Leadership Guide for Participants

The annual Food Action Summit modified for online delivery due to the COVID-19 pandemic.

May 15th, 2021

Summit Link:
https://illinois.zoom.us/j/87941054107?pwd=NzdTbG1QUHhlcVMzVFFsNFJONGhkUT09
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1 Source: Canva.com
The 4-H Pledge

I pledge my **Head** to clearer thinking,

my **Heart** to greater loyalty,

my **Hands** to larger service,

and my **Health** to better living,

for my club, my community, my country,

and my world. 🌿
1. Welcome!

On behalf of the Illinois 4-H Food Advocacy Team, welcome to our first annual 4-H Food Action Summit!

The Illinois 4-H Food Action Summit is where leaders meet to be inspired and share a vision for food security, food access, and food justice in Illinois. University of Illinois researchers, non-profit professionals, food advocates, and civic leaders will be present to lead workshops designed to empower young people with the knowledge, confidence, and resources they need to strengthen their leadership as they work to create food security in their communities.²

Our goal is to equip you with the language, knowledge, and skills you need to be an effective advocate for food security where you live. The Illinois 4-H program is about putting what you learn into action. We have created this resource in order to support you in taking the next steps.

As you prepare for our Summit, please take a look at these food advocacy resources to assist you in planning for future projects.

Food Advocacy Grant Info (Opening May 24th): Click Here

Do you have an idea to contribute to food security where you live? Then this is the opportunity for you. You will receive support through every step of the process and become a part of a statewide network of young leaders. The Food Advocacy Grant is a project of the Illinois 4-H Food Advocacy Team. It is financial support in the form of $500/$1,000 grants to invest in the next generation of food access leaders. Funds are made available with the support of the Illinois 4-H Foundation, The Brandt Foundation, and Compeer Financial. Get help from the Food Advocacy Team here: Project Assistance Request

4-H Food Advocacy Team (Opening July 1st, 2021): Click Here

The Illinois 4-H Food Advocacy Team is the only statewide youth leadership team in Illinois that is dedicated to strengthening you as an advocate for food access for everyone in your community. The COVID-19 pandemic has made food security an even more urgent issue for many families. You can be a part of the solution. With the support of the Illinois 4-H State Office, you will network with food advocacy professionals, academic experts and other young leaders, educate yourself on issues of community health, and assist in the planning of the annual Food Action Summit.

² Wesley 4-H Hustlers Mico Pantry, Food Advocacy Grant Project 2021
2. Guidelines:

Make sure everyone can hear you.
- Use a microphone when you speak, when possible.
- Make sure the microphone is on and close enough to pick up your voice, no matter what location you are in.
- You will only be able to unmute yourself in breakout sessions when it is time for discussion.

Help everyone focus.
- Don't have side conversations.
- If you aren't talking, mute or turn off your microphone.
- Avoid noisy activities like typing while your microphone is on.
- Repeated disruptions may be addressed by putting you in the waiting room. In some situations, this can result in you being removed from the Summit.

Reduce distractions.
- Sit or stand somewhere with a neutral background
- Make sure your camera is on a steady surface to prevent shaking
- Turn off your camera if you need to take care of business outside of the meeting (ex. someone in-person needs your attention). Turn the camera back on when you are present in the meeting again.

Look your best.
- Lighting should come from in front of you or from the side, in order to best light your face
- Keep your background clear of distractions
- Look at your webcam, not at the screen
- Use gestures and mannerisms that you would typically use in person

Be your best self.
- Participants are encouraged to conduct themselves as they would at any in-person event. Situations of repeated interruption, inappropriate language, and general disruptive behavior will be met with 1) removal from session into the waiting room and/or 2) removal from the Summit.

