

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 25-29, 2011

A five-day hands-on professional development workshop at Quillisascut Farm for Middle and High School Science, Culinary Arts or Family and Consumer Science Educators. 20 Clock hours from OSPI

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 copy of the Food Choices Handbook and the 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 on the farm with bunkhouse-style lodging \$395 tuition includes lodging, meals, and all course materials. Please join us for this fun and rewarding professional development workshop. Program partners: Quillisascut Farm, Community Agricultural Development Center, OSPI, and Quillisascut Education Fund

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 May 1, 2011

LIVE EXPERIENCE TASTE
Life at Quillisascut Farm

**Quillisascut Farm • 2409 Pleasant Valley Road • Rice, WA • 99167 • 509.738.2011 •
loralea1@centurytel.net • www.quillisascut.com**

High School Teachers: Food Choices that Make a Difference; Casting a Lighter Food-print workshop date_June25-29, 2011 check WWW.QUILLISASCUT.COM FOR MORE INFO. WORKSHOP BEGINS AT 2:00 PM JUNE 25 AND IS OVER AT 11:00 AM July 29

TUITION: \$395

Name _____

Mailing Address _____ City _____ State _____ Zip _____

Phone Number _____ Email Address _____

Name of school and teaching position _____

Title of class and number of students (i.e. ProStart, Culinary Arts, Family Studies) _____

Previous cooking, nutrition or health classes you have taught

What new learning do you hope to achieve and how will you put it to use in your classroom?

What special interests do you have related to our food system?

What is your current relationship with sustainable cooking and purchasing?

- Meals are served family style and prepared from our own farm raised products (goat products: milk, cheese and meat, poultry, eggs and garden produce) We are not equipped to handle a wide range of dietary preferences. Vegetarian diets can be accommodated please indicate here if you are a vegetarian.

Submit Applications by May 1, 2011 along with \$395 tuition (check made out to Quillisascut Farm)

Send to: Quillisascut Farm, Lora Lea Misterly – 2409 Pleasant Valley Road, Rice, WA 99167 (509) 738-2011 • or email:loralea1@centurytel.net • web: www.quillisascut.com