

FRESH Perspectives:

A practical session on
integrating lived experiences
into Food Environments
research

**Institute of Development Studies
& Colombo Urban lab**

Welcome



Fruit and Vegetables
for Sustainable
Healthy Diets



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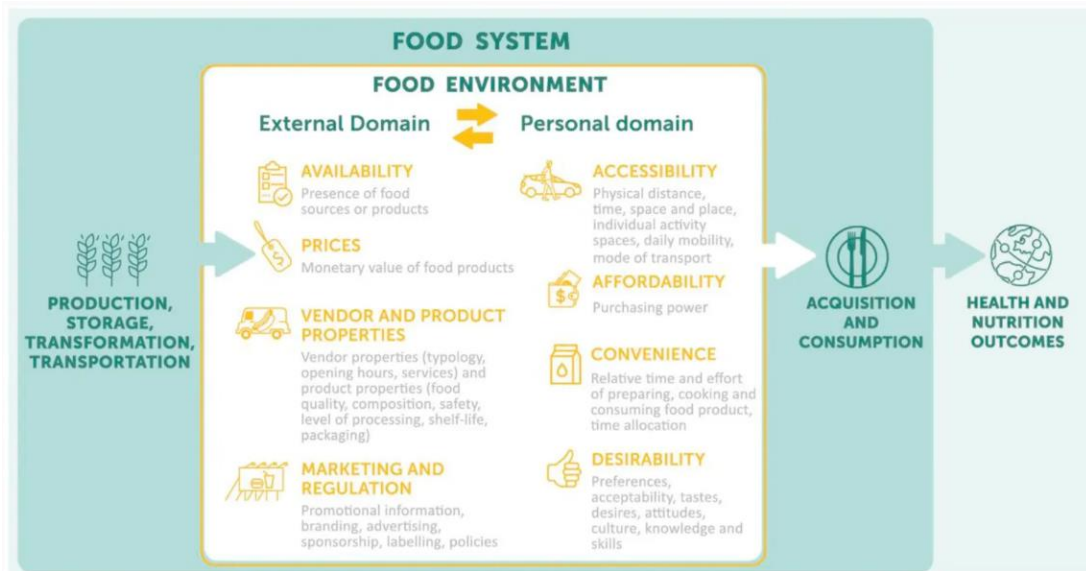


Iromi Perera
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Running order of Learning Lab

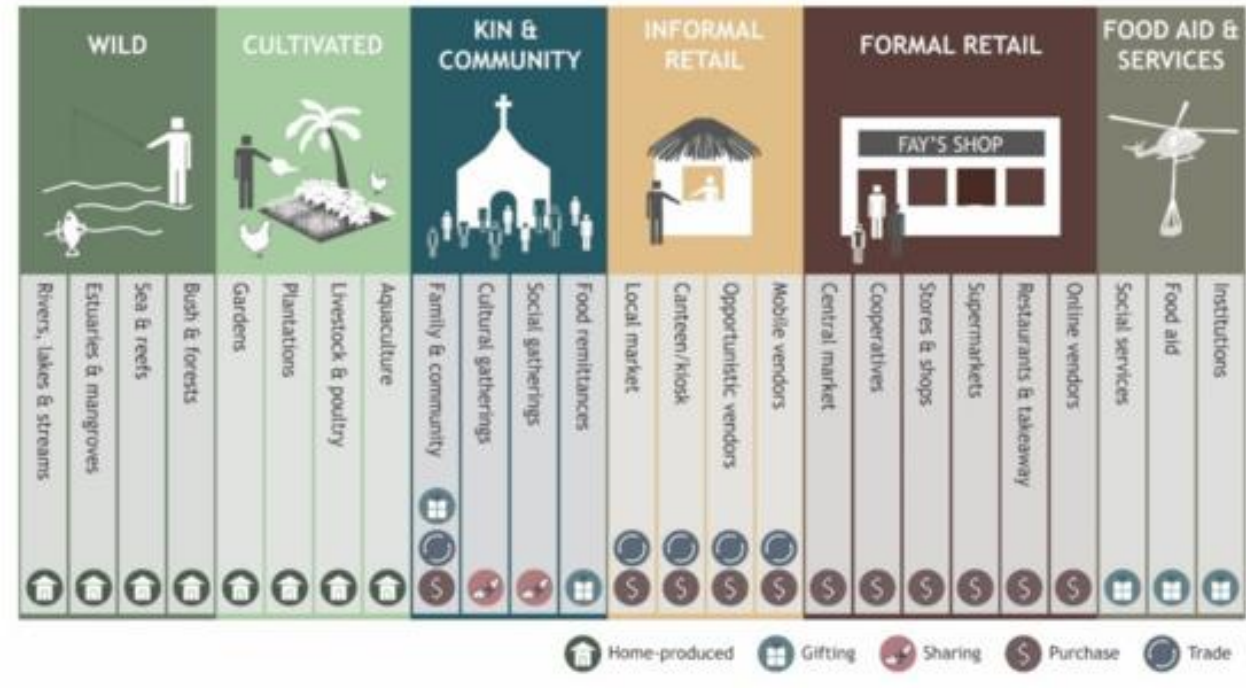
Mins	Session
5	Welcome & intro to project
10	An integrated approach to study food environments (in FRESH)
15	Lessons learned from Sri Lanka
20	Practical activity - photo sharing and captioning
20	Small group discussion & feedback

