

# 1 Table 4 All

IVS BUILDING MORE INCLUSIVE SOCIETIES



In 2017 IVS season, the Alliance focuses its awareness campaigns on Migration, the theme of the year, as well as Social Inclusion, Environmental Sustainability, Gender Equality. With *1Table4All* we want to promote more inclusive societies, aware about the value of diversity and the contribution that all different actors can bring to local communities

You are invited to join the *1Table4All* common action by organising during your workcamp a meal with the longest table you possibly can, inviting all local actors to share a common meal.

## HOW TO IMPLEMENT THE 1 TABLE 4 ALL ACTION

### How to do it?

1. Prepare the meal with volunteers, local citizens and associations...
2. Set up a long table and eat together
3. Take a picture and share it on social media

## **1. Preparation of the meal**

- **Cook a sustainable meal:**

- contact local markets close to the camps and make an agreement on the use of non-expired food, ( it could be a way to reduce waste and money);
- use the [food infosheet](#) to get ideas on sustainable recipes;
- invite local associations dealing with reuse and distribution of food to poor people to prepare the meal with the volunteers: they will bring their experience of reducing waste, it could be an easy way to make people understand the connection between the use of natural resources and poverty;
- identify and contact local organic farmers and cooperatives, inviting them to donate some products to the workcamp;
- invite various stakeholders to prepare the meal together with you.

- **Cook overcoming gender inequality in the kitchen:**

- have a "task lottery", where people pick blindly one task each from a box so that they can't choose depending on their habits;
- invite local people from conservative society to witness and participate situations where tasks are shared equally;
- be careful that the point is not to have men taking over women's tasks and vice-versa, but to mix tasks and genders;
- invite local women usually take care of cooking and make volunteers do their tasks.

- **Cook different food for different habits:**

- prepare food taking into consideration people having special health related or religious needs (vegan, vegetarian, halal, no pork, etc);
- invite people with different backgrounds and needs, make sure the place is accessible for everyone;
- invite local associations or immigrants and prepare with them special foreign dishes.

## **2. Setting up of the longest table you can**

- invite all local actors to join the common meal: elderly, youngsters, associations working with migrants, migrants, people with fewer opportunities, project partners, teachers and students, universities, local institutions, food producers, press, friends, local associations and NGOs, etc.
- ask them to contribute by bringing something to eat and chairs if needed.

## **3. Promotion and visibility**

- Take pictures of the table **from above** (selfie sticks are allowed) and with the people and share them on the Alliance [facebook page](#) using the hashtags: **# 1Table4All | # RaisingPeace | #MakeChangeHappen** and **@alliance\_europe**;
- you can take several pictures so you will get the whole table captured;
- use the logo in the informative materials of the workcamp;
- invite local newspaper and press.

*Here it goes an example!*

