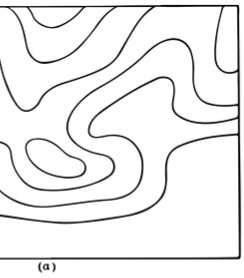

BEANS ON SCREEN

pathways to action

First and next steps to get involved in building or accessing more safety, dignity, and community for our trans siblings right here in Edinburgh.

"i'm ready to get started!" (5 minutes)

- ☐ Contact your council to ask what they're doing to produce a local Good Food Nation Plan and ensure everyone has access to good food. Info here: bit.ly/47Zp83z
- ☐ Sign up to the Public Diners mailing list: bit.ly/42FoUeo
- ☐ Sign up as a member of Glasgow Community Food Network if you have skills or resources to build a better food system in our city: bit.ly/4glrx52

"let's dive in!" (20 mins–couple hours)

- ☐ Volunteer for a local food service. From community cafés & pantries like Growing 21, to allotments like FARE, find something near you with this map: bit.ly/4mAYYb7
- ☐ Come along to Nourish's Public Diners Conference on 16th October in Edinburgh. Info & booking here: bit.ly/4nRMBIS

"keen to do even more!" (regular commitments)

- ☐ Grow your own food in your home. You can get started with seeds from Glasgow Seed Library: bit.ly/46skJUg
- ☐ Start your own allotment! Don't know where to start? Join People's Plot for a community of other people in the same position, and resources for how to get started: bit.ly/4nTvWEN

email a photo of your checklist – doesn't have to be completed – to info@takeoneaction.org.uk to enter a prize draw!

"i'd like to read more!"

- BOOK: 'Radical Abundance: How to Win a Green Democratic Future' by Kai Heron, Keir Milburn & Bertie Russell
- REPORT: 'Roots to Market: Towards a Sustainable Food Economy in Glasgow' bit.ly/42KX5Bm
- ARTICLE: 'Beans are cool now' bit.ly/4mCqBAC
- ARTICLE: 'Why beans are nature's perfect food' bit.ly/46Ut84o

"things to listen to"

- The Landworkers' Radio episode 'How can we transform our food systems?' bit.ly/4nnERyi

"things to watch?"

- 'Global Kitchens, Local Communities: How Public Restaurants Shape Urban Life' bit.ly/4nk6t7t
- 'Rooted: Growing a Local Food Ecosystem' bit.ly/426SBoG

"let's keep exploring!"

- Find out more about Désirée Coral's work: bit.ly/46RUyaZ
- Visit Growing 21 Ruchazie Pantry & Cafe, or join Walter's Cooking Club: bit.ly/46jlm3U
- Explore resources and information from Land in Our Names: bit.ly/4pAmurv
- Visit Susan at FARE Community Allotments: bit.ly/3VzbHQr