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.
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?
OBJECTIVE
Learn from women’s different lived experiences in the struggle for their right to food and nutrition in rural areas

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?
GROUP THEME:

What are we missing in order to advance?

OBJECTIVE

Identify missing and complementary 'tools' and 'actions' to advance the struggle for the right to food and nutrition.
### TASTING THE FLAVORS

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

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<tr>
<th>ACTIVITIES</th>
<th>LOCAL</th>
<th>NATIONAL</th>
<th>REGIONAL</th>
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<td>ACTIVITY 1</td>
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<td>ACTIVITY 3</td>
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### 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).

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### COOKING UP POLITICAL AGENDAS

DATE

#COOKUPPOLITICS
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.