



Grow Forward: A Youth Program by Farmers in Action

Hosted at Mason Hills Farm

Helping Youth Plant Seeds for a Healthier Future

Program Overview

Presented By: Farmers in Action

Location: Mason Hills Farm

Duration: 1 Week

Daily Time Commitment: 1.5–2 hours per day 5:30pm-7:30pm Starts June 16th

Ages: 14–18 9th-12th grade

Includes: Hands-on activities, reflection journals, food demos, and a **Completion Certificate**

Cost: \$75.00 for the week, Sponsorship opportunities are available.

Requirements: Tell us why this is important to you and what you would like to learn.

Program Philosophy:

Farmers in Action believes that when young people understand where their food comes from, how to take care of the land, and how to care for their own health, they build the tools to create lasting change—for themselves, their families, and their future communities. Every seed they plant, choice they make, and habit they build today will echo forward for years to come.

Program Schedule and Daily Guides

Each session includes hands-on learning, discussion, and time for personal reflection in a journal.

Day 1: Welcome to Farmers in Action – Your Choices Shape the Future

Focus: Orientation, expectations, and connecting actions to long-term outcomes.

Activities:

- Tour Mason Hills Farm
- Rules, expectations,
- “Life Path” activity – map out where choices could lead
- Start personal growth journals

Reflection Questions:

- What do you want your future to look like?
 - How does what you do today shape that future?
 - What kind of impact do you want to have on your family or community?
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Food and You – Eating for Energy and Longevity

Focus: Understanding the long-term effects of nutrition on health and performance.

Activities:

- Move cows from one field to another,
- Ear tag calves (Possibly)
- Explore how food fuels the body
- Read nutrition labels and compare choices

Reflection Questions:

- What kinds of foods make you feel your best?
 - What's one small change you could make now to eat healthier?
 - How could your choices influence your family or friends?
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Day 2: Growing Food – Skills That Last a Lifetime

Focus: Basic farming and gardening skills for home and community.

Activities:

- Explore soil health, and local growing
- Farm work demo with real tools
- Start a planter garden

Reflection Questions:

- What could you grow if you had even a little space?
 - How could knowing how to grow food help you in the future?
 - What does taking care of the land teach you?
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Day 3: Cooking Skills – Making Healthy Food for Yourself and Others

Focus: Practical cooking skills using farm-grown ingredients.

Activities:

- Guest demo with a simple, healthy recipe
- Demonstration on how to create a healthy meal
- Build a “go-to” meal plan to take home
- Tour Farmers in Action food truck and relief trailer

Reflection Questions:

- What’s one thing you want to learn how to cook?
 - How can cooking help you be more independent and healthy?
 - How does food bring people together?
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Day 4: Helping in Times of Need – Emergency Food and Community Care

Focus: Disaster relief, emergency readiness, and youth leadership.

Activities:

- Tour Farmers in Action food truck and relief trailer
- Roleplay: “You’re leading the response—what do you do first?”
- Meal preparation on food truck.

Reflection Questions:

- Has your community ever gone through a hard time or disaster?
 - What role could you play in helping others?
 - What do you think people need most during a crisis?
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Leading the Way – Speaking Up and Taking Action

Focus: Youth voices, leadership, and peer influence.

Activities:

- Record short videos or journal reflections on what you’ve learned
- Create a personal action plan for the next 6 months
- Leadership circle: share what each person wants to teach others

Reflection Questions:

- What is one habit you want to keep after this program?
- How can you be a role model in your school, home, or group?

- What would you say to younger kids about food and health?
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Day 5: Celebration and Commitment

Focus: Graduation and sharing what's been learned and felt.

Activities:

- Present personal projects or “future commitment” statements
- Group photo and **Completion Certificate Ceremony**
- Healthy celebration lunch/snack made by youth

Reflection Questions:

- What moment from this program stuck with you the most?
 - What do you want to remember a year from now?
 - How will you carry the mission of Farmers in Action forward?
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Included in the Program

- Personal journal for each youth
 - Grow kits or seed packets
 - Guest instructors (farmers, chefs, responders)
 - Hands-on materials and recipes
 - **Grow Forward Certificate of Completion** with youth's name and date
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Program Impact

Participants leave with:

- Confidence in healthy eating and cooking
- Knowledge of where their food comes from
- Practical skills in farming and emergency readiness
- A sense of purpose and the power of their choices
- A plan for how they will continue to grow forward