

Learn More

For more ways to take action, visit: unicefusa.org/endtrafficking

Fair Trade Event Toolkit

Guide to Organizing a Fair Trade Dinner Party



Contents

| Introduction | 3 |
|----------------------------------------|----|
| How to Host a Fair Trade Dinner Party. | 4 |
| Fair Trade Event Materials | 5 |
| Fair Trade Recipes | 10 |
| Fair Trade Discussions | 13 |
| Fair Trade and You | 16 |
| Resources | 1Ω |

How NextGen's Fair Trade Dinner Party came to be ...

UNICEF Next Generation (NextGen) is a group of young (or young-at-heart) leaders, entrepreneurs and innovators who commit their resources, resolve and enthusiasm toward supporting UNICEF's lifesaving work. NextGen was founded in 2009, and it has since activated its networks to raise significant funds and awareness for UNICEF projects around the globe. In 2015, NextGen members mobilized their networks and inspired their peers to support Child Protection Programs and the End Trafficking Program, specifically.

One of the ways that NextGen members are able to engage their networks is through events and activities that have an educational component. A NextGen member in New York had the brilliant idea to host a fair trade dinner party, challenging herself to cook solely with Fair Trade ingredients. Needless to say, when her guests arrived, there was no food! They had to order takeout. This led them all into a deep discussion on just how much work there is to be done if they literally couldn't cook a full meal with fair trade ingredients. How is it possible that so much of what we consume stems from factories with harmful working conditions, or exploitative labor practices?

Each year, as the End Trafficking Program and its partners raise more and more awareness, our members come closer and closer to creating an ENTIRELY Fair Trade dinner menu. We hope you will take on this challenge as well, and we've made it easy for you with the enclosed materials and the following steps!

What is fair trade?

Fair trade is a certification process that ensures products are ethically and sustainably sourced. It certifies companies that put people and the planet first.

Why is it important?

In addition to setting stringent labor and environmental standards, fair trade works to eliminate the underlying factors that make children vulnerable to trafficking and exploitation. It does this in a number of ways, one of which is providing workers with consistent living wages for their products and services. Additionally, a portion of all profits is directed into a communal fund that is reinvested into the community of origin. Past examples of these investments include improving local health care facilities, educational resources, and farming supplies.

What will the dinner entail?

The dinner will consist of a delicious, ethically sourced meal with meaningful conversation and a better understanding of global child trafficking.



Introduction

Congratulations! You've decided to host a Fair Trade Event.* You are not only raising awareness about the issue, but also starting an important conversation.

Examples of Fair Trade Products

- Coffee: Starbucks Coffee Company Fair Trade Certified Italian Roast
- **Dessert:** Ben and Jerry's Ice Cream Almost all flavors are made with Fair Trade ingredients
- **Spirits:** Fair Spirits **fairspirits.com**
- **Produce:** Whole Foods wholefoodsmarket.com

For more examples of Fair Trade products, check out: fairtradeusa.org/products

How to Look for Fair Trade Products

Keep an eye out for products with these labels.











Ready to Get Started?

This kit is designed to give you all the tools you'll need to host any number of cool Fair Trade events, including, but by no means limited to:

- Fair Trade breakfast, lunch, dinner or potluck: Invite your friends, family or colleagues over for Fair Trade food, activities and discussion. Challenge your guests to bring their own dishes! Check out our recipes on page 10 for ideas.
- Fair Trade coffee hour: Not much of a chef? Invite quests over for Fair Trade tea and coffee and serve with scones or muffins and Fair Trade jam, honey or marmalade.
- Fair Trade cocktail hour: Host a Fair Trade cocktail hour for the 21-and-older set. For a selection of Fair Trade spirits, check out **fairspirits.com**.

*Before organizing any fundraising or awareness-raising event, please submit the UNICEF Fundraiser and Event application at unicefusa.org/fundraisers.



