

9 Boxes

A flexible way to reflect on 9 days, 9 meals, 9 ingredients...
9 of anything that matters.



Freya, young activist

This tool came from our very first co-design workshop. We wanted a way to build up a picture of the food in people's lives.

You can customise the text on this PDF, then print it and give it to an individual or group.



Ben, engagement professional

Like many of the tools it's up to you how you make them fun and rewarding for people to engage with.

Edit this text in the PDF before you print

9 Boxes of...

CC BY NC ND This tool was co-designed with young people at the Darwen Aldridge Enterprise Studio

FOOD Power

These little boxes could be for numbers, letters or emoji 🍌

Suggestions for use...

Food Diary

- Invite people to record 9 meals they have eaten or perhaps 9 days of food.
- You could focus on healthiness, flavour, satisfaction or cost if you want.
- The diary could get filled in over time, or be 'typical food' from memory.

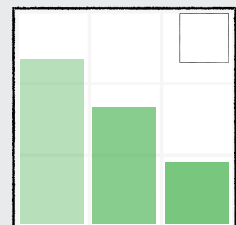
Shopping Comic

- Invite people to create a comic strip about an experience shopping for food.
- You might want to give the strip a title as a guide:
 - "Delightful discoveries"
 - "Delivery disasters"
 - "Difficult decisions"

Share your #foodstories

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

Mini Graphs



Each box could be filled in like a little graph to represent feelings, food, nutrition, weather, spending...