



2025

Center of Transformation (CoT)

"Food Systems"

Facilitator Handbook –

Week 3 Session

February 10, 2025

Developed By

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Week 3: Food Systems

Week 3 of the 2025 CoT Program is here! In Week 2 we explored how food affects climate change issue and took the Climate Change & Food Commitment Pledge.

Please use this handbook to help you facilitate your weekly session. This week's session will focus on food systems.

Teen Members are strongly encouraged to pay close attention to the CoT Intro and Learning Videos.

Session Duration: 60 minutes (1 hour) one day per week

Objectives: The objectives of this session are to:

- Introduce the concept of food system networks that affect the health of people and the planet.
- Explore the production, distribution, processing, consumption, and waste/disposal parts of a food system.
- Explore how the food system is connected and how we all contribute to the food network.

Facilitator Time Commitment: 3 hours maximum

- Weekly Check-in Meetings (Mondays at 1:00 pm EST): 1 hour per week (or less)
 - Please ensure that at least one person from your organization joins us each week so that we can share important CoT updates, answer questions, and ensure program alignment.
 - Join Zoom Meeting
 - <https://us02web.zoom.us/j/89252599378?pwd=Mkg0UUm5QL2QzUzBLYUxkUzZSY2lTUT09>
 - Meeting ID: 892 5259 9378
 - Passcode: 727575
- Session Preparation: 30 minutes per week (or less)
- Facilitated Session: 1 hour
- Reporting and Feedback: 30 minutes per week

Facilitator Set Up Instructions:

- Curriculum & Videos: The weekly session content and videos can be found at: <https://www.clubhouseatyourhouse.com/cot>. Scroll down to the “Weekly CoT Session” section of the web page and click on a specific week.
- Virtual Session Facilitation:
 - The Zoom room will open 15 minutes before the start of the session.

- CoT Virtual Session Zoom Link (for Tuesdays at 5:30 pm EST):
<https://us02web.zoom.us/j/86240200821?pwd=bdzAhVMKunhfdNgD5aEktKOGq7UvoK.1>
 Meeting ID: 862 4020 0821
 Passcode: 951492
- ***Teens should join the Zoom from individual devices and prepare to engage and keep their cameras on.***
- Club/Organization facilitators should also join the virtual session and participate and help facilitate the discussion with teens.
- Take pictures and video clips of your group and email them to:
cot@bgcgw.org.
- Note: Clubhouse @ Your House will run a separate session on Thursdays.
- In-person facilitation:
 - Arrive at least 15-30 minutes before the start of the session to set-up and prepare.
 - Teens should have access to electronic devices and the Internet for weekly activities.
 - The weekly session curriculum content and facilitation instructions can be found on the CoT website at
<https://www.clubhouseatyourhouse.com/2025week3>.
 - Take pictures and video clips of your group and email them to:
cot@bgcgw.org.

Week 3 Intro (Video):

- Begin the weekly session by playing the weekly BGCGW CoT Intro video.
- The video will welcome teen members back for Week 3 of CoT, provide a brief recap of Week 2, share key dates, and introduce what we will do in week 3.
- 2. The intro video can be accessed at:
<https://www.clubhouseatyourhouse.com/2025week3>.

Week 3 Learning Moment (Video):

- The learning video will align with the topic of the week. After the Intro video, the facilitator should play the weekly learning moment video for teens. This video will provide teens with valuable climate change information needed to be successful for that week.
- Learning Moment Video: What is a Food ? (3:58)
https://drive.google.com/file/d/1sYIG8pxdeLR7TcOHwvPAIEf7M_6s3eJv/view?usp=share_link

Activities:

- Activity #1: Select a Sustainable Art Project Type:

This week, each project team will select a sustainable art project type that they will create in Week 7. This will allow CoT staff time to prepare and send each project team the necessary materials to complete their project. Materials will be ordered and shipped in Weeks 4-6.

