

FUTURE

What if supermarkets could harness the joy of harvesting and sustainably nurture people and planet?

Future forecasting is a powerful tool for imagining and planning toward more intentional, values-driven possibilities. It helps project teams anticipate change, challenge assumptions, and design solutions that are not only reactive but visionary. By exploring a range of futures—probable, possible, preferable, and wildcards—we can identify which directions are most aligned with human and planetary well-being, and proactively shape them rather than passively accept them.

The preferable future for supermarkets lies in a blended path—where high-tech innovation meets time-honoured traditions. This vision merges the community-rooted, small-scale values of farmers markets with the regenerative, decentralised food practices of sustainable food cultures. Supermarkets become more like community commons: spaces that prioritise local food, zero waste, ancestral knowledge, and mutual care, all enhanced by ethical technology that supports-not replaces-human relationships and

Rather than always forging forward, this vision invites us to "backtrack" in meaningful ways, drawing from the wisdom of the past to repair and redesign the systems of the future. By integrating farmers market models, cooperative ownership, and regenerative principles into modern food infrastructure, we can create a supermarket and food system that's not just efficient, but deeply human, nourishing, and resilient.

COMPOST HARVEST LOCAL FOOD SYSTEM (CIRCULAR ECONOMY)

GROW

AIMS & OBJECTIVES

EDUCATE & EMPOWER

Provide hands-on experiences, like self-harvesting and dining at an in-house restaurant, to educate individuals on sustainable nutrition and foster a deeper connection to food and the environment.

PROMOTE SUSTAINABILITY

Advocate for locally sourced, environmentally sustainable food options, focusing on regenerative practices that support long-term ecological health.

REINFORCE NUTRITION & GUT HEALTH

Improve human well-being by offering nutrient-dense foods that promote gut health, supporting future generations' physical and mental resilience.

INNNOVATE FOR THE FUTURE

Blend traditional food practices with cutting-edge, sustainable innovations like lab-grown meat and insect protein to ensure a resilient and adaptable food system for generations to come.

Research has highlighted the crucial link between nutrition and human health, emphasising the significant role proper nourishment plays in overall well-being. Impoverished communities, especially those affected by food insecurity and poverty, are particularly vulnerable to the consequences of malnutrition, facing increased risks of nutrition-related diseases and mental health issues. To secure a healthier future for humanity, we must recognise food as medicine and prioritise nourishing the global population.



of the UK's population are experiencing food poverty* (Devine, 2024)



of all adults screened in the UK were found to be at risk of malnutrition-related disease



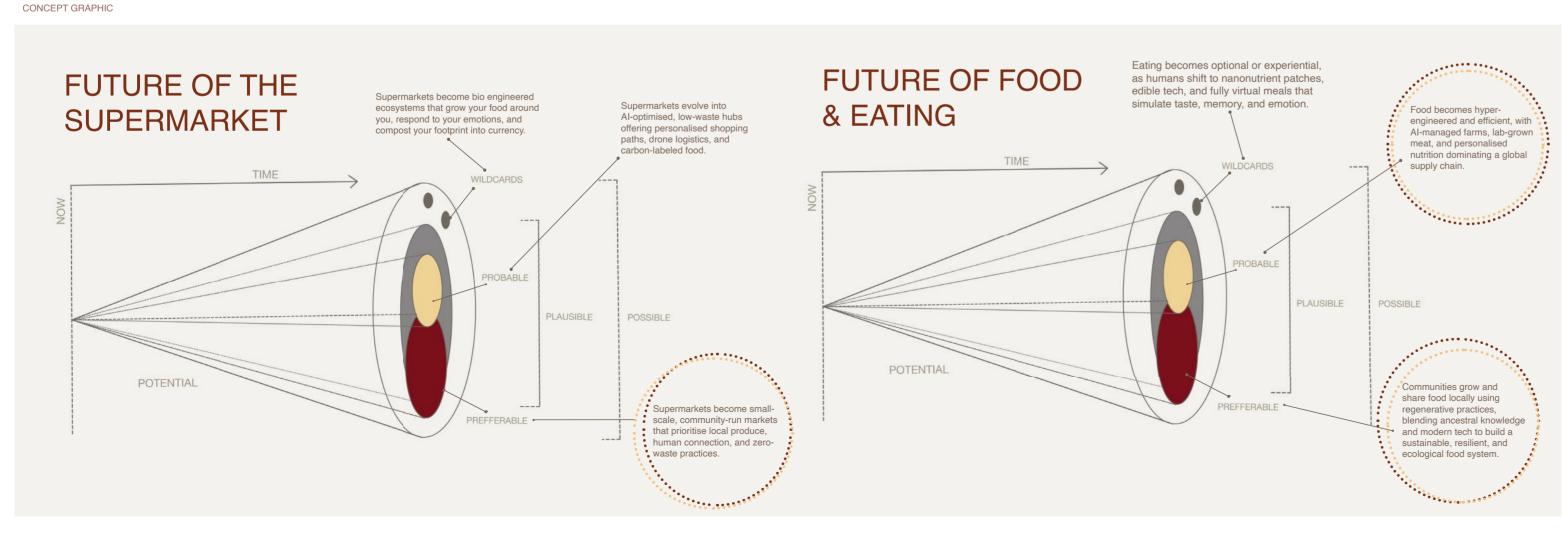
more likely to be living with a mental health condition when facing food insecurity (The Food Foundation, 2024)