Food environments



Turner et al, 2018

Bogard et al 2021

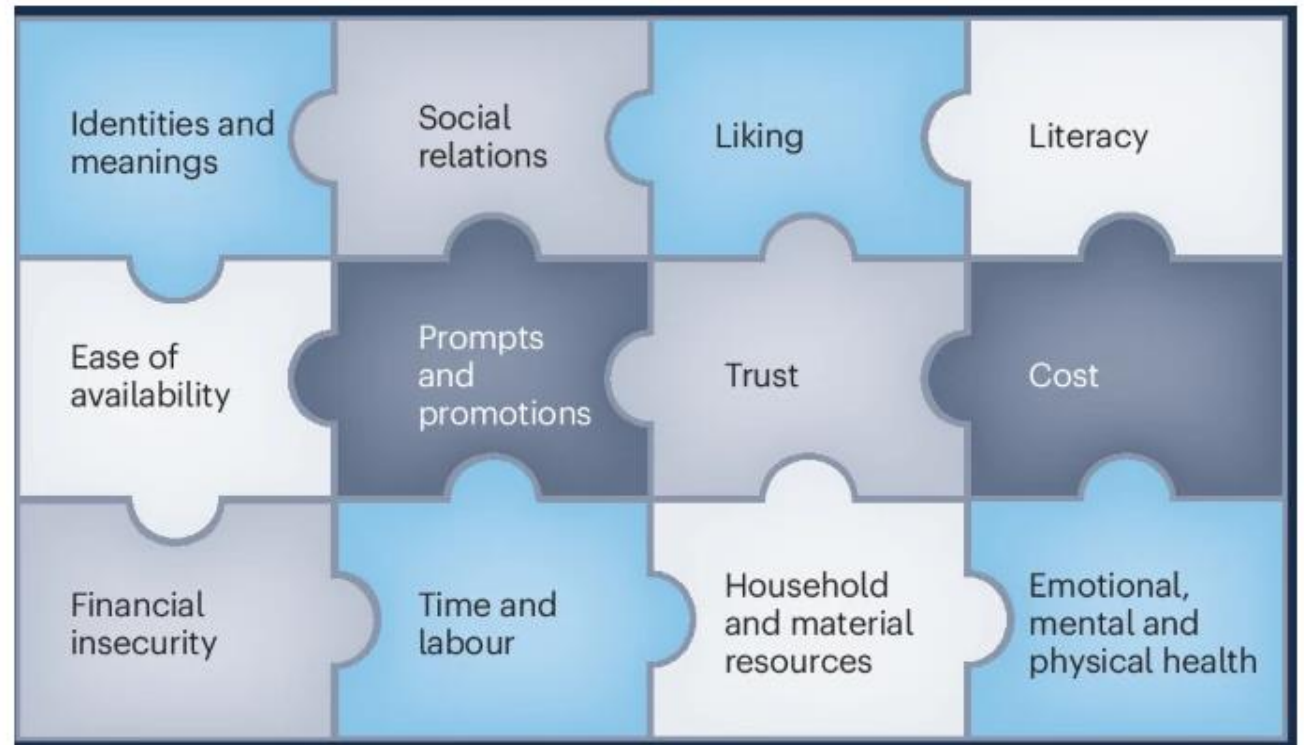


'Lived experiences' of food environments

The full picture of people's realities must be considered to deliver better diets for all (Hawkes et al. 2024)

