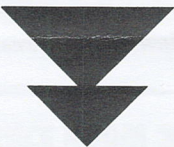


2015

# FOOD JUSTICE YOUTH SUMMIT



Friday, April 10, 2015



FEED YOUR BRAIN!  
NOURISH YOUR  
**COMMUNITY!**

# PROGRAM

# FOOD JUSTICE FOR ALL

Welcome to the 1st annual Food Justice Youth Summit!

## *How will this summit work?*

There are 4-5 different workshops held each session.

Please follow these norms:

- 1.) Attend the workshop that sounds the most interesting to you during each session!
- 2.) Each workshop has a limited capacity. Once a workshop has reached its max, a student volunteer will help redirect you.
- 3.) Once you have selected a workshop, please stay for the duration of the session.

## SCHEDULE

### TIME

12:00 - 12:30  
12:30 - 12:35  
12:35 - 12:50  
1:00 - 1:30  
1:40 - 2:10  
2:10 - 2:30  
2:30 - 3:00  
3:10 - 3:40  
3:40 - 4:00  
4:00 - 4:05

### EVENT

Registration  
Welcome  
Keynote Address  
Session 1  
Session 2  
Break  
Session 3  
Session 4  
Reflection & Refreshments  
Closing

# SESSION OPTIONS

## SESSION 1

1:00 - 1:30

Conference room 1  
Fight for \$15

Lobby  
Hunger Banquet

Loft  
Food Waste Fued

Conference room 2  
Fast Food and Poverty

## SESSION 2

1:40 - 2:10

Conference room 1  
The Fast Food Epidemic

Lobby  
Do Judge a Food by Its Label

Loft  
Give us the Truth, Stop the Abuse

Conference room 2  
The Chicken Express  
&  
Love Me, Don't Eat Me

## SESSION 3

2:30 - 3:00

Conference room 1  
DC Food Policy Panel

Lobby  
TV or Not TV: Media Suggestions  
&  
TV Influence of Eating Habits

Loft  
Moody Eaters

Rooftop Garden Tour

Conference room 2  
The GMO Game Show

## SESSION 4

3:10 - 3:40

Conference room 1  
Racial Impact of Obesity

Lobby  
Obesity Behind the Scenes

Loft  
Food Deserts:  
The Plague of a Community

Conference room 2  
The Daily Show  
with Nataly and Raeford  
&

Destruction by a "Massive" Truth

Senzu Juicing Station  
From Garbage to Garden  
It's compost time

# SPEAKERS AND SESSIONS

## **KEYNOTE** 12:35 - 12:50

*Chris Bradshaw* is the founder and executive director of Dreaming Out Loud. Their mission is to use food as a tool to feed the dreams of all people, and build more resilient communities.

## **SESSION 1** 1:00 - 1:30

### **CONFERENCE ROOM 1:**

#### Fight for \$15: Food Workers Injustice

*Presenters: Inmar Arias, Elder Deleon, & Michael Taylor*

In this TED talk style workshop, you will learn about the injustices faced by fast food and farm workers and how you can help.

### **LOBBY:**

#### Hunger Banquet

*Presenters: Maria Aguirre, Danny Ayele, Francisco Echeverria, Milan Jones, & Daniel Nguyen*

The Hunger Banquet gives you the experience that low, middle and high-income households endure everyday regarding food security. Come and enjoy a meal and experience the struggle that many have to go through everyday in order to survive. **Please note, this is a double session. It will end at 2:10 pm.**

### **LOFT:**

#### Food Waste Fued

*Presenters: Carlos Aguirre, Ner Casanova, Josue Castellon, Fred Chopin, Gerardo Vasquez, & Noemi Nunez*

Come learn about food waste through a fast-paced game!

### **CONFERENCE ROOM 2:**

#### Fast Food and Poverty

*Presenters: Jazmine Griffin, Lucky McNair, & Michael Robinson*

Come learn about the relationship between fast food and poverty through a rap and a website.

## **SESSION 2** 1:40 - 2:10

### **CONFERENCE ROOM 1:**

#### The Fast Food Epidemic

*Presenters: Antonio Fuentes, Maby Gonzalez, Chris Le, & Nicole Mella*

Fast food has a major impact on obesity in the US. This workshop will look at fast food calorie counts and how fast food impacts the youth of our nation.

### **LOBBY:**

#### Do Judge a Food by Its Label

*Presenters: Brandon Bryant & Kevin Reyes*

Do you know how to read labels and properly understand them? In this workshop you will learn the truth behind food labels so you can make wise decisions when grocery shopping.

### **LOFT:**

#### Give us the Truth, Stop the Abuse

*Presenters: Brandy Suyderhoud, Daliza Diaz, Emoni Lewis, Phong Nguyen, Alex Gutierrez, & Vanessa Deleon*

How would you feel if you were trapped in a cage with no idea of when you will be freed? In this workshop, we will be discussing and simulating how animals are treated in factory farms and what the general public can do to make a change.

### **CONFERENCE ROOM 2:**

#### The Chicken Express

*Presenters: Davi Cuffy, Ashante Henderson, & Andrea Odom*

Do you like chicken? Come learn about the life cycle of chicken from birth to your table.

#### Love Me, Don't Eat Me

*Presenters: Edwin Benitez, Roxana Rivas, & Chloe Russell*

These animals usually spend their whole life chained up and abused. In our workshop you will learn about how factory farm animals are abused and mistreated in very bad conditions through a video and a discussion within your peers.

