



## AGENDA

Thursday, March 10	
8:00 am	Registration Breakfast
9:00 am	Welcome and Opening Ceremony
9:20 am	Detroit Food Security Policy Update
9:50 am	FRedX – Department of Health and Wellness Promotion Today
10:00 am	Break/Networking Activity
10:15 am	Fresh Prescription Program Annual Report Overview
11:45 am	FRedX Speakers Series – Detroit Food Headlines
12:00 pm	Lunch Salad Undressing
1:00-1:50 pm	Workshop Session 1
2:00-2:50 pm	Workshop Session 2
3:00 pm	Break
<b>3:20 pm</b>	The State of Detroit Food – Malik Yakini, Detroit Black Community Food Security Network
<b>3:50 pm</b>	Recap
<b>4:00-6:00 pm</b>	Break for dinner
<b>6:00 pm</b>	Movie Screening and Panel Discussion: <i>Can You Dig This?</i>

<b>Friday, March 11</b>	
8:00 am	Registration Breakfast
9:00 am	Welcome and Recap of Day 1
9:10 am	Panel Discussion – Land
9:40 am	FRedX – Economic Analysis of the Detroit Food System
9:50 am	Physical Activity and Break
10:10 am	FRedX – USDA Nutrition Guidelines
10:20 am	FRedX – Spoken Word
10:25 am	Keynote Address: Food for Change Begins At Birth: The First Food Movement in the Community - Kimberly Seals Allers
11:00 am	Eliminating Breastfeeding Disparities for African American Communities Q&A with Kimberly Seals Allers and Black Mothers Breastfeeding Association
11:45 am	FREDx – Race and Restaurants
12:00 pm	Lunch How to Buy Food
12:40 pm	Panel Discussion – GMO's
1:20 pm	Break
1:30-2:20 pm	Workshop Session 3
2:30-3:20 pm	Workshop Session 4
3:30 pm	Break
3:50 pm	Panel Discussion – Water
4:30 pm	Closing

## **Program Details**

### **Workshop Session 1**

**Thursday, 1:00-1:50 pm**

#### *Uprooting Racism in the Food System*

Everyday Detroiters are reshaping the way we see food, ourselves and our communities as more people connect to the importance of and power within food. This power, while holding great potential for families and communities, is threatened by institutionalized racism and white supremacy. Truly sustainable systems demand racial equity. Join us for a power-mapping activity on how we can all be a part of this work. We will limit participation to 20, please join us on time to participate!

Presenters: Erin Shawgo and Shane Bernardo – Uprooting Racism Planting Justice

#### *Campus-community partnerships: How students may best contribute to food for change*

Join the coordinators of campus-community partnerships at Wayne State University and Oakland University to explore programs happening at both universities, and participate in a dialogue about how students can best contribute to food for change.

Presenters: Kami Pothukuchi – Associate Professor, Chair and Graduate Director of WSU Department of Urban Studies and Planning, Director SEED Wayne and SEED Wayne Fellowship in Community Food Systems Planning; Fay Hansen – Oakland University

#### *Regulatory Code Enforcement for Food Businesses in Detroit*

Learn about the regulatory, licensing, and inspection requirements for food businesses in Detroit. A local bakery owner will share her experience opening a food business in Detroit. The Detroit Health Department's Food Safety unit will explain the food service establishment inspection program that protects the public health from food contamination and food borne illness outbreaks. The goal of the Food Safety Program is to prevent food borne illnesses through our inspection services of local restaurant, temporary and special events, mobile food trucks, etc.

Presenters: April Anderson - Good Cakes and Bakes; Cedrid Marks, Sebrina Johnson, Reena Thomas, - Department of Health and Wellness Promotion Food Safety Program

#### *Fresh Prescription Annual Report - Outcomes*

A follow up to the Fresh Prescription Annual Report overview that will be given in the morning session, this session will give a more detailed report of program outcomes. the Fresh Prescription Program, an innovative program that brings together healthcare and healthy eating.

