



2013 Fact Sheet

Event Date: Wednesday, October 16, 2013
Location: SUNY-Potsdam
Participants: High school students, teachers and staff from around the North Country
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Food Day, celebrated annually on October 24, is a nationwide event that aims to change the way Americans eat and think about food. Organized by the Center for Science in the Public Interest, Food Day showcases activities around the country that encourage Americans to "eat real" and support healthy, affordable food grown in a sustainable, humane way. GardenShare is the North Country's Food Day Coordinator.

The Food Day Youth Summit is organized by GardenShare with substantial help from the Health Initiative (GetHealthySLC.org). This event complements the Health Initiative's North Country Jr Iron Chef in March.



The North Country Food Day Youth Summit is a day of workshops, networking and action planning for high school students from across the North Country region on important food issues like diet and health, sustainable agriculture, hunger in our communities, and junk food marketing to kids.

GardenShare is **thrilled to welcome Roger Doiron** of Kitchen Gardeners International as keynote speaker and workshop presenter for the 2013 North Country Food Day Youth Summit this October!



Roger Doiron

If you haven't seen Roger's TEDx Talk, it's definitely worth the 20 minutes. He manages to outline some of the more troubling issues with our food system while maintaining a positive focus. He has a "subversive plot" we can all get behind, and he will definitely engage our students.

The Summit **focuses on planning for Action Projects** that the students take back to their schools and implement within their own school community. Facilitated action planning and a toolkit of relevant resources will result in students making a lasting impact in their own school communities.

Projects include starting or improving school gardens, integrating school gardens into classroom and cafeteria, developing a student organization to continue to focus on these issues, organizing a hunger banquet, school food surveys, school-wide food security surveys, and more. Last year one school worked to raise a pig from cafeteria scraps!

The 2011 Summit resulted in seven schools starting school gardens, and several others improving school garden programs that were already in place. Five teams began to work on improving the nutritional value of school served in school. Two teams were working on hunger advocacy issues in their communities.

Additionally, most students reported interest in improving their home nutrition environment through smarter shopping, cooking more on their own and growing some of their own food. More information about our Youth Summit is available on our website at gardenshare.org.

Plans are coming together for the workshops, and you can bet they will be great! Workshops will include a mock hunger banquet with a local focus, a school garden how-why-who-and-where, how to combat junk food marketers, hands-on healthy cooking, and more.