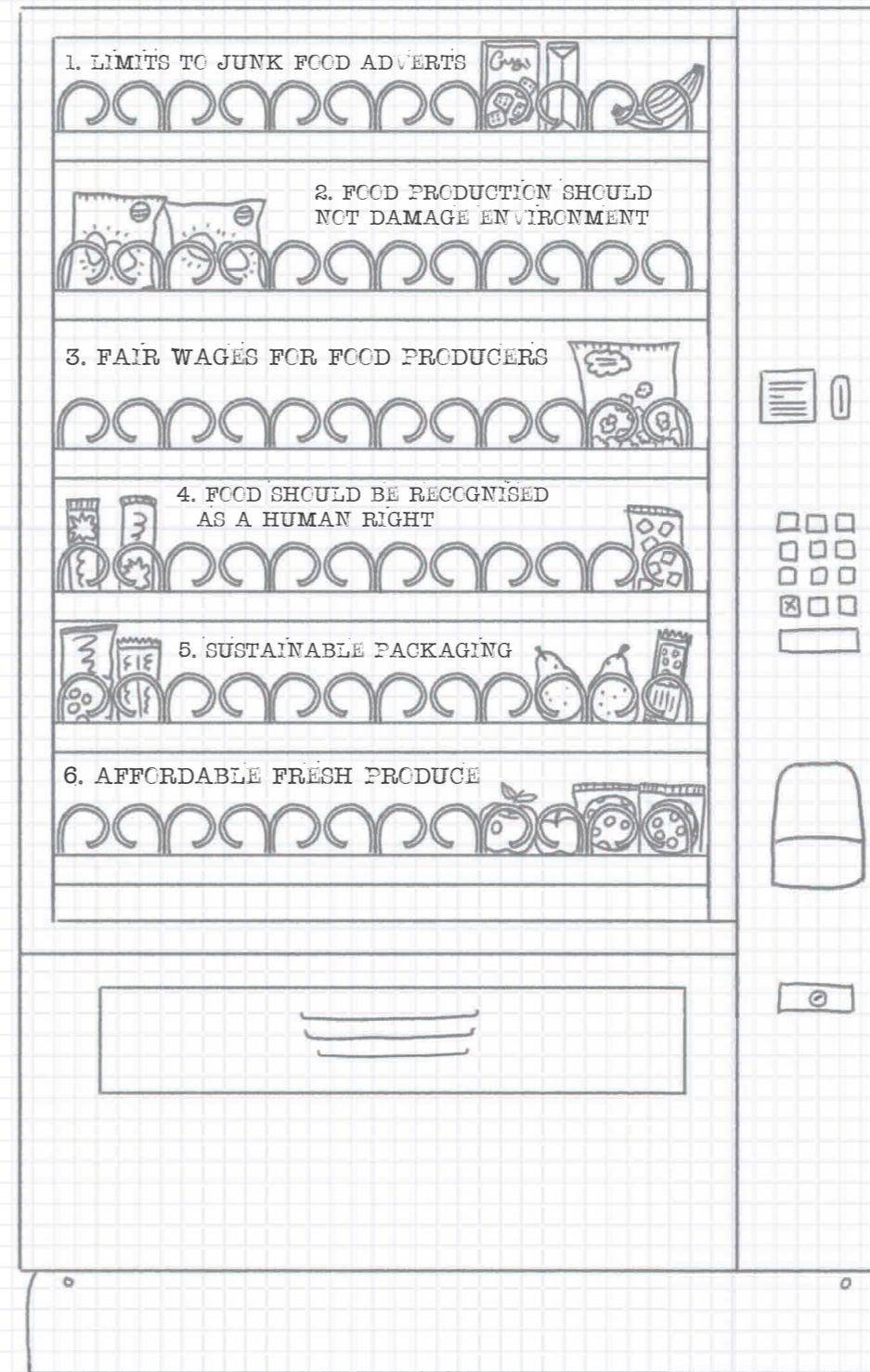
Create a collaged artwork below based on your idea of a "Food Utopia." A utopia is imagined community or society that has nearly perfect qualities for its people. Below are some of our examples of the impossible dream...



SWEET DREAMS ARE MADE OF CHEESE?

ORDERING OFF the menu

The power is in your hands. You are given one coin to pick one choice in the food action vending machine. Which choice do you pick? Labelling from 1 - 6, order the choices in order of priority, with 1 been most important to you.



