

# GROWING LEADERS

Monday,  
November 16, 2015 **Youth Initiatives**  
**Youth Summit:**  
***Change Your Food, Change Your Future***



MONTANA  
HEALTHCARE  
FOUNDATION

*\*Livingston, Montana\**

## Youth Summit Objectives

- **Build youth leadership** –the main objective of the Youth Summit is to strengthen young people’s capacity to educate and organize their peers about healthy eating, healthy living, and vibrant community systems.
- **Diversify and expand the network** –Montana’s sustainable food and agriculture network will benefit from the inclusion and active involvement of high school students in its network. This summit seeks to bring young people into the dialogue and include them as a valuable part of the statewide campaign for food that is good for the people who grow, harvest, prepare and eat it, and for the lands and waters where it is produced.
- **Share knowledge about and opportunities in sustainable agriculture and healthy local food systems**- By participating in small group sessions, visiting innovative projects, and listening to others’ experiences, students will learn from their peers the basics of how and why to grow their own food. The summit will also be an opportunity for state leaders to listen to students’ perspectives of regional food system needs and proposed solution.

*\*Educators in attendance will also have the opportunity to receive OPI Renewal Credits by participating in the adult session(s) provided.*

Registration Open  
October 8 – November 6 @  
[www.ncat.org/events](http://www.ncat.org/events)

**Who:** 40 Montana High School Students; Educators and Activists Working with Youth

**When:** Monday, November 16<sup>th</sup>

**Where:** Livingston Food Resource Center

**Why:** To be energized with the tools and opportunities to create change in your community!

**What:**

- **Connect with other Young Leaders,** educators, activists, and organizations
- **Dig into local projects** during workshops and tours
- **Learn how to create change** and turn your ideas into reality
- **Get a taste of the local food system** during **tours** of producers & purchasers

# Change Your Food, Change Your Future!



NATIONAL CENTER  
FOR APPROPRIATE  
TECHNOLOGY

## Growing Leaders YOUTH SUMMIT

November 16, 2015  
*Livingston, Montana*



### **\*Tentative\* Schedule of Activities**

#### Monday, November 16th

8:00-9:00am Check-in- (Livingston Food Resource Center, Community Room)

9:00-9:20am Welcome

9:20-10:00am Keynote Speaker: Patti Armbrister (Hinsdale, MT) “Change Your Food, Change Your Future!”

10-12:00pm Whole Group Workshop Session- National Coalition Building Institute (Missoula, MT)

12-12:30pm Whole Group Workshop Session- *Why Farm to School?*- Patti Armbrister (Hinsdale Ag. Ed.)

12:30-1:30pm Lunch- (Livingston Food Resource Center, Community Room)

1:00-1:30pm *Exploring Food Systems Worldwide: Thailand* – Isaiah Hesford (Jefferson HS)

1:30-2:30pm Tour- Livingston Food Resource Center

2:30-4:00pm Tour- Middle School Aquaponic Greenhouse w/ Erin Jackson’s School Gardens & Education

4:30-5:30pm Small Group Workshop Sessions- (choose 1) “Taking Action in Your Community”

1. *Cultivate Self Action*- Chris Chambers (Montana Conservation Corps, Bozeman)
2. *Leaders from Garden to Kitchen: Mentorship Through Food Based Activities*- Lacy Stephens (National Farm to School Network, Bozeman)
3. *Chaperone Session*- Patti Armbrister & Aubree Roth (*For OPI Renewal Credit*)

5:30-6:30pm Dinner, Evaluations, PRIZE DRAWING (Livingston Food Resource Center, Community Room)

6:30-7:00pm Speaker/Closing Reflection: “Reconnecting with Food”

7:00pm Return to vehicles for the drive home

# Change Your Food, Change Your Future!



## Growing Leaders YOUTH SUMMIT

November 16, 2015

*\*Livingston, Montana\**

[www.farmtocafeteria.ncat.org](http://www.farmtocafeteria.ncat.org)