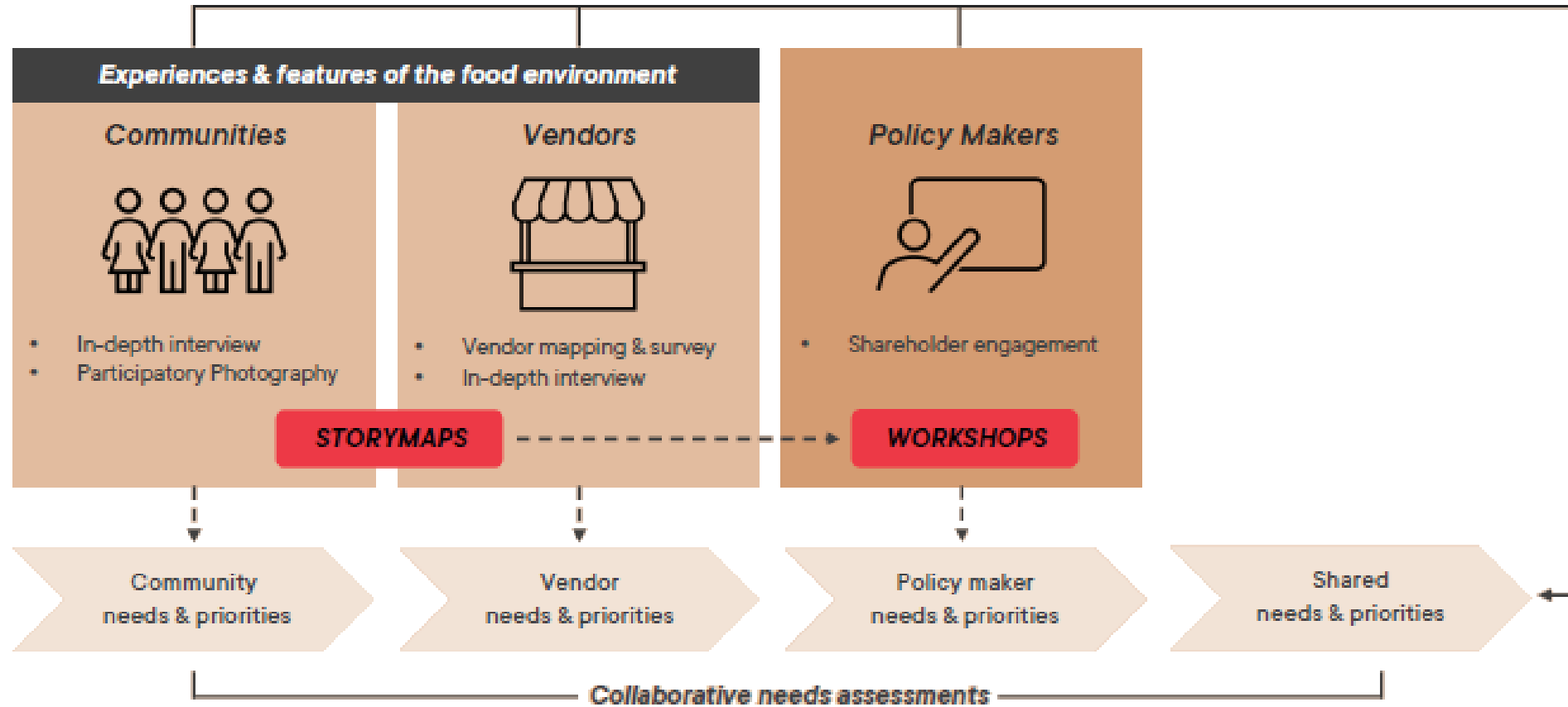
People's realities interact to shape the way people respond to and engage with policies and interventions, thereby influencing their impact, particularly, albeit not only, on dietary inequalities.

Fig. 1: Twelve realities to consider as a full picture.



A tool for policymakers, practitioners and researchers.

