



A Project of the Rotary Club of Devonport North  
District 9830 & Food Plants International



*A project that helps people in developing countries learn about  
and grow the best local foods to match their nutritional needs.*

## FOOD for THOUGHT - Instructions

### The Event:

This event has been developed to create awareness of, and support for, Learn♦Grow, the Rotary project addressing malnutrition and food security in developing nations. The FOOD for THOUGHT event consists of a video presentation followed by a very basic one course meal. It is an opportunity for Rotarians and others to experience a developing world meal and learn about malnutrition, and provides 'FOOD for THOUGHT' on these very important issues. This event can be run as a normal breakfast, lunch or dinner club meeting. Clubs are encouraged to invite key community members to join the meeting and learn about what Rotary is doing and encourage them to donate funds to this important project. The meal should cost substantially less to provide than a normal meal. We are asking that clubs charge the normal meal cost and donate the balance of funds from the meal to Learn♦Grow. This can be done online or with a donation form from our website [www.learn-grow.org](http://www.learn-grow.org)

### Objectives:

- o Raise awareness and increase understanding of Learn♦Grow
- o Incorporation of Learn♦Grow into existing or new aid programs
- o Communication both within and outside of Rotary
- o Raise funds to support Learn♦Grow
- o Encourage volunteer service

### To run the event you will need:

- o Computer with a disc drive
- o Data projector and screen
- o Amplifier and speakers

The disc provided includes information files and the video which runs for 14 minutes. If the video does not run smoothly it is suggested that it be copied onto the computer rather than being run from the disc or a computer with a larger RAM may be required. The presentation should be tested on proposed equipment prior to conducting an event.

### The Meal

The meal may not be typical, but it is representative of a developing world meal and is simple to prepare.

**For each person use :** 100 g dry rice  
100 g fresh chopped cabbage  
100 g fresh chopped onion

Cook the rice (adding salt to taste). Cook cabbage and onion and mix with rice and serve in a bowl.

Also prepare 'dirty water' that is safe to drink by dissolving 1 teaspoon of drinking chocolate in a small amount of boiling water. Make up to 2 litres with cold water and serve 200 mls per person.

### Conducting the event

A placemat is provided on the disc that can be printed off to use with the meal. Tables should be set with the placemat, a spoon and a glass of 'dirty water'. No extra condiments or sauces are recommended. It is suggested that the video presentation be run before the meal is served so that participants understand what they are eating and why. The placemat has questions for participants to provide answers during the meal. A sheet with the answers is provided on the disc. You may wish to run this as a competition or as general information. Also on the disc is a project overview and copies of protocols which provide guidance on undertaking Learn♦Grow programs.

For further information or resources please email us at [info@learn-grow.org](mailto:info@learn-grow.org) or visit our website.

[www.learn-grow.org](http://www.learn-grow.org)