NUTRITION & HEALTH





(BAPEN, 2023)

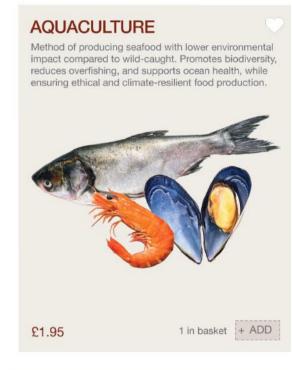


SUSTAINABLE DIETS



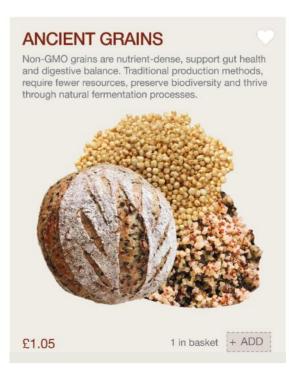














CONCEPT

Down to Earth re-imagines the future of the supermarket by offering affordable, nutritious, and high quality food options, whilst championing sustainable, utopian food sources. It serves as an educational hub, empowering individuals with knowledge about nutrition and health, and ultimately fostering a harmonious relationship between human well-being and environmental sustainability.

An alternative supermarket based on a holistic customer experience, grounded in simplicity and connection to nature, reminiscent of traditional farming and farmers' markets. It offers sustainability sourced, locally grown foods and allows self-harvesting to reconnect people with the land. The in house restaurant offers unique food experiences, encouraging customers to explore unfamiliar, nutritious options like ancient grains, fermented foods, and small-scale aquaculture, alongside innovative solutions like lab-grown meat and insect harvesting. It's a fusion of time honored food practices and forward-thinking sustainability.

The design of Down to Earth is centered around the theme of harvesting which is reflected both functionally and aesthetically with self-harvesting stations allowing customers to directly with the produce and self-dispensing displays emphasising a hands-on-approach as well as materiality which reflects the concept. Many key elements of the design feature rounded rectangular forms inspired by the iconic tram-line pattern left by tractors during harvest .

The material strategy is rooted in the themes of harvesting, food waste and sustainability with a rich and warm colour palette and raw and organic textures which reflect the concept of being `down to earth.' The hero materials and the concept of the chave been carefully curated to align with these principles, utilising sustainable, food-based materials that not only enhance the design but also reinforce the commitment to sustainability and responsible sourcing. This approach deepens the connection between the space, its purpose, and the materials that bring it to life.