FRESH: Our integrated approach



Sri Lanka

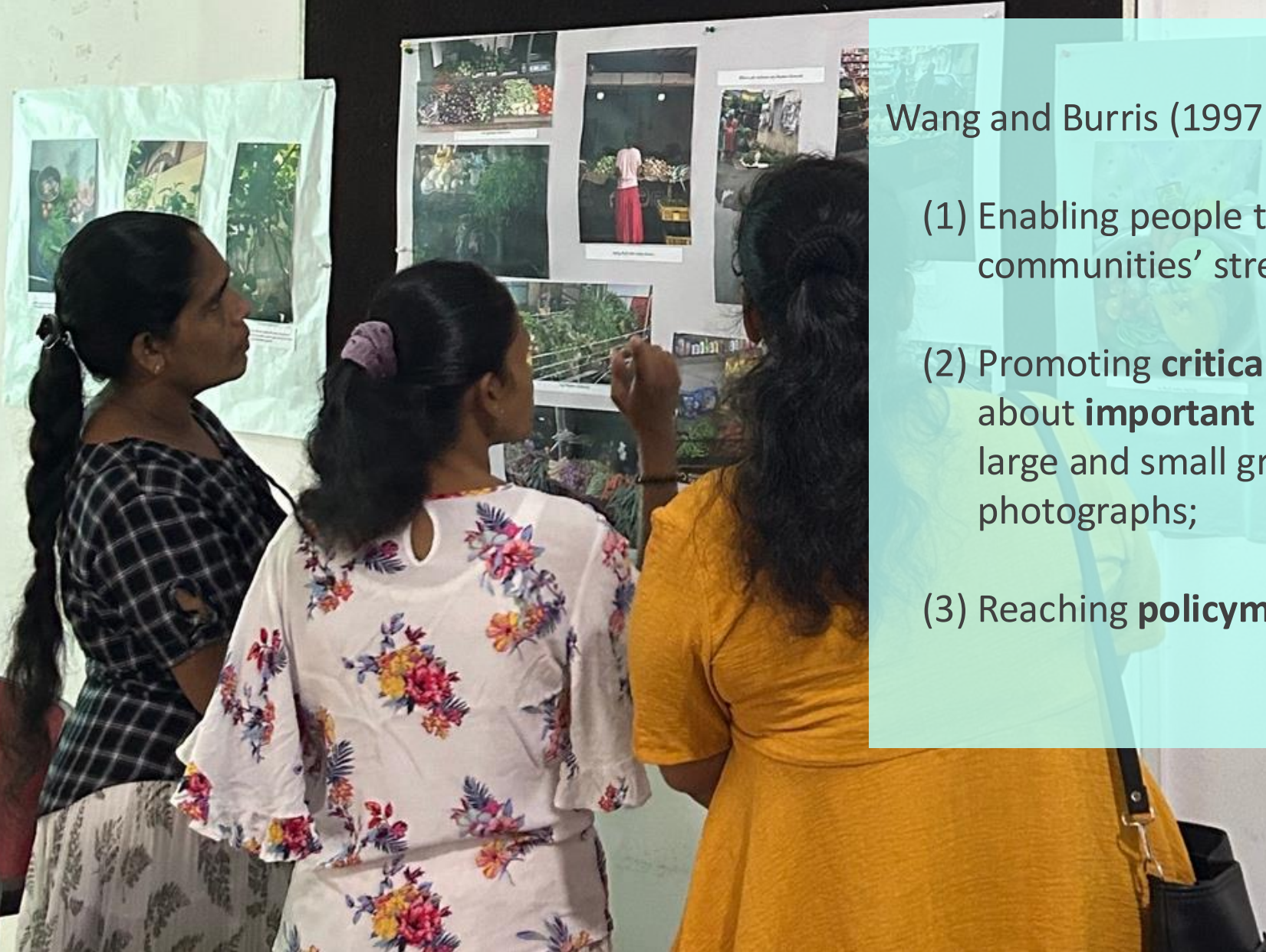


Tanzania



The Philippines

Photovoice



Wang and Burris (1997) highlight three main goals:

- (1) Enabling people to **record and reflect** on their communities' strengths and weaknesses;
- (2) Promoting **critical dialogue** and knowledge about **important community issues** through large and small group discussions of photographs;
- (3) Reaching **policymakers.**

Examples from IDS training on methodology



Tanzania My mid-week fresh produce purchases are often made during my commute in the late afternoon, walking from the bus stop to my home - influenced by the stalls I pass, the freshness of the produce, the amount of space in my backpack, and my cooking motivation...



Sri Lanka - I like supporting small businesses, esp if they are sourcing from local gardens. Produce is cheaper in price and I don't have to walk around a lot.

UK - These apples look super fresh, but for some reason the plastic packaging puts me off. It affects my perception of how fresh the fruit is.



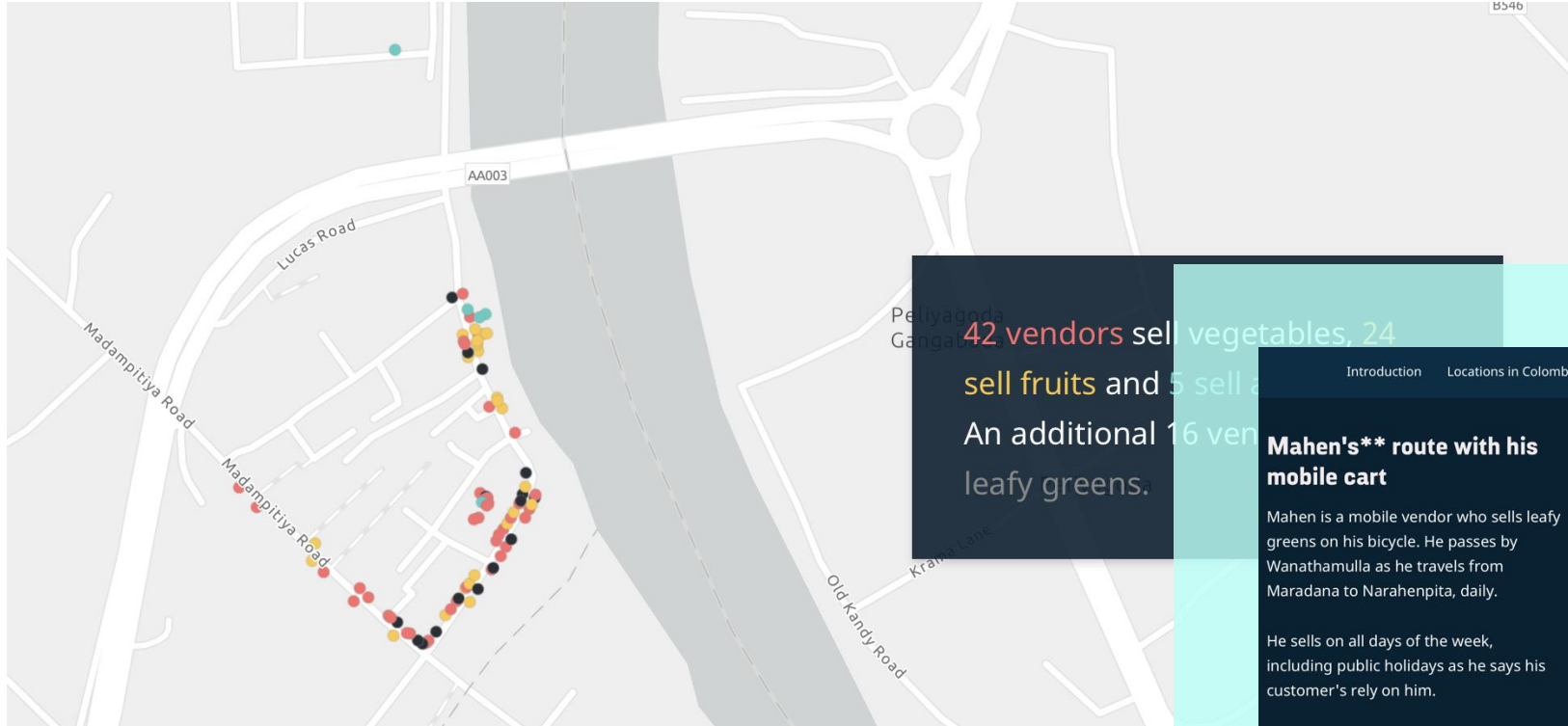
StoryMaps - a tool for analysis and dissemination

