

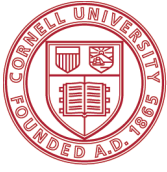
The BIG Commitment

Materials:

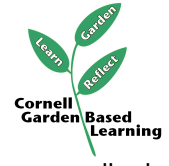
- Blank index cards • Markers • Computer with access to internet

Activity

- Create a space for youth to sit quietly for a little while to think about making a commitment to do something. The commitment should be related to their involvement in creating a green, healthy, and fair food system.
- Discuss the value of making a public commitment and how the experience can help us ensure our actions move closer to our goal.
- Go online and show the example of a Youth Grow commitment on YouTube (link below).
- Examples of commitments include:
 - “I will learn where my nearest farmer's market or farm stand is and buy my fruits and vegetables there instead of at the supermarket at least twice a month (or ask my parents to do that).”
 - “I will compost my food waste”
 - “I will use a reusable water bottle instead of buying bottled water”
 - “I will not eat fast food from a big corporate chain for 30 days”
 - “I will eat only vegetarian (no meat or fish) 1 day a week”
 - “I will learn to cook a new dish from my culture and share it with family or friends”
- Now hand out blank index cards and markers. Explain to the youth that they are being given a chance to make a commitment to help improve the food system. You could challenge the youth to each make a commitment, and then return to their own communities and see how many people they can find to join their commitment! They can also post their commitment on social media and see how many other people commit to theirs.
- Ask them to write their commitment on a blank index card. After they have finished writing them down, invite each person to stand up one at a time and share their commitment to the group.
- After the activity, collect all the index cards. Give them to one of the chaperones to type up on the computer and send out to the whole group, so that everyone has a copy of each other's commitments. If possible, you may want to also video record the youth as they state their commitments and then send a copy of the video to the group as a reminder and to serve as



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continued motivation.

Lazarus Lynch's Big Commitment: <https://www.youtube.com/watch?v=Q-uaxUtDmMY&feature=autoplay&list=UUDqfSDHaE79qgLa85bK0-xA&playnext=3>

Visit Lazarus's website to see where he is now! He won the World Food Prize in 2011.
<http://www.sonofasouthernchef.com/>

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