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helping us put on the first Vermont Food Summit!**

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Vermont Institute for Artisan Cheese
Slow Food at UVM and Burlington
Real Food Challenge
Slade Environmental Coop
Vermont Coffee Company
VT Artisan Coffee & Tea
Vermont Food Bank
Ben & Jerry's in the Davis Center
Island Homemade Ice Cream

Amy Trubek, John Hayden, Ernesto Mendez, Robert Egger
Vermont Food Summit Steering Committee
Open Space Forum presenters and participants
... and everyone that we forgot!

**VERMONT FOOD SUMMIT:
BRINGING EVERYONE TO THE TABLE
APRIL 6-10, 2009
UNIVERSITY OF VERMONT**
For more information email vfs@uvm.edu or
(802) 233-5297

The University of Vermont presents the...

Vermont Food Summit

"Bringing Everyone to the Table"

April 6-10, 2009



A student organized week of events, action, field trips, workshops, panels, celebrations, and initiatives about food. Look inside for the complete list of events or visit our website at www.uvm.edu/~vfs

Vermont Food Summit

....humble beginnings, but with big plans for the future of food.



Everyone eats. The simple fact, but a complicated issue. Every day we make choices about the food that we eat, whether conscious or not, that shapes who we are and the world that we live in. We all bring different perspectives to the table, and vote with our fork three times a day. So when there was an idea of having a week at UVM dedicated just to food, we knew that it would have to be a campus and community wide effort to make it happen.

The Vermont Food Summit is a student-organized event with one goal, to bring the University community together around the topic of food. Whether you are a future farmer, always crave French fries, bring your coffee mug for

refills, can make a mean banana bread, or believe that food is a right, you have something important to contribute to the Vermont Food Summit. There are many levels of engagement during the week, from presenting at the Open Space Forum to

This brochure provides a summary of the events that are happening throughout the week.

For more information, visit the Vermont Food Summit website at www.uvm.edu/~vfs or email VermontFoodSummit@uvm.edu.

judging the food at the Battle of the Campus Chefs. And if there is an area of food that you feel is missing, create it! (check out the Food Lounge!)



Throughout the week, we encourage you to look at your plate of food a little differently. Think about who made it, where it came from, what it's being served on, where is it going to go when you finish. Eat a meal with someone new, try a new recipe, read an article about food, look up CSA shares, or sign a petition to increase food justice. And again, just have fun, it's food after all!

-Vermont Food Summit

Share this brochure with a friend to help us save paper!

Food for Thought... (cont.)

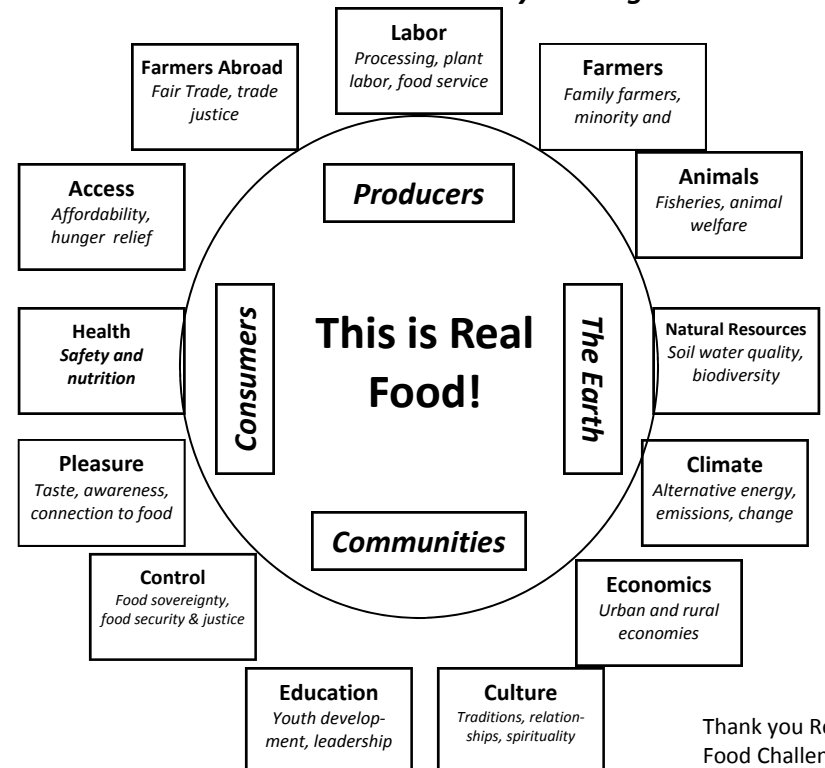
Food for Thought... notes, quotes, thoughts, ideas, recipes...

