

FOOD

Sustainability Through Improvisation

Eco-Imagining Food: 3 Parts

Video to Demonstrate:

<https://vimeo.com/manage/videos/1084094697>

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Introduction: This focus on eco-imagining food –*systems of production, distribution, consuming and beyond*—is in 3 parts. The 1st is a warmup to introduce the topic and begin playing with the subject in fun ways. The 2nd is a short-form improvisation based on a semi-structured set up. The 3rd is a long-form improvisation with more creative freedom for collective imagining. Audacious possibilities can abound in this made-up enactment of a feast in a post-transition (equitable, survivable, thrive-able, and post climate crisis) world. Do this 3-part activity to support your group in collectively imagining the world that they want through their interaction with food. Reducing food waste and plant-based diets are both top climate solutions. Together strengthen your ability to imagine what you want to move towards and work for.



1) Warmup --*Favorite & Least Favorite Food*

- Everyone share their least favorite food one at a time in a circle (ex. cilantro).
- Then everyone think of one sentence describing their favorite food (ex. I love fresh summer cantaloupe).
- Now, one at a time, everyone share their description of their favorite food and put the least favorite food between each word in that sentence (ex. I cilantro love cilantro fresh cilantro summer cilantro cantaloupe cilantro.)

**This warmup is intended to be silly and get people thinking about food. It mixes up words and associations with extreme tastes and distastes. It gets people expressive and focused.*

2) Short Form Improv-- *That's Bananas!*

Short-Form Improvisational Prompt for eco-imagining food-related climate issue.

- Have a sound (ex. dog barking, siren, door knocking, baby crying) for each group.
- Have an item (ex. basket, broom, stuffed animal, bucket, tennis racket, towel).
- Divide participants into groups of about 2-5 people and give each group a sound and an item.
- Optional: Can also give each group an actual banana!
- Then give them the instructions below. Tell them they get 5-10 minutes to prepare their short-form improvisation based on this prompt.
- Their improvisational performance should be no more than 5 minutes long.
- They can make the sound themselves or ask someone else outside the group to make the sound for them when cued to do so.
- Once everyone is ready, have each group perform for the whole gathering. Your short-form improvisational prompt is as follows:

1. You must create and try to solve a problem related to bananas going extinct due to climate change. (conduct quick factual research for specific details)

2. You must have your sound come from outside and influence the action.

3. You must incorporate your item.

4. Everyone in the group must have an active role.

**This short form improv prompt provides a prescribed focus and given parameters. It supports groups in being creative in thinking about food in relation to the climate crisis. It gives participants an experience being creative with others.*

Once every group has shared, reflect on the process and the performances together. What did you notice? What surprised you? What do you want to carry forward that emerged from this?



3) Long Form Improv-- *Post-Transition Feast*

Long-Form Improvisational Prompt for collective eco-imagining a group gathering for a Post-Transition Feast.

-Here “post-transition” is referring to a time in the future where we mostly transitioned to an equitable, survivable and thrive-able future. Everything isn’t perfect in this future, but we did the right thing in response to the climate crisis and made some good choices for ourselves, others, eco-systems, and other species.

-This long-form improvisational performance is done by the entire group together. Everyone imagines and enacts partaking in a post-transition feast together. Everyone pretends together, supporting each other’s ideas and offering their own.

-Before they begin, give participants time to consider details they might want to include in this long-form improvisational performance. They may want to consider details of how the food for the feast was gathered, how you arrange yourselves to prepare, eat, share it. Encourage them to reimagine every way in which a meal is sourced, prepared, shared, honored, swallowed, tasted, finished, dedicated, remembered, completed, cleaned up, voided by the body, and beyond...)

-Before beginning, encourage everyone to stay committed to the improvisational eco-imagining and not “break” the imagined reality of the performance. Encourage them to be comfortable with silence, let it ebb and flow, respond to each other, and see where it goes.

-Encourage them to try and create their own ending to their own feast, and, thus, the end of their improvisation.

**After it is concluded, reflect on this experience together sitting in a circle. How did this meal nourish change in ways beyond just the meal? How could parts of this be brought into your life now? What surprised you? What might you add? How did this experience make you feel about food as a holistic solution to the climate crisis? What other questions or thoughts emerge for you? What might you want to carry with you that emerged from doing this?*

(Note! Could Use the Same (1) warm up (2) short form improv (3) long-form improv format to imagine other aspects of life being eco-imagined as post transition, Ex. transportation, agriculture, energy storage, monetary systems, waste management, entertainment, and beyond...)

Contact Beth Osnes-Stoedefalke beth.osnes@colorado.edu with any questions or for support in using this with your school or community!

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