Stay engaged.
- During our all group session, participants will remain muted. Feedback, questions and comments can be submitted via the chat option.
- While in your breakout sessions, you will have the option of interacting with your speakers and facilitators through the chat option and/or unmuting yourself to ask questions or make comments when appropriate.
- You can always get the attention of facilitators by using the Reactions tab in your Zoom app. Raising your hand is usually the best option to indicate you’d like to contribute.

3 Source: Unsplash.com
Tech issues.
- If you encounter technical problems, please ask for help in the chat from your room facilitators. Should be dropped from the session or have problems connecting, you can also contact Carla Blue in the State 4-H Office at 217-244-6916 or Gavin Flure at 217-300-0273 for assistance.

Chromebook/I-Pad/Tablet Users.
- In the past, several participants have encountered problems joining breakout rooms on their school issued Chromebook, I-pad or Tablet. Whenever possible, it is recommended to log-in with a PC or Mac computer. If that is not an option, please do the following:
  - Install the Zoom app from the Google Chrome Store (or equivalent).
  - Ensure your Chrome OS is fully updated.
  - Ensure your Zoom version is fully updated.
  - Use this link for more information: How To Use Zoom on Chromebook
- If you still encounter issues, you can likely rely on your cell phone to join the meeting, using your wi-fi or by dialing in.

3. Schedule:

Saturday, May 15th 2021 - Virtual (All times are CST)
- 9:00 - 9:10AM: Welcome from the IL 4-H Food Advocacy Team
- 9:10 – 9:30AM: Opening Remarks by Dr. Craig Gundersen
- BREAK
- 10:00 - 10:50AM: Breakout Session 1
- 11:00 - 11:40PM: Food Advocacy Grant Presentations
- 11:45 - 12:20PM: Lunch Break/Networking
- 12:30 -12:50PM: Special Presentations from Professional Food Advocates
- 1:00 - 1:30PM: Keynote Address “The Future of Food Justice” by Dr. Bobby Smith
- 1:40 - 2:30PM: Breakout Session 2
- BREAK
- 3:00 - 3:50PM: Breakout Session 3
- 4:00 - 4:30PM: Closing Session & Take Action

Note: There are several breaks in between sessions. These are designed for you to do what you need to do to get the most out of the day. We recommend you stay in the main room with your mic and video off during this time.
4. Breakout Sessions:

**How You Can Change Your Food System**  
(Dr. Megan Dailey, Director of Metropolitan Food and Environmental Systems, UIUC)

Every day we make decisions that impact our food system. In this session, you will learn about how our food system functions and the power that you have to create change through the choices you make. All Sessions.

**Food Choices and Personal Wellness**  
(Julia Heller, Illinois 4-H Food Advocacy Team President)

Your food choices can play a big role in your health and wellbeing. In this session, you will learn about how you can leverage your food choices to help you live your best life. All Sessions.

**Alleviating Food Insecurity in Illinois**  
(Dr. Craig Gundersen, ACES Distinguished Professor and Director of Undergraduate Studies, UIUC)

Food insecurity rates have increased in Illinois due to the impacts of the COVID-19 pandemic. In this session, you will learn from researchers at the University of Illinois about how people are experiencing food insecurity and hunger in Illinois, and what steps we can take to address this crisis. Session 1 only.

**Food Security and Community Health**  
(Staci Coussens, Carol Erickson, Joey Fonseca-Islas, U of I Extension SNAP Educators)

Having reliable access to healthy food is an essential part of living a healthy life. In this session, you will learn from experts in the field of food and nutrition about how food security can impact the health of an entire community. All sessions.

**The Wonderful World of Food Science**  
(Dr. Darlene Samuel, Extension Educator, Chicago High School for Agricultural Sciences)

Whether it’s food production, distribution, marketing, safety, transportation, science, and research, or service and sales, there are many career opportunities in the world of food systems. In this session, you will have the opportunity to imagine a future for yourself and hear from people who have dedicated their careers to securing our food system. All sessions.

