



SEED  
by  
SEED



# Seed by Seed

Educational Speaking Tour Package

[www.seedbyseed.ca](http://www.seedbyseed.ca)

# Dear Friends,



The lives we lead in North America are increasingly dependent on our globalized world, now more than ever before. One thing we all share is the significant impact that food has on our lives. Food is the intrinsic link between our health, community and the environment. Furthermore, with a complex global food system, the choices of a single individual can have global effects. The Seed by Seed speaking tour is excited to speak to students about the roles and responsibilities we all have as global citizens within our food system. The speech will explore how the everyday choices we make can create positive change and create a sustainable future.

Seed by Seed empowers youth to be ambassadors for change and leads them to take action in their schools and communities. Passionate and genuine, speakers draw on their own experiences and research to convey important messages. Students will be inspired by the speech which is educational and interactive. The outcome will be the ability of your students to create action plans to implement in their communities and within your schools, while being offered continual support by our organization.

To inquire about dates in your area, please contact the Seed by Seed tour coordinator Mischa Hamara at 647-505-1944 or [mischa@seedbyseed.ca](mailto:mischa@seedbyseed.ca),

**The Seed by Seed team**

PS: Spaces are limited, so register today to reserve a date for your school.

# About Seed by Seed



## Our Vision:

We believe that it is a right to understand the power and impact of food on all aspects of our lives. Young people play an integral role in creating social change. They have the power to lead their communities to create a sustainable future by reconnecting people with their food. Our vision is to reshape our food system by empowering youth and their communities to foster local sustainable agriculture. We value healthy people, healthy communities and a healthy environment.

## Engaging your School:

Seed by Seed offers a standard speech that is ideal for large groups of students. To take full advantage of this speech, it is recommended that it is followed by a customized workshop for smaller groups. Our presenters will provide information, tools and resources that will motivate and support behaviours that create positive changes on a personal, local and global level. Our goals are to encourage healthy eating, to support local farming and to understand the power of the consumer.



# Speech



## Duration:

One Hour

## Audience:

Ideal for large groups of primary and secondary students.

## The Speech:

The keynote speech is an interactive multimedia presentation. It raises awareness about one of the most pressing social justice issues of our time, the current disconnect with our food.



Several case studies pertaining to food will be presented as well as personal stories to emphasize the link between our food, health, community and the environment. The speech provides a base understanding of our current food system, highlighting the relative issues and aims to empower youth in understanding that they are global citizens who's everyday choices and actions have the power to create a sustainable future. Speakers will highlight current sustainable food initiatives as well as present options leading to society's reconnection with food.

# Workshops

It is recommended that the speech be followed by a customized workshop for groups of up to 25 students. The goal of this workshop is to create action plans specific to the needs and interests of the group. Through a series of experiential learning activities, participants will come to a deeper understanding of the issues and develop the necessary leadership skills to carry out the action plans.

## Key Components:

- Leadership development
- Systems thinking
- Food security
- Action planning
- Eco Literacy