MY PRIORITIES

- 1
- 2
- 3
- 4
- 5
- 6

I chose option _____ as my number **1** priority because...

#sausage roll with it

It's back to the drawing board. Sausage rolls must be the most important item in British food culture (bold claim, we know.) Isn't it time our other food stuffs get the same tasty pastry treatment?

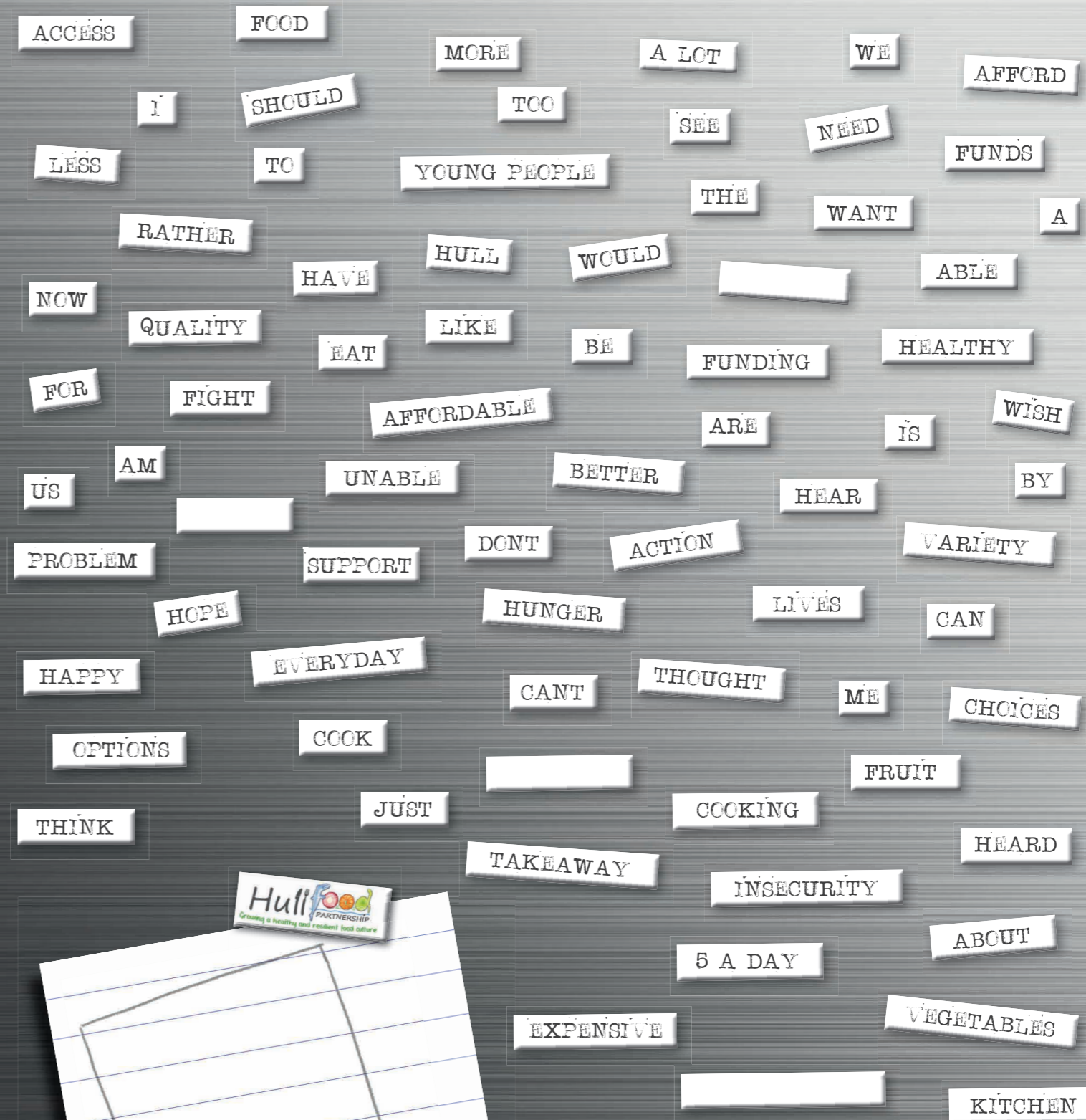


We challenge you to #SausageRollWithIt by inventing new pastry-rolled foods. Beans, popcorn, a marshmallow flump? There's no wrong answers here. Using the classic sausage roll recipe on page 17, we want you to attempt to cook your invention, no matter how ridiculous, by swapping sausage meat for new ideas. Use the pin board to generate ideas and plan your culinary masterpiece.

