

It's Your Planet — Love It!
A Leadership Journey



Girl Scouts



This journey belongs to:

Educating youth about sustainable agriculture

Jessica G. Jones
University of Nebraska
Extension Educator

Collaboration



- University of Nebraska - Lincoln Extension



- Girl Scouts Spirit of Nebraska

GS Leadership Experience

Discover + Connect + Take Action =
LEADERSHIP

DISCOVER

- 1. Girls develop a strong sense of self.*
- 2. Girls develop positive values.*
- 3. Girls gain practical life skills.*
- 4. Girls seek challenges in the world.*
- 5. Girls develop critical thinking.*

CONNECT

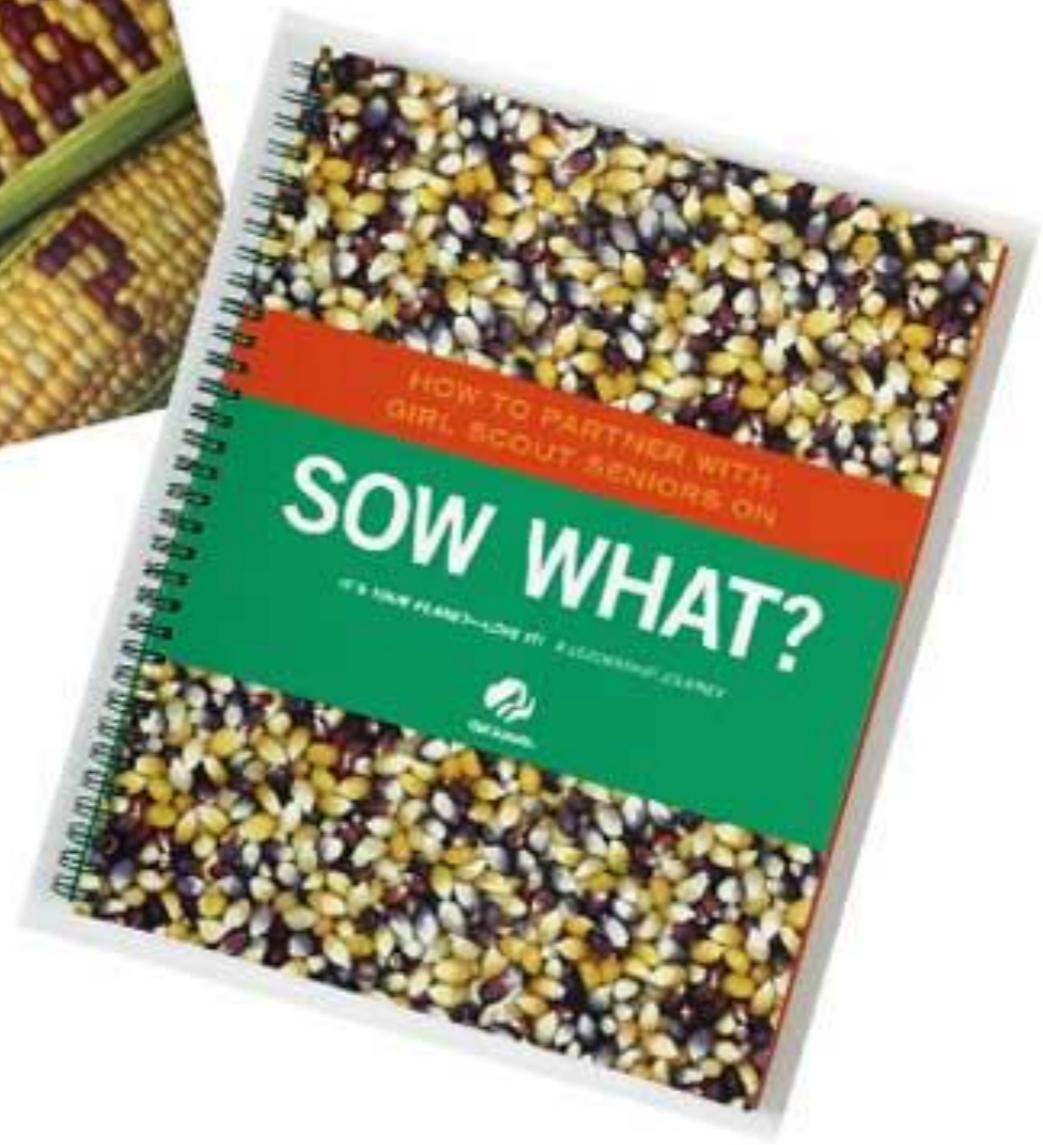
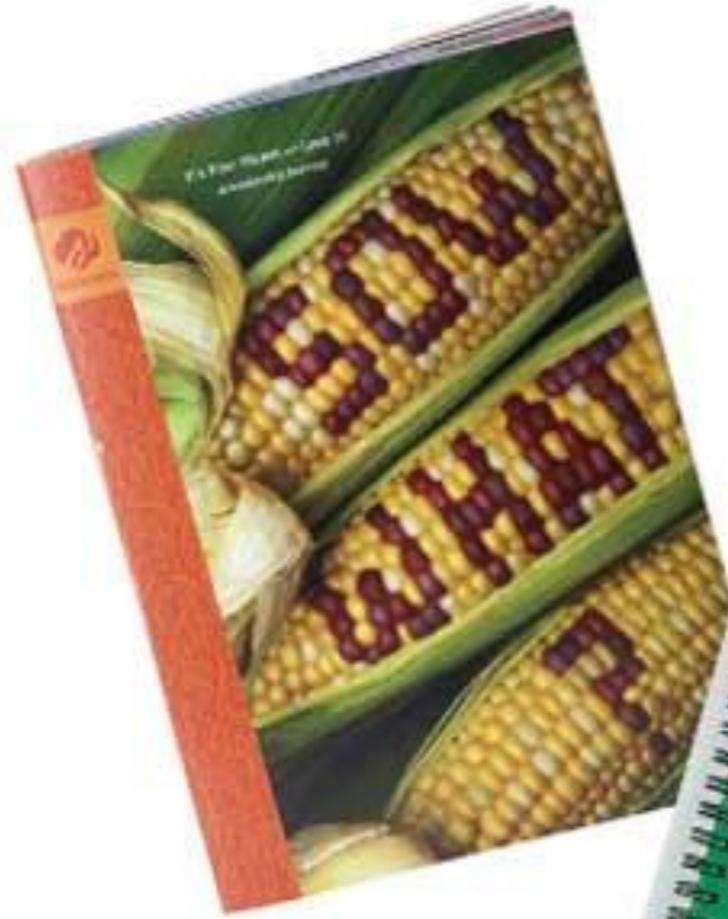
- 1. Girls develop healthy relationships.*
- 2. Girls promote cooperation and team building.*
- 3. Girls can resolve conflicts.*
- 4. Girls advance diversity in a multicultural world.*
- 5. Girls feel connected to their communities, locally and globally.*

