# wise TRIBE

# Food

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#### www.wisetribe.us

# Learning

# Well-Being

# We facilitate idea sharing and innovation using a framework and tools to increase well-being and prosperity.



We started 2020 with high hopes thanks to an exciting new school partnership and a grant from Children Services Council to teach youth systems thinking, a way of uncovering the interconnections of complex problems. The urgency of our mission was affirmed by the loss, destruction, and heartache of 2020. New pathways and greater responsibility in making the world healthier and wiser starting with our local communities is needed more than ever. We need citizens understanding what is at stake in terms of our future. We need to work together to build new skills to re-imagine and re-design systems that influence our health, wellbeing and prosperity. We thank you for supporting WiseTribe to get us to this point. Come continue growing with us in cocreating post pandemic solutions to build a healthier, wiser world. Now is our chance to build the world we want to live in, the world we want to pass on to future generations.

#### Inspiring well-being in a changing world

# Wise Our 2020 Highlights

April to June

**Q2** 

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Our most significant project to date, The Food Citizenship Institute launched with SouthTech Preparatory Academy to create a learning laboratory for interdisciplinary classes, project-based learning focused on the future of food.

FEED40, COVID Family Food Solutions

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We responded to COVID with a food solutions program to support local families, delivering 45k+ meals over 5 months thru this volunteer project.

We returned our focused to our learning partnership for the Food Citizenship Institute at year's end. We reconvened tech mentors and introduced teachers to mindfulness techniques for post COVID stress relief.

#### Food Citizenship Institute Introduces

Introduces Mindfulness



October to December





Our youth programming moved into family homes with our Farm to Table Learning Adventure to teach systems thinking, an approach for understanding complex problems.



"We are increasing our capacity to prepare youth for a complex world and cultivating a mindful school culture because of WiseTribe."

~ Nicole Handy, Principal, SouthTech Preparatory Academy



#### **January to March**

### FOOD CITIZENSHIP INSTITUTE

The Institute launched to prepare youth for long, healthy lives in an increasingly complex, nterconnected world through hands-on, sustainability

learning experiences focused on the future of food.

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#### WiseTribers in Action

**Q1** 

Forward thinkers and local change-makers united using the power of community to implement solutions focused on wellbeing, health, and sustainability.

- the Food Citizenship Institute.
- with students & project partners
- 12 "Wise-Ups" experiential lectures produced with youth & community
- 215 volunteer hours served

#### Jr. WiseTribers Learning

Approximately 90 youth from three separate middle schools were organized for after school sustainability projects and community volunteering opportunities.

- days

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• Jr. WiseTribers Club started at SouthTech Preparatory Academy • Institute presented at Parent's Night • Institute visioning Session with Teachers & Staff **Teacher Professional Development for Food Tech/STEM Install Aquaponic Garden System** 

• Build first aquaponic system, donated to • Composted over 1k lbs of rescued food

> • 12 youth focused "Wise-Ups" produced for holistic health & sustainability • 10 Youth community leadership volunteer

• 8 Meatless Monday Culinary Challenges

# Junior WiseTribers



"I think about the Earth's resources and how we can better use them because of WiseTribe." ~ Jasmine 13



"WiseTribe has made me think about how food impacts the planet and our health ." ~ Jamor, 12





"WiseTribe provides me with leadership opportunities to grow and make a difference." ~ Isabella, 13

# The Seeds of Change...

# Then Everything CHANGED...

### And the urgency of our mission grows



# A healthy lifeline in troubling times

"This program has been really helpful by supplying us with nutritious ingredients that we can't afford right now."

"This program has supported my family by significantly lowering the amount we spend on food which is especially helpful because our hours can been cut back."

# **Quotes from our Feed 40 program**

"This program has helped me and my family a lot. We have been consuming more vegetables then we usually do and have been incorporating them in our meals more often."

"This has helped me and my family out so much during this time of crisis. I am out of work and the girls are out of school, meaning more food is needed."