To inspire creativity, project teams are encouraged to create artwork representing an aspect of climate change and food (sustainability, food systems, food justice, etc.). ***This project will be one of final project competition components!***

- a. Collect Recycled Materials: Project team should begin collecting recycled **food related** materials to reduce waste such as plastic bottles, cardboard, scrap metal, plant seeds, and electronics (circuit boards and phone parts), etc. Store items in a safe place at club (or at home, if virtual) and have them available for Week 7.
- b. Complete the Sustainable Art Project Type Form: All Project Teams should make their selection on the online **Sustainable Art Project Type Submission** at <https://forms.office.com/r/iT5zChYIvI>.

**Week 3: Sustainable Art Project Type
Submission**



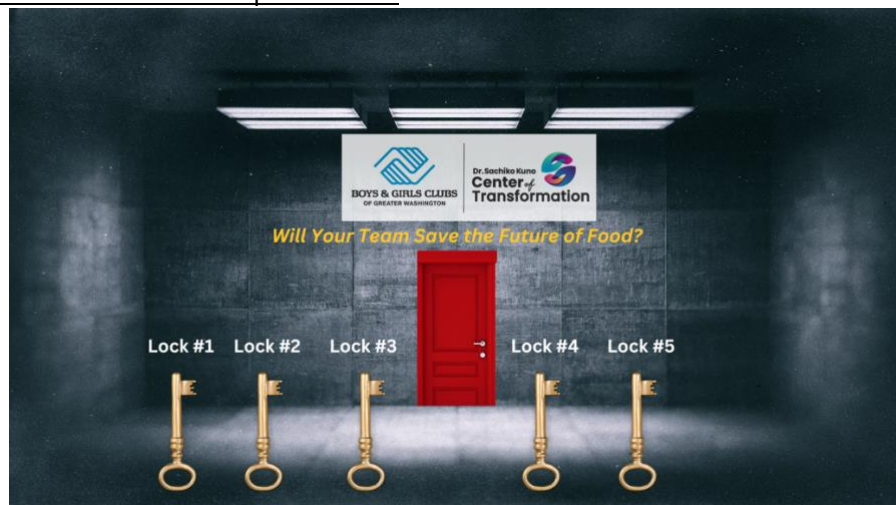
Sustainable Art Project Types:

1. **Magazine Collage Mural**: Create a collage mural from old magazines and newspapers clippings to depict healthy & sustainable foods or another climate change topic covered. Project team members can begin collecting recycled materials before Week 7.
2. **Vision Board for Climate Change & Food**: Create a vision board to address one of the climate change and food topics that visually represents a challenge, solution, and hope for future change or improvement through action (i.e. food insecurity, food desserts, food injustice, recycling, overflowing landfills, hunger, etc.).
3. **Photography Collage**: Illustrate a topic related to climate change and food from visuals seen in your neighborhood or community. Project team can take and print pictures on a poster board. Must be original pictures taken by the project team (not others or on the Internet).
4. **Trash-to-Treasure Sculpture**: Create a sculpture using recycled and/or discarded materials (i.e. food wrappers, plastic bottles, cardboard, scrap metal, plant seeds, and food containers, etc.) to highlight how food and

food waste contribute to greenhouse gas emissions. Project team members can begin collecting recycled materials before Week 7.

5. **Painting:** Create a collaborative painting that illustrates an aspect of the climate change & food theme (i.e. sustainable foods, plants, leaves, or flowers, food images, food desserts, recycling, waste disposal, food injustice, etc.). Consider using natural dyes from plants, fruits, and vegetables to create texture art.

- Activity #2: Virtual Escape Room



Each Project Team will play a virtual escape room game. Project Teams will be assigned an important mission to secure food for the future. Teams will have five missions to find five keys to unlock five doors. Points will be assigned to each of the five missions and the team who gets the highest points will win the challenge.

1. Materials: **Please have scratch paper, a pen, and calculator handy**
2. Provide the Virtual Escape Room link to each Project Team:
<https://forms.gle/zo7umxZrxR7Qc7777>
3. Read the game instructions out loud and ensure both teams understand how to play.
4. Assign one Project Team member who will enter the team's responses and submit their game. **There should be only one submission per team.**
5. Project Team members should work together to complete all five missions.
6. After each team completes the virtual escape room, they will see their total points and the questions they answered right and wrong.

