

APPENDIX A

**Day 1: Tuesday, June 3**

*Continued*

**6:00 pm**

**AN EVENING OF FESTIVITY**

- Laughter Yoga: Stretching has never been so much FUN!  
~ Heather Hartridge [www.heatherhartridge.com](http://www.heatherhartridge.com)
- **Japanese Dinner:**  
~ Prepared by the Sisters of Shiraoui House

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**Day 2: Wednesday, June 4**

**8:30 am – 2:00 pm**

**8:30 am**

**WELCOME BACK, CHECK IN, and CONTINENTAL BREAKFAST**

**9:00 am**

**Telling Our Story and Spreading the Word**

Communication Guidelines, Process, Tools and Techniques!  
Participants learn how to tell the story effectively and creatively -  
through scrap booking, digital photography, journaling, poetry and  
more!

**11:30 am**

**Tour of Dragon Lake's Farm To School Salad Bar**

**12:30 pm**

**SALAD BAR FEAST**

**1:30 pm**

**It's a Wrap**

Summary-Where To Next, Evaluation Forms and Gifts for the  
Road.



Public Health Association of BC



**June 3 and 4, 2008**

**Shiraoui House**

**690 Grey Street**

**Quesnel, BC**

*An Initiative of the BC Healthy Living Alliance*



**Day 1: Tuesday, June 3**  
**8:30 am – 4:30 pm**

**8:30 am**  
**REGISTRATION, CHECK IN and CONTINENTAL BREAKFAST**

**9:00 am**  
**Setting the Table**

Welcome - Michelle Lessard, School District #28.  
What's on The Menu? – Dr Theresa Healy, Northern Health.  
Farm To School: Let's Dig In! – Joanne Bays, Consultant, PHABC.

**9:45 am**  
**Who's at the Table?**

Bring a local food gift. Tell us who you are, and the food gift you have brought. Tell us (in a sentence or two) what that food says about you and your vision for Farm To School Salad Bar.

**10:45 am**  
**REFRESHMENT BREAK**

**11:00 am**  
**World Cafe**

Participants break into small groups to brainstorm about topics of interest (i.e. readying the school, engaging farmers, buying local/sourcing food, creating a food safety plan, telling the story/spreading the word, feeding the hungry, building in sustainability and sowing knowledge/growing skills).

**Noon**  
**World Café Continued**

- Small groups report back.

**1:00 pm**  
**PICNIC IN THE PARK**

Pick up a bagged lunch and grab a blanket for a picnic in the park.

**2:00 pm**  
**Building On Our Strengths**

A Morning Recap.  
What do we have/want to create and sustain Farm to School Salad Bar? Brainstorm on priority actions identified in the report backs.

**2:30 pm**  
**Stories From the Field**

Panelists share their Farm to School experiences.

- All Hands Dig Deep - John Field Elementary School
- Growing Before We Knew – Mountview Elementary School
- A Seasoned Recipe – Dragon Lake Elementary School

**3:30 pm**  
**Making History**

Evaluation – the design, the process, the ways to contribute, and the tools to make it happen.

**4:30 pm**  
**Our Vision, Our Gifts, Our Commitment**

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