



Young Reporters for the Environment (YRE)



2026 Competition Workbook (16+ years)

Name:





Welcome to YRE!

Young Reporters for the Environment

You are part of a global youth programme that empowers young people to act as investigators, storytellers, and community leaders. Through YRE, you build the skills to explore environmental challenges, share strong evidence-based stories, and inspire others to act.

This workbook will guide you through the 4 Steps of YRE: Investigate, Research, Report, and Disseminate. These are not just project tasks they are real skills for leadership, communication, and change-making that will benefit you through life.

Your final report can become part of the YRE International Competition, where youth voices are amplified worldwide. But whether you submit, you are already part of a movement of young leaders greening their communities.

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

Every meal we eat has a story. It can show where we come from, what matters to us, and how we look after our planet and the people on it.

As part of the PLAN'EAT project, the Foundation for Environmental Education (FEE) has brought these ideas into the YRE international competition for 2026. 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 connecting PLAN'EAT with YRE, we want to show that small actions around food in our communities can grow into something much bigger.

This year's theme celebrates food security in all its colours, cultures, and stories. It's about discovering how every plate, every bite, and every one of us has the power to change the way we eat for a better future.

***I'm choosing
food that helps
the planet.***



Pick a topic to explore

You are free to focus on a topic that connects most with your local reality. Choose one that sparks your curiosity or reflects an issue you believe needs more attention: ✓

- Diet and health** - How are dietary choices linked to sustainability? What role do ultra-processed foods, portion size, or plant-based eating play?
- Food waste and loss** - Where is food being wasted (e.g., school, home, shops)? Why does it happen?
- Food systems** - How is food produced, transported, and accessed in your area? What are the climate-related risks?
- Food footprint** - What environmental impact does food have (e.g., carbon, water, or land use)?
- Food labels and packaging** - How do we understand what's in our food and how it's packaged? What can labels tell us about sustainability or health?

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. _____



Who is most affected, and how?

Identify any positive food-related practices or traditions in your community (e.g., seasonal eating, local farming, cultural dishes)? How might these offer solutions or inspire change?

What signs of climate impact do you see in your community (drought, flooding, pests)?



Is this issue overlooked or ignored?

If you could only investigate one issue, which would it be and why?

Step 2: Research Solutions

Evidence and multiple perspectives are key to responsible reporting. Investigate your chosen topic by seeking out local experiences, expert insights, and reliable data. For example:

- If you're exploring food waste, can you find statistics from your school or town?
- If focusing on ultra-processed food, what do experts say, and how do ingredients compare?
- For food footprint, can you calculate the emissions or water usage linked to one typical meal?
- Are there practices that help communities and planet – food sharing, harvest festivals, storage and preservation

Tasks:

List 2–3 stakeholders (such as farmers, food vendors, NGOs, policymakers) you could interview.



Note 2 data sources you would trust (UN reports, government statistics, NGO research).

1. _____



2. _____

What questions would you ask in an interview?

Find an example of a similar issue in another region - what lessons can be drawn?

How do social, cultural, or economic factors influence this issue?

What gaps in knowledge remain after your research?

Step 3: Report

Think of yourself as both a reporter and a youth leader shaping how others see the issue. Make sure your report clearly communicates why your chosen topic matters and what your audience should take away. Ask yourself:

- What did your research reveal that others might not know?
- How does your topic affect people in your local context?
- What change or reflection do you want your piece to spark?

Tasks:

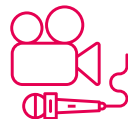
Chosen format: ✓



Article



Photo



Video



Campaign

Draft a headline or campaign slogan:



Identify your target audience: local peers, global youth, policymakers?

Outline 3-4 key points to include in your piece.

What tone will you adopt (urgent, hopeful, critical)? Why?

What visuals, quotes, or data could strengthen your piece?

End with one Sustainable Food Tip or practical solution your community could adopt.



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

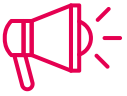
Your role is to ensure your story reaches and motivates others.

Tasks:

Where will you share your piece first (school, local media, social groups)?

Where could it reach beyond your community (YRE network, online platforms)?

Draft a short call to action (e.g., “Commit to zero food waste at home”).



Who could be connection to help amplify your story (youth groups, teachers, NGOs)?

How might you measure impact (conversations, pledges, behaviour change)?

What could be a natural “next step” if people respond well to 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



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:

How has this process helped me grow as a leader in my community?

How does my project connect my local story to global issues?

What impact do I hope my work will have, immediately and in the future?

How could I keep using these skills (evidence, communication, advocacy) beyond this project?

My Next YRE Steps

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

● What strength did they highlight in your work?

● What did they suggest to develop or improve?

● What do you plan to do with that feedback or reflection? ✓

Refine my text or visuals

Do more research or interviews

Disseminate my report more widely

Submit it to the YRE National Office in my country for the YRE Competition

Start a related action in my school or community

Try a new idea based on their feedback

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.



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

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