Strapped for time outside of work to inspire others? Use the lunch break to get people away from their desks and engaged with the issues you care about. Every fortnight at the Raleigh offices, we host Meaningful Munch during a lunch break. An opportunity for everyone to get away from their desks, we watch a short film or documentary around a wide breadth of issues. There’s no pressure to attend, no debrief following the screening, just an opportunity to find out more about a variety of global issues. So give it a go at your place of work. It’s one of the simplest actions you can take. And you’ll be surprised how many of your colleagues will attend.

“Change the way you lunch with ‘Meaningful Munch’

“A meaningful munch is a great way to talk about a subject you are passionate about. In my case it was Fairtrade. I was able to share my Raleigh ICS experience in Nicaragua working on a coffee project and link this to the importance of Fairtrade and buying more ethically. It enabled me to raise awareness about the impacts of our consumer behaviours on producers which generated an interesting debate at the end of my talk.”

Célia Fotso, Raleigh ICS Nicaragua 2012

How to kick off...

Make sure you run the concept past management. Find a suitable space where you can set up a projector and screen that will also accommodate the number of people who’ll attend. Launch Meaningful Munch with an email to colleagues. And don’t forget to use traditional methods, get some posters up in the communal areas.

“Pre-screening…”

Send a reminder out a day or two before the screening to remind colleagues of the screening. If you can, set up the screening in the form of a meeting request so it’s in your colleagues’ calendars well ahead of the lunch.

“Send a post-screening email…”

It’s always good to send a post-screening email, signposting your colleagues to where they can find out more about some of the issues addressed in the film.

“What to screen?”

There are no shortages of short films to choose from. 20-40 minutes is the most suitable length for a lunch time screening. After the first few screenings, why not get your colleagues to recommend films? We’ve shared our favourite places to source good films.

“I have run several Meaningful Munches and they are very popular. My colleagues love having something different to do with their lunch break once in a while. It is also a great way to raise awareness of various issues. Each munch has triggered much discussion on the topic highlighted and this often spreads to other topics.”

Graham Wells, Venturer in Mongolia 2001

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