**Puerto Rico Food Security Challenge – An Escape Room Game**  
(Sandy Hernandez, 4-H Program Assistant, Prof. Sheila Velez Morales, Puerto Rico 4-H)

Puerto Rico has had many challenges to its food system as a result of natural disasters and climate change. In this session, you will learn how Puerto Rico leaders are engaging with youth on the island to creatively address issues of food security through hands-on learning. All sessions.
Sustainable Agriculture
(Errn Harper, U of I Extension Educator)

Producing food to equitably feed our planet's growing population is one of the great challenges facing agriculture worldwide. In this session, you will engage in an important discussion around how we can continue to produce food in a way that responsibly stewards the earth's resources while addressing the challenges of climate change. Sessions 2 & 3 only.

Food Advocacy and Youth Action in Brazil
(Flavio Rocha, Tania Sasaki, Federal Institute of Mato Grosso do Sul, Brazil)

Young people around the world are taking on the challenge of food insecurity. In this session, you will connect with leaders from the Federal Institute of Mato Grosso do Sul who are working to support service-learning projects and youth advocacy in Brazil. All sessions.

Technology and Food Production
(Aaron Cortes, Director of STEAM Pathways at Center for College Access and Success, Northeastern Illinois University)

We know that food production is an art as well as a science. In this session, you will learn about the important role which STEM skills play in ensuring a secure food future for everyone. All sessions.

Nutritional Self Care and Health Equity
(Roxana Cejeda, Illinois 4-H Youth Readiness and New Audiences Outreach Associate; Arsema Tesfai, Illinois 4-H Diversity, Equity and Inclusion Intern)

The Nutritional Self Care and Health Equity presentation is geared towards promoting healthy eating while taking into account what youth have available in their homes. You will also learn about why malnutrition has become a growing epidemic in underprivileged and rural neighborhoods and how that may affect you. In finding middle ground and relevance with your situation, you should take away more feasible and relatable eating habits. Session 1 only.

Food Advocacy and Civic Engagement
(Colleen Burns, State Engagement and Innovation Lead, Greater Chicago Food Depository)

The process of making changes in your community can be difficult, but also rewarding. In this session, you will hear about the challenges and opportunities of engaging in the civic process to promote food security and food access for all. Session 1 only.
5. Leadership Guide

The Illinois 4-H Food Action Summit.
As a participant, you are fulfilling the 4-H pledge as you apply your hands to larger service through your involvement in addressing food insecurity in your community, county and state. You will not do this alone; you will learn the importance of partnering with others who share your goal of helping individuals and families by improving access to safe and nutritious food.

Your voice matters!
Illinois 4-H recognizes that you are an important resource for your community, not just someday in the future, but right now, today. Through strengthening your communication, decision making, goal setting and leadership skills you will become a strong food advocate.

Food insecurity affects many of us.
Food insecurity rates in Illinois have been falling consistently, thanks in large part to consistent work on the part of leaders dedicated to guaranteeing food access for all. It took ten years for food insecurity rates to fall to levels similar to those that existed before the 2008 great recession. With the impact which the COVID-19 pandemic has had on families and communities, those gains are expected to disappear in under one year.

According to the advocacy group Feeding Illinois, an estimated additional 17.1 million are likely to experience food insecurity, many for the first time. In Illinois, we have seen 1,921,910 individuals facing food insecurity, an increase of 638,360 from pre-pandemic levels. This means and increase in the food security rate in Illinois, from 10.1% of the population to 15.1%. These numbers are expected to be worse for children and youth, with an estimated 1 in 4 children experiencing food insecurity, compared to 1 in 7 pre-pandemic. Illinois is not alone; nationally, we have seen a 46% increase in those experiencing food insecurity.

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5 Source: Yolanda Nation, Shelby County 4-H ‘Hands to Larger Service’ project
Food insecurity doesn’t look the same for everyone. According to the advocacy group Feeding America, food insecurity is defined as “a lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a household or can last a long time. Food insecurity is one way we can measure how many people cannot afford food.”