The image shows the landing page for ArcGIS StoryMaps. The background is an aerial photograph of a green field with a road. At the top center is the ArcGIS logo, a teal square with a white location pin icon. Below it, the text "ArcGIS StoryMaps" is written in a large, white, sans-serif font. Underneath that, in a smaller white font, is "For organizations and GIS professionals". Further down, a paragraph of white text reads: "Transform your maps and geographic information system (GIS) work into interactive content that informs, inspires, and engages stakeholders". Below this text is a teal button with the white text "Sign in to ArcGIS StoryMaps". Underneath the button is the word "or" flanked by horizontal lines. At the bottom, there is a line of white text: "Want to create personal stories instead? Use  StoryMapsSM". Below this is a blue button with the white text "Go to StoryMaps.com" and a small white icon of a document with a checkmark.

Example:

<https://storymaps.arcgis.com/stories/3f43c067a4c2410988ae7bd960d3e029>

Features: Make maps



42 vendors sell vegetables, 24 sell fruits and 5 sell... An additional 16 vendors sell leafy greens.

Introduction Locations in Colombo Vendor, fresh fruit, and veget... Food environment themes Policy recommendations Contact the team:

Mahen's route with his mobile cart**

Mahen is a mobile vendor who sells leafy greens on his bicycle. He passes by Wanathamulla as he travels from Maradana to Narahenpita, daily.

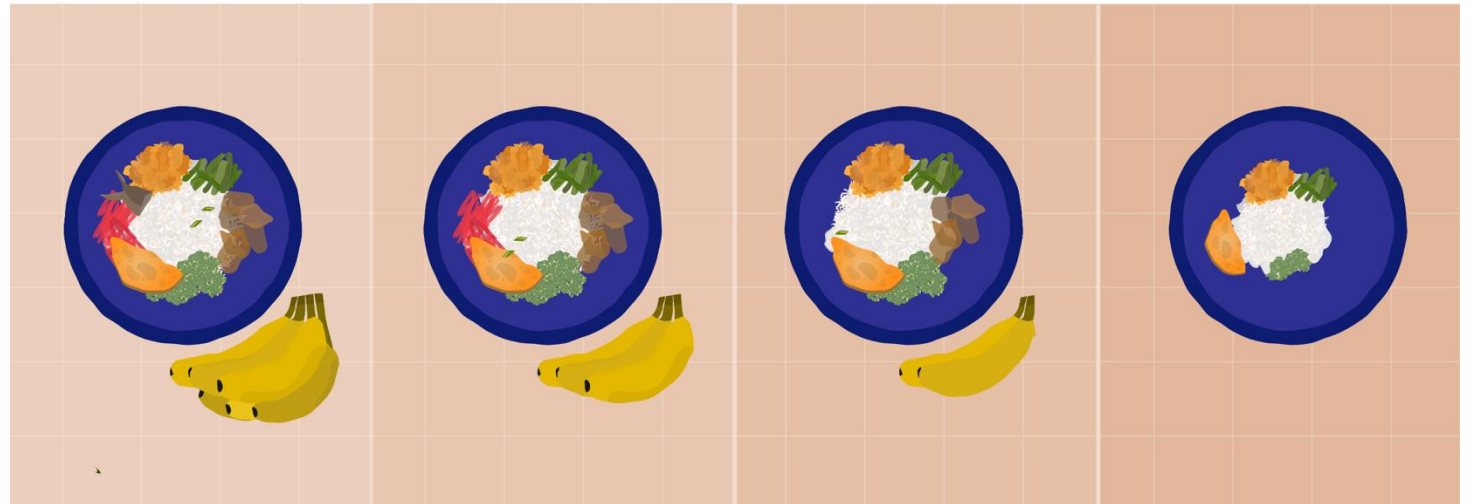
He sells on all days of the week, including public holidays as he says his customer's rely on him.