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PURPOSE

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FUNCTION

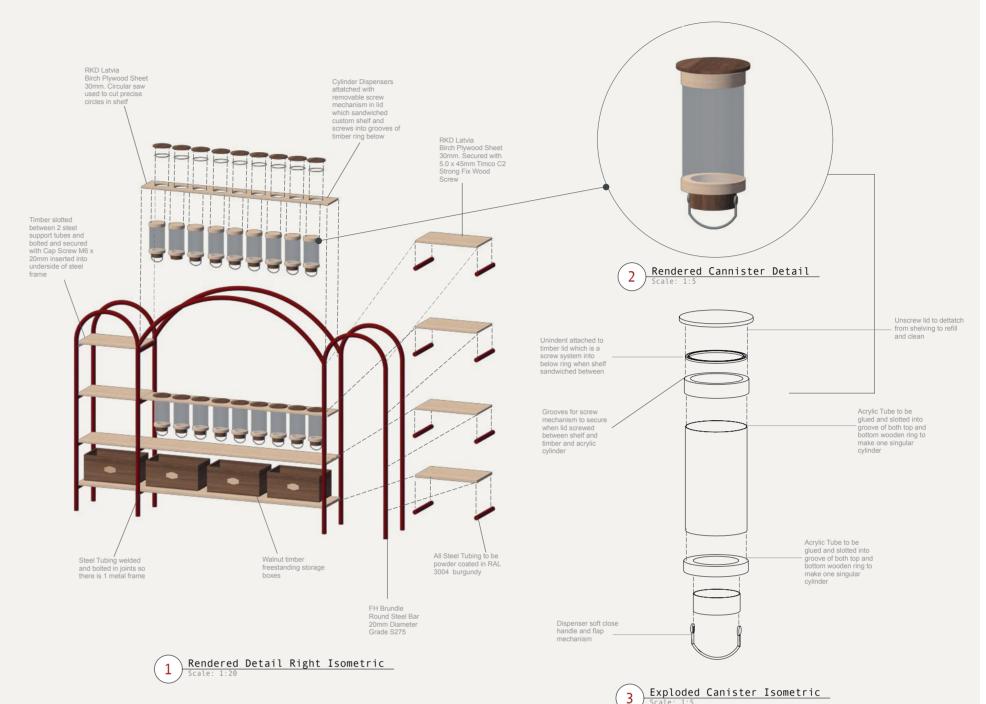


catch or kill animals for

human consumption

collect or obtain a resource for future use

The custom designed self-dispensing zero waste station is a central feature of the proposal, offering an intuitive, mess-free way for customers to refill pantry staples while eliminating unnecessary packaging. Its curved rectangular form draws direct inspiration from the tram lines left by tractors during harvest—an agricultural imprint reimagined in the design to honour the cycle of growing, gathering, and giving back.



MATERIAL TYPE

to gather a crop as a harvest

remove cells/tissue/organ

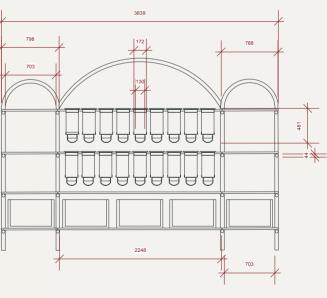
from a person or animal for experiment

SUPPLIER

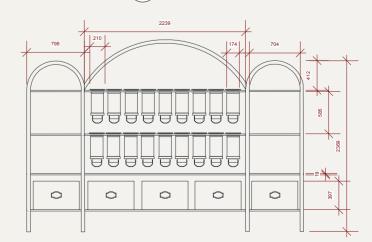
Brick Slip.K-Briq-Chapman Burnt Orange.



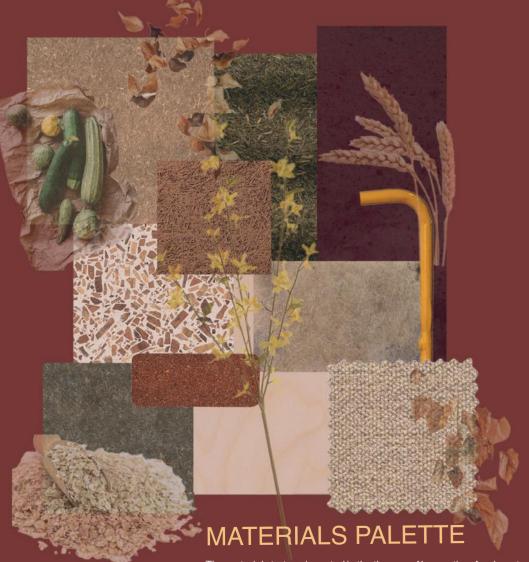
Whole Food Dispenser- Ground Floor







5 Elevation Scale: 1:25



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DEVELOPMENT

Circulation and touchpoints play a pivotal role in the design, with multiple route options thoughtfully crafted to align with each protagonist's unique journey. Every path is intuitive and easily navigable, whether one seeks efficiency or immersion. Key touchpoints have been strategically placed to enable seamless "quick routes" that ensure convenience and completeness—without disrupting the flow for those who choose to linger, explore, and savor a more enriching experience.



THE COLLECTED NURTURER

Motivation

Seeks convenience without compromising on quality. Values shared experiences, community education and uses the supermarket as a space for learning.

SHARE TASTE GATHER

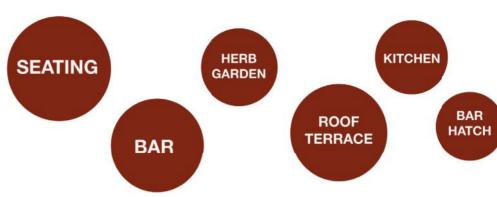
HARVEST

CHOOSE

LEARN



RESTAURANT





THE CAUTIOUS NEWCOMER

Initially drawn by necessity—affordability, convenience, or word-of-mouth—but gradually motivated by growing curiosity and a desire to engage with new food.

Affordable tasting menus or dish samplers that lower the risk of trying something new. Clear connections between bar/restaurant menu items and retail products.

Behavior/ Needs

entrance/exit zones.

placed essentials, intuitive

"Quick route" signage, strategically

Family-friendly routes, interactive

circulation, and easy checkouts near

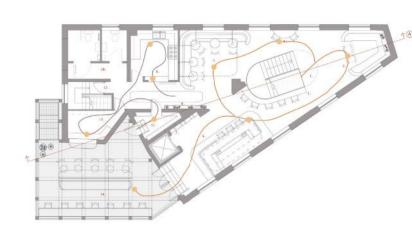
zones, educational activities, seating areas, and storytelling touchpoints.

