How to Share Nourish

Ways to bring the films, map, and actions to your school, workplace, or neighborhood.

Introduction

Pass It On

Nourish began with a question: what's the story of your food? Every time someone shares a film, a lesson, or a meal, the question reaches someone new. Almost everything on this site is free, so sharing Nourish can take a minute or an afternoon.

Share It in a Minute

- **Send a short film.** Pick one of the 52 and send the link with the one question it raised for you.
- **Send a quiz.** Each takes about four minutes, and every answer opens a piece of the story.
- **Send the map.** The Food System Map shows how soil, water, climate, health, and economics connect, in one picture.
- **Bring Table Talk to dinner.** The free Nourish conversation game has fifty-two prompts for the table, with no score and nothing to get right.

At Your School

- **Tell a colleague.** Send the Teach page to a teacher, a garden coordinator, or a health educator, along with How to Use Nourish in the Classroom.
- **Bring it to your curriculum team.** The Standards Map shows every standard the fourteen lessons meet, by subject and grade.
- **Hold a family night.** Share student work from the Food System Expo or Action Projects, serve something seasonal, and play Table Talk.
- **Connect the farm, the cafeteria, and the garden.** Invite a farm-to-school coordinator, a food service staff member, or a garden volunteer to a lesson, and ask students what they learned.
- **Give every classroom access.** A school site license from the Nourish Store covers the film, or the Nourish Games, for every teacher at one school.

At Your Library

- **Suggest Nourish for a program.** A short film and three good questions make an easy teen or family program.
- **Pair it with your collection.** Set out books on food, farming, and cooking beside a short film playing on a loop, or a QR code that links to it.

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- **Partner with a local farm or food bank.** Invite them to talk after a film, and let people ask questions.

At Work or in Your Organization

- **Host a lunch-and-learn.** Show two or three short films on one theme, and connect to personal experience and possible action steps.
- **Add Nourish to a wellness program.** The Food and Health films and the Act themes give people something to try this week.
- **Teach your team.** Nonprofits and health programs use the films and the map to give staff a shared picture of the food system. Stories from groups like yours are in Nourish in Action.

In Your Faith Community

Food and faith have always met at the table. Organize a shared meal, show a short film such as *Food + Community* or *Eating Together*, and talk about what nourishes us. From there, a group might visit a farmers market together, start a cooking class, or plant a garden.

At Home

- **Host a potluck.** Ask each guest to bring something seasonal and the story behind it.
- **Collect a family food story.** Ask the oldest cook in your family about a dish they remember. Lesson 3, Food Traditions, has the interview questions.
- **Pick one action together.** Each of the six Act themes starts with something to do tonight.

Show the Film

Planning a showing of *Nourish: Food + Community* for a class or a group? The Film Discussion Guide has a plan, questions for each segment, and tips for leading a good discussion.

Using Nourish Materials

Share links to the films rather than copies, and please don't re-edit them. The lessons may be printed, copied, and adapted for your own classes. When you use Nourish, credit it this way: "From Nourish, a WorldLink program, nourishlife.org." The Rights page has the details.

Tell Us How It Went

Shared Nourish with your school, your library, or your table? Tell us what happened. Your story may appear in Nourish in Action, where others can picture doing it themselves.

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