The Table... with "real food" and the issues on the menu.

For more information about the Real Food Challenge and their national campaign, visit their website at www.realfoodchallenge.org

The Vermont Food Summit believes in real food, which is food, "that is ethically produced, with fair treatment of workers, equitable relationships with farmers (locally and abroad), and humanely treated animals. It's food that is environmentally sustainable, grown without chemical pesticides, large-scale mono-cropping, or huge carbon footprints. Real Food is food that is healthy, tastes good, builds community, and has the potential to inspire broad-scale social change (RFC website)." We are using this wheel from our friends at the Real Food Challenge to set the stage and the table for a new way to think about food.

Look at the wheel, what areas are most important to you? What do you want to learn more about? What can you bring to the table?



Main Course Events: to fill you up during the week.

The meat and potatoes of the week. Open to everyone, wear your stretchy pants.

“Battle of the Campus Chefs”

Monday April 6th from 6-8pm in the Maple Ballroom

Sponsored by University Dining Services, fundraiser for Campus Kitchens

The ultimate competition, eleven chefs pair up with student groups to create a dish that will be judged by a panel and the audience. This kick-off event for the Summit will prove to be entertaining and delicious, all for a good cause!

“Burlington Eat-In”

Tuesday April 7th from 11-1pm on the Bailey Howe Beach

Sponsored by Slow Foods at UVM and the Real Food Challenge

An Eat-In is a group of people gathering together in public to share a meal. It is a protest against food that is fast, artificially cheap, and industrially produced. Bring your lunch and join us to demonstrate that we want change in our food system.

“Slow Food Banquet”

Tuesday April 7th from 7-8pm at Slade Hall on Redstone

Sponsored by Slade Environmental Coop and Slow Foods at UVM

Come celebrate good, clean, and fair food! Bring a dish and learn more about the Youth Food Movement that is happening at UVM!

“Future of Food Open Space Forum ”

Wednesday April 8th from 10:30-1:30pm in Livak Ballroom

Sponsored by the Campus Kitchens and Sustainable Food Working Group

This event is the “table”, and you are all invited. It is where we turn the seeds into a garden, or take the ideas and turn them into action. (More info on website).

“Local Foods Potluck and Contra Dance”

Thursday April 9th from 6-10pm in Billings North Lounge

Sponsored by University Program Board, Eco-Reps, and VSTEP

Bring your dancing shoes and potluck dish! After a week of working hard on changing one of the most complicated problems of our time, it’s time to laugh, dance, and EAT! Dinner starts at 6pm, and dancing starts at 7pm.

“New and Young Farmers in Vermont ”

Friday April 10th from 8:30-3:30pm in UHeights Souths

Sponsored by the Women’s Agricultural Network, Center for Sustainable Agriculture, Common Ground Farm, NOFA-Vermont, Intervale Farms, Slade Environmental Coop, and UVM Plant and Soil Science.

During the last day, we are looking to the future of food and farming with all day workshops for the future farmers. The day will conclude with “Young Farmers Concert” at Slade to fundraise and celebrate the future and the VFS!

Other ways to get involved with the Vermont Food Summit!

Here are some other ways to get involved with the Vermont Food Summit and create change for the way we eat at UVM!

