

Vermont Real Food Training Schedule and Workshops

Schedule

Friday

4 pm: Meet at UVM, 114 Wright
5 pm: Introductions and Logistics Overview
6 pm: Workshop session 1: Real Food Wheel, 114 Wright
7:30 pm: Dinner, Wright Hall
8 pm: Free time

Saturday

8 am: Breakfast, Wright Hall
9 am: Activity, 114 Wright
10 am: Workshop session 2 (with ½ hour break): Campaign Planning, 114 Wright
12:30 pm: Lunch
1:30 pm: Workshop session 3: Real Food Challenge breakout session, 108 and 114 Wright
3 pm: Break
3:45 pm: Workshop session 4: Tips for Working with Dining Services, 114 Wright
5 pm: Break
6 pm: Dinner, Wright Hall
8 pm: Free time

Sunday

8 am: Breakfast, Wright Hall
9 am: Workshop session 5: Power, 114 Wright
11 am: Break
12 pm: Lunch, Wright Hall
1:30 pm: Open space breakout session (students propose topics for discussion in small groups), 108 and 114 Wright
3 pm: Break
3:30 pm: Workshop session 6: Goal-Setting, 114 Wright
4:30 pm: Farewell, 114 Wright

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.

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.

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, including one at UVM!

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.

Farm to Cafeteria

This workshop explores how we can actually get 20% real food on college and university campuses by 2020 by tapping into growing networks of distribution that connect institutions with producers.

Tips 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.

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.

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!