Send us photos of your rolls by tagging @HullFoodPartnership or use #SausageRollWithIt. We'll share our favourites and the most liked will win a prize. Let's roll!

pick-it sign

Use the fridge magnet words to string together a short 'message of protest' for the picket sign.



GET A SLICE OF THE ACTION WITH THIS SIMPLE PIZZA	
INGREDIENTS	
<ul style="list-style-type: none"> • 1 tortilla wrap - 10 for £1 • Tomato Puree - 35p • Cheese - 1.75 • Toppings of your choice! 	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Preheat oven to 180 2. Place tortilla on a baking sheet or tray 3. Spread on tomato puree 4. Sprinkle on a layer of cheese, followed by toppings, and cheese again! 5. Bake in the oven for 5-10 minutes until the cheese has melted. 	
Are you ready for this? Enjoy!	

IM EVER SO GRATEFUL FOR THIS CHEESY PASTA!



Need a little help in the kitchen? We've hand-picked some of our favourite go-to meals suitable for beginners. Healthy, tasty and easy to make.

EASIEST & CHEESIEST PASTA	
INGREDIENTS	
<ul style="list-style-type: none"> • 1 pack tomatoes - £1 • Feta cheese - £1.20 • Pasta - under £1 • Salt and pepper • Oil 	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Preheat oven to 180 2. In a large ovenproof pan/ baking dish, place the tomatoes in and season with salt and pepper 3. Place feta chunks in the middle and drizzle with oil. 4. Bake for 40-45 minutes until tomatoes are bursting and feta is golden on top. 5. Meanwhile, cook pasta in a large pot of boiling water, according to instructions. 6. Mix everything together in the tray and add 250ml of water before serving. 	

SAUSAGE ROLL	
INGREDIENTS	
<ul style="list-style-type: none"> • 1/2 garlic clove • handful of parsley • 400g sausagemeat or use sausages (peel away the skins and combine meat) • 375g pack ready-rolled • 1 beaten egg, to glaze 	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Heat the oven to 200C. 2. Crush the garlic and a little salt to make a paste. Mix together with parsley and stir in 50ml cold water. 3. Combine sausagemeat in bowl. Pour the garlic water into the mixture, then season with pepper. 4. Unroll the pastry onto a board and cut in half lengthways. 	



BROC! AND ROLL?



<ol style="list-style-type: none"> 5. Split sausage mixture in two. Spread along the length of each pastry strip in a cylinder shape, leaving a 1cm edge. 6. Tightly roll the pastry around the sausagemeat and brush the ends with the beaten egg to secure. 7. Cut lines across the top and brush more beaten egg all over the pastry. 8. Cook for 25-35 mins until the pastry is puffed and crisp and the meat has cooked through. 9. Add an extra 10 mins if cooking from frozen. 	
We wanna see the way you roll! Share your creations on our social media for your chance to win a prize.	

DROP THE BEET!



RAISIN THE ROLL!



get your megaphone out

If you could tell your local MPs and food charity anything about your experiences of food access and/or food insecurity - what would you say?

What would you wish for? What do you demand? What needs to change or improve? What extra support would be helpful? Are there any new pitfalls that need addressing in response to the impact of Covid-19?

Use your answers in the Your Food Story section of the booklet for inspiration - did you notice any barriers to consistent, quality, food in your answers? For example: Is a lack of cooking skills preventing you from trying new meals? Is healthy food too expensive for you to obtain? If you cannot drive does this mean you can only buy food nearby and in small quantities which means it is less varied and more expensive.

If you haven't experienced food insecurity yourself, what things could be put in place for other young people in Hull, to ensure they have access to consistent, healthy, and quality food, regardless of background? A guide to levels of food insecurity is below to help you think.

