Cultivating Food Democracy 3.0: Saturday, February 8, 2014 @ Union Missionary Baptist Church in Lansing

Session 3 3:45 - 4:45

A. Slam Poetry Workshop: MSU Slam Poetry Team
B. Permaculture Design Applications: Shane Celeste and Jesse Tack
   How to change any property from a liability into an asset. Solutions in water, food, and energy for all scales. Small property, large property, small budget, large budget.
C. Be the Change: Addressing the System: Terry Link
   Session will attempt to engage and empower each attendee to recognize how and where to intervene in food system changes – politically, economically, socially, etc. Tip sheets and resources for more involvement will be provided.
D. How to Make a Lasting First Impression - Sales Workshop: Michelle Napier-Dunnings, Michigan Food & Farming Systems (MiFFS) Executive Director, Marcy Bishop Kates, Owner/Manager Edible Product Node & Inca-Bake, LLC
   As the demand for local food increases, so do the opportunities. Making the most of those opportunities requires a few sales skills and tools. This session will include tips for producers on preparing for a buyer/broker meeting, how and what questions to ask, what to leave behind with the buyer, and how to conduct follow-up activities. Buyers at the conference are also encouraged to participate!
E. Mapping Mid-Michigan’s Food Environments: Jessica Yorko, Environmental Justice Coordinator (Ingham County Health Department); Andrew Kuhlman, Master’s in Public Policy Student (MSU) and Environmental Justice Intern (Ingham County Health Dept)
   Review and discuss a new series of GIS (geographic information system) maps that help tell the story food options and health behaviors and outcomes in Clinton, Eaton and Ingham Counties.
F. Systems Change and Collective Impact: Isaias Solis, Power of We Consortium
   Over the last year, as part of restructuring, the Power of We Consortium began to implement components of Collective Impact. The community-led process produced Core Values, a Common Agenda, Common Goals and Community-Based Strategies for change. Isaias Solis will review and facilitate a discussion about the process thus far and delve into the methodology for transformational systems change and the long-term engagement of multi-sector community partners.
G. What is the Food System Work Group?: Lynne Martinez, Janine Sinno and Randy Bell
   A conversation describing who participates, a bit of history and current projects. The FSW vision is that everyone has access to safe, healthy, affordable food. Growers, distributors, processors, retailers, policy makers, and consumers come together to organize actions that support this goal.
H. Raising Backyard Chickens: Gwen Kato, Rainbow Farms
   Whether you live in the city limits or the country, Gwen Kato, owner of Rainbow’s End Farm, will teach how to raise your own chickens.
I. Youth Gardening Activity Sampler: Sarah Adcock & Angela Hojnacki, FoodCorps Service Members; Leah Kelley, Allen Neighborhood Center Youth Service Corps Coordinator; Joy Gleason, Facilitator: Julie Lehman, Garden Program Coordinator for The Garden Project
   Kiddos, Come Join Us! We will be wiggling with the worms, sprouting seeds and layering like lasagna in this hands-on workshop, guaranteed to creatively engage thoughtful minds. (Educators welcome too! Lesson plans & resources provided!)

At the end of this session, please take all of your belongings with you. The Ice Cream Social and Celebration begins at 5:00pm in the gym.
Session 1

10:30 - 11:30

A. The Art of Food—Fruit and Vegetable Painting: Joy Baldwin
Paint your favorite fruit or vegetable using NEON complimentary colored paints on canvas; put it on display while it dries for conference attendees to admire and take it home at the end of the day! Lesson led by local artist, gardener and activist Joy Baldwin, who coordinates three programs at REACH Studio Art Center: the Art of Food, Creative Connections and REACH Art Truck activities all over Lansing. Also learn how Joy uses her artistic skills for the betterment of community and humanity in a variety of ways.

B. How does immigration impact our food system? How do my choices contribute to labor issues?: Alda Cuadra, Max Angulino and Juan Martinez
This panel will discuss the impact of immigration on our agricultural system and provide a question and answer portion on how immigrants and migrant farmworkers play a critical role in agricultural production. With farmers in Michigan relying largely on immigrants and thus immigration laws, the role that food justice and immigrants play in our country is important.

C. What Food Means: Mary Elaine Kiener
In this experiential, interactive session, we’ll explore the creative wisdom and stories our body-minds hold about the role of food in our lives. Open to all ages.