How to Host a Fair Trade Dinner Party

- Apply to host an event/fundraiser at unicefusa.org/submit-your-event-application. Why? This allows us to follow up with you and give you all the support you'll need along the way. Email nextgen@unicefusa.org to let us know you applied.
- Invite your friends. We've enclosed some predesigned invites that you can print and send out, but if you'd like to create your own, go for it!
- **3** Use the recipes inside. Renowned chef and nutritionist Mikaela Ruben created some incredible recipes for you to WOW your guests. Our mouths are watering just thinking about them.

- 4 Have everyone read "A Day in Your Life" and calculate their slavery footprints. This is outlined in more detail in the packet, but will help guide meaningful discussions on your impact and how you can become a more conscious consumer.
- **5 Extra Credit.** Order the "#CookForSYRIA" cookbook (cookforsyria.com) and try to make a recipe from the book using Fair Trade ingredients. Set the tone for dinner with some Starling Project candles (starlingproject.org), which make a difference in your home and around the world.



unicefusa.org page 4



Host your own UNICEF Next Generation

Fair Trade Dinner Party

Eat, drink and discuss what we can do to end trafficking.

Find out more at: unicefusa.org/endtrafficking



UNICEF Next Generation

Fair Trade Dinner Party

We will eat, drink and discuss what we can do to end trafficking.