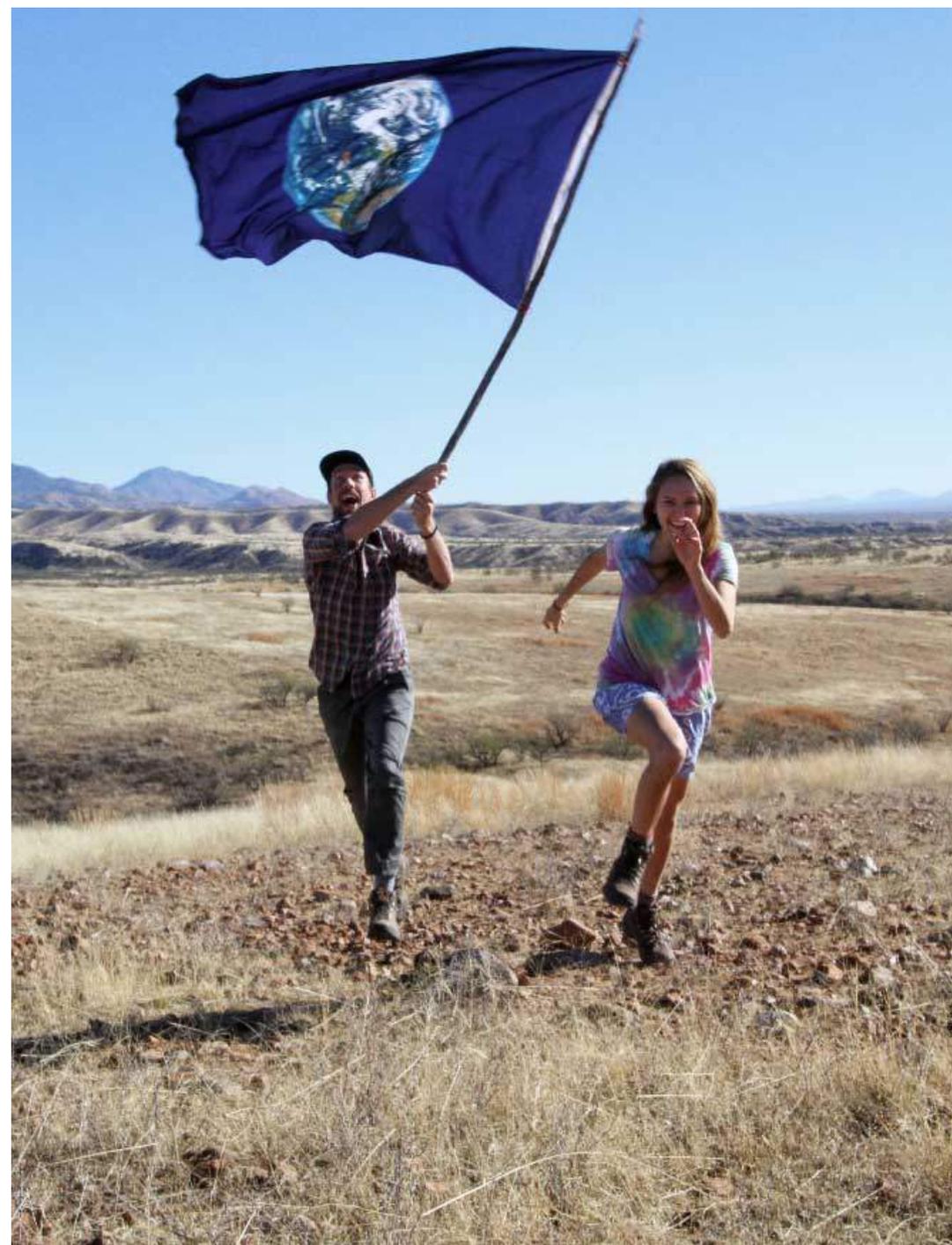
# About the Speakers

## Mischa Hamara

Mischa knows that young people play an integral role in the success of any social movement. He has dedicated his life to educating youth about social justice issues and engaging them in local and global movements. Mischa has spent the last four years working with the organization Me to We. He has delivered two speaking tours and hundreds of workshops designed to inspire young people to take action on issues they are passionate about and become agents of change.

## Danielle Prapavessis

Growing up in New Zealand, where her primary school focused on environmental education, Danielle has been aware and connected to several environmental issues from a young age. She believes that food is the most intimate connection we have with our environment, linking us to our health and communities. She is a proponent of the idea that empowerment is the key to the tackling of issues. When a person is empowered, they can make choices that ultimately define what is happening around us.



# Next Steps



## Audio and visual requirements for keynote presentation:

- Two microphones
- LCD projector
- White screen for projected images
- Audio and video connections for displaying video content from a laptop on white screen
- Amplification for projected video from laptop, with volume suitable for audience size
- Extension cords

## Book it now!

Please visit our website at [www.seedbyseed.ca](http://www.seedbyseed.ca) to get started on the application process or if you have anymore questions, call or e-mail us at either of:

(647) 505-1944

[mischa@seedbyseed.ca](mailto:mischa@seedbyseed.ca)

[danielle@seedbyseed.ca](mailto:danielle@seedbyseed.ca)

There are many costs associated with operating the speaking tour. Seed by Seed operates primarily through donations. It is recommended that schools or groups provide an honorarium between \$200-\$500. This will ensure the realization of our mission.

We look forward to hearing from you!