D. Go! The Farmers’ Market as Your Food Biz Launch-Pad: Marcy Bishop-Kates, Incuc-Bake and Peggy Vaughn-Payne, NorthWest Initiative
Would your dream food business fit right in at your favorite farmers’ market? We’ll point your orbit in the right direction and share the critical first steps to success, whether through Cottage Foods production or a licensed business.

E. Food Hubs: Rich Pirog, Michigan State University Center for Regional Food System, Neat Valley, Exchange Manager of the Allen Market Place with Allen Neighborhood Center; Facilitator: Rory Neuner, Local Food Hub Facilitator with the Michigan State University Center of Regional Food Systems
In this session we will dig into the latest on food hub work in Greater Lansing, discuss the Michigan Food Hub Network, and learn about new research on food hub trends across the nation.

F. Farm to institution-20% real food challenge: Julie Cotton, Shakara Tyler, Julia Smith and Julia Darnton
This presentation will explain the Michigan Farm to Institution Network, review the campaign to encourage locally sourced food for institutions, and engage participants in conversations about outreach, education, and impacts for the effort.

G. Starting an Urban Agriculture Centered Business, Cooperative, or Nonprofit Organization: MSU College of Law Urban Food, Farm and Agriculture Law Practicum
Interested in starting an urban-agriculture centered business, cooperative, or nonprofit organization? If so, please join second and third-year law students from the Michigan State University College of Law Urban Food, Farm & Agriculture Law Practicum as they address many areas of the law faced by entrepreneurs including how to: select the appropriate legal structure, interpret Detroit zoning ordinances, form a business or non-profit organization, navigate cooperatives, use intellectual property protection to build brand recognition, and more. Follow-up discussion will continue in Room 502 during session #2

H. Youth Leaders in Food Justice: Food Warriors & Allen Neighborhood Center’s Youth Service Corps
Youth leaders in the local food movement, Allen Neighborhood Center’s Youth Service Corps, and Food Warriors from Detroit will share about their respective programs and projects to increase food justice in Michigan.

At the end of this session, please head to the main lunch keynote in the gym (first floor) or the youth lunch keynote in Room 517 (second floor).

Session 2

2:30 - 3:30

A. Kid in the Kitchen: Colleen Synk, Lansing City Market Nutrition Specialist and Laura Fuller, 4-H
Youth will learn about the function of roots, try various root vegetables, and make a snack! We’ll round out the session with a chance to make art and poetry to share at the celebration during the ice cream social at the end of the conference.

B. Community Organizing 101—Power analysis: Aida Cuadrad, Action of Greater Lansing and Isaisa Solis, Power of We Consortium
Introduce participants to the concept of community organizing: grassroots organizing and its elements, importance of grassroots organizing and why we need to do it, play a part in grassroots organizing towards self-determination, sustainment and empowerment.

C. Fostering Collaborative Local Enterprise: Kirk Green
Panel of speakers discuss entrepreneurism, community and connectedness . . . cooperative business models, local purchasing . . . Q & A from the audience.

D. Yoga for Everybody: Just B Yoga
The practice of yoga is food for the body, mind and spirit. Join us for a fun yoga session to feed the entire you!

E. So you want to be a farmer?: Denae Friedheim-Student Organic Farm, Laura Wies-Lansing Roots, Greater Lansing Food Bank, and Sarah Fillius-Urbandale
Learn how three Lansing area organizations are supporting the next generation of farmers through education, training, and access to land and resources. Ample time for Q&A.

F. What is a community food system?: Randy Bell
What sectors are represented? What are the benefits to the community when all of the sectors are working together? This presentation will help newcomers to the community food system better understand the context in which they are working.

G. Cooking with Kids: FoodCorps: Daniel Marbury, Meghan McDermott, Dennis Lackey, and Lianna Bowman
FoodCorps connects kids at school to healthy food, gardens and local farms. Join three Michigan-based service members for recipes and techniques for encouraging students to create a lasting relationship to healthy food.

H. Tower Gardens: Sue Smith, LouAnn Stark-Dykema and Mary Elaine Kiener
Come to Tower Gardens! With support from families, schools and foodie entrepreneurs are utilizing this innovative, environmentally-friendly, aeroponic growing system to bring fresh meaning to “eating local”.

GET INVOLVED! HELP PLAN EVERYBODY EATS 4.0!
Provide your email at the registration table to receive updates about Everybody Eats 4.0 conference planning sessions.