



## THANK YOU.

Like almost everything in our region, the North Country Food Day Youth Summit is built by community. GardenShare is grateful for the support of these organizations.



Northeast Agricultural Education Foundation, Inc.  
Growing ideas. Feeding minds.

Glenn & Carol Pearsall  
Adirondack Foundation



ADIRONDACK  
FOUNDATION  
*Evergreen Fund*



## PLANT A SEED!

We welcome creative contributions as well as traditional financial support. If your business or organization would like to contribute, contact [info@gardenshare.org](mailto:info@gardenshare.org).

## HOW TO SOW YOUR DREAM



Roger Doiron  
Kitchen Gardeners International

## HARVESTING ACTION!

On October 16, 2013, GardenShare welcomed 20 teams from schools across the region to the North Country Food Day Youth Summit. 100 students and 50 adults sought information and inspiration about our food system, and how to make it better. The day of dynamic workshops explored:

- Understanding our food system
- Junk food marketing to kids
- Hunger in our communities and around the world
- Enjoying healthy food and creating healthy diets
- Gardens at home and at school
- Getting students involved in school food decisions

The day opened with an amazing keynote presentation by garden advocate Roger Doiron of Kitchen Gardeners International. Roger's step-by-step instructions on how to turn dreams into reality sparked the tone for the work ahead.



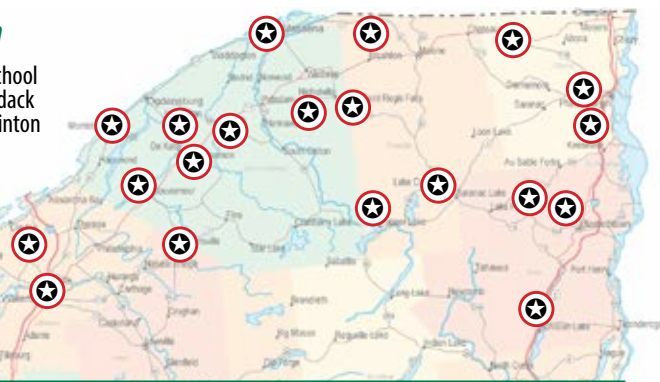
## OPPORTUNITY

With school budget cuts, many schools can no longer afford to send students to regional educational events. But the generosity of our funders enables us to reimburse schools for travel expenses. The Food Day Youth Summit provides a unique opportunity for students to interact with their peers across the Adirondack– North Country region, and gives them the leadership opportunities that colleges look for.

### 20 Teams From Across the Region

Canton  
Gouverneur  
Harrisville  
Hermon-DeKalb  
Heuvelton  
LaFargeville  
Lake Placid  
Keene  
Massena  
Morristown  
New York Ag  
in the Classroom

North Country School  
Northern Adirondack  
Parishville-Hopkinton  
Peru  
Salmon River  
Saranac Lake  
Schroon Lake  
St. Regis Falls  
Tupper Lake  
Watertown  
Wild Center



## WORKSHOPS

Interactive workshops inform the work of the Summit, and this year's offerings were roundly successful.

### My Food and How it Got That Way

This "Food System 101" explored how food is raised, processed, transported, and eaten in America, and was designed to open a dialogue about how our food system impacts people and the environment in our region.

### Sow It, Grow It

Garden super-hero and keynote presenter Roger Doiron stuck around to lead this basic gardening workshop with a focus on the needs of school gardens. This workshop was suitable for established gardens as well as inspiring new garden projects, and focused on integrating gardens into school culture including classroom and cafeteria.

### School Lunch: Hungry vs Healthy?

Even students who bring their own lunch to school are impacted by the quality and quantity of school food, and it would be impossible not to notice that school food has undergone some major changes lately. This interactive lunch line workshop answered the question, "How can we all work together to make school lunch great?"

### Stuffed or Starved: Hunger at Home and Abroad

This hunger banquet-based workshop dispelled some myths about who's hungry, and why, both internationally, and right here in the North Country.

### Wrapping and Rolling

A snack should perk you up or tide you over to the next meal, but sometimes it just ends up making you feel listless, and, worst of all, still hungry. This hands on workshop helped students redesign snacks to energize.



### Junk Food Safari

Food marketers and media aim to deceive, and in this workshop students learned to decipher their tricks, and developed an understanding of how those tactics impact our health, and what we can do about it.



## RESULTS!

**4 NEW school gardens!**

All teams participated in a facilitated action planning workshop where they designed Action Projects to implement at their schools. These projects, the heart of the Youth Summit, build a foundation for continuing the learning begun at the conference, and allow the Youth Summit to impact not just the students who attend, but the whole school community.

**4 NEW compost programs!**

Four schools, Northern Adirondack Central, Harrisville, Salmon River, and Peru, are embarking on new school gardens. At the same time, seven additional schools (Canton, Gouverneur, Massena, Parishville-Hopkinton, Schroon Lake, Tupper Lake, and the North Country School) have ambitious plans to improve their existing school gardens and more fully incorporate them into classroom and cafeteria.

Four schools are embarking on brand new composting programs (Lake Placid, Peru, Saranac Lake, and Schroon Lake), and some of them intend to network with schools that already implement successful compost programs. Schools working together to share scarce resources has been a gratifying result of the Summit!

### CLUBS!

Students are excited about continuing this conversation with their classmates, and getting things done in their communities! Fully half of the teams who attended the Summit specifically stated that educating all students about these issues is a priority, and they are embarking on various ways to accomplish that. Starting clubs, hosting Hunger Banquets, holding taste testings, screening movies, and a lot more are on the agenda at these schools!

**Taste Tests, Clubs, Hunger Banquets, & More!**

In addition to these projects, two out of three students reported being "more interested in eating a healthy diet" and "more aware of the structure of our food system" as a result of the summit. Nearly half said, "I intend to improve my home nutrition environment" and "I am more interested in cooking at home."

For more details, see [gardenshare.org](http://gardenshare.org).