

Everybody Eats

Volume 15 Issue 6

September 2015

North Country Food Day Youth Summit

The **North Country Food Day Youth Summit** returns to SUNY Potsdam on Thursday, October 22. High school students from across the North Country and Adirondacks will gather for a day of speakers, workshops and inspiration around food issues.

A key goal of the Youth Summit is action. Each school team is asked to develop an action plan for a project they want to undertake back in their own school or community. These action projects deepen their learning and help develop leadership skills.

In the past schools have undertaken projects like starting school gardens, buying more local food for their cafeterias, and fundraising to support their local food pantries.

More information, including registration materials can be found at www.gardenshare.org.

This year's keynote speaker is Dominic Frongillo.

Dominic made history by becoming the youngest person ever elected to the Town Council in Caroline, New York, and served as one of the youngest Deputy Town Supervisors in New York State. Internationally recognized for his work on clean energy, Frongillo is an inspiring speaker engaging young people to action and change around a variety of issues.



In addition to his keynote speech, Dominic will lead a workshop on Leadership and Change-maker skills.

Details about the other planned workshops can be found on page 3 of this newsletter.



October 10, 2015

Registration begins at 8:30 am

Runners leave at 9:30, walkers follow

Potsdam Farmers Market

GardenShare *Fight Hunger 5K*

Walking, running, strolling, pulling the kids in a wagon—however you do it, we hope you will join us at GardenShare's first ***Fight Hunger 5K!***

This is both an awareness-raising and a fundraising event, so we ask that you get some spon-

sors—friends, family, coworkers, schoolmates—to make a donation in return for your traversing the 5K.

Maybe even organize a team to come!

Or sign up online!

Full details enclosed!

Sowing Solutions

One of the things I've learned in my first few months at GardenShare is how passionate our supporters are!

And one of the things the organization did right is to create a "**Sustainer's Circle**" for those passionate supporters.

Joining the **Sustainer's Circle** simply means making a three-year pledge, in any amount. But it's so important, because it provides stability and helps us plan for the future!



So, it was a real pleasure to gather in August to recognize the members of the Sustainer's Circle with an afternoon reception and tour at Kent Family Growers in Lisbon.

Dan and Megan Kent are creative farming entrepreneurs and it was great to hear Dan share both some of the challenges and the rewards of growing vegetables in the North Country.

And, of course, to sample a few of the fruits of his labor!

If you'd like to know more **Sustainer's Circle**, please be in

about the touch.

Gloria McAdam

Farmers Market Season Is Not Over!

Despite the slow start to the season due to a harsh winter and a late frost, area farmers markets are bursting with produce.

Don't forget that you can use debit or credit cards at the markets!

Incentives for SNAP/EBT users are in full effect at the Canton, Gou-

verneur, Potsdam, and Massena markets. For every \$5 of SNAP/EBT, shoppers will receive a \$2 CNY Health Bucks coupon. That means, for example, that \$10 of SNAP/EBT benefits now buys \$14 of food at these markets!

We still have a few more weeks of great, fresh, local produce available

at our local farmers markets, so head on out and meet your farmers!

For schedules, check your Local Food Guide or go to www.gardenshare.org.



CSA Bonus Bucks for Fall/Winter Shares

For the first time, GardenShare has funds available for low- and moderate-income families to have a subsidized fall/winter share from a local Community Supported Agriculture (CSA) farm.

For more information, including which farms offer fall/winter shares and the prices, go to garden-share.org and click on the Bonus Bucks logo.

Just Eat It! A Food Waste Movie

Join GardenShare on Monday, September 28, at 7:15 pm at Cinema 10 for a screening of "Just Eat It." Admission is \$4.50, or \$3.50 for seniors and students.

Filmmakers Jen and Grant dive into the issue of food waste from farm, through retail, all the way to their own fridge. After seeing the good food that is tossed, they pledge to quit grocery shopping and survive only on discarded food. A facilitated discussion will follow the film

Food Day Youth Summit Workshops

Students who attend the Food Day Youth Summit will be able to choose among the following workshops:

Leadership and Change-maker Skills—facilitated by our keynote speaker Dominic Frongillo.

Snack Attack—This hands-on workshop will help you redesign your snacks to energize you through the rest of your day!

Beyond Chefs and Farmers - Careers in food and agriculture you may never have thought of!

Junk Food Safari—Food marketers aim to deceive you. Learn to decipher their tricks, find out why it's legal to lie to you, and what you can do about it.

School Gardens—Learn great garden planning techniques, grants, and resources available to begin or continue food systems education in your school.

Farm to School—A roundtable discussion for sharing ideas and best practices for farm-to-school programs.

Hunger 101: The Challenge of Feeding a Family—This interactive role-playing workshop gives each participant an experience of what it might be like to try to feed your family on a limited budget.

After the workshops, all students will take part in an action planning session to develop a project to bring back to their own school and community.

Thank you to all of the volunteers working to make this Youth Summit a success!



Sponsors of the Food Day Youth Summit include: Northeast Agricultural Education Foundation, JM McDonald Foundation, United Methodist Women, Canton Community Fund, Farm Credit Northeast, and the Adirondack Foundation Evergreen Fund

Clip & Mail

Name: _____

Mailing Address: _____

City, State: _____ Zip: _____

Phone: _____

Email: _____

Check all that apply:

- ☐ Here's my tax-deductible donation to help further GardenShare's work to solve the problem of hunger : \$ _____
- ☐ I'm interested in volunteering with GardenShare. Tell me about the opportunities.
- ☐ I'd like to have a speaker come to my organization. Please contact me.
- ☐ I'd like to join the Sustainer's Circle with a three-year pledge. Please contact me to make the arrangements.



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CALENDAR

September 26—Look for GardenShare at the Local Living Festival on the village green in Canton.

September 28—Just Eat It! A Food Waste Story at Cinema 10

October 10—Fight Hunger 5K at the Potsdam Farmers Market

October 12—Columbus Day, GardenShare office closed

October 22—North Country Food Day Youth Summit at SUNY Potsdam

November 11-Veteran's Day and

November 26-27—Thanksgiving—GardenShare office closed

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Our mission:

Gardenshare's mission is to solve the problem of hunger in St. Lawrence County through policy advocacy work and by strengthening the food system to benefit all County residents.

Our vision:

Healthy Food – The County has a vibrant, local food system where our food choices are healthy for us, for our communities, and for the environment.

Healthy Farms – Farmers are able to make a living that supports their families, contributing to a robust local economy.

Everybody Eats – Everyone in the County has access to enough nutritious and affordable food to sustain a healthy lifestyle. When food assistance is needed, whether from government or private sector programs, it is provided in dignified ways that respect both the receiver and the giver of assistance.

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