### Registration Checklist

#### Due Friday, November 6<sup>th</sup> :

- Online registration: <http://www.ncat.org/events>
- Payment\*
  - Registration Fee \$25

\* Registration fees help cover food & tours

You may pay as a group online when you register, or by check (see below)

#### Bring on Day of Summit (November 16<sup>th</sup>)

- Signed Code of Conduct Form\*
- Signed Medical and Liability Waiver\*
- Signed Photo Release Form\*
- Payment (If not paying online, checks may be made out to NCAT)
  - Registration Fee \$25

\* Note: Forms should be completed by all participants, including chaperones

#### Scholarships

It may be possible to receive sponsorship to cover the cost of admission, please contact [demetriusf@ncat.org](mailto:demetriusf@ncat.org) if interested.

#### Youth-Centered

We would like for the Growing Leaders Youth Summit to be as youth-centered as possible. If you are an adult interested in participating without chaperoning a young person (between the ages of 13-18), you may do so. However, we really encourage you to reach out to young people in your area first and try to be a mentor/chaperone to at least one youth.

If you're an adult or youth who would like to get partnered with other people in your area attending the event, give us a call at (406) 494-8672 and we'll do our best to connect with you others and help with carpooling, logistics, etc.



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## Additional Information

### Tours

You will have the opportunity to go on one tour: When your group registers, you will be asked to choose one tour per person and indicate the total number of people from your group going on each tour. Chaperones and youth may go on separate tours.

- **Livingston Food Resource Center**  
Their mission is clear; to help eliminate hunger in Livingston and Park County through the acquisition and distribution of healthful food to individuals and families in need; to play a leadership role in the development of a strong, sustainable, local food system; to address the root causes of hunger in Livingston and Park County; and, to support food related economic development efforts that will drive the creation of new jobs. On this tour, learn about the innovative design of the Livingston Food Resource Center and get to spend some hand on time processing food in its state-of-the-art commercial kitchen!
- **Middle School Aquaponic Greenhouse**  
Livingston's middle school has a living classroom!: over 1000 gallons of water with fish, plants, worms, snails and bacteria all growing in a recirculating ecosystem. Welcome to the Sleeping Giant Middle School Aquaponic greenhouse. Built by a local non-profit, Montana Roots to provide year-round fresh food and truly awesome, hands-on learning experiences in chemistry, biology, ecology, math, engineering, environmental stewardship and sustainable agriculture. On this tour, learn about aquaponics and see how this school provides a productive model of on-site, year-round, local food production for other institutions to replicate.

### Community Partners

This event is made possible thanks to generous support from the Montana Healthcare Foundation. Other community partners include Gallatin Valley Farm to School, MT Roots, Shift Empowerment, Livingston Food Resource Center, MT Team Nutrition, and NCAT's programs Montana FoodCorps and the Grow Montana Coalition along with many other partners from around Livingston and Bozeman.

***Farm to Cafeteria Network** is a group of Montana food producers, processors, food service professionals, and community members who collaborate to share best practices and resources about Farm to Cafeteria Programs across the state. A program of the National Center for Appropriate Technology (NCAT), Farm to Cafeteria Network was developed in 2009 as a result of the ideas and expertise of Grow Montana, a statewide food policy coalition.*





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Photo Release Form

ALL participants (youth and adult chaperones must fill out this form)

During the course of the Growing Leaders/NCAT Youth Summit, November 16, 2015, photographic and video images of participants will be taken by staff, youth and others. These are sometimes then used in non-commercial materials to tell the story of the program, or to make reports to funders, etc. This form gives you (youth of legal age) or adult parents or guardians the option to give or deny permission to use those photos for non-commercial purposes, as outlined below.

\_\_\_\_ Yes, I give the NCAT staff and volunteers and other helpers the right to copyright and/or publish, reproduce, or otherwise use my or my child's name, voice, and likeness and/or written material, photographs, and audiovisual recordings about or by me or my child for instruction, art advertising, program website, publications or brochures, or any other lawful purpose. I hereby agree to relinquish all rights, title and interest I may have in the finished product and waive all rights to any compensation thereof.

