



FOOD CITIZEN



2023 Services Catalogue



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Become skilled in different aspects of climate action



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Gain an understanding about regenerative topics and skills with a few hours



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Hear from speakers on their perspectives and experiences when it comes to food, sustainability & community in Singapore



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Got any questions? Feel free to reach out to us!



About

Our Purpose

By making informed choices and choosing regenerative choices, humans can be better custodians of the Earth. Food Citizen partners practitioners of regenerative living to create learning experiences that are thought-provoking, actionable, and joyful for schools and communities. Consulting and research support for our clients are also available.

We set aside a part of our income to fund community-centric projects.

Food Citizen is part of an informal food network comprising of people, groups, and ventures that hope to co-create a regenerative food system for all life.



Engaging With Us

Organisations	Combination of consult, programmes, workshops, experiences and/or talks
Individuals	Workshops, talks, experiences and/or community activities



Programmes

Gain new skills and knowledge from experienced practitioners from a few months to several weeks.

Tiny Urban Compost

Virtual or in-person
~ 2.5 months

Designed by Chen Ching Wei, this is a programme where individuals can learn the art and science of hot composting, and learn to create and care for a tiny outdoor urban compost for an entire composting cycle.

Container Composting

Virtual or in-person
~ 2 months

Designed by Chen Ching Wei, this is a programme where individuals can learn the art and science of hot composting, and learn to create and care for a container compost. This programme is suitable for those who want to explore clean, easy-to-care for apartment composting options.

Foundations for Community Composting

Virtual and in-person
~ 3 months

Designed by Cuifen Pui, this is a programme for individuals who aspire to kickstart a community composting initiative in their own neighbourhoods. Learn the art and science of aerobic hot composting. Craft a plan to engage with others in your neighbourhood, and share it with others who aspire to do the same. The programme includes visits and experiential learning at community compost locations.

Composting as an Intentional Practice

Virtual or in-person
~3 months

Designed by Cuifen Pui, this programme is for individuals who want to integrate quiet moments and composting as simple habits for intentional living. Experience how composting food scraps, garden trimmings, and dried leaves can be a meditative process. This program includes practice in community compost locations.

Group size is limited to 5 pax.

Workshops

Gain new skills and knowledge from experienced practitioners over a few hours.

Aerobic Thermal Composting

Virtual or in-person
1~2 hours

Learn the art and science of aerobic thermal composting, and practice making compost in everyday containers or on soil. See and touch various natural materials that you can use to make compost, as well as what well-made compost looks like when it is ready.

Edibles of our Streets and Gardens

In-person
2 hours

Available from June 2023

Learn to identify and appreciate edibles in Singapore streets and gardens, how they are used for food or other use. Sample home-made treats made with foraged or cultivated edibles.

Fermented Food - Tastings & Making

In-person
2 hours

Available from April 2023

Learn the art & science of fermented food. The workshop includes tasting of home-made fermented food, and making using a traditional or original recipe.

Beneficial Microbes - Compost and Food

In-person
2.5 hours

Join the trainers to working with beneficial microbes to make compost, grow healthy plants, and create nutrient-dense food for eating. This session combines information with experiential learning - we learn by doing, eating, and informal conversations.

Focaccia Bread with Herbs

In-person
1~2 hours

Join the trainer to make focaccia bread and to decorate them with culinary herbs that are grown in home gardens.

Fruit Flour Baking

In-person
2.5 hours

Available from Aug 2023

Learn the story behind the creation of mango-banana flour made from fruit waste. Practice making delicious bread. Taste them, and bring some home to share with family and friends.

Experiences

Our experiential tours include walks in everyday neighbourhoods and conversations with people who take actions to make the world a healthier one for all.

Market Scrap Rescue & Composting

3 hours

Wondered what it is like to ask for food scraps from food businesses and have them composted at a public space? Wonder no more. Join us at a market to collect a trolley- or car-load of food scraps, and bring them to a community compost location to make compost.

Nature-Based Gardening

2 hours

Available from April 2023

Learn about nature-based gardening practices by helping out in a garden.

Group size is limited to 4 pax.

Urban Food Walks

2 hours

Available from June 2023

How much do we know about Singapore through the lens of food? Take a walk with Food Citizens to discover Singapore's food landscape in selected neighbourhoods. Depending on the location, groups can range from 4 to 15 people. The walk includes stopping at one or more food businesses that celebrate food sustainability and/or culture.

How is the Food We Eat Sourced & Prepared?

2 hours

Available from Sept 2023

Go behind the scenes to check out how food is prepared at various locations (example, soy sauce maker; chocolate maker; fermented drinks; food catering; community kitchen)

Talks

Gain insights from food sustainability researchers and practitioners.

Food System

- Insight into Singapore's food landscape
- What do we need to shape Singapore as a regenerative country?

Gardens

- Wasted food
- Soil, food and us
- Living compost
- Compost for climate action
- Composting in the city
- Aerobic thermal composting
- Bokashi composting
- Ecological gardening
- Edibles in streets and gardens
- Lessons from gardening with nature

Kitchens


- Gut food
- Zero waste kitchen
- Circular kitchen


Crafts


- Weaving with food scraps


Contact Us

Got a question? Drop us a line and let's see what we can do for you!

 foodcitizen.sg

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