TAKE ACTION

- 1. Girls can identify community needs.*
- 2. Girls are resourceful problem solvers.*
- 3. Girls advocate for themselves and others, locally and globally.*
- 4. Girls educate and inspire others to act.*
- 5. Girls feel empowered to make a difference in the world.*

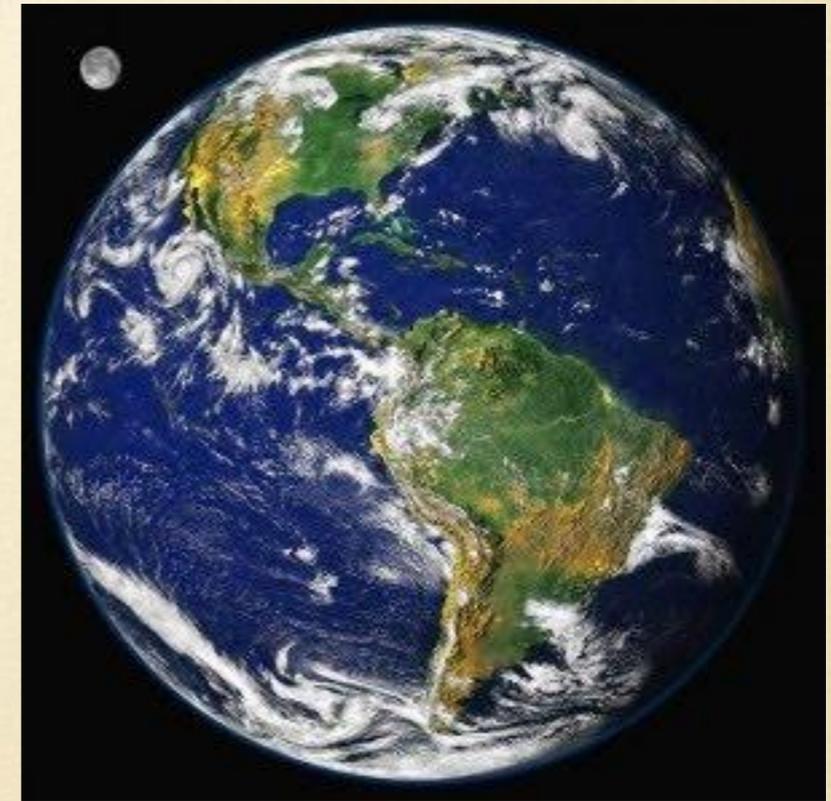
Journeys

- “A key part of the Girl Scout Leadership Experience is the leadership journey, a coordinated series of activities grouped around a theme.”
- The New Girl Scout Leadership Experience features “journeys” in which girls:
 - Gain a global and multicultural perspective.
 - Learn about the history of Girl Scouting and its traditions
 - Embrace the values expressed in the Girl Scout Law.
 - Become environmentally aware and develop attitudes and self-understanding that promote healthy living.



Introduction

- “Sow What will help you develop the leadership skills and confidence to create lasting change.”
- “Across the country and around the world, girls and women are taking action to ensure that they, their families, and their neighbors have access to food that is healthful, affordable, and sustainably grown, which means it is produced with respect for the health of the planet and all who live on it.”



