

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

### **Schedule**

#### *Friday*

5 PM: Meet at BC - *Barat House, Newton Campus*

6 PM: Dinner and Introductions - *Barat House, Newton Campus*

7 PM: Workshop session 1: Introduction to the Real Food Challenge - *Barat House, Newton Campus*

8 PM: Break - *Barat House, Newton Campus*

8:30 PM: Workshop session 2: Storytelling for Organizing - *Barat House, Newton Campus*

9:30 PM: Free time - *Barat House, Newton Campus*

#### *Saturday*

8 AM: Breakfast - *Barat House, Newton Campus*

9 AM: Workshop session 3: Campaign Planning (with 10 minute break) - *Barat House, Newton Campus*

11 AM: Break - *Barat House, Newton Campus*

11:30 AM: Workshop session 4: Having Effective One-on-Ones - *Barat House, Newton Campus*

1 PM: Lunch - *Barat House, Newton Campus*

2:15 PM: Walking Tour of BC - *Chestnut Hill Campus*

3:30 PM: Panel Discussion: Working with Dining Services to Get Real Food to Campus - *Newton Room, Corcoran Commons, Chestnut Hill Campus*

5 PM: Break - *Newton Room, Corcoran Commons, Chestnut Hill Campus*

5:30 PM: Film Viewing - *Newton Room, Corcoran Commons, Chestnut Hill Campus*

6 PM: Dinner - *Newton Room, Corcoran Commons, Chestnut Hill Campus*

8 PM: Free Time - *Newton Room, Corcoran Commons, Chestnut Hill Campus*

#### *Sunday*

8 AM: Breakfast - *Barat House, Newton Campus*

9 AM: Workshop session 5: Power and Oppression - *Barat House, Newton Campus*

10:30 AM: Break - *Barat House, Newton Campus*

11 AM: Workshop session 6: Real Food Challenge Breakout Session - *Barat House, Newton Campus*

12:30 PM: Lunch - *Barat House, Newton Campus*

1:30 PM: Workshop session 7: Campus Goal Setting - *Barat House, Newton Campus*

2:30 PM: Farewell - *Barat House, Newton Campus*

### **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 storytelling as an organizing tool and will give participants time to reflect on and share their personal narratives about engaging in the food movement.

#### *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.

#### *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.

*Panel Discussion: Working with Dining Services to get Real Food to Campus*

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. This panel will feature representatives from BC Dining Services and the Massachusetts Farm to School Project.

*Power and Oppression*

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.

*Real Food Calculator (RFC Breakout Session)*

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.

*Messaging (RFC Breakout Session)*

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 (RFC Breakout Session)*

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 (RFC Breakout Session)*

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.

*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!