1. Get friends, residents, colleagues, housemates, or anyone else together to enjoy a meal together! Take a photo of the event and we will post it on the VFS website (email to vfs@uvm.edu).
2. Fill out a comment card at one of the dining locations. Make it positive or constructive advise for changes they could make, but either way they need to know what we are hungry for!
3. Bring your coffee mug for a discounted refill! Only 12% of the people that purchase coffee at the DC bring their own mug! Also, think about the packaged waste that you go through in a day.
4. Check out the events that are going on during Earth Week and Focus the Nation from April 20-24. Something to think about is that 1/3 of greenhouse gases come from agriculture and food!
5. Read and sign the online Food Declaration and be a part of the nation food revolution- <http://fooddeclaration.org/>

Last of all, please...

Fill out these questions on this form or on a piece of paper, and drop it off at the Food Lounge during the week! Thank you!

The Vermont Food Summit Questionnaire

1. What area of the food wheel is most important to you?

2. What issue about food did we not cover that you feel is important?

3. What do you need to be able to choose more “real food”?

And for dessert...

Robert Egger Comes to UVM!

Wednesday April 15th at 7pm

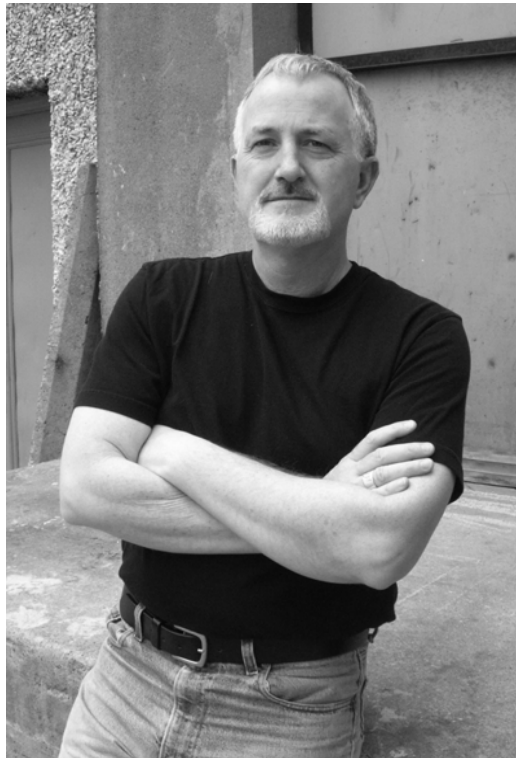
Billings CC Theater

Sponsored by the Vermont Food Bank, Chittenden Emergency Food Shelf, Feel Good, and the Campus Kitchens at UVM

“It's time for all of us to encourage young people not to accept leftovers and to lead a movement that will provide real sustenance for people and communities around the globe.”- Robert Egger

Robert Egger is the President and founder of the DC Central Kitchen where unemployed men and women learn marketable culinary skills while donated food is converted into balanced meals. Since opening in 1989, the DCK has distributed over 20 million meals and helped 700 men and women gain full-time employment. Robert has been on the Non Profit Times “50 Most Powerful and Influential Non-profit Leaders” list in 2006, 2007, and 2008. He was the recipient of the Restaurant Association of Metropolitan Washington’s 2007 “Lifetime Achievement” award and the 2004 James Beard Foundation “Humanitarian of the Year” award.

Robert speaks nationally and internationally on hunger and homelessness, social enterprise, and non-profit unity. During his visit to the University of Vermont, his talk will focus on youth empowerment and service for a better future. This is the ultimate way to conclude the Vermont Food Summit and is an event that should not be missed!



For more information about Robert Egger's visit, email kturcott@uvm.edu. To learn more about the DC Central Kitchens and other initiatives he is a part of, visit:

www.dccentral.org

www.robertegger.org

Take Out Options: food revolution to go!

Events with a () are sign up only, on a first come basis. Email vfs@uvm.edu to register.*

Intervale Community Farms

Monday April 6th from 2-4pm*

Sponsored by the students of the Common Ground Business course

Join other students on a trip down to the Intervale Community Farm! Meet Andy Jones and learn about how they run their 500 member Community Supported Agriculture share program!