There are many causes of food insecurity, but they are all connected to a person’s ability to meet their basic needs. Unexpected bills, an unforeseen accident, a change in employment status, unreliable transportation, even neighborhood housing and zoning policies. All of these things can force you into making difficult decisions, like paying bills or buying food.

We also know that you can’t always tell if someone is food insecure at first glance. Particularly for young people, there is a stigma associated with being in a situation where you need food assistance. Access to food banks, food pantries, school meals, and SNAP benefits and nutrition education are all important pieces of the puzzle. Illinois 4-H is in every county in Illinois, this means we also have the opportunity to be a part of the solution for every community throughout the state.

A Starting Point.
This Food Advocacy Guide for the Food Action Summit offers a starting point for you in addressing food security in your community. Your involvement will no doubt take you down different paths. Along the way, you will receive continued support from Illinois 4-H as you grow and strengthen your confidence as a leader. The contents provide you with some “best practices”, but nothing beats believing in yourself and the importance of what you are doing.

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6 Source: Feedingamerica.org
7 Source: Urban Institute Report: “Bringing Teens to the Table”
8 Photo from Montgomery County Youth Leadership Team, Weekend Backpack Program
Guiding Principles.

Young people and children are disproportionately impacted by food insecurity. That’s why we are building a network of young food advocacy leaders through the 4-H program. Putting what you learn into action can be an important part of living a meaningful life and being of service to your community. Studying your local situation is usually the best way to begin. One or more of these approaches may be helpful to you as you consider your first steps:

1. **Partner with adults.** Your voice is powerful. Partnering with a supportive, encouraging and experienced adult mentor can make your work even more effective. This could be a teacher, club leader, role-model, family member or work connection. Work with someone you trust to define the local problem you want to address.

2. **Who is already doing work?** It is likely there are already organizations, groups and individuals already doing work on food security in your area; you can learn a lot from them. What are they doing that has been successful? How can you support what they are doing?

3. **Identify community partners.** What influential groups or organizations have supported food security work in your area? Approaching them with a project idea and asking to partner with them can be a great step towards building a network of support. You will need a team to be successful.

4. **Challenge yourself.** As an advocate, you may be asked to speak in front of a stakeholder group on the importance of food access. You may be called upon to present on your project to elected officials. You may need to ask for financial support from your community. All of these things can be uncomfortable. With the support of your team, challenge yourself to grow.

5. **Ask for help.** The Illinois 4-H network is here to support you every step of the way. We can connect you with local 4-H leaders as well as experts in the field of food advocacy, food access and food justice. Advocacy begins with you letting others know what you need in order to be successful.

To learn more about how you can become a food advocate, visit our [Illinois 4-H Food Secure Communities](#) page.

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9 Source: Carissa Nelson, Illinois 4-H Food Advocacy Team leaders
7. Next Steps:

❖ Create a team.
   ● Find the people in your community who want to work on a project with you. This could be your 4-H club, classmates from your school, family members, or other social contacts you have.

❖ Make a plan.
   ● Use the guides below, and links from the helpful resources section, to create a plan for what you want to do. This is an important step and will help you clarify everything that comes next.

❖ Get help locally.
   ● Tell people about your idea. Ask for help. You can reach out to your local 4-H leaders and get connected to the 4-H network as a start (see link in resources section). You can also reach out to Mark Becker, Illinois 4-H Food Systems Specialist for help getting connected at mbbecker@illinois.edu.