#### April to June

# 2020 Wise



# FEED 40 FAMILIES

In response to COVID, WiseTribers started "Feed 40",

an emergency food solutions program, to support

families with weekly fresh, nutritious foods.

# Youth Programming Moves into Homes

With schools closing because of COVID, our youth programming was disrupted. Thanks to Children Services Council & WiseTribe volunteers, we were able to shift our programming into homes with Farm to Table Learning Adventure kits starting in Q2.

# Agri-Tinkering with Community Food Solutions

We built 3 aquaponic systems to tinker with backyard food solutions with varying degrees of success. Our *learning-by-doing* continues to increase our skills & wisdom...

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 45+ families served • 45k total meals served • 25k lbs of food rescued • 5 month feeding program • 400 Volunteer hours • 6 community collaboration • 3 local Teens employed





# Preparing for Rapidly Changing World **Embracing Systems Thinking**

Products, processes, projects, and societal challenges are based in increasingly complex and interrelated systems. System thinking helps examine complexity and simplify it; recognize patterns, and create effective solutions. Approaching problems from a systems perspective is an essential high-value job skill for our future.



# **Growing Systems Thinkers**

The systems practice course we did with WiseTribe gave me a way of seeing complex problems more clearly. You can see how everything is interconnected and that systems produce patterns of behavior, some positive and some negative.

~ Dina, 18



BEYONDCODE



#### July to September



2020 Wise

# Farm to Table Learning Adventure

To provide hands on learning for systems thinking, 20 middle school students received Farm to Table kits for an 8 week learning adventure. Kits included weekly family plant-based meal kits, DIY hydroponic grow kit, composting pipe and virtual weekly meet-ups. Many thanks to Children Services Council & WiseTribe college interns for powering this project.

### **Systems Practice Online Course**

WiseTribers & teen Jr. WiseTribers teamed up for an 11-week online course by Acumen. This systems practice course had us explore the factors driving food inequities in underrepresented communities. This learning experience illuminated the complex system dynamics of racism, equity, and education which drive inequitable health outcomes.

#### "Seeds of Change"

Systems thinking is both a methodology and a mindset for better understanding the world and our place within it. It requires us to reflect on our individual contributions to the whole (or the bigger picture). Our *Seeds of Change* blog series prompted WiseTribe Interns to reflect on their influence and contributions for creating positive change in chaotic times.





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### **Community Health & Mindfulness**

SouthTech students designed #STPAColorBraveChallenge, a health & wellness PTO fundraiser to encourage nutritional, physical, mental and social health. Mindfulness programming was activated to support teachers with stress relief. Food sustainability was featured academically & via a student art contest at the Institute on World Food Day.

#### **Growing Seeds, Gardens & Upcycling Garden Gates** Thanks to our generous donors & volunteers, we started up the growing season with:

- 300 grow kits being distributed to students & families
- Starting a learning Tribe for organic gardening with Cason Community Garden
- Upcycled 6 Garden Gates through youth leadership & sold as fundraisers

#### WiseTribe Strategic Planning

WiseTribe Board of Directors got busy with strategic planning for 2021 and beyond. We look forward to sharing our strategic plan with you in the New Year & hope you will join us in building a healthier, wiser world.



#### Thank you for your support. You are the fertile soil from which WiseTribe grows.

**Amanda Morris** Angela Brown **Anne Whitehead** Anthony Bacchus Audra Rovegno Barbara Theile **Bianca Pucci Bill Burdette** Brian Rosen Cara Massey Cathy Rosenberg Cecilia Gallo Christie Caggiani Chuck Halberg **Cindy Hussey** Claudia Mendoza Claudio Gottardi Connor Lynch Cynthia Schaefer Cynthia Wohl Dana Rubin **Daniel Hartwell David Neenan** Dawn Weil Dean Swain