## **BREAK** 2:10 - 2:30

Sample food from local vendors as you peruse infographics created by Capital City students.

## **SESSION 3** 2:30 - 3:00

### **CONFERENCE ROOM 1:**

#### DC Food Policy Panel

*Presenters: Tasneem Robinson, Colby Bosley-Smith, Jacques Dassie, Gerardo Funes Vasquez, & Carlos Campos*

What can we do to ensure food justice? Join us for a discussion on food policy with local experts surrounding a variety of food justice topics and propose solutions to the DC Food Policy Council.

### **LOBBY:**

#### TV or Not TV: Media Suggestions

*Presenters: Kymbree Kenney-Wesley, Rachel Wasso, & Dion Hayes*

TV and media are the main things plaguing unhealthy eating habits and obesity. In this workshop, you will test your knowledge and learn how to read between the lines.

#### TV Influence of Eating Habits

*Presenters: Santana Holmes, Kevin Amaya, Keona Wynn*

Have you ever thought about how TV can affect what you eat? In this session we will talk about how much TV is a good amount to watch and how too much exposure can influence your health and eating habits.

### **LOFT:**

#### Moody Eaters

*Presenters: Chadea Cooks, Junior Martinez, & Jennifer Ventura*

Ever eat because you're feeling down? Or feel down because you eat? In our workshop we'll explore the link between food and emotions by starting off with a mini comfort food activity an informative video and end with a discussion.

#### Rooftop Garden Tour

*Presenters: Stef Reese & Amber James, Bread for the City*

Students will explore how Bread for the City's Rooftop Garden serves to address food sovereignty, environmental stewardship and overall wellness.

### **CONFERENCE ROOM 2:**

#### The GMO Game Show

*Presenters: Antonio Brown, Garrett Foster, Arias Rice*

What do you know about GMO's? Here at the GMO Game Show, you can test your knowledge while learning new things!

## **SESSION 4** 3:10 - 3:40

### **CONFERENCE ROOM 1:**

#### Racial Impact of Obesity

*Presenters: Raul Calderon, Karina Castillo, Juneetta Green, & Yocelyn Lazo*

Wanna know how obesity affects each race and how children are affected the most? Many people are being affected by obesity. We hope that this workshop inspires everyone to stop this disease!

### **LOBBY:**

#### Obesity Behind the Scenes

*Presenters: Maati Casanova, Mesgana Dagnachew, Jacques Dassie, & Jennifer Posada*

One out of 3 people in the U.S. are obese. This workshop will cover the impact obesity has in low income communities through an intro activity, a talk show, and a discussion that will make you think about your role in solving the obesity epidemic.

### **LOFT:**

#### Food Deserts: The Plague of a Community

*Presenters: Carlos Campos, Noah Davis, & Akira McClain*

Imagine living in a neighborhood where there are only corner stores and liquor stores, but no grocery stores within walking distance: a food desert. Not dessert. Desert. Come learn about it!

### **CONFERENCE ROOM 2:**

#### The Daily Show with Nataly and Raeford

*Presenters: Nataly Benitez, Raeford Bush, & Hirut Sheta*

Curious about different perspectives on today's health issues involving food? Come see a talk-show-style interview of how a representative from Revolution Foods might address the impacts, causes, effects and solutions to the problem.

#### Destruction by a "Massive" Truth

*Presenters: Flor Delcid, Mariana Encinas, Troy Thompson, & Imani Zackery*

There are more people dying of weight issues than people dying of hunger! This workshop will make you second guess how you feel about exercise, show you the truth behind snacking, and demonstrate the importance of access to healthy foods.

### **SENZU JUICING STATION**

#### From Garbage to Garden: It's compost time

*Presenters: Herman Chu, Senzu Juicery*

Imagine growing your very own veggie garden from leftover table scraps! We're here to show you how easy it is to turn everyday fruit and veggie waste into food. Join us for a quick show and tell, followed by yummy juice treats for everyone.

# SPECIAL THANKS

An event like this one requires contributions from many partners. We are extremely grateful to the following friends and supporters.

*Bread for the City*  
Melissa L. Jones, MLJ Event Management

## EXPERTS:

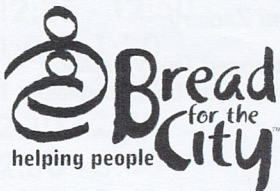
Melissa Jones  
Dr. Thomas Sherman  
Mark Weinberger  
Stephen Demarais  
Jeremiah Lowery  
Rick Young  
Katie Baker  
Christopher Bradshaw  
Steve Brescia  
Ayana Johnson  
Ryoko Yamamoto  
Lauren Badger  
Johanna Saygbe  
Jody Brue  
Alex Moore  
Amy Bachman  
Megan Brown  
Erica Walther  
Dr. Sabine O'Hara  
Sophia Maravell  
Herman Chu

## FRIENDS AND SUPPORTERS:

Marcia Davis  
Kathryn Tolbert  
Liza Tredway  
Lynda Tredway  
Lacey Durham and the mentors & volunteers from 826DC  
Andrea Vincent  
Elizabeth Barkley

## SPONSORS:

Senzu Juicery  
2Armadillos  
Power Supply  
Takoma Park - Silver Spring Food Co-op  
Revolution Foods  
Runa



CAPITAL CITY PCS

**FOOD JUSTICE FOR ALL**

11TH GRADE EXPEDITION