❖ Work with the Illinois 4-H Food Advocacy Team.
   ● Share your idea with the Food Advocacy Team and get help making it a reality. You can upload your project details here: Project Assistance Request
   ● You can also join the Food Advocacy Team for a virtual planning session on Saturday, June 5th. Register here: https://illinois.zoom.us/meeting/register/tZIqduGhqj0oH9Y5CRybABRc0F_mfhI3fwi

❖ Apply for Food Advocacy Grant.
   ● Food Advocacy Grants are designed to support you with $500 or $1,000 grants to go towards your project. Applications are open between May 24th - June 21st, 2021. Apply here: https://form.jotform.com/203015416941144

❖ Stay in touch.
   ● Follow us on social media to stay up to date about our work and future opportunities to get involved with food advocacy; @Illinois4H on Facebook and @IllinoisFoodAdvocacyTeam on Instagram.
8. Helpful Resources:

### Food Security:
- What is Food Insecurity?: [Feedingamerica.org](http://Feedingamerica.org)
- COVID-19 Impacts on Food Security: [Coronavirus Research](http://Coronavirus Research)
- Urban Institute: [Bring Teens to the Table Report](http://Bring Teens to the Table Report)
- Food Insecurity Impacts: [American Youth Policy Forum](http://American Youth Policy Forum)
- Alleviating Food Security in Illinois: [Interview with Dr. Craig Gundersen](http://Interview with Dr. Craig Gundersen)

### Food Justice:
- Community Asset Mapping: [Community Research Toolkit](http://Community Research Toolkit)
- Chicago Field Museum: [Asset Mapping with Youth](http://Asset Mapping with Youth)
- What Is Food Justice?: [Interview with Dr. Bobby Smith II](http://Interview with Dr. Bobby Smith II)

### Food Production:
- Farm to Table History: [Farm to Table](http://Farm to Table)
- Find Your Local Farmers Market: [Illinois.gov](http://Illinois.gov)
- Connecting Farms to the Food Insecure: [Foodprint.org](http://Foodprint.org)

### Planning & Research:
- 4 Types of Service: [Learningtogive.org](http://Learningtogive.org)
- Food Finder Resource: [Food Food IL Map](http://Food Food IL Map)
- Foods that Curb Hunger: [WebMD](http://WebMD)
- Fighting Hunger Worldwide: [International Organizations](http://International Organizations)
- SMART Goals: [How to Write SMART Goals - University of California](http://How to Write SMART Goals - University of California)
- John Hopkins University: [Lesson Plans](http://Lesson Plans)
- Illinois Civics Toolkit: [Illinoiscivics.org](http://Illinoiscivics.org)

### Project Ideas:
- Youth Led Clothing Company Fighting Hunger: [#Needtoeat](http://#Needtoeat)
- Food Advocacy Ideas: [Illinois 4-H](http://Illinois 4-H)
- Empowering Youth to End Hunger: [4-H Toolkit](http://4-H Toolkit)

### Illinois 4-H Network:
- Find 4-H in your area: [Illinois 4-H Extension](http://Illinois 4-H Extension)
- Social Media: [Illinois 4-H Facebook](http://Illinois 4-H Facebook)

1. **Identify the Need:** What need do you want to address in your community?

2. **Plan:** Preparing and planning for the possibilities
   Which service-learning approach will help you meet this need?

| Direct Service: Service that directly affects the persons, environment or community you want to impact. Often involving face to face interactions. | Indirect Service: Service that involves supporting a person or community indirectly, usually involving raising money or supporting a non-profit organization. | Advocacy: Service that involves using your rights and your voice to educate, raise awareness, and demand action around an issue affecting your community. | Research: Service involving finding out new information that informs or demands new actions. Usually involves collecting data or interviews. |

**Questions to consider:**

1. What goal do you want to accomplish with your project?

2. What needs to be done to accomplish your goal?
3. What resources or support do you need to accomplish your goal?

4. Who can help you accomplish your goal? (Individuals, community groups, community leaders, etc.)

5. What do you want to learn from this process?

6. How will you measure your success?
7. How will you let other people know about your project?

8. What questions or concerns do you have about your project?

9. What is your timeline for your project? *(Be sure to include estimated dates and names of those responsible for each task.)*
10. Food Advocacy Action Plan

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