- **CULTIVATE** ideas by observing and analyzing various food needs and land-use issues in your community and in the world.



- **PLANT** the seeds that will lead to a more logical, sustainable, and environmentally sound **HARVEST.**

Participants

- Six sessions (April to October)
- Participants:
 - Middle & High School aged girls
 - Southeast Nebraska (urban and rural)



Goals

- Educate participants about the basics of agricultural production and different sustainable agricultural practices.
- Increase participant's understanding of sustainability and the environmental issues related to conventional agriculture.
- Introduce participants to local food systems.
- Make participants aware of entrepreneurship opportunities available in sustainable agriculture.

Session One

- “So What about *Sow What?*”
 - Participants will become aware of their place in the global food network as they start to think about where their food really comes from and how their choices about food impact planet earth. Participants will be introduced to sustainable agricultural practices.

Topics

Session One

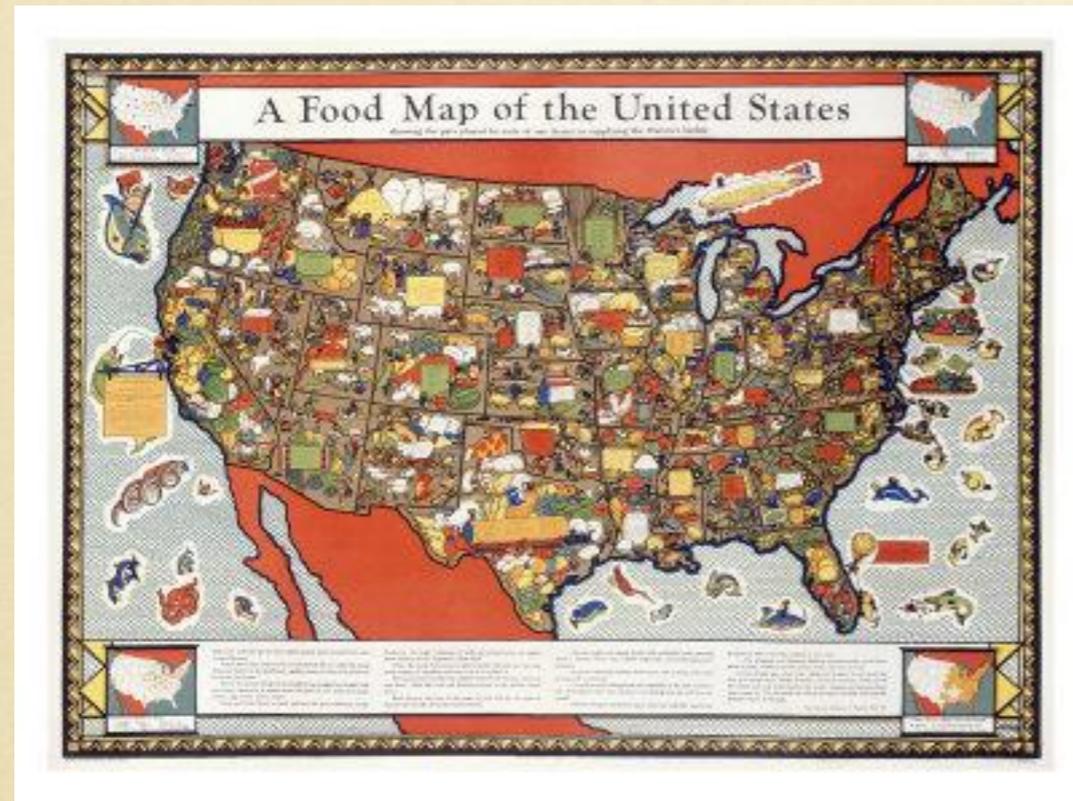
- Food System Basics
- Think Globally, Eat Locally
- What makes agriculture “sustainable”?
- The Big Picture: Systems
- Soils
- Integrated Pest Management
- Food Webs

