Young Reporters for the Environment (YRE)

2026 Competition Workbook
(11–16 years)

Name:

Welcome to YRE!

Young Reporters for the Environment

You are joining a youth leadership programme where young people in more than 40 countries investigate local environmental issues, create powerful stories, and inspire action to green their communities.

This workbook will guide you through the 4 YRE Steps: **Investigate, Research Solution, Report, Disseminate.** These steps will help you build new skills, make a difference where you live, and share your ideas with others.

At the end, if you'd like, your report can be submitted to the YRE International Competition, where stories are celebrated globally. But remember: YRE is not just about winning, it's about learning, leading, and creating positive change.

2025/2026 YRE Competition Theme: Food Security & Climate Change

Every meal we share carries a story. It reflects where we live, what we value, and how we choose to care for our planet and the people who depend on it.

Through the PLAN'EAT project, the Foundation for Environmental Education (FEE) is bringing these themes into the YRE international competition. PLAN'EAT is a European initiative focused on promoting healthy, sustainable, and culturally diverse diets by connecting food choices to climate action, biodiversity protection, and social equity. By linking PLAN'EAT with YRE, we aim to show how small, local actions connected to food can create much wider change.

This year's theme highlights food security in all its diversity; its colours, cultures, and personal stories. It's an invitation to explore how every plate, every choice, and every individual has the power to influence the future of food.

Pick a topic to explore

Choose any topic that links food to climate change and feels meaningful in your community. Your choice will decide what you work on next. ✓

- [ ] **Diet and health** - How do you choose your portion sizes, plant-based foods, and ultra-processed foods in your everyday life?
- [ ] **Food waste and loss** - What's wasted and why? How much goes uneaten?
- [ ] **Food systems** - From farm to fork: where does your food come from?
- [ ] **Food footprint** - What's the environmental impact of the food you eat?
- [ ] **Food labels and packaging** - What do labels tell us? How processed is the food? How sustainable is the packaging?

Step 1: Investigate

Now use your chosen topic to get started. Look around your school, home, or community for ideas.

Tasks:

List 3 food-related challenges you notice that you think can be solved.

1. _____
2. _____
3. _____

Draw or describe one example.

Why is this matter important to the people around you?

Who or what might be affected the most (nature, water supply, farmers, families)?

What would happen if no one addressed this challenge, and what would happen if everyone continued good practices?'

Step 2: Research Solutions

Good reporters gather information from people and reliable facts. Try to find out as much about your chosen topic as possible with questions, data, and authentic voices. For example:

- If you're exploring food waste, how much is thrown away at school or home?
- If looking at ultra-processed foods, what do nutrition labels reveal?
- If investigating food footprint, can you find production emissions or water usage data?
- What are the existing good practices and behaviours in the community?

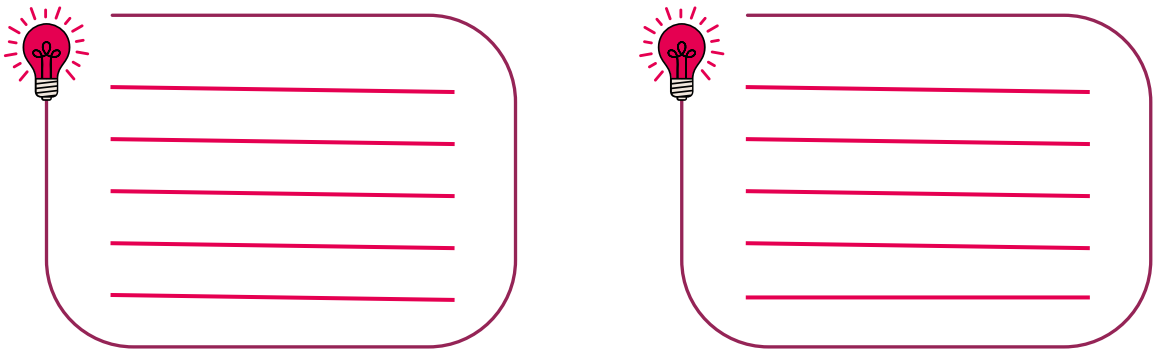
Tasks:

Write down 2 questions you could ask people in your community about your chosen topic.

