

Quillisascut Farm School of the Domestic Arts



Changing the way people think and eat • creating a better future for us all

Food Choices that Make a Difference: Casting a Lighter Food-print June 26-30, 2009

A five-day hands-on professional development workshop at Quillisascut Farm for High School Culinary Arts or Family and Consumer Science teachers.

The purpose is to train high school teachers how to evaluate the impact of food choices on the environment and to prioritize ways to reduce the size of their student's environmental footprint. The outcomes from this project include food choices that result in a healthier diet for students and support for a more sustainable food production and distribution system.

A sampling of concepts and processes included in a typical course include:

- Knowledge of what a local food community is and the participants role in creating food communities.
- Basic information on organic farm production.
- An applied philosophy of environmental stewardship through purchasing and kitchen practices.
- Understanding ways the globalization of the food system impacts our natural environment.
- Biodiversity and our food environment.
- Emphasis on the plate will direct programming for local communities.

Upon completion of this training, high school teachers will have a set of tools to help them work with students in assessing their dietary choices both in terms of environmental stewardship and in terms of their own health.

Participants stay at the farm with bunkhouse-style lodging and all meals provided, tuition is funded by a grant from the Environmental Protection Agency. Please join us for this fun and rewarding professional development workshop.

Program partners: Quillisascut Farm, Washington State University Extension Stevens County, ProStart, Community Agricultural Development Center and Environmental Protection Agency Region 10

Contact: Lora Lea Misterly 509.738.2011 or loralea1@centurytel.net
Applications available by email or www.quillisascut.com/farm-school/applications/
Submit application to address below by April 10,2009

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