Presenters: UM Curtis Center, Program Evaluators

#### *Stick It In for Food Safety*

Using a meat thermometer Why and When? Learn how to use a meat thermometer- know food is “done” and safe to eat.

Presenters: Eileen Haraminac and Phil Tocco – Michigan State University Extension

### *Eating Health on a Budget*

This presentation will include a demonstration of health meals that can be purchased on a budget and prepared easily.

Presenters: Chef Dameon Wilburn and Registered Dietitian Julie Fromm – Generations With Promise

## **Workshop Session 2**

**Thursday, 2:00-2:50 pm**

### *Our Bodies Tell Our Histories: Recovering Land, Life, and Culture*

An overview of how policy has impacted the food sovereignty of indigenous peoples of North America, and the wellbeing of those communities - past and present

Presenters: Shilo Maples - American Indian Health and Family Services

### *CHIRP: How Community Can Be a Response to Childhood Obesity*

CHIRP (the Child Health Incubator Research Project), Shattering Myths and Sharing Skills: How Community Can Be a Response to Childhood Obesity

Presenters: Lottie Spady – CHIRP, Myrtle Thompson-Curtis – Freedom Freedom; Angela Newsom – People’s Kitchen Detroit; Linda Campbell – Building Movement Project; Victoria Goff – Just Creative

### *Food Entrepreneurship: How to Start Your Food Business*

Food Based Entrepreneurs will learn how to turn ideas into production.

Presenters: Anika-Kafi Summers Grose – Eastern Market Corporation, Micha Loucks – Michigan State University Product Center

### *Breast Milk & Formula: A Food Systems Approach*

This workshop will examine breast milk and breastmilk substitutes (formula) from a food systems perspective. Environmental and health consequences of breast milk and formula will be compared.

Presenters: Kathryn Savoie, PhD – Ecology Center

### *Diets for the revolution: Designing and Leveraging Diets as a Weapon against Colonization, Corporatization of Food and environmental degradation*

Designing and Leveraging Diets as a Weapon against Colonization, Corporatization of Food and environmental degradation.

Challenging each other to recognize and leverage indigenous/native diet and culinary techniques as meaningful acts of resistance and restoration of a problematic, industrialized food system.

Presenters: Atieno Nyar Kasagam and Lorenzo Herron – Ile Oke Farms; Jahleel Faison, Natasha Tamate Weiss, Shane Bernardo, Patrick Crouch - EarthWorks Urban Farm

### *Homemade Baby Food – Simply Save Time and Money*

Workshop Description: Feeding your baby nutritious food is one of the most important things you can do to promote health and well-being. Learn how to prepare and naturally

preserve your baby's food including vegetables and cereals. Save money and learn time saving tips to do it yourself. As a baby food chef and owner of a commercial baby food company I have many tips and secrets to share. I can teach you how to get your baby to try almost any vegetable! Healthy snack tips for older siblings will be shared too.

Presenter: Zaundra Wimberley – Detroit Food Policy Council, The Baby Food Lady Vlogger, Baby Pound Cakes, and Mother's Right Hand

### **Workshop Session 3** **Friday, 1:30 pm**

#### *Eat Safe Fish in Detroit*

Learn the benefits and risks of eating fish from Detroit-area waters, how to choose safe local fish, and what to tell others about eating fish.

Presenters: Laura Gossiaux, Susan Manante – Michigan Department of Health and Human Services.

#### *Hydro to High Growth: Hydroponics for School Garden Projects*

Join the Youth Energy Squad, students from DIT @ Cody, and Orlando Thorpe to make your own hydroponic system! Participants will learn about hydroponics in schools from students themselves.

Presenters: Stephanie Chilcote and Gibran Washington – EcoWorks, Orlando Thorpe – Neighborhood BUG; Students – Detroit Institute of Technology at Cody

#### *Farm to Table in Detroit: Changing the Food System in Detroit*

Are you interested in institutional food systems change? Learn how Detroit Public Schools Office of School Nutrition is revolutionizing farm to fork programming and how you can be involved.