unicefusa.org/endtrafficking



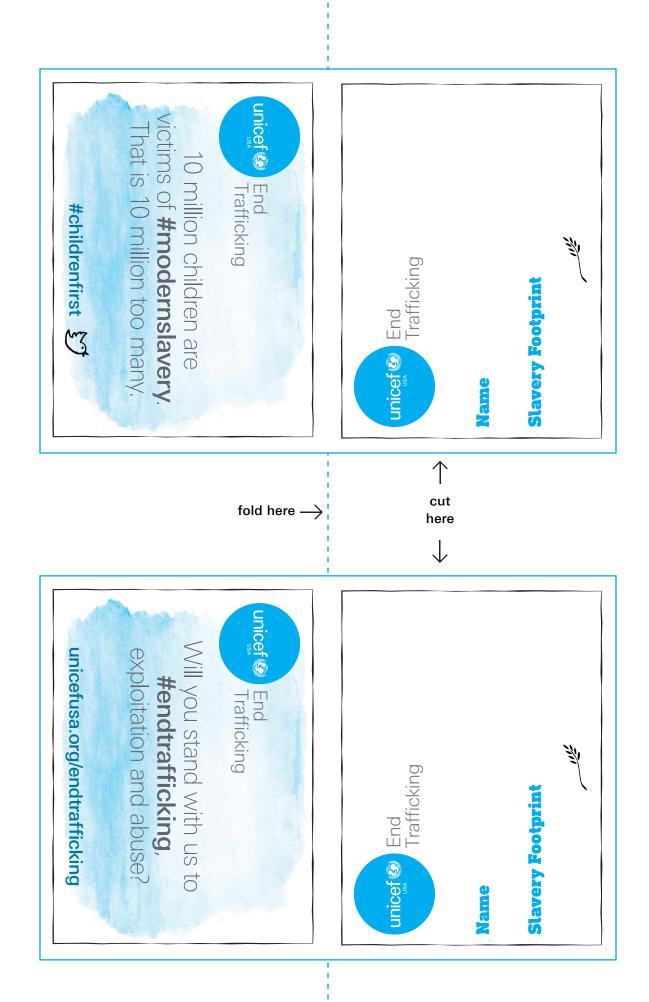
You are invited to our

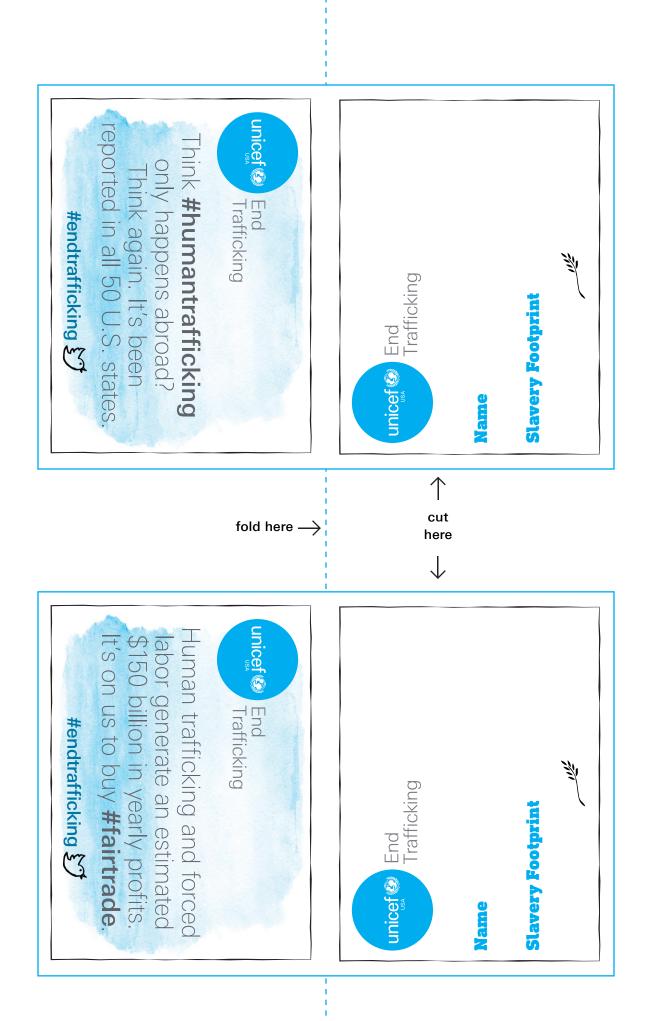
UNICEF Next Generation

Fair Trade Dinner Party

We will eat, drink and discuss what we can do to end trafficking.

unicefusa.org/endtrafficking







What is Fair Trade?

Fair Trade is a trading partnership based on dialogue, transparency and respect that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and workers.

Your Slavery Footprint



Slavery Footprint.org

My slavery footprint is:

| /endtrafficking |
|-----------------|
| unicefusa.org/ |

2 What was Fair Trade at this meal?



| | | 7 |
|--|--|---|
| | | |
| | | |
| | | |
| | | |











Where can I find these products?

Fair Trade Recipes

Fair Trade Brownies

Ingredients

1½ cups Wholesome! Fair Trade sugar (wholesomesweet.com)

34 cup Sunspire Fair Trade semisweet chocolate chips (sunspire.com)

¾ cup Valrhona Fair Trade cocoa powder (valrhona-chocolate.com)

3/4 cup flour (or Fair Trade coconut flour for gluten free (arrowheadmills.com)

3 eggs

3/4 cup unsalted butter, melted

Directions

- Combine the sugar, flour, salt, cocoa powder, eggs and melted butter and mix by hand. Do not overbeat or flour will produce gluten.
- 2 Stir in the chocolate chips.
- 3 Line the bottom of a 9×13 baking dish with parchment paper to keep brownies from sticking.
- 4 Pour the batter and spread it out.
- 5 Bake at 325°F for 20-30 minutes. Brownies are done when a toothpick inserted in the tallest part comes out clean.

- If you hit one of the chocolate chips with the toothpick, it will have melted chocolate on it. You may need to check a couple of spots to make sure you aren't hitting a chip!
- 7 Once it's done, remove from the oven and carefully lift the parchment out of the baking dish.
- 8 Peel the edges down and let cool for a few minutes before slicing.

Fair Trade Pasta

Ingredients

Organic penne pasta (traidcraftshop.co.uk)

1 tablespoon Equal Exchange olive oil (equalexchange.coop)

1 tablespoon of salt

Directions

- 1 Fill pot with water and boil water.
- 2 Add 1 tablespoon salt and 1 tablespoon Equal Exchange olive oil.
- 3 After water has boiled, add organic penne pasta and wait 9 minutes for pasta to cook properly.
- 4 Check pasta with fork to ensure it is soft. When ready, drain pasta and allow it to cool.
- 5 Serve with olive oil and the sauce of your choosing.