Figure 1. Local Food Systems (Bittman et al., 1996)



Activities

Session One



- From Field to Table
- Food for Thought
- Miles in Your Breakfast

Session Two

- “Foraging for Food”
 - Participants will explore the food network in their communities and gather ideas, information, and contacts they can use to think about how to improve their involvement in the food network.

Activities

Session Two

- Food Forage
- Farmer's Market
- Local Dairy
- Food Cooperative





Haymarket Farmer's Market
Lincoln, NE



Prairieland Dairy
Firth, NE



Open Harvest Food Coop
Lincoln, NE

Session Three

- “Dig Deeper”
 - Participants will investigate local agricultural practices and find out what some of the challenges are for people who produce food in their region and for the larger food network.

Activities

Session Three



- Field Trip
- UNL Kimmel Education & Research Center
- Christen Family's Diversified Cattle Operation



Christen Family
Steinauer, NE



Kimmel Education and Research Center
Nebraska City, NE



Harvest Award



- **Identify, and dig into,** a food-or-land-use issue, tapping some community experts as you go.
- **Capture your vision for change** in a Harvest Plan that includes your very own “Sow What?” - your goal, why it matters, and how it will benefit both the planet and the people.
- **Create change - execute your plan!** How? By influencing a food policy or land-use effort (yes, you can!) or educating and inspiring others to act on a solution you identify.

Sessions Four & Five

- “Planning to Harvest”
 - Participants will identify a project to complete that will help educate others about sustainable agricultural practices. Participants will also put knowledge into practice.

Projects

- Sunflower Biofuels
- Community Garden
- Local Foods Dinner



Session Six

- What is sustainable agriculture?
- Environmental Issues
- Anyone can change the environment
- Healthy Eating
- Benefits of trying new things



Environmental Issues

- Pesticide Use - Go organic, use IPM
- Food waste - Smaller servings, composting
- Energy - Buy local foods, use compact florescent light bulbs
- Habitat destruction - Restoration
- Air pollution - Walk and bike more
- Monoculture - Diversity

Try New Things

- Helps broaden your horizons
 - Enhances skills and learning
 - Meet new people
 - Life changing experiences
-
- Farmers Market: Communication, sales and money skills, creativity, and rewards
 - Recycling: Helping environment, new jobs, organization skills, getting stronger
 - Helping Others: Impact on others, improving lives, learning about new people
 - Community Gardening: Planting and growing skills, working with others, dependence, hobby, and rewards

Challenges

- Promotion
- Attendance (big time commitment)
- Variation in ages and experience levels
- Teaching without lecturing
- Conveying your passion for the topic

Successes

- Understanding
- Leadership Skills
- Community Involvement
- Relationships

Questions?