Use the film *Nourish: Food + Community* to open a meaningful conversation about food and sustainability in your community, organization, school, or home. Whether you’re hosting a public screening, organizing a workshop, or having friends over for a potluck dinner, you’ll find suggestions here for engaging your group.

1 Design a Program

Preview the *Nourish* DVD before screening. The DVD includes a 26-minute feature and 11 short films. Choose a program based on how much time you have and what you want to accomplish with your group. The feature can be screened start to finish, or you can select from among the four chapters. You might choose a short film(s) to highlight a topic of interest.

- **The Nourish Film:** The feature offers a big-picture view of our food system, starting with a global perspective and finishing with tips for individual and group action (26 minutes).
- **Film Chapters:** For a shorter program, choose one or more chapters from the film. The chapters are entitled *Connections, Seed to Table, Vote With Your Fork,* and *Be the Difference* (3 to 8 minutes each).
- **Nourish Shorts:** These 11 bite-sized videos (1-3 minutes each) make excellent thought-starters and discussion tools. You can also use a short film to warm up an audience before showing the feature, or as a concluding piece prior to opening a group conversation. Find additional shorts on the Nourish website ([www.nourishlife.org](http://www.nourishlife.org)).

In preparation for the screening, come up with a few questions you’d like to pose to your group. This guide provides an array of questions to stimulate reflection and dialogue.
2 Introduce Nourish

Welcome people and introduce yourself. Let the audience know that you’ll be screening the documentary film *Nourish: Food + Community*. Here are some talking points for introducing the film.

- The tag line for Nourish is *What’s the Story of Your Food?* It invites us to look beyond our plate and explore where our food comes from and how it gets to us.
- *Nourish* is hosted and narrated by actress Cameron Diaz. The film features interviews with best-selling author Michael Pollan, healthy food advocate Anna Lappe, chef Bryant Terry, and physician Dr. Nadine Burke.
- The *Nourish* film is part of an educational initiative that combines public television, curriculum resources, web content, shorts films, and community outreach.
- The purpose of Nourish is to open a meaningful conversation about food, health and sustainability that encourages citizen engagement.

Depending on the size of your group, we recommend you begin with a question or two designed to help everyone feel comfortable reflecting and sharing (see “Introductions” in part 5: Discussion Questions).

Dim the lights and start the program. Show the entire video at once, or pause after each chapter for discussion.

3 Lead a Discussion

If you have a larger group, you might warm people up by asking for some initial reactions from the group, then break off into pairs or small groups. With a smaller group, you might invite people to form a circle, and take turns letting each person speak. Consider the following guidelines:

- **Allow multiple viewpoints.** There are no right and wrong answers in a conversation. If the discussion drifts, ask a question to bring everyone back on topic.
- **Provide a few ground rules.** Ask people to keep their comments concise and to not interrupt others.
- **Maximize participation.** If certain people are dominating the discussion, invite those who haven’t spoken to share.
- **Synthesize.** When appropriate, draw relationships between comments, and listen for common themes or viewpoints to help you summarize the discussion at the end.
- **Lead by example.** As the facilitator, be a model of good listening, courtesy, and fair play.
A great way to engage people and make sure everyone has a chance to be heard is to use an activity called Think-Pair-Share. Prior to the activity, choose a thought-provoking question for people to reflect on and discuss. It can be anything from “What does Nourish mean to you?” to “What food issue are you most passionate about?”

To guide a Think-Pair-Share activity, follow these steps:

1. **Think**: Announce the question and give people 2 minutes to reflect and write down their thoughts.
2. **Pair**: Then, ask people to pair up with someone and take turns exchanging their reflections. Provide 2 minutes per speaker.
3. **Share**: Conclude the pair conversations and invite people to share their reflections and insights with the whole group.

4. **Conclude the Event**

If you’ve set an end time for your event, be mindful of the clock, allowing at least 5 to 10 minutes for wrap-up. You might pose a question or two drawn from the “Be the Difference” or “Closing Thoughts” question lists.