Common Ground Student Farm

Tuesday April 7th from 3-5pm

Sponsored by Common Ground Student Farm

Join us to check out UVM's student-run organic farm! We will all bike out to the Horticulture Research Center and meet this year's farm crew, and hear what their plans are for the upcoming growing season.

Eating Well on a Budget at City Market

Tuesday April 7th from 6-7pm*

Sponsored by City Market Coop

One of City Market's most popular classes is being offered during the Vermont Food Summit for UVM students! Tour the bulk section, sample recipes, and learn more about money saving tips that can help you eat well on a college budget!

UVM Dairy Farm

Wednesday April 8th from 3-5pm

Sponsored by the CREAM program

Bike or walk to the dairy barn and meet the students of the CREAM program! Learn about what they do, literally, everyday, hear their plans to reopen the Dairy Bar on campus, and meet a few cows while you are out there!

Shelburne Farms

Thursday April 7th from 10-12pm*

Sponsored by Shelburne Farms and Feel Good

Go into the cheeseroom at Shelburne Farms and learn how they make their award winning cheddar! Meet cheesemaker Paul and Andy and learn how they make the cheese that is on the Feel Good sandwich!

Vermont Institute for Artisan Cheese

Thursday April 9th from 2-4pm*

Sponsored by VIAC and Common Ground Farm

Calling all cheese lovers, you don't have to travel far to learn more about and enjoy Vermont artisan cheese. Join master cheesemaker Marc of VIAC for a tour of their facilities, receive the basics of cheesemaking, and learn how you can become more involved with this growing industry. AND, of course, there will be a cheese tasting!

Dinner & a Movie... you just need to bring the dinner!

Join us throughout the week to learn more about our food system. We will cover a range of issues, from genetically modified organisms in our food supply to thinking about what we eat and our body image. Check out our website for a full description of all of the movies for the week at www.uvm.edu/~vfs

“Fast Food Nation”

Monday April 6th at 8pm
Billings CC Theater

“Food & You: How’s the Relationship?”

Film Clips with Health Promotions”

Tuesday April 7th at 1pm
Boulder Society Room

Sponsored by Health Promotion Services

“Unnatural Selection”

Tuesday April 7th at 7:30pm
Billings CC Theater

Sponsored by the student of ENVS 195 “Food, Land, and Seeds”

“The Future of Food”

Tuesday April 7th at 2pm
Williams Room in the DC

“King Corn”

Wednesday April 8th at 7pm
Wright Hall Room 108

Sponsored by the HWRLC Social Documentary Series

“Every Child. Every Day.”

Thursday April 9th at Noon
Boulder Society Room in the DC

*Sponsored by the Vermont Campaign to End Childhood Hunger
ALSO, be alert for “Sound Bites” throughout the week in random classes and places!*

The Food Lounge: the food hub of the week.

The “Food Lounge” is the information hub, meeting space, creativity zone, resource fair, and town hall throughout the Vermont Food Summit. It will be in the Rosa Parks room on the first floor of the Davis Center (next to Brennan’s) and will be open from 9am-3pm from Monday to Thursday. The Food Lounge will post informal discussions, speakers, provide resources related to food and agriculture, display student arts and projects, and will be the check in point to find out everything that is going on throughout the entire week. There will always be a Food Summit rep there to answer any questions and tell you what is happening!

Some of the activities include...

Lunchtime Discussions- Monday through Thursday at Noon in the Food Lounge. Each day will have a lecture and discussion led by a university professor that does research related to food. Everyone is invited to come and bring a lunch in a reusable container...

(compared to the traditional brown bagged lunch series!)

Open Space Conversations

The Food Lounge will be an open space for students, faculty, and staff to use as a meeting place for discussions around food. There will be a circle of couches and people can reserve the space to present ideas, meet new people, or collaborate on projects.

Real Food Challenge of the Day!

Make sure to stop by the Food Lounge everyday to find out what the Real Food Challenge of the day is! There will also be games, salvager hunts, and trivia related to food, and of course, there will be prizes for the winners!

AND...

Stop by the resource table for information about food and agriculture at UVM, Burlington, and around the country!

Also, this is the place you will want to go if you want to sign up for the “take our options” or are presenting at an event.