

## 2018 Michigan Good Food Summit

### Breakout Session #1: Uplifting Youth Vision and Leadership in Good Food Work

10:30 am

**Speakers:** Daniel Marbury, Crosshatch Center; Terry McLean, MSU Extension; Darren Bagley, MSU Extension

**If young people were more fully engaged in issues and efforts intersecting with food systems in Michigan how would our food be more healthy, green, fair and affordable?**

- Teacher, 11th/12th grade: as young people become more aware of issues at hand, they are shocked. Ex how animals are treated - they are quite surprised, there's emotion.
- If young people are fully engaged, it does no good unless they are empowered to do something about it.
- If students were engaged from a young age, it could seed into them working on these efforts .
- Students could gain the knowledge to back up their passion and desire to change.
- Unless it directly affects students, they probably won't be drawn to action.
- This would respect their agency and show that they do have a voice.
- Would break free from the advertising control and idea that kids would only eat chicken nuggets and candy. You break free from those agencies and their desires really show.
- Children need to understand the whys, the what's, the how's, and how they fit in. It builds them up and gives them the tools to change.
- Introducing kids to the idea of natural law instead of written law. Not silencing their authority and us (adults) modeling that behavior.
- Most families don't have time for a home cooked meal with nutritional value so they go for overly greased, unhealthy foods.

***In our efforts for GOOD FOOD what is the essential work we must do from our hearts? (Healing, Collaborating, Connecting, etc.)***

- Tagging along (youth <-> adults)
- Give our time and resources to work with young people.
- With informing always allow for open, supportive discussion.
- Give respect, earn respect.
- Apologize to youth when wrong.
- Heal our relationships to our food.
- Healing the past divisions within community related to food.
- Heal our relationship with the land.
- Move up the ladder of youth engagement.
- How are we helping one another?
- Giving youth the opportunity to grow.
- Be an open ear for youth to express themselves.

- Encourage stewardship sharing abundance in food culture.
- Collaborating and creating partnerships.
- Act based on love not fear as much as possible.
- Fall in love with the different food systems in the community.
- Use food/meals as a venue for connecting with diverse stakeholders -- value the social power of food to build community.
- History of our food.
- Helping kids realize that they matter and that they can make a difference.
- Affirm and respect the youth's opinions.
- Treat our children with respect, as collaborators not liabilities.
- Ensuring the youth that their ideas matter.
- Ask questions and listen.
- Guide to ignite the passion!
- Educate youth on the importance of listening and engaging.
- Understanding and sharing where we are all at in the food journey.
- Listening, reflecting, rethinking.
- Listen well
- Know your "why" (why you do what you do) - not just the what/how.
- Find common goals.
- Connect to the earth we live on - greater impact.
- Support gentle parenting practices that give the kids power and choice in respecting their voice
- Watch and uproot (watch: how we interact with each other and how these interaction are grounds to either perpetuate oppressive structures or cultivate change --- uproot: embody the change, embody the society we want to create, embody the future we want).
- Collaborate with each other to disseminate our ideas about the way we consume food.

***In our efforts for GOOD FOOD what is the essential work we must do from our heads?  
(Strategizing, learning, researching, etc.)***

- Support development of more farmers.
- Strategizing to include every member of the community in its food system.
- Meet when youth are available.
- Change the culture means healthy food practices as a culture ex: ABC's, 123's, Gardening @ kindergarten and pre-K.
- Giving kids information but allowing them to draw their own conclusions.
- Have youth co-leaders.
- Ask youth how they would do things, simple solutions -> we can work to make it happen
- Let youth plan own harvest dinners/events.
- Incorporate gardening into school curriculum.
- Host interactive workshop, reg team building demos.

- Standardized assessment of school food programs “real food.”
- Study food systems, learn about it (growing and animal husbandry).
- As youth are strategizing and learning, they should be integrated into diverse groups.
- Continue researching the detrimental effects of consuming “bad” foods.
- Acknowledge/utilize different strengths.
- Involve children in activities to give them a wider view.
- Let youth come up with a plan.
- Youth positions on boards and planning teams.
- Time
- Work of our heads... Strategizing and continuous learning.
- Learning new agro practices.
- Educate youth on what is healthy, not just trendy and convenient.
- Listen to the problem.
- Increase curriculum to address food issues from growing to consuming.
- Manage education, take cafeteria food seriously and reverse trend childhood obesity/diabetes
- Utilize justice lens (anti-racism, etc.).
- Share truth with our children.
- Good food choices - student share their healthy meal ideas.
- Don't shoot down the ideas of the youth because they're irresponsible or don't know, listen and teach, don't belittle.
- Giving people the chance to learn about what happen with our food.
- Observation
- Give them the knowledge they need, not the bag of candy you think they want.
- Show them the pros of good food.
- Come up with simple technologies which fit their communities.
- Have true information.
- Know the resources available (to you, for others).
- Strategize urban/rural partnership of training.
- Effective communication of the state of our food system.
- Exposure to options at early (pre-k) age, ask them.
- Know the background/history of food.
- Asking why.
- Adding agriculture empowerment education, engage kids from the beginning.
- Study youth choices when given actual good food options.
- Experiment and research what method works best.

***In our efforts for GOOD FOOD what is the essential work we must do from our Hands?***

**Growing:**

- Let youth plan/plant/harvest own gardens.
- Hands-on learning experience.

- Grow, prep, cook, serve meals at school.
- Gardens free access to food-bearing perennials in school, community and near play places.
- Gardens @ schools
- Community gardens in schools
- Opportunity to plant in a garden
- Cooking class in community
- Get mud on your hands and feet.
- Processing the food.
- Give all youth the opportunity to get their hands dirty and see where their food comes from.
- Growing some of the foods we consume to increase appreciation.
- Get youth involved in hands on growing to engage them.
- Kids will eat what they grow.