"They always wait for me to come, as they know I bring good quality leafy greens. I also take 'sal' flowers

Features: Tell collective & personal stories

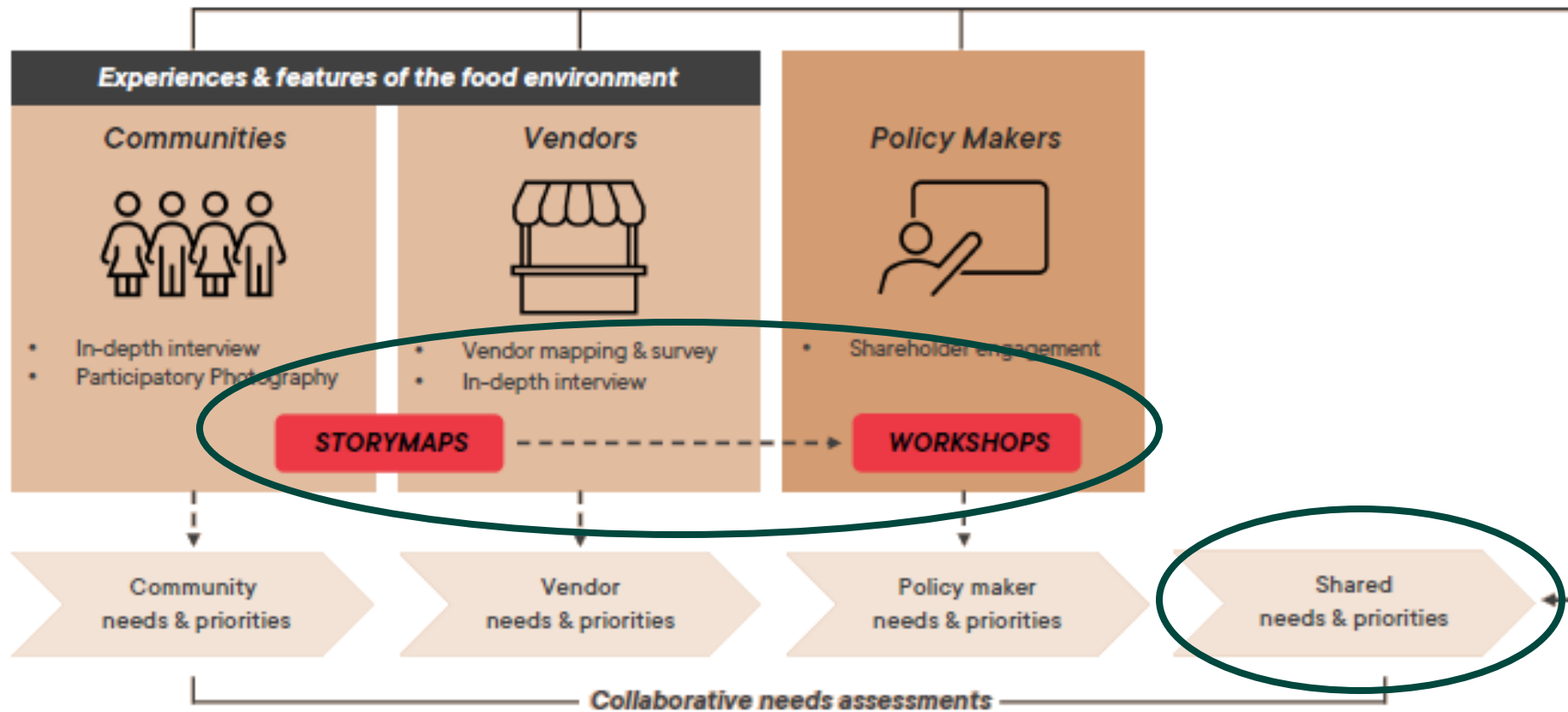


"Eggs are expensive now. So, when we can, we buy one egg and cut it in half for the two boys (sons)." – Kamala



The way in which the food plate has changed over the past three years

Locally grounded policy recommendations



USING PHOTOVOICE

Lessons Learnt from Sri Lanka

BEFORE PHOTOVOICE

Preparation

The implementation of photovoice is heavily dependent on context as well as resource constraints.

No two photovoice workshops are the same.

Timeline

Introductory Workshop

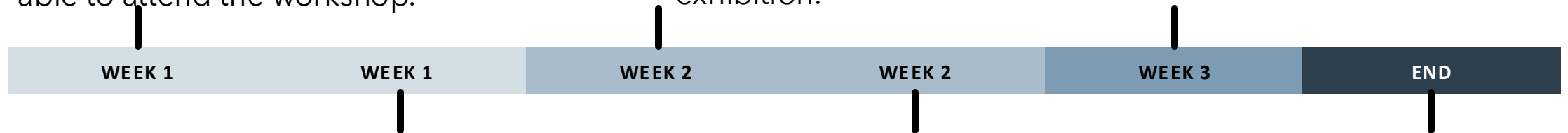
Introducing photovoice and general guidelines for photo taking. One on one sessions were conducted for those who were not able to attend the workshop.

One-on-One Sessions

Once the pictures and captions were received by the CUL team, one-on-one sessions were conducted to finalise the captions and photos to be used for the exhibition.

Final Workshop and Exhibition

The final workshop and exhibition featured a group discussion on themes emerging from the photos taken by the participants.



Receiving and Collecting Photos

In the first week after the introductory workshop, participants were required to send ten photos to the CUL team, along with the relevant captions.

Synthesis

The photos received from the participants were grouped into several themes based on both the caption and photos.