UNICEF/UNI878

Winter Dishes by LA NextGen'er Mikaela Reuben

using the science of nutrition with the art of healthy eating and food creation, Mikaela is a culinary nutritionist and health consultant working for the likes of Ben Stiller, Owen Wilson and Woody Harrelson. She has molded a career that inspires people to make better health and food decisions by offering nutrition and health coaching through a personalized approach.

Mikaela's passion for food and nutrition started early. She was often found in the kitchen playing with food or in the garden eating vegetables. Her hunger for knowledge and adventure has led her to unimaginable experiences around the globe as she continuously explores various cultures to find new ingredients, health benefits, recipes and beautiful culinary traditions.

She started training under well-recognized LA-based chef Wayne Forman, and decided to leave her master's in physical therapy to continue her pursuit of food and nutrition. After 10 years of studying ingredients, food and the physical body, Mikaela loves to share her secrets of health and happiness. She teaches her clients to truly EAT TO LOVE. Visit **mikaelareuben.com** for more healthy goodness, and follow her incredible **Instagram account!**

Wild Salmon with Roasted Veggies

Inspired by the thrill of winter fishing, this simple recipe encourages us to experience a meal from beginning to end. Made with fresh salmon, root vegetables and a lot of love. Garnish salmon with slices of lemon, or add goat cheese to the roasted vegetables for added creaminess.

Ingredients

Approximately 24 oz of salmon

Marinade

½ cup Equal Exchange olive oil (**equalexchange.coop**) ½ red onion, grated

1/4 cup maple syrup (wholesomesweet.com)

 $\frac{1}{4}$ cup Bragg wheat-free tamari

Pepper

Vegetables

2 cloves crushed garlic

½ red onion

1 sweet potato

3 beets

2 carrots

1 tablespoon Equal Exchange olive oil

(equalexchange.coop)

1 tablespoon balsamic vinegar

Directions

- 1 Preheat oven to 375°E.
- In a bowl, add all marinade ingredients and mix.
- Chop salmon into 2-inch pieces and set in marinade.

- 4 Chop all vegetables and drizzle with olive oil, lemon, balsamic vinegar and salt and pepper.
- 5 Pour vegetables into a baking pan and put into the oven.
- 6 Check after 10 minutes and stir.
- 7 Check at 25-30 minutes. Done when tender with a fork.
- 8 Add salmon to a pan, drizzle with maple syrup and a sprinkle of sea salt and turn the oven up to 400°F.
- ? Check at 6 minutes. It is done when flaky.



Tahini Ginger Quinoa Bowl

Ingredients

Tahini Sauce

21/2 tablespoons tahini

1 tablespoons peeled and finely grated ginger

1 teaspoon pressed garlic

2½ tablespoons Wholesome! organic raw unfiltered honey (wholesomesweet.com)

1 tablespoon water

3 tablespoons tamari

½ cup toasted sesame oil

Veggies

1 cup Alter Eco quinoa (shop.alterecofoods.com)

11/2 cups small cubed sweet potato or yam

1 cup chopped kale

2 cups finely chopped purple cabbage

1 tablespoon olive oil

1 cup finely chopped onions

1 tablespoon chopped green onion

Sesame seeds to garnish

Frontier organic fair trade certified ground turmeric to garnish

Directions

- 1 Rinse and cook quinoa in 2 cups of water by bringing the quinoa and water to a boil, then reducing heat and covering, allowing to simmer for 15 minutes.
- 2 Peel sweet potato or yam.
- 3 Cut into 1" pieces either in small triangles or squares

 just make sure they are the same size.
- 4 Add potato to steamer and steam for 4 minutes.
- 5 Then add purple cabbage and steam for another 4 minutes.
- Add kale at 8 minutes, stir well and leave in for another 2 minutes. Remove from heat and mix with quinoa.
- 7 On medium heat, warm olive oil in a medium sauté pan and add onions.
- Once onions are translucent, which takes about 6 minutes, reduce heat and add tahini sauce. Heat for 1 minute then toss with quinoa and vegetables.
- **?** Top with green onions, sesame seeds and a pinch of turmeric to serve.

