

Catalyst Summit 2K10

JUNE 12-13 2010
U OF MN ST. PAUL CAMPUS



Catalyst Summit 2k10



What is Catalyst?

Catalyst is about action. We are fighting obesity in our communities through creative youth activism. We train youth from across the state on how they can make lasting changes in their schools and neighborhoods.

Want to get involved?

Now's the time. Catalyst is looking for new activists to get involved in a movement to change school food, and get people more active. At Catalyst, we look for innovative, interactive ways to get the message of healthy eating out—from guerrilla art, to music, to online media.

The annual Youth Summit is an opportunity to **get trained on the facts, network with other passionate teens, and gain the skills that it takes to be an effective activist.**

Our Summit is for anyone who wants to help get the message out and be part of a movement of passionate leaders looking to make a change.



So what goes on at the Catalyst Summit?

Day One: Learn the Facts

The first day of the summit we will be cover the basic facts of what we're fighting for; here are the basics of some of the sessions .

Where Food Comes From?

Look around your schools cafeteria. How many of your options come pre-packaged? How many have ingredients you can't pronounce? In the 'Where Food Comes From' session we will discuss how these foods made it to your cafeteria.

Advertising and Labeling

Do you know Tony the Tiger? Lucky the Leprechaun? How about the Trix Rabbit? In 'Advertising and Labeling' we'll explore how the food industry markets unhealthy products to youth, and how US advertising compares to countries around the world.

Food Myths

Does eating after 9pm causes weight gain? Does Fat free mean good for you? It's tough to determine what's true from too good to be true. Come bust some myths and learn the truth.

Day Two: Spread the word

The second day of the summit we will going to downtown St. Paul to get our message out. We will be filming a new video for Catalyst, doing a huge activism event, and having a press conference. So you could be in a video, or even on the news, it's going to be pretty awesome.



Are you in?

Fill out the Catalyst Summit Application a

BETHECATALYST.ORG/SUMMIT

Call or email with ?'s - summit@bethecatalyst.org - 651-270-6589.

CHAPERONE/PARENT INFORMATION

Catalyst summit participants will be closely chaperoned throughout the event by a combination of Catalyst staff, local program coordinators, and university security. The summit will be hosted at the University of Minnesota's St. Paul Campus, 1458 N Cleveland Avenue St. Paul, MN 55108.

Regular university classes will NOT be in session. We will provide a five to one youth to adult chaperone ratio. Catalyst staff will serve as chaperones, and we will be contacting each student to identify the chaperone that will be in charge of them as students apply. We expect that many students will be applying from existing community organizations, and that program coordinators will be available to serve as chaperones.

Saturday June 12

10:30-11:30 Arrive at summit location for registration

11:30-12:15 Lunch, Bailey Hall

12:30-1:45 Welcome, Keynote

2:00-2:45 Breakout #1 3:00-3:45 Breakout #2 4:00-4:45 Breakout #3

5:00-5:45 Dinner/ Youth Board Intro 6:00 - 10:00 Evening Activity 11:00 Lights out

Sunday June 13:

8:30-9:30 Breakfast, Bailey Hall 10:30-1:30 Activism Event and Lunch at Mears Park

2:00 - Arrive back at University 2:00 - 3:00 - Wrap up

3:00 - 3:30 Pack up - Ship out

We plan to do our best to match youth with adult coordinators that they are already working with in their communities, or will have the opportunity to work with in their communities in the future. The Catalyst staff will work closely with youth participants, parents, and adult chaperones to determine these arrangements. Chaperones and staff will be with students during training and all scheduled programming.

The students will be separated by sex and by floor, and University of Minnesota security will monitor overnight to secure the dorms on each floor as well as the front door through the next morning.

A registered nurse will also be on site throughout the summit, and Catalyst will be contacting each student and parent(s), once the student is confirmed to attend, to discuss any allergies, prescriptions or other medical needs.

Catalyst will be providing additional information regarding these and other logistics once applicants are confirmed to attend the summit.

Please do not hesitate to contact our staff with any specific questions, 651-270-6589.