Validation

The recommendations developed under FRESH was presented back to the communities for validation.

GETTING STARTED

Introductory workshop



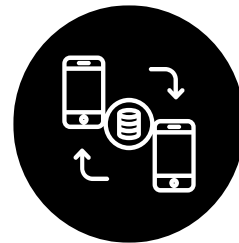
Introduction to photovoice and photo taking

Participants were given an introduction to photovoice and captioning and taught framing of photos, lighting, developing captions for the photos taken.



Ethical considerations

Consent forms on whether they agree to participate in photovoice and how they would like their pictures to be used were shared and explained clearly (i.e., trilingual consent forms).



Mobile data and transport charges covered

Participants were also given money towards a mobile data top up and transport (to the workshop venue) to ensure that these costs would not limit their participation in photovoice.

- **My favourite vegetable/s to cook**
- **Places I procure fruits and vegetables from**
- **Fresh fruit seen in the neighbourhood during the week**

FINALISING

Key themes

Prior to the introductory workshop, the team devised **three broad themes** that would act as a guide for the photovoice participants.

The themes were selected with the intention of understanding household consumption choices and patterns, as well as access to food environments.

THE PROCESS

Receiving & selecting photos

After the introductory workshop, participants were given **a week** to send in **ten photos with captions**, via Whatsapp, under the selected themes.

At the start of the second week after the first workshop, members of the team visited the participants for a **one-on-one session**.

The one-on-ones were scheduled in a way that allowed participants a **sufficient amount of time** to send in their photos.

Out of the ten pictures sent to the Colombo Urban Lab team, a **total of three pictures (per participant)** were chosen collectively by participants and the team along with the captions.

THE PROCESS

Synthesis

Once the pictures and captions had been finalised, the pictures were grouped **thematically** and printed along with the accompanying captions. The objective of the final group discussion and workshop was to **create a conversation that went beyond one's own photos.**

Instead, the grouping of images was **based on a common idea or issue that we felt emerged from the photos and captions submitted.**

THE PROCESS

Final workshop and exhibition



At the final workshop, participants were given an opportunity to take a look at all the photos displayed.

Participants were then **divided into three groups** to discuss the images along the themes that had been identified.

After 15-20 minutes, participants were invited to move to a group of their choice and pick a theme they felt was important to them.

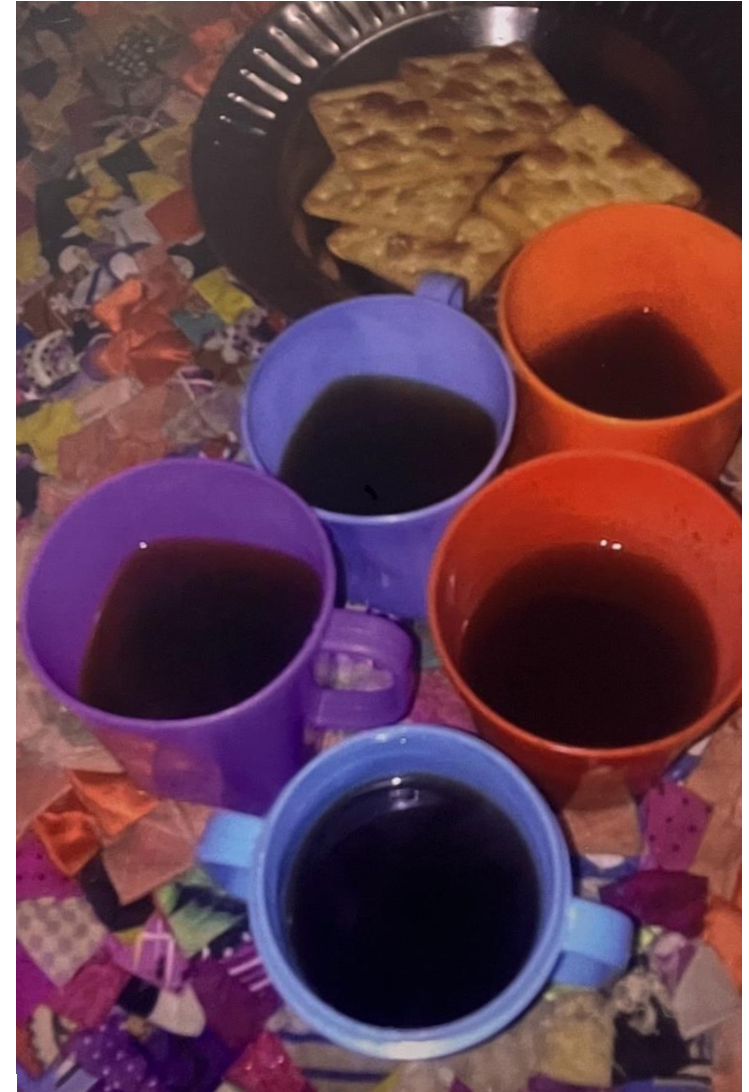
After this round, everyone came together and the **moderators summarised the key points that emerged from the discussions.** Participants were also given a chance to voice their opinions on challenges faced when accessing fresh produce.

