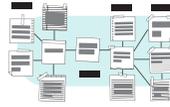


# 1 BRINGING INGREDIENTS TOGETHER

OBJECTIVE | Identify the main issues faced by women in rural areas in their struggle for the right to food and nutrition



The cards are affixed on the wall without following any specific order



The following step is to group the cards on the wall into themes

For example: land, water, seeds, working conditions, political participation, care work and violence.



DATE

# 2

## CHOOSING OUR UTENSILS

### OBJECTIVE

Connect the identified community's struggles with international standards in CEDAW GR34



A. ¿What are the main elements in CEDAW GR34 linked to the everyday realities/problems that have been identified in the Mind Map?



B. Which of the main elements in CEDAW GR34 are useful, or not, in your own **work and struggle** for the right to food and nutrition?



C. In what ways is CEDAW GR34 useful where you are and how can we achieve its appropriation in our **collectives, organizations and communities**?



# 3

## SHARING OUR RECIPES

### OBJECTIVE

Learn from women's different lived experiences in the struggle for their right to food and nutrition in rural areas

	OUTCOME 1	OUTCOME 2	OUTCOME ...
DIFFICULTIES			
ACHIEVEMENTS			
MEANS			
STRATEGIES			
...			

The following questions can help guide the discussion:

What were women able to achieve through the actions employed?

Which strategies did women use to reach the desired outcome?

Which were the difficulties and lessons learned?



DATE

# 4

## TASTING THE FLAVORS

### OBJECTIVE

Identify missing and complementary 'tools' and 'actions' to advance the struggle for the right to food and nutrition

GROUP THEME:

What are we missing in order to advance?



DATE

# 4

## TASTING THE FLAVORS

### OBJECTIVE

Identify missing and complementary 'tools' and 'actions' to advance the struggle for the right to food and nutrition

	LOCAL	NATIONAL	REGIONAL
ACTIONS 1			
ACTIONS 2			
ACTIONS 3			
...			

### ANSWERS

When writing down the answers, consider dividing them into two columns:

- A. Local, national and/or regional actions.
- B. Types of tools missing to bring such actions to life (e.g. capacity-building, media resources, funds).



DATE

Whenever an action is agreed by the group,  
a card is placed in the timeline highlighting:

- » the expected date to carry out the action; and
- » the main responsible person or organization coordinating the action.

TODAY

DATE:

DATE:

GOAL