Comfortable and more casual atmosphere that feel socially inclusive, not elitist or health-focused.



SHOPPING







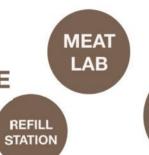
THE CONCIOUS NOURISHER

Driven by a desire to support both personal health and the planet, she seeks natural, ethically sourced food and make intentional choices that reflect their values of care, balance, and sustainability. Spends time exploring nutritional content, seeks fermented foods, ancient grains, and gut-friendly products.

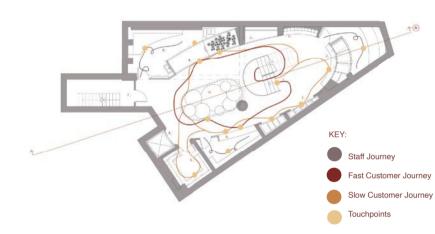
Clear signage, slow-flow circulation with immersive food zones and opportunity to be inspired and connected to food.

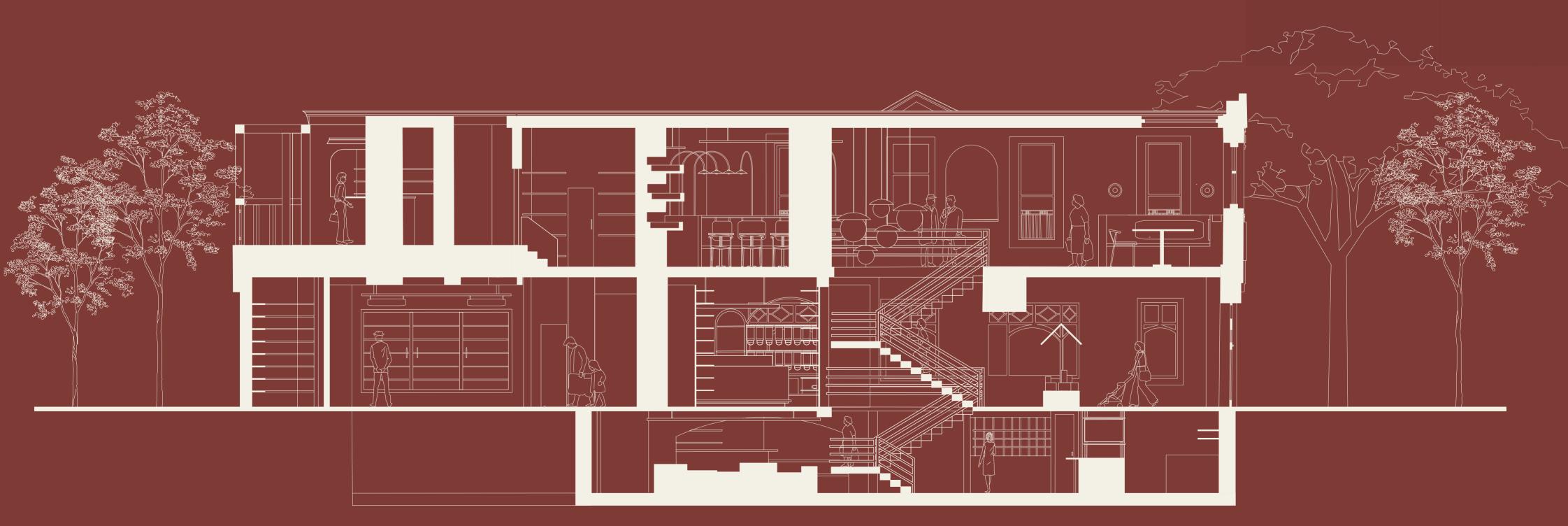


MANUFACTURE MARKET









DESIGN

The design of Down to Earth is grounded in the theme of harvesting, reflected in both form and function. Self-harvesting stations and self-dispensing displays create a tactile and immersive customer experience, reinforcing the joy and simplicity of gathering food directly from the source. Visually, the space is shaped by rounded rectangular forms reminiscent of tram-line patterns left by tractors, subtly referencing traditional agriculture. A warm, earthy material palette and the use of sustainable, food-based materials further embody the ethos of environmental responsibility. This cohesive strategy ties together purpose, aesthetics, and sustainability to create a space that is truly "down to earth."







Restaurant Bistro Seating- First Floor



Bakery & Coffee Station- Ground Floor





Ferments & Culture Dispenser- Basement Floor

NUTRITION

EMPOWERS
PEOPLE FUELS
FUTURES &
STRENGTHENS
COMMUNITIES

SCAN ME



