

LEADERSHIP SUMMIT 2009



The Food Trust's Healthy Corner Store Initiative and Fuel Up to Play 60 present  
**The First Annual Youth for Healthy Change Leadership Summit.**

Thursday, October 22nd

10 a.m. – 2 p.m.

Temple University Howard Gittis Student Center, Room 200,  
13th and Montgomery streets

The Youth for Healthy Change Leadership Summit will unite 250 sixth through eighth grade student leaders representing 15 Philadelphia schools to raise awareness of the students' leadership potential, introduce youth to a peer community, and empower attendees to continue to affect healthy change in their communities.

The youth summit builds upon The Food Trust's experiences engaging and working with youth to affect positive healthy change in their communities. The Healthy Corner Store Initiative (HCSI) works to increase the availability of healthy foods in corner stores and to educate young people about healthy snacking, and Fuel Up to Play 60 (FUTP 60), created by the NFL and National Dairy Council, engages and empowers students to partner with adults to implement and promote strategies that support healthier eating and physical activity in schools.

Students participating in these programs have formed leadership teams in their schools, in which they have assessed their environments, identified challenges, and partnered with adults to create healthy change and influence other youth to be healthier, too.

The youth summit will feature a day filled with interactive and fun workshops that will empower youth and help them develop important leadership skills, such as teamwork, communication, and action-planning.

**Schedule:**

**9:50 – 10:00 Introduction**

**10:00 - 10:40 Summit Kickoff**

**Premier of the Snackin' Fresh Youth video**

Youth in the HCSI Snackin' Fresh Leadership Crew have documented their perspectives on food choices in their community.

**FUTP 60 teams will present their successes**

Youth in the FUTP program will share the hard work they have been doing to promote healthy eating and physical activity in their schools

**10:40 - 11:30 Keynote address: Together We Can Make a Difference!**

Michael Robinson, award-winning community leader and experienced motivational speaker will inspire youth to make a difference in their communities.

**11:40 - 12:25 Workshop I: Adolescents CAN Make a Difference**

Youth learn about the power of their voice and the change they can create

**1:05 - 1:50 Workshop II: Planning Your Successful Healthy Change Campaign**

Youth will learn how to create strategies to build their campaign and take action. Facilitated by Temple Voices.

**RSVP** by Tuesday, October 20th, to HSCI coordinator Brianna A. Sandoval (215-575-0444 ext. 130, [bsandoval@thefoodtrust.org](mailto:bsandoval@thefoodtrust.org)) or FUTP 60 coordinator Lorena Ramirez (215-575-0444 ext. 176, [lr Ramirez@thefoodtrust.org](mailto:lr Ramirez@thefoodtrust.org)).

**Our Supporters**

The Food Trust would like to thank the Fuel Up to Play 60 sponsors; Mid-Atlantic Dairy Association, Pennsylvania Dairy Promotion and the sponsors of the Healthy Corner Store Initiative; Michael & Susan Dell Foundation, Pew Charitable Trusts, the Philadelphia Foundation, the Patricia Kind Family Foundation, Bank of America Foundation, USDA's Community Food Projects and the Robert Wood Johnson Foundation for making the Youth Leadership Summit possible.

**The Food Trust**

Ensuring That Everyone Has Access To Affordable, Nutritious Food

