

let's talk about food

bringing a harm reduction
approach to our conversations

This is a 1 hour participant-driven **workshop** best suited to equity-oriented workplaces, community groups and organizations & food-centred works.

what we say has an impact

The ways we talk about food communicate far more than simply our 'personal preferences', and can reinforce damaging ideas – about bodies, cultures, our own relationship with food, and our sense of connection.

Terms like "exotic", "junk", or "processed" show up not only in our conversations around food, but also in media, healthcare, and other institutions; reinforcing which foods have value, and a place, which are 'good'. Framing certain foods (and subsequently, the people who eat them) is a harm disproportionately experienced by the most marginalized.

This workshop encourages participants to be deliberate and mindful in the language they use to talk about food within their programs, workplaces, and lives.

Workshop Fee: on a sliding scale.

Audience: groups of 6-14, aged 16+



For bookings, contact engage@foodmattersmanitoba.ca