

# Food Snapshots

Capture how people shop, cook and eat day to day.

This tool helps capture visual snapshots of the food in people's lives.

We wanted these tools to be as flexible as possible – useful for conversations about food preferences, shopping habits, cooking techniques, nutrition and diet.

Ben, engagement professional

Get people to draw food in the pan/basket/cupboard etc.

These little icons should help people start drawing.

5 sheets included: Frying pan, Shopping basket, Cupboard, Saucepan and Bag/Parcel.

## Suggestions for use...

### Food Warrior

- Use the tools to find out how people buy, cook and store their food.
- Discuss food storage, best before and best by dates and how to minimise food waste and what a difference this can make for the environment.

### Share your #foodstories

If these tools work for you, please share a photo or a message on Instagram, Twitter, or email

### Building a story

- With several snapshots in hand, why not build them in to a story?
- It could be non-fiction based on someone's food life, or a fictional story made up from the real moment's a group have collected.
- We worked with a local filmmaker in Darwen to bring a story to life.

I'd only talk to somebody about what food they got from a Food Bank when I'd got to know them a bit.

People can be embarrassed about the situation they find themselves in even though they've no need to be.



Penny, expert by experience