Portobello Mushroom Steaks

Serving Size: 4 servings

Dairy Free - Gluten Free - Sugar Free

A wonderful vegetarian dish. Can be served as a main dish or cut into pieces and served as a side or even as a topping for salads. For a delicious raw alternative use apple cider vinegar instead of balsamic, marinate overnight and skip the oven!

This recipe is for garlic lovers. I recommend serving with salad, avocado and a sprinkle of pine nuts, or with braised cauliflower and sautéed spinach.

Ingredients

4 portobello mushrooms

5 cloves pressed garlic

4 tablespoons balsamic vinegar

4 tablespoons Equal Exchange olive oil

(equalexchange.coop)

1/4 teaspoon sea salt

1 pinch fresh ground pepper

1 pinch chili flakes

Directions

- **1** Wash the top of the mushroom cap and remove the stems.
- 2 Mix garlic, oil, balsamic, salt, pepper and chili flakes together in a small bowl.
- 3 Divide dressing equally between mushrooms so the dressing sits in the gills.
- 4 Allow to marinate anywhere from 2 hours to overnight, making sure the mushrooms are upright and that the mixture doesn't spill.
- 5 Turn the oven on to broil.
- **6** Put tinfoil on a baking sheet, place the mushrooms gills up and place in oven.
- 7 Check at 7 minutes; if they are not ready check again at 10. They will be ready when the mushrooms are tender all the way through.
- **8** Taste and sprinkle with a little more sea salt and olive oil, if needed, before serving.

Fair Trade Discussions

Icebreaker Questions

Kick off the event with a question that encourages your guests to open up and get comfortable — go around the room and ask everyone to respond to the following questions:

- Talk about a time you ran away from home when you were younger (if you ever did). Why? Where? What happened?
- 2 Talk about a time you trusted someone when you should not have. What happened? Did you ever forgive the person? How did this make you feel?
- 3 Talk about a time you felt like your hard work went underappreciated.

"Day in Your Life" Specific Questions

Ask your friends to do some prep work before attending your event. Share the "Day in Your Life: Touched by Modern Slavery" document (in this kit) and ask everyone to read it before they come. Then use it as a discussion starter! Here are some questions you may want to consider:

- 1 What is driving the demand for labor trafficking?
- 2 Do you think companies should be held responsible for investigating trafficking in their supply chains?
- 3 How many of the items discussed in the document have you purchased or used in the past week? How did you feel after reading this document?
- 4 What do you think some of the counterarguments against Fair Trade could be, and how would you respond to them?

Labor Trafficking Specific Questions

- 1 Look at the tags on your clothes; where were they made?
- When you make a purchase, what are the factors that influence you to buy a particular item?
- 3 Do you think you have the power to help make a difference in labor trafficking? Why or why not? How?
- 4 Before coming to this event, how much did you know about labor trafficking? Fair Trade? Did/do you ever think about it? When and why?



UNICEF/UN02014



A DAY IN YOUR LIFE: TOUCHED BY MODERN SLAVERY

The food you eat, the products you buy, and the consumer items you use on a daily basis may have been produced or touched by those held in involuntary servitude.

6:00 am: **WAKE UP AND GET** READY FOR **WORK:**

on your back could have been produced by a man, woman, or child in a garment factory in Asia, the Middle East, or Latin America who is subjected to forced labor, including withholding of passports, no pay, long working hours to meet quota, and

physical and sexual abuse. To complete your outfit, the you put on this morning may include gold mined by trafficked children in Africa, Asia, and Latin America.

