Urban Farming and Food Justice, Philadelphia
August 18-23, 2016
$400.00

Included in price: four on campus meals; Ascent group reading and gift; lodging, transportation and site visits for duration in Philadelphia

Trip Overview

Activity: Community-Based Learning

Offered by the Center for Public Service (CPS), participants of this program will learn about food justice in Philadelphia. While there is a movement to support the local economy and buy fresh food and produce, our food system is failing to provide low-income people with the healthy foods they need to thrive. Food justice is the belief that healthy food is a human right regardless of income.

This trip will explore efforts to overcome food gaps and food deserts by exploring how food is grown and sold by urban farmers in Philadelphia, examining our emergency food system, and learning about the local foods movement. Through organic farming and visits to community initiatives and workshops, participants will learn about the injustices embedded in today’s mainstream food systems and learn how to create greater access to sustainably grown foods, produced from a consciousness of both ecological and social well-being. As part of this experience, participants will take part in the SNAP challenge during the program.

General Schedule:

Wednesday, August 17
- Move into your residence hall (no planned Ascent activities)

Thursday, August 18
- Ascent Registration
- Family welcome luncheon
- Farewell to families following lunch
- Workshops on campus and group Ascent dinner

Friday, August 19 – Monday, August 22
- Conversations with urban food producers
- Farm work days at Heritage Farm and Mill Creek Farm
- Visit the Farmers Market

Tuesday, August 23
- Final site visit
- Return to campus
- Ascent Celebration BBQ

Wednesday, August 24
- Gettysburg College First Year Orientation begins
About the Site: Philadelphia is the fifth largest city in the United States, and has a vibrant and expanding community committed to food justice and urban farming. On this trip, the group will have a chance to explore (and work with) several farms and organizations working to improve access to healthy food.

Group Size: The trip consists of two or three student leaders from the Center for Public Service and 6-8 first year participants.

Accommodations: You will move into your residence hall on Wednesday, and can either spend the night in your room or with your parents. On Thursday night you will sleep in your new residence hall. For the remainder of the program participants will be housed in either a house or a community center in Philadelphia, where students will have access to a kitchen. These accommodations may be mixed gender.

Meals: During the trip, participants will prepare meals at the kitchen in their housing with the allocated food budget. While on the trip, participants will take the SNAP Challenge, using a food budget that is equal to what a recipient of SNAP benefits would receive, which is $4.25 per day.

Weather: The weather can be variable during this time of year, but plan for average temperatures in the mid 80’s during the day and low 70’s at night. Please bring the recommended clothing to layer and protect yourself from the elements regardless of conditions.

Packing: Students should pack comfortable clothing and shoes for city walking. Nightwear/pajamas (accommodations may be mixed-gender), toiletries, Washcloth / towel / shower shoes, and Daypack (small backpack). Students should also bring appropriate clothing for working on a farm, including close-toed shoes; clothes will get dirty.

Communication & Emergencies: The staff will carry a cell phone in the event of an emergency, however we will not completely rely on the service, and the group needs to know they may be without communication at times. We develop contingencies and have specific information for emergencies, but we are also aware that based on location and access it may take time to contact or reach definitive medical care, should the need arise. Although participants are permitted to carry phones, most choose to leave technology behind to more fully immerse themselves in the experience.

Health and Medical & Release of Liability: Each participant is asked to fill out a Health and Medical form for this trip. We request that you are truthful with your medical information and speak with your facilitator about any concerns or pre-existing conditions. In addition, we want to inform you that you will be asked to sign our indemnity form, and that you are aware that all Gettysburg College policies and procedures apply to this trip.

Medical Kit and Medicine: It is our top priority to mitigate risk on these experiences, but we need your assistance to inform us about your background, so we can properly prepare together. While in the field, we carry an emergency medical kit. We ask that you have with you your prescription medicine that you need on a daily/weekly basis, and that you transport it in its original container/bottle with your name and dosage. It is your responsibility to manage your own medication. For those with strong allergies that require medication, it is very important that you bring extra epinephrine or necessary medication in the event that yours becomes lost or broken.