



Full of Beans

Campaign aiming to get people in Glasgow eating more beans.

#GlasgowFullofBeans

Wifi passwords

Event space: eventspace

Canteen: canteen1





**Bringing more beans to
Glasgow...**

Our campaign aims

- Share information on the health and environmental benefits of eating beans
- Demonstrate how to cook and eat beans
- Encourage school catering and chefs to include more beans on their menus
- Create opportunities for people to get involved
- Involve growers across the city to grow beans and save seeds



Information and Resources

- Website
- Toolkits – Communications and How to Get Involved
- Social media campaigns #glasgowfulofbeans (Instagram, X, Facebook)
- Podcast



Cookery Demos and Recipes



Community events

- Bean arts and crafts
- Baking bannock bread
- Bean Board Game



Full of Beans
Food Focused Craft Group
Monday 16th Sep

Bean growing

- Sowing beans
- Making bean willow structures
- Harvesting and saving the seed





GLASGOW COMMUNITY FOOD NETWORK

VISION
Glasgow's wider community to be empowered, resilient and thriving through food.

MISSION
To empower, support and engage the people and organisations of Glasgow and create a more resilient food system for all.

VISIONS OF GLASGOW ARE IMPROVED RESILIENT, AFFORDABLE, HEALTHIER FOOD LOCALLY PRODUCED, AFFORDABLE, HEALTHIER FOOD

GLASGOW



FOOD & CLIMATE ACTION

www.glasgowfood.net/projects/food-climate-action

Based on years of collaborative action in Glasgow and beyond, the Food & Climate Action project aims to work alongside local communities to **co-create a more resilient food system** that is **fairer** and kinder to both people and the planet.

Our Aims:

- Increase **urban agriculture** within the city
- Engage and empower people of all ages through **food education**
- Collating learning and resources in an **online food hub**

Find out more about the Food and Climate Action project

sign up to the newsletter

SCAN ME





Slow Beans Network



Slow Food®



Campaign impact

- **10** campaign partners
- **8** Beans on the Menu participants
- **15** Events
- Over **300** people attending bean events
- **35,000** social media impressions!



Evaluation

Did you attend a Full of Beans event?

We want to learn more about your experiences, your thoughts about beans, and understand barriers to eating beans

Help us understand your experiences by filling out this **online survey**

Scan here!



Or access using
[www.tinyurl.com/
FullOfBeansEval](http://www.tinyurl.com/FullOfBeansEval)



Full of Beans

Stories, recipes, and learning
from the Glasgow Campaign
January – September 2024

Thanks to our supporters and campaign partners:





Find out more: goodfoodforall.co.uk/projects/fullofbeans

Contact us: shw-gfpp@glasgow.ac.uk

Thanks to:

RAPSCALLION_SODA®