8:00 am: The SIT DOWN AT

and other electronics you use may be dependent on minerals that are produced in conflict-affected areas in Africa. Children and adults are forced to work in mines under conditions of forced labor and sexual servitude.

you use may also be produced in Asia by adults and children – some as young as nine years old – who are sold or YOUR DESK: deceived into working in electronic factories under conditions of forced labor, including excessively long hours, minimal or no pay, and threats.

10:00 am: The

TAKE A **CAFFEINE BREAK:**

you drink to keep you energized may have been touched by modern slaves. Some men and children work under conditions of forced labor on coffee plantations in Latin America and Africa. The sugar you put in that coffee may have also come from plantations where children and men in Latin America, Asia, and Africa are subjected to conditions of forced labor and debt bondage. These victims were exposed to high levels of pesticides and potential injuries from machetes, which are used to cut sugar cane.

12:00 pm: The *

EAT LUNCH:

you eat for lunch may have been caught by men in Southeast Asia and children as young as four years old in West Africa, who are subjected to conditions of forced labor in the fishing industry. While catching your lunch, these victims may have been deprived of wages, food, water, and shelter, worked extremely long hours, and suffered physical and sexual abuse.

2:00 pm: **SNACK:**

dessert you eat may have been touched by modern slaves, primarily in Africa. Children that work on plantations that AFTERNOON produce cocoa - the key ingredient in chocolate - are subjected to conditions of forced labor. There are an estimated 300,000 children who work in cocoa production worldwide.

4:00 pm:

DRIVE TO A **MEETING:**

you drive are made of rubber, which is produced in Asia and Africa on rubber plantations. Adults and children, including entire families, are forced to work on these plantations for little to no pay, excessive hours to meet quotas, and in hazardous working conditions.

6:00 pm:

ARRIVE AT HOME:

The bricks in the walls of your 🚂 🖁 may have been produced by bonded labor victims, including men, women, and children, in brick kilns primarily in Asia and Latin America. Children and adults are forced to work in hazardous working conditions in brick kilns for long hours and minimal pay.

8:00 pm:

ENJOY DINNER:

you eat for dinner may have been touched by men and children subjected to forced labor on cattle ranches and farms in the United States, Latin America, and Africa. These victims work long hours, receive little or no pay, and suffer physical and emotional abuse to herd the cattle that will eventually make it to your dinner table.

11:00 pm: The cotton in your may have been picked by men, women, and children – some as young as three years old – in cotton fields, primarily in Central Asia and Africa. While you rest easy on your cotton pillow, children are forced to leave school to work GO TO BED: under arduous and abusive conditions, sometimes with no pay, during the annual cotton harvest.

The items that you wore, used, and consumed today were touched by modern slaves from around the world -- men, women, and children. This is just one day. What about the rest of your life? Find out more at www.slaveryfootprint.org.





Fair Trade and You

Buy Fair Trade to Help End Human Trafficking



by offering better trading conditions to, and securing the rights of, marginalized producers and workers.

– World Fair Trade

Fair trade

contributes to

development

sustainable

World Fair Trade
 Organization

What Is Fair Trade?

Fair Trade is a label that is placed on ethically sourced products. Certified organizations use various auditing practices to track products throughout the production process, ensuring that workers are paid a living wage in decent conditions, and that no child exploitation occurs. Profits from Fair Trade ventures are then reinvested into the community through Fair Trade Funds that address social, economic and environmental challenges in each community. Through a democratic system, each Fair Trade community determines how its funds will be used. Funds can be invested in local projects that empower women, support education, protect the environment, fight

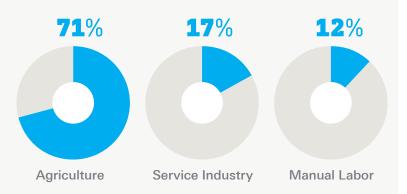
poverty, or provide health care, or they can be reinvested into local businesses. This use of Fair Trade Funds gets at the root of what makes people vulnerable to exploitation and gives locals the power to expand their access to basic, necessary resources. If you'd like to learn more about the impact of Fair Trade, please visit fairtradeusa.org/resources/facts-figures for impact reports.

