

# Food Equality Creative Methods Toolkit



## Mapping



METHOD NO.1

**Suggested session plan, total time approx. 3 hours from set up to feedback.**

TIMING	ACTIVITY	FOCUS/OUTCOME
20 MINUTES	Lay out materials on a table or wall, maps, markers/pens, sticky notes, stamps etc. Set up refreshments and seating.	<ul style="list-style-type: none"> <li>• Maps and materials are accessible when participants arrive.</li> </ul>
10 MINUTES	Introduce the aim of the session, the activity and the materials. Ensure consent has been obtained for photos and audio recording.	<ul style="list-style-type: none"> <li>• Everyone is clear about what the activity involves.</li> <li>• Topics to be discussed.</li> <li>• How information they share may be used.</li> </ul>
15 MINUTES	<b>Suggested icebreaker or warm up activity:</b> Draw a route of shopping, daily activities, school drop off, favourite location, how do you travel -walking or bus? - for example.	<ul style="list-style-type: none"> <li>• Supports introductions and sharing of local information.</li> <li>• Chance to test the materials and ask questions.</li> </ul>
60 MINUTES	<b>Main activity. Focus on a question or topic to explore in more depth - discuss and agree as a group.</b> <b>EXAMPLE:</b> - Identify and mark on the map local food resources and spaces -: food retail outlets, community food hubs, community kitchens, food aid provision etc. Facilitators can circulate to support conversation in small groups or pairs. See if anyone feels confident enough to share more widely.	<ul style="list-style-type: none"> <li>• Create a detailed picture of an aspect of a local geographic area.</li> <li>• Starting point for discussion of local setting and possible issues.</li> <li>• Opportunity to share and discuss personal views and experiences in a way that feels comfortable.</li> </ul>
15 MINUTES	Working as a group use the map to categorise and record key information and emerging themes. Photograph the maps, make audio recordings to capture conversations or use a flip chart to make notes.	<ul style="list-style-type: none"> <li>• Record key information, findings and themes.</li> <li>• Findings can shared or brought to the next session.</li> </ul>
15 MINUTES	<b>Reflection:</b> Evaluate the session using the evaluation forms and open discussion.	<ul style="list-style-type: none"> <li>• Participants offer feedback about the process to integrate into subsequent sessions.</li> </ul>
10 MINUTES	<b>What next? Who would you share this information with? How will you share it?</b>	<ul style="list-style-type: none"> <li>• Discuss and agree next steps.</li> <li>• How will the next steps inform future workshops and support the aims of the project?</li> </ul>
	SESSION ENDS	