1.

2.

Find 2 facts from a library, teacher, news, or trusted website.



How could you check if a fact is trustworthy?
Tip: A trustworthy fact often comes from experts or reputable organisations- such as a UN report or a scientific study.

Does this practice happen in other countries too? If so, where?

Who in your community might have ideas to solve it?

What are their ideas to solve this?

What are the good and bad points of the solution?

Step 3: Report

YRE gives you the chance to share your story in different ways. Make sure your report clearly explains your chosen topic and why it matters. Think about:

- Did anything surprise you from your research?
- What do you want people to do after receiving/reading/watching your report?
- Could a visual help show your issue (such as a one-take photo or photo story with supporting captions)?

Tasks:

Circle one:

Article **Photo** **Video** **Campaign**

Draft a title:

What message should your audience remember?

Who do you want to share your story with first?

What picture or key words would grab attention?

End with one sustainable food tip- (a practical suggestion like *"Refusing to buy produce that is not locally sourced or seasonal"*) to help green your community.

Share your draft or ideas with a classmate or your teacher for feedback. What improvements or new ideas did you gain from discussing it?

Finalise your draft!

Step 4: Disseminate

A strong message is shared with the right people.

Tasks:

Write 2 places you could share your work.

1.

2.

Who could help you spread your story further (teachers, friends, local leaders)?

How could you tell if your message made a difference?

What's one next step you could take after sharing your report?

Before finalising, ensure your report is:

- Relevant to the theme
- Evidence-based (facts and interviews cited)
- Creative in approach
- Clear in communication
- Impactful (includes a call to action)

My YRE Journey

YRE gives you the chance to share your story in different ways. Make sure your report clearly explains your chosen topic and why it matters. Think about:

I investigated... **I shared...** **I researched...**

I reported... **I inspired...**

My Reflection Prompts:

YRE gives you the chance to share your story in different ways. Make sure your report clearly explains your chosen topic and why it matters. Think about:

What is the most important thing I learned about food and climate?

What skill did I practice most (critical thinking, writing, teamwork, creativity, confidence)?

How did it feel to lead a project that can help your community?

One action I want to keep doing to help green my community is...

My Next YRE Steps

Your teacher might offer suggestions to help you develop your idea for a report after they have looked it over. Use this space to reflect on their feedback and decide what you would like to do next.

- One thing they liked about my report:
- One suggestion they gave to improve it:
- Something I want to do next (tick one or more): ✓

- [ ] Keep working on my report
- [ ] Share it with someone new (family, friend)
- [ ] Submit it to the YRE National Office in my country for the YRE Competition
- [ ] Try a new idea based on their feedback
- [ ] Start a related action in my school or community

Sources:

https://www.ecoschools.global/planeat-project

The Foundation for Environmental Education (FEE) was established in 1981. FEE is one of the world's largest environmental education organisations, with over 110+ member organisations in 85 countries. With 40 years of impactful experience in ESD, our strategic plan - GAIA 20:30 - prioritises climate action across all five programmes to address the urgent threats of climate change, biodiversity loss and environmental pollution.

PLAN'EAT is a Horizon Europe research project, funded by the European Commission, which aims at transforming food systems and food environments towards healthy and sustainable dietary behaviour.

CONTACT
Foundation for Environmental Education
Scandiagade 13
2450 Copenhagen
Denmark

info@fee.global
www.fee.global

CONTACT
Foundation for Environmental Education
Scandiagade 13
2450 Copenhagen
Denmark

education@fee.global
www.ecoschools.global

CONTACT
PLAN'EAT is a Horizon Europe research project, bringing together 24 partners, running from September 2022 to 2026.

jessica@fee.global
www.planeatcenter.com

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