**[Registration is open](https://docs.google.com/forms/d/e/1FAIpQLScyuZbfnsi_qab0j579eUYDkeBxn8nArBS5EScWzPFaTZGyiw/viewform" \t "_blank) for the 2020 Racial Equity Challenge! March 30 through April 19, 2020.**

**The 21-Day Racial Equity Habit Building Challenge (aka the Racial Equity Challenge) is simple!**

You (along with thousands of other people across the US) commit to deepening your understanding of, and willingness to confront, racism for twenty-one consecutive days. At the very least, the Challenge will raise your awareness. But for many participants it goes beyond that and changes they way they see and interact with the world.

**What exactly happens during the Challenge?**

During every morning of the Challenge, you’ll receive an email “prompt” with a short reading, video or audio file. You are encouraged to take about ten to fifteen minutes each day with the material in the prompt, though we will provide extra resources in case you want to dig further into the day’s topic. You have the option to log into our online forums (links will be provided) if you’d like to discuss the prompts in a supported and moderated environment. We also encourage you to share your experience on social media using the hashtag #FSNEEquityChallenge.

**What if I can’t do all the daily prompts?**

It’s ideal if you can do a little bit with the the daily prompts Monday through Friday, perhaps saving the “going deeper” extra material for another time. However, we realize sometimes it’s hard to keep it going for the full twenty-one days! The links you will receive will stay live so that you can come back later in the year. Also, don’t forget that you’ll have the weekends to get caught up!

**What about the weekends?**

Good news! It’s a time to get caught up and reflect. We will send weekend prompts on Saturdays and Sundays to help you think about the five days of weekday prompts. The weekends are a great time to get caught up on anything you missed during the week or check out some of the extra reasources on topics of interest. Some participants use the weekend to write in their journals or connect with friends and family about something they learned during the week’s Challenge activities.

**So, do people do the Challenge alone or with others?**

Both. And it’s your choice. You can certainly do the Challenge on your own using the email prompts you receive every morning during the Challenge. But we are learning that the work of making our region — and our food system — more just and equitable requires a team effort! This year we are expanding our menu of resources and tools to support your group at school, work, church or any other entity to take on the Challenge together!

**Why 21 days?**

There is no magic formula to change behavior, but committing to three weeks of consistently exploring the impact of race in the food system provides an intentional way to uncover racial inequities and injustices, as well as to discover the many ways we can individually and collectively promote a more just and equitable food system for all.

**Why is Food Solutions New England (FSNE) hosting this Challenge and where did it come from?**

FSNE as a network supports a [shared set of values](https://foodsolutionsne.org/what-we-believe/) in the food system we are building together. In 2013, FSNE publicly “centered” the racial equity value of our work and, in addition to supporting each other to learn, grow and change toward a more racially just system, the network was inspired by the work of Debby Irving and others to adapt the 21-Day Habit-Building Challenge to our food system world. FSNE has been organizing and hosting the Challenge every year since 2014. It started with a couple of hundred regional participants and has grown to nearly 5,000 participants each year (as well as many organizations adapting the Challenge for their own unique needs). Please feel free to use the Challenge in any way that works for you. If you decide to completely customize the Challenge, we ask for short statement of attribution with a link back to FSNE as a source of inspiration for your work.