Products That Use Child Labor

For a full report on the worst offenders in regard to forced and child labor please see: dol.gov/sites/default/files/documents/ilab/reports/child-labor/findings/2015TDA_1.pdf.

Child Labor by Industry

Child laborers are often unpaid and engage in hazardous work.



Demanding Ethically Sourced Products

The reality is that Fair Trade can only effect change in companies that choose to ethically source products, and that is where we, as consumers, come into play. If more people begin to buy Fair Trade, then demand for ethically sourced products will increase. As the demand increases, companies will meet that demand by increasing the supply of available ethically sourced products, ultimately improving working conditions for laborers around the world.

Buying Ethically Sourced Products

Unfortunately, where you live does impact your access to fair trade products, but that is changing. Health-food stores almost always carry Fair Trade products, and you can likely at least find fair trade chocolate or ice cream in any corner or grocery store. Other Fair Trade products include coffee, tea, sugar, and vanilla, to name a few. If your favorite stores do not carry Fair Trade products, ask them to order some, and tell them why it's important to you. Below are a few labels to look for:











UNICEF's Work to Protect Children and Prevent Child Labor

UNICEF works in over 190 countries and territories around the world. UNICEF's Child Protection work includes:

- Reaching the world's most vulnerable children, such as: orphans, children living on the streets, migrant and refugee childen, and children affected by conflict and natural disasters.
- Facilitating community educational activities to change social norms, attitudes and behaviors that make children vulnerable to exploitation.
- Supporting comprehensive services for children and their families, including access to health care, social protection and welfare services, psychosocial support, and legal assistance.

Other Fair Trade Resources

- Fair Trade USA: fairtradeusa.org
- Fairtrade America: fairtradeamerica.org
- World Fair Trade Organization: wfto.com
- Fair Trade Federation: fairtradefederation.org
- Equal Exchange: equalexchange.coop

5 Things You Can Do to Support Fair Trade

- 1 Host a Fair Trade Event where you offer samples of Fair Trade products such as coffee, tea, wine and chocolate. Download our event kit from unicefusa.org/mission/protect/trafficking/end/resources.
- 2 Talk to your favorite companies about what they're doing to address slavery and forced labor in their supply chain.
 Visit slaveryfootprint.org for pre-written letters.
- 3 Make your town, school or workplace Fair Trade! Visit fairtradecampaigns.org for more information.
- Choose Fair Trade chocolate when buying candy for holidays.
- 5 Buy products made by survivors of trafficking.

To learn more, please contact endtrafficking @unicefusa.org.

Resources

Below are links of suggested websites, videos and articles that will help you to become more knowledgeable on the issue of fair trade.

Organizations

• Fair Trade USA: fairtradeusa.org

Fairtrade America: fairtradeamerica.org

World Fair Trade Organization: wfto.com

Fair Trade Federation: fairtradefederation.org

Equal Exchange: equalexchange.coop

Videos

- Fair Trade: Every Purchase Matters youtube.com/watch?v=7K4G5-ydhS0
- Fair Trade: The Power of the Consumer youtube.com/watch?v=DVxe1ZKIff0
- Buy Fair. Be Fair youtube.com/watch?v=YIVICw_kydM

Articles

- 10 Principles of Fair Trade wfto.com/fair-trade/10-principles-fair-trade
- Fair Trade Cocoa Impact Report fairtradeusa.org/sites/default/files/Cocoa_ Impact_Report.pdf



UNICEF USA supports UNICEF's work through fundraising, advocacy and education in the United States. Together, we are working toward the day when no children die from preventable causes, and every child has a safe and healthy childhood. For more information, visit **unicefusa.org**.

The End Trafficking Project is UNICEF USA's initiative to raise awareness about child trafficking and mobilize communities to take meaningful action to help protect children. In partnership with concerned individuals and groups, the End Trafficking Project aims to bring us all closer to a day when there are no exploited children.