Levels of food insecurity

mild

Moderate

severe

worrying
about how to
obtain food

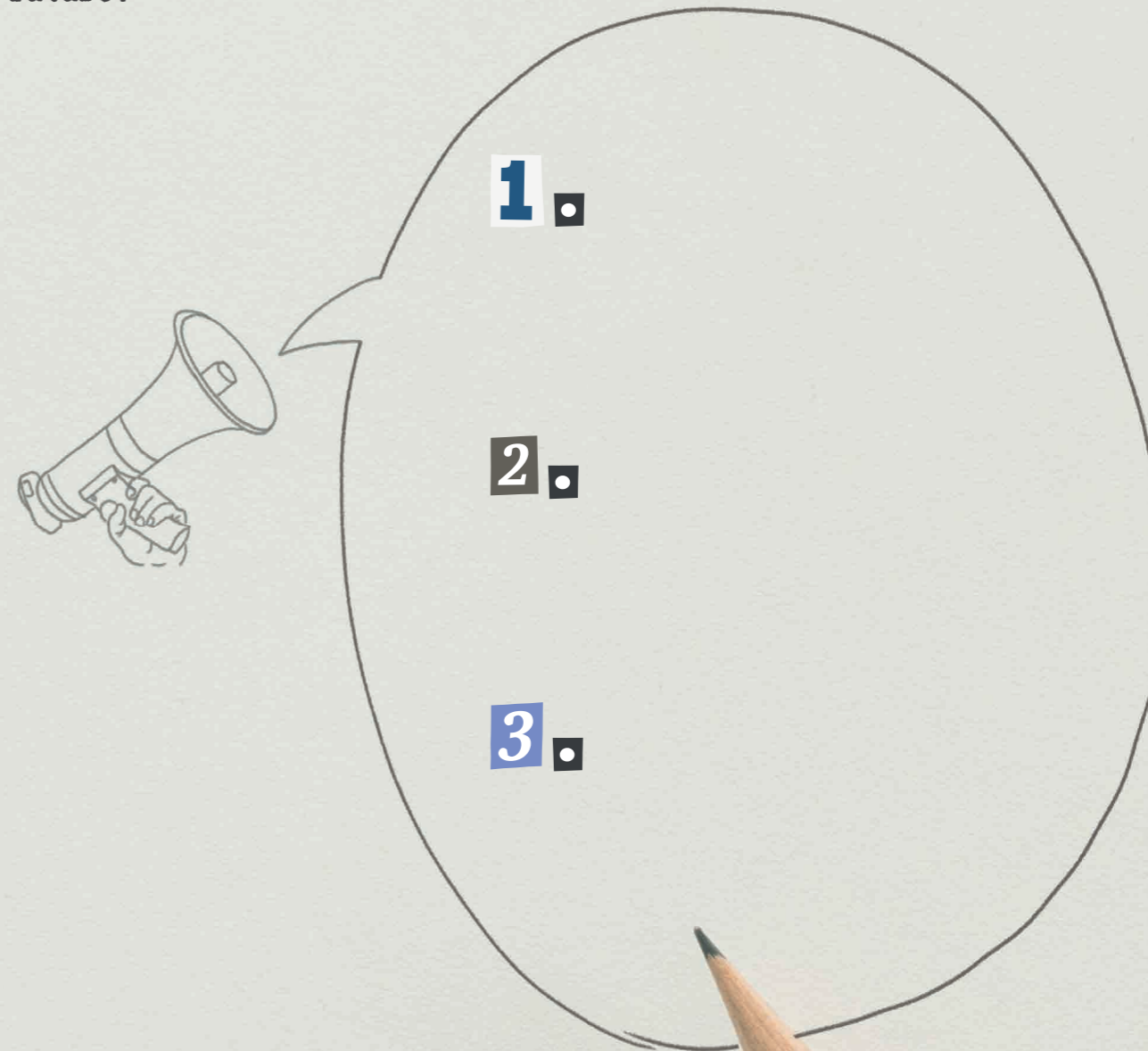
compromising
quality and
variety of food

reducing
quantities of food,
skipping meals

experiencing
hunger

Draw yourself holding a megaphone and list your three main demands in the speech bubble.

To make sure that these projects have long lasting results, we'll be using your feedback and what you write in the action packs in Hull's Food Poverty Action Plan. This is our plan to help people in Hull to get better, more nutritious food. We want to make sure that young people's voices are not ignored as we plan for a more sustainable and healthy future.



TIME TO GIVE THEM
A PIZZA YOUR MIND.

Once completed, please return this pack to
The Warren Project, Queens Dock Chambers,
47-49 Queens Dock Ave, Hull HU1 3DR.

Hull Food Partnership has received financial support from Food Power which aims to tackle food poverty in local communities.

Food Power is delivered by Sustain: The alliance for better food and farming and Church Action on Poverty, and is funded by the National Lottery Community Fund.



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