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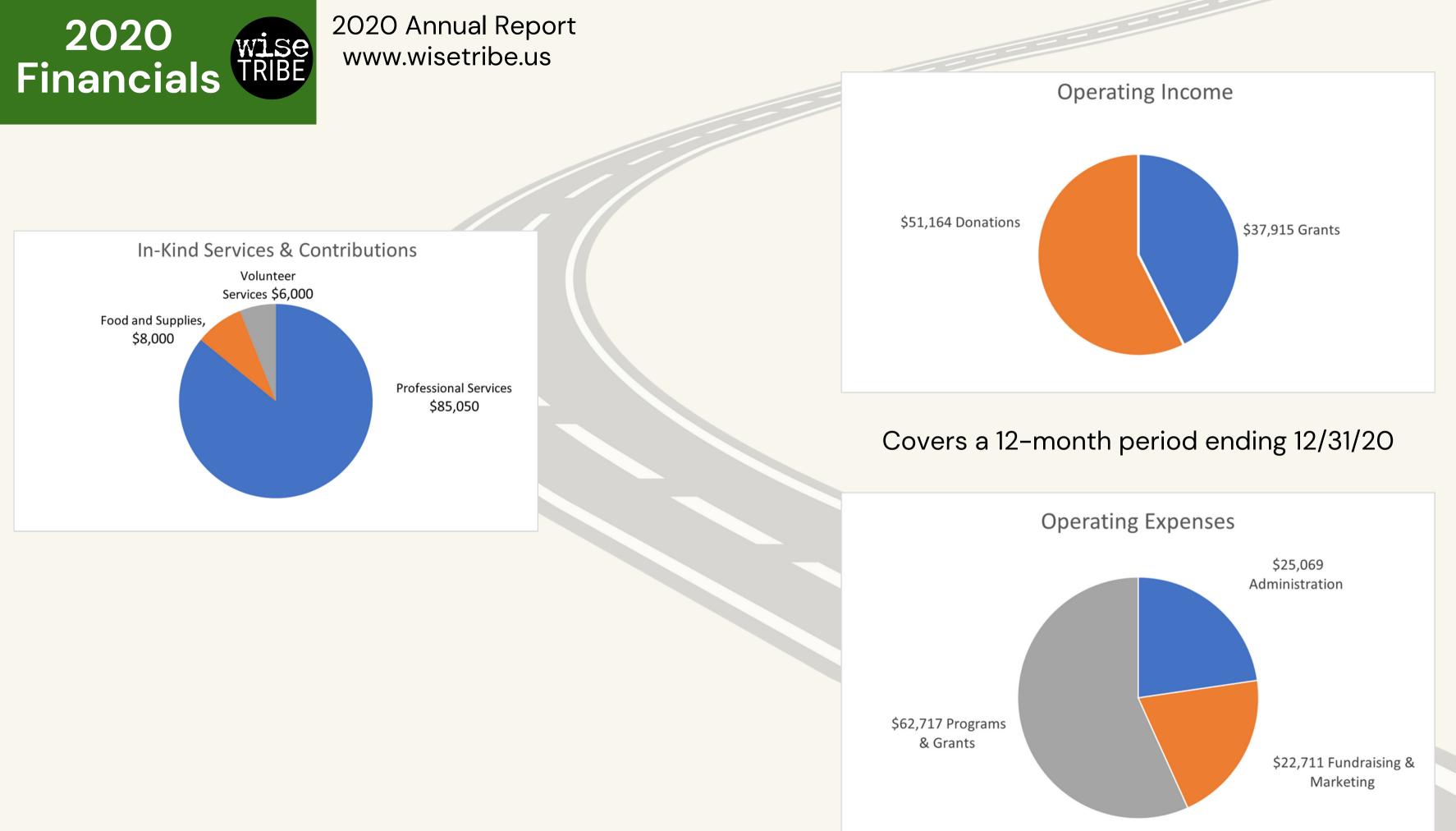
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### **Special Thanks to our Partners in Change**





# Join Our Journey

By 2023, we envision 1000 people, inspired by the power of community, equipped and acting together toward systemic and behavioral change as healthy, engaged, and resilient citizens.

We call ourselves 1000 WiseTribers.

**Our Vision** 

# JOIN US IN GREWING WISE CHANGE TOGETHER





#### #UnitedWeGrow