

Small Grants Fund Case Study



Saline Environment Group

What activity did you run?

We ran a Food and Climate Change event for members of our local community pantry. This event ran over two weeks. It was a joint venture between Saline Environment Group and Saline and Steelend Fabulous Food Pantry.

The first session looked at eating locally. We used a local food map and posters to support a discussion, followed by a cookery demonstration with an emphasis on using local ingredients. The participants then enjoyed a meal of soup and baked items. On leaving, each participant was given a bag of all the ingredients to make the main dish and a recipe card.

The second week focussed on eating seasonally, growing your own and included a discussion on food miles and supermarket shopping .

All participants took part in a food and climate change quiz, which allowed them to enter the tombola to win a soup maker. We read out the answers to the quiz and discussed them to encourage further learning.

Who were your main audience?

The main audience were pantry participants and volunteers from the pantry. We engaged approximately 30 people each week.

What did you learn?

As we went along we realised it took a lot of detailed planning to deliver a climate-friendly food session. I would like to say thanks to Jackie at Greener Kirkcaldy who helped us plan this event. Also, it was good to work with the pantry - this approach was more integrated rather than having a stand-alone climate action event. Collaborating and learning from others really helps.

We also learnt that driving behaviour change is a slow burn process and to be grateful for small successes! Saline is a rural farming community and I think this was a very good first step. At the pantry even being a vegetarian can be seen as a bit odd! We made a point of emphasising that we were not asking people to become vegetarian but to eat less meat. This was definitely the right tactic.

Has delivering your project increased capacity to tackle the climate emergency in your community?

The feedback was great. Many people said they enjoyed the event. Quite a few people cooked the two dishes (one was vegetarian and the other was plant-based)

and said they were delicious! People wanted to know when we were doing the next one, so plans are in the pipeline for more food demonstrations. Hopefully, having delivered these workshops, Saline Environment Group will be seen as having a positive and supportive role in the community and this will encourage more people to get involved. We are starting a community Forest Garden project with the school, which was mentioned at the food demo, so we hope more people from the community will sign up now.

Find out more

[Saline Environment Group](#)

[Saline and Steelend Fabulous Food Pantry](#)



Climate-Friendly cooking demonstration, Saline.