



Vermont Food Security: Roadmap to 2035

Ideas for Discussing the Roadmap with a Group

The Vermont Food Security Roadmap to 2035 shows us how to ensure everyone in Vermont has the food they need. The Roadmap development was a statewide process with over 600 Vermonters contributing experience and expertise on food security. The Vermont Food Security Roadmap to 2035 was carefully written for everyone in Vermont to find a role for themselves in supporting food security in our state. This guide provides ideas and prompts for groups to discuss the Roadmap together, with two types of conversation: A Book Club-style conversation or a facilitated group discussion. There are many ways to discuss the Roadmap, and the suggestions below are simply prompts to support you in planning.

Before anything else, determine the purpose of your Roadmap discussion. The purpose will guide your plan. Here are some ways Vermont groups have already used the Roadmap:

- Introduce the Roadmap to yourselves, explore the goals, and have an initial discussion
- Use sections of the Roadmap to prompt a more in-depth conversation about a specific objective area related to your group's common interests

The Roadmap documents including downloadable pdfs of the full Roadmap and each Objective Spread, can be found at: <https://www.vtfarmtoplate.com/vermont-food-security-roadmap>.

Roadmap "Book Club" discussion:

A low-stress and low-prep group conversation. Read the Roadmap with colleagues- coworkers, fellow community members- and then discuss it. Some workplaces have held a 'brown bag lunch' discussion(s), assigning themselves specific pages to read in advance and then discuss in an informal conversation. The Roadmap does not need to be read cover to cover in one sitting. Different sections can be the background for a chat.

Facilitation prompts for a Roadmap introduction to a group:

The prompts below are based on multiple presentations that Food Security Coalition members have done to Vermont groups. For your use it is broken into sections that you can mix and match to create your own presentation suited to your group.

It requires the facilitator(s) to spend time preparing: choose which sections below will be part of the discussion, prepare themselves, print out relevant aspects of the Roadmap or create slides, and facilitate the conversation. The attendees do not do any pre-reading.

To prepare, review the possible agenda components below, determine which you want for your facilitation agenda, and prepare the tools and information you will need for your own facilitation preferences. The times provided are ballpark guesses and will depend on whether you take questions as you go, how long you talk about each section, etc.

Possible Agenda components:

1. Welcome, overview and purpose of the meeting time (time: 5-10 min)
2. Introductions if necessary (time: 5-10 min)

For <10 people, full group introductions can work. For >10, we suggest 1-1 introductions, such as: “find someone you do not know and introduce yourself with your name and why you are here today”

3. Review the purpose and background of the Roadmap (time: 5-15 minutes)

Pages 3-14 introduce and then give the background of the Roadmap. Use the pages to read aloud and/or show diagrams or charts supporting the background your group will find most useful. Ideas:

- Introductory paragraph, page 3
- Quotes, page 9
- Framework used for food security, page 7
- Priority population data, pages 10-11

4. Explain how the roadmap is laid out and can be used (time: 5-15 minutes)
 - a. With the group, look at pp 14-15.
 - b. Page 14 shows the three goals that the Roadmap is leading us toward in Vermont. You may wish to read the text describing the goals.
 - c. Page 15 shows the puzzle pieces that will create food security in Vermont, and the objectives underneath each goal. Let the group look at the objectives.
5. Explore Objectives in detail (time: 10-20 min)
 - a. As the facilitator, in preparation you can use the ‘anatomy of an objective’ on page 14 to understand how to facilitate discussion of an objective. Choose 2-3 Objectives in advance for the group to look at.
 - b. For each objective you choose for the group to discuss, turn to the page spread. For the first objective, walk the group through the components of the page spread (as

described on page 14). Ask if any part of the pages jump out at them, whether it be a sentence, a strategy, or a quote. Perhaps people could read aloud what they find interesting and say why.

6. Discuss the Roadmap's suggested implementation (time 5-15 min)

Look together at pages 46-47, and discuss. Where does this group fit into the implementation?

7. Small Group discussion. (15-25 min)

Small groups are a way for more people to be part of a discussion. We recommend conversation in small groups if your total group is more than 6-7 people. Here are two ideas you might use as a prompt for people to discuss:

1. What surprises you about the Roadmap? What inspires you? What challenges you?
2. How does the Roadmap connect to your work or community efforts?

8. Visualization of a food secure Vermont (10 min max)

Lead the group in picturing what it will be like when everyone in Vermont has food security. You will prepare for this ahead of time by reading these instructions and deciding what you want to help people visualize. This will make you more comfortable leading the exercise.

To lead the visualization: Tell them you will lead a visualization and ask them to participate even if it feels awkward. Ask them to get physically comfortable and close their eyes (do not insist on this). Ask them to take a couple slow breaths. Then gently talk them through your prepared visualization scenario, for just a few minutes. At the end of your scenario pause for a moment and then thank them for participating and say they can come back to the present.

Visualization Scenario: In order to lead a visualization of food secure Vermont, you can either copy a scenario you have heard, or, spend some time imagining a scenario. We recommend thinking of a very specific scenario such as the New Year's Eve of 2035, and asking people to imagine where they will be on that day, who they will be with, what they are wearing, and then asking them to imagine thinking about how everyone in Vermont is food secure that day.

9. Large Group discussion

A full group discussion could use the same prompts as the Small Group discussion.

10. Next Steps

End your discussion with next steps, whatever those are for your group.