Consider circulating “Ideas for Action from Nourish,” which appears at the end of this guide, as a handout. Propose that everyone choose an intention or set a goal about actions they can take in their own lives.

Invite your audience to visit the Nourish website (www.nourishlife.org) for more videos, educational resources, and book and film recommendations. Thank them for participating, and encourage them to mingle, share ideas, and continue the conversation on their own.

5. **Discussion Questions**

Here are some questions to stimulate discussion around Nourish. Consider one or two questions from “Introductions,” “Reflections on Nourish,” “Be the Difference,” and “Closing Thoughts.”

**INTRODUCTIONS**

- What’s your name (and affiliation)?
- What brings you to this gathering?
- What excites you about food?
- What does “nourish” mean to you?
REFLECTIONS ON NOURISH
- What was something in the film that was new to you? What surprised you?
- What content in the film affected you the most, and why?
- What are some questions you have about the story of your food?
- What are you interested in learning more about?

CONNECTING NOURISH TO PERSONAL EXPERIENCE
- What food traditions are represented in your family? How are they celebrated?
- Recall an especially memorable meal. Who made it? What was the occasion? What made it special?
- What is your first memory of eating fresh, seasonal produce?
- What new whole foods (fruit, vegetables, grains) have you discovered in the past two years? How did you discover them?
- How has your relationship to food changed over your lifetime?

BUILDING A HEALTHY FOOD CULTURE
- How does the modern Western diet differ from more traditional cultures’ diets? What are the health and environmental consequences of the Western diet?
- What do you think is the root cause of our society’s largely unhealthy relationship to food?
- What does “food culture” mean to you? What words would you use to describe our nation’s food culture?
- How can we create a healthier food culture?

CHAPTER 1: CONNECTIONS
- What food issues are you most passionate about?
- Pick a recent meal or food choice that connected you to the global food system. How much do you know about where the food came from and how it got to you?
- What does “interdependent” mean to you? Who are some of the people we rely on for our daily food?
- Have you ever visited a farm or ranch that produces food you eat? What might be the closest one?

CHAPTER 2: SEED TO TABLE
- What questions or concerns do you have about where your food comes from and how it gets to you?
- In a typical week, how much of your diet is processed versus whole foods?
• What role does food marketing play in your choice of food products? What’s the most memorable food ad you have seen?
• Describe an experience of eating local food (such as from your garden, the farmers market, or a CSA). What are the benefits of eating foods grown close to where you live? What are the challenges?

CHAPTER 3: VOTE WITH YOUR FORK
• What does it mean to “vote with your fork”?
• When purchasing food, what factors are most important to you? (For example: cost, convenience, taste, health benefit, local, organic, seasonal.) Why?
• What information do you need to make healthy food choices?
• What one food policy or practice would you like to see changed? Who can you work with to bring about this change?

CHAPTER 4: BE THE DIFFERENCE
• What are some ways to create community through food?
• Where do you go for fresh, healthy food? Are there local farmers markets, co-ops, CSAs, or restaurants you can recommend?
• Have you ever grown your own food, and if so, what? If not, what would you need to get started, and what foods would you like to grow?
• Are you part of an organization that works on food issues? If not, do you know of any you might join?

CLOSING THOUGHTS
• What’s one thing you’ve learned from this screening and discussion that you would like share with your family, friends, or colleagues?
• What is your vision of a healthy food system? What role can citizens play in achieving this vision?
• What one practice related to food would you like to focus on for the next three months?
• How might you use Nourish to educate others about food and sustainability?

Please visit www.nourishlife.org for additional resources. Let us know the highlights from your conversation by contacting us at info@nourishlife.org.

When I focused on just nourishing my body, everything else became so much easier.
— Nadine Burke, MD, physician

Nourish is a program of WorldLink, a nonprofit organization dedicated to education for sustainability.