UNDERSTANDING

Participants' perspective

At the final workshop and exhibition, one of the participants expressed that the other pictures displayed were **relatable**:

"I don't know who took this picture of the cups of plain tea when there was no milk powder in the house, but I'm thankful it was captured. This is the situation in my house too and for the first time, we can't afford to give milk to the children. It's plain tea and some cream cracker biscuits every morning and evening. The grownups sometimes only have tea in the morning and skip breakfast. But it never occurred to me to show it in a picture."



PRACTICALITIES

Implementing photovoice

Allow **different ways** of photo-taking; either provide a camera or let participants borrow phones if they are interested.

One-on-ones with the participants are crucial for gaining a **deeper level of understanding** of the participants' perspectives when taking photos.

To receive the photos, provide participants with a Whatsapp number (or any other contact details) **that is specifically dedicated for photovoice**. This means for instance, having a **dedicated sim card** for receiving photos.

PRACTICALITIES

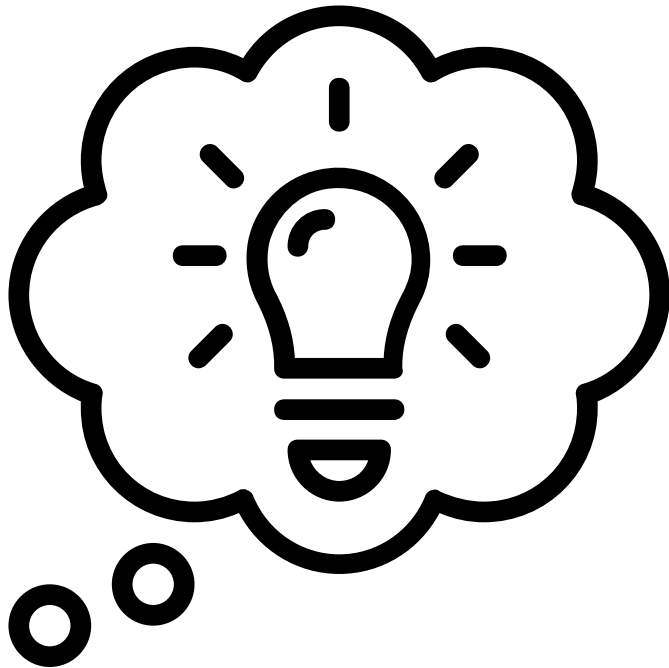
Implementing photovoice

While the photovoice process in Wanathamulla was quite straightforward, **the process was very different in our other sites.**

We had to make several changes to the process, including **extending the deadlines for photo sending** and having **the final workshop as a smaller group session.**

WHAT YOU NEED TO KNOW

Key reflections



Photovoice can be a really **powerful tool**, if implemented correctly.

- The process takes longer than you think to get off the ground.
- Make sure you have some flexibility, to accommodate the needs of participants.
- The process is highly context driven, so don't be afraid to experiment and adapt the process to the needs of your own communities!

PHOTOVOICE ACTIVITY

Photo captioning & sharing

Photovoice activity

1. Find a partner
2. Select a food environment photo (printed, camera roll, internet)
3. Caption photo using techniques on the table (10 mins)
4. Present your photo to your partner
5. Partner asks questions to draw out more detail
6. Swap around



Captioning prompts

Example 1

Ask yourself these questions & write down answers - start with the easiest and work through till the hardest

When?

Where?

Who?

What?

How?

Why?

Example 2

Write a sense poem about the photo/ narrate during a video

I hear...

I smell...

I see..

I taste...

I touch...

I feel...

Afterwards remove the first 2 words (I hear, etc) and you are left with a simple poem, amend or extend as you wish.

Example 3

Write down what else is happening at different points in time - either a single aspect of the photo, or person in the photo

- What happened 1 minute before & after?
- What happened 1 hour minute before & after?
- What happened 1 day (longer?) before & after?

Extend the time as much as you like

SHOWED questions

1. What do you See here?
2. What is really Happening here?
3. How does this relate to Our lives?
4. Why does this condition Exist?
5. What can we Do about it?

Small group discussion [10 mins] Feedback / Q&A [10 mins]



Resources

- Food Environments in Colombo StoryMap illustrating the findings of this approach <https://storymaps.arcgis.com/stories/3f43c067a4c2410988ae7bd960d3e029>
- CUL & IDS Photovoice user guide [PV-Toolkit-MAY-17-2024.pdf \(csf-asia.org\)](https://www.csf-asia.org/files/PV-Toolkit-MAY-17-2024.pdf) [contains additional useful links to resources]
- Turner, C., Salm, L., Spires, M., Laar, A., & Holdsworth, M. (2023). **Capturing the moment: A snapshot review of contemporary food environment research featuring participatory photography methods.** *Current Opinion in Environmental Sustainability*, 65, 101364. <https://doi.org/10.1016/j.cosust.2023.101364>
- Salm, L. 2024. **Bite-Size Biodiversity Tips for Taking Photos and Videos** [Online]. figshare. Available: https://figshare.com/articles/online_resource/Bite-Size_Biodiversity_Tips_for_Taking_Photos_and_Videos/26520370

Thank you

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