\_\_\_\_ No, I would prefer that my/my child's image not be used.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Country/Zip: \_\_\_\_\_

Parent or Legal Guardian's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date \_\_\_\_\_  
(if a minor)



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## Code of Conduct Form

The following are the policies put in place for participants in the 2015 Growing Leaders Youth Summit:

- The conference is an alcohol-free and drug-free event. Possession or use of alcoholic beverages or illegal drugs is prohibited. This includes the grounds and streets surrounding the conference site. Groups with a participant exhibiting public intoxication will be asked to leave the conference.
- Possession of sexually explicit materials is prohibited. Public access computers at the conference site may not be used to download, create, receive, forward, or transmit inappropriate, offensive, or sexually explicit communications.
- Smoking or using other tobacco products is prohibited in all buildings, meeting rooms, and guest's rooms. Smoking for participants of age is permitted in designated outdoor areas only.
- Fireworks are prohibited.
- Lighting of candles or incense is prohibited in all buildings, meeting rooms, and guest rooms.
- No pets or animals are allowed, except for trained guide dogs.
- Shirts and shoes are required inside all buildings at all times.
- Guests must respect personal public property and follow all additional rules of campus. Repair costs of damages incurred to property will be billed to the group responsible for such damages.
- Vending and selling merchandise is prohibited in public areas and to others outside your own group membership. Before or during checkout, each participant or his/her group must pay for all incidental charges.
- Each participant must submit an up-to-date medical form and emergency contact information. Adult chaperones are responsible for having this information on hand for their designated youth for the duration of the conference.
- Violent behavior or behavior which threatens violence is absolutely prohibited and not tolerated under any circumstances.
- Adult chaperones are responsible for reporting any incidents involving their youth to Committee members.

Adult chaperones and group leaders are responsible for enforcing the rules as stated. Individuals who violate this code may be asked to talk with the conference planning committee and their organization may be subject to a strike. If three strikes are accumulated by any organization they will not be permitted to participate in the conference for at least one year. With regard to violence or the threat of violence, any conference participant, youth or adult, posing any physical threat to any other conference participant will be immediately dismissed from the conference. In alignment with many of the participating organizations' code of conduct, there will be no tolerance for any physical threat that compromises the safety of conference participants. These rules are not subject to interpretation and each group is expected to follow them without exception. Our primary consideration is to provide a safe, secure environment for all our conference participants.

I have read and understand the above Code of Conduct and agree to abide by its contents.

Name

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Signature

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Date

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## Youth Summit

November 16, 2015



### Liability and Medical Release Form

ALL participants (youth and adult chaperones must fill out this form)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City/Country/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent or Legal Guardian's Name (if applicable): \_\_\_\_\_

Parent/guardian's day phone: \_\_\_\_\_ Cellular Phone \_\_\_\_\_

Please describe any medical conditions and/or allergies that may require medical attention, special meals or accommodations: \_\_\_\_\_

Please describe any special accommodations you may need due to any disabilities: \_\_\_\_\_

#### **Release of Liability and Medical Authorizations**

The health history provided is correct and complete to my knowledge. If an injury or other medical condition occurs or arises and I am incapacitated and/or a parent or guardian cannot be contacted, I hereby give permission to the designated representative to administer first aid and/or to routine medical treatment and/or seek emergency medical treatment. I further authorize any licensed medical person/facility to treat me and/or my child if I cannot be contacted. I agree to assume full financial responsibility for any medical services provided.

I hereby give approval to participate in all activities associated with the Growing Leaders Youth Summit November 16, 2015.

I assume all risks and hazards related to participation in the program, including transportation.

I hereby release NCAT and any volunteers from liability in the event of illness, injury or loss occurring to myself or my personal belongings and will make no claim as a result thereof. I also understand that some activities/events may involve certain risks associated with physical activity or potential harm, including recreational games/activities and travel by motor vehicle to off-site activities.

Signature of participant: \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_ Date \_\_\_\_\_  
(if a minor)