

## **NYC Real Food Training Schedule and Workshop Descriptions**

*Note: Please use this schedule as a guide for timing over the weekend. Workshop scheduling is subject to change. An updated schedule will be posted online on Thursday, Feb. 25, and will be available upon check-in on Friday.*

### **Schedule**

*Friday, February 26*

5 PM: Meet and introductions, *North Academic Center (NAC) 1211*

6 PM: Dinner, *NAC 1211*

7:30 PM: Workshop session 1: Introduction to the Real Food Challenge and the Real Food Wheel, *NAC 1211*

9 PM: Evening Activity, *NAC 1211*

*Saturday, February 27*

8 AM: Breakfast, *NAC 1211*

9 AM: Workshop session 2: Storytelling, *NAC 1211*

10:15 AM: Break, *NAC 1211*

10:30 AM: Workshop session 3: Campaign Planning, *NAC 1211*

12:30 PM: Discussion: Tips and Tools for Working with Dining Services, *NAC 1211*

1 PM: Lunch, *NAC 1211*

2:30 PM: Group activity on gardening, *Location will be announced Friday*

4:30 PM: Workshop session 4: One-on-ones, *NAC 1211*

6 PM: Break, *NAC 1211*

6:30 PM: Dinner, *NAC 1211*

8 PM: Evening activity, *NAC 1211*

*Sunday, February 28*

8 AM: Breakfast, *NAC 1211*

9 AM: Workshop session 5: Food Justice, *NAC 1211*

10:30 AM: Break, *NAC 1211*

11 AM: Workshop session 6: RFC Breakout Session, *NAC 1211*

12:30 PM: Lunch, *NAC 1211*

1:30 PM: Workshop session 7: Campus Goal Setting, *NAC 1211*

2:30 PM: Evaluation and Farewell, *NAC 1211*

### **Workshop Descriptions**

*Introduction to the Real Food Challenge and the Real Food Wheel*

Learn about the Real Food Challenge campaign and network of students working for a more just and sustainable food system. We'll discuss how we conceptualize the food system through the Real Food Wheel and diagram how our diverse work is fundamentally connected.

*Storytelling for Organizing*

Sharing our personal stories is essential to build the relationships that make up the foundation of our campaign. This workshop explores story telling as an organizing tool and will give participants time to reflect on and share their personal narratives about engaging in the food movement.

*Campaign Planning*

This interactive workshop will break down the process of developing your campaign. We'll focus on setting goals, developing a group, identifying targets, determining actions, and applying campaign planning principles to your school.

*Tips and Tools for Working with Dining Services*

We demand real food on our campuses, but how are we actually supposed to get it there? Learn tips on how to effectively communicate and work with dining services to get more real food on campus and how to engage dining services as allies for real food.

#### *Having Effective One-on-Ones*

This workshop explores and demonstrates how to use one-on-one conversations to build your constituency base. We'll build on the storytelling workshop to discuss how personal narratives are best shared during a one-on-one, and how this tool can help students commit to your campaign.

#### *Food Justice*

Historic and current abuses of power have worked to create a food system that unjustly favors some over others. This workshop explores how this came to be and how we can dismantle it by defining and discussing power and oppression.

#### *Messaging*

How we communicate our work has an enormous impact on our outcomes. In this workshop, we'll look at what makes a message effective and brainstorm ways to apply strategic messaging to our campaign.

#### *Facilitation*

What makes a meeting good? By reflecting on our experiences in both well and poorly run meetings and role-playing a few ourselves, we'll discover the toolkit of a skilled facilitator.

#### *Organizing Students on Campus*

Whether you have an established group on campus or you're just starting out, getting students organized can be a challenge. Discuss strategies for mobilizing students on campus, for reaching beyond your campus group to build a broad coalition, and for keeping students involved.

#### *Real Food Calculator*

Explore how to define and track real food purchasing on your campus! This workshop will present the basics of the Real Food Calculator, from determining what counts to actually starting a pilot on campus. The workshop will also include case studies from completed and ongoing calculator projects.

#### *Campus Goal-Setting/Action Planning*

This workshop is an opportunity to apply the campaign planning process to your own work. We'll brainstorm and strategize ways to make change on our campuses!