THE TEAM WHO GETS THE HIGHEST POINTS WINS THE CHALLENGE.

- To start, use the following QR code or link:
<https://forms.gle/zo7umxZrxR7Qc7777>

Week 3: Virtual Escape Room



Wrap Up:

- Debrief Questions:
 1. Which art project did your team select and why? What ideas do you have?
 2. How can we improve the climate change situation with our food systems?
- (Facilitators):
 1. Climate Change & Food Commitment Pledge: Remind Project Teams to continue to get community members to take the Climate Change & Food Commitment Pledge by **February 14, 2025** at: https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf
 2. Ensure each Project Team submits the **Sustainable Art Project Type Submission Form** at: <https://forms.office.com/r/iT5zChY1v1>.
 3. Submit Weekly Attendance at:
 - a. BGCGW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - b. External Organizations: <https://bit.ly/2025CoTOrgWeeklyAttendance>
 - c. Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.
- (Teens):
 1. Take the Climate Change & Food Commitment Pledge and get others to take the pledge by **February 14, 2025**, at: https://www.clubhouseatyourhouse.com/_files/ugd/770a55_61c76fcaea204df9a1d7c6d19e038dac.pdf
 2. Submit the **Sustainable Art Project Type Submission** at: <https://forms.office.com/r/iT5zChY1v1>.

Week 3 Session:

Duration	Activities	Facilitator	Resource(s)/ Material(s)
10 min	Intro Video	BGCGW/CoT Staff	Video Link: https://www.clubhouseeatyourhouse.com/2025week3 .
5 min	Learning Moment Video: "What is a Food System?"	CoT Facilitator	Video Link: (3:58) https://drive.google.com/file/d/1sYIG8pxdeLR7TcOHwvPAIEf7M_6s3eJv/view?usp=share_link
40 min	<p>Activity #1: This week, project teams will select a Sustainable Art Project Type that they will complete in Week 7. This will allow CoT staff time to prepare and send each project team the necessary materials to complete their project. Teams should make their selection on the online Sustainable Art Project Type Submission.</p> <p>**This project will be one of the components in the final project competition in Week 7.**</p>	CoT Facilitator	<p>Sustainable Art Project Type Submission form link: https://forms.office.com/r/iT5zChYlv1.</p>

	<p>Activity #2: Virtual Escape Room</p> <ul style="list-style-type: none"> • Each Project Team will play a virtual escape room game using the link provided. • Project Teams will be assigned an important mission to secure food for the future. • Teams will have five missions to find five keys to unlock five doors. • Points will be assigned to each of the five missions and the team who gets the highest points will win the challenge. 	CoT Facilitator	<p>Virtual Escape Room</p> <p>Link: https://forms.gle/zo7umxZrxR7Qc7777</p>
5 min	<p>Wrap-up</p> <ul style="list-style-type: none"> • Ask Debrief Questions • Submit Sustainable Art Project Submissions online. • Submit weekly attendance at: <ul style="list-style-type: none"> ◦ BGCGW Clubs: https://bit.ly/2025CoTbgcgwWeeklyattendance 	CoT Facilitator	<ul style="list-style-type: none"> ▪ Sustainable Art Project Type Submission form link: https://forms.office.com/r/iT5zChY1v1.

	<ul style="list-style-type: none"> o External Organizations: https://bit.ly/2025CoTOrgWeeklyAttendance 		
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Debrief Questions

1. Which art project did your team select and why? What ideas do you have?
2. How can we improve the climate change situation with our food systems?

Outcomes and Actions:

- Increased awareness of food systems and ways we improve the climate.
- Teen advocates encouraging others in the community to take the Climate Change and Food Commitment Pledge at:
- Ensure each Project Team submits the Sustainable Art Project Type Submission at: <https://forms.office.com/r/iT5zChY1v1>.
- Submit weekly attendance at:
 - BGCGW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - External Organizations: <https://bit.ly/2025CoTOrgWeeklyAttendance>
 - Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.