Presenters: Monica Rischiotto, Roxanne Brown, Sarita Steel, Colleen Walker, Brooke Juday, Shannon Zandee – Detroit Public Schools Office of School Nutrition

#### *Healthy Food Assistance Programs in Detroit's Farmers Markets*

Detroit's food system is a dynamic place, and nutrition assistance programs are one important piece of it. Join us for a glimpse into programs working to increase access to healthy food among Detroiters, and how those programs have interacted with Detroit communities at large.

Presenters: Amanda Shreve and Tyler Vuilleumot - Michigan Farmers Market Association; Myles Hamby - Eastern Market Corporation; Nicki Milgrom – Ecology Center; Erin Allen – Fair Food Network

#### *First Food and the Food System: Aligning our Work to Support Breastfeeding and a Healthy Food System*

An interactive dialogue and brainstorming session to discuss how breastfeeding and food system advocates can align our work to support each other's goals.

Presenters: Kathryn Savoie, PhD – Ecology Center; Stacy Davis, IBCLC – Black Mothers Breastfeed Association; Paula K. Schreck, MD, IBCLC, FABM (not confirmed), St. John

Providence Health System Breastfeeding Coordinator, St. John Mother Nurture Project,  
Medical Director, Jane Whitacre – Michigan Breastfeeding Network

### *Student Projects in Food Systems*

The student at Ben Carson Academy have been developing a class project about food systems and food security in their community. Join students from the 9<sup>th</sup> grade class as they present a few of their projects and the outcomes of their research.

Presenters: Curtis Valassek and Student Presentation Group– Ben Carson Academy

## **Workshop Session 4**

**Friday, 2:30 pm**

### *One Bite at a Time: Food As Medicine*

Take the time to nourish your body by learning some important guidelines for food grouping and combining for ailments such as arthritis, gout, sinus allergies, anxiety and hypertension.

Presenters: Adela Nieves - Three Circles Health Collective and Noble Snow Naturals;  
Carmen Mendoza King - Tierra Libre Apothecary

### *Agroecology – What a Food Revolution Looks Like!*

We cannot achieve food sovereignty without an understanding of agroecology. All aspects of food systems must function together including controlling our land and water.

Presenters: Naim Edwards – Voices for Earth Justice

### *Double Up Food Bucks 2016 and Beyond*

Double Up Food Bucks doubles the value of federal nutrition benefits spent at participating farmers markets and grocery stores, helping people bring home more fruits and vegetables while supporting local farmers. Join the conversation with program staff, participants, and partners about community experience with the program and goals for the future. This workshop will provide opportunities for engagement and new partnerships to improve and expand Double Up in Detroit.

Presenters: Elissa Trumbull, Erin Allen, and Charles Walker – Fair Food Network, Program Participants TBD

### *Food comes With Clues: The Role of Nutrition in Cancer Prevention*

Learn about the role nutrition plays in preventing and controlling cancer.

Presenter: Velonda Thompson, PhD. – Department of Health and Wellness Promotion WIC Program, Sweet Potato Delights

### *Creating a "Baby-Friendly" Detroit: A Hospital-Community Collective Impact Collaborative*

Join us as we explore the application of the collective impact model to quality improvement.

Both the hospitals and the community are joining together to make Detroit a Baby-Friendly city.

Presenters: Paula K. Schreck, MD - St. John Hospital and Medical Center and Michigan Breastfeeding Network; Shannon McKenney Shubert - Michigan Breastfeeding Network Collective

*Bugging the Gap*

Introducing the burgeoning world of eating, culturing, and advocating for insects as food, feed, and pharma. Its history, application and future of this innovative protein source will be explored in this session.

Presenters: Anthony Hatinger and Theodore Kozerski – Detroit Ento