

*Have you ever struggled to put food on the table?
Do you want to make a positive change in your community?
Do you want to speak out against hunger and poverty?*

Join the Food Bank Speaker Series

- ✓ Strengthen public speaking and leadership skills
- ✓ Share your story to advocate for social change
- ✓ Build community with other hunger fighters



1. Listen

2. Reflect

3. Communicate

4. Change

SPEAKER SERIES 2021

DATES TBD – Spring 2021

HOURS TBD, usually in late afternoon

LOCATION TBD

Application Deadline: TBD...Apply today!

“I was terrified to speak in front of a crowd! The Speaker Series gave me the confidence to be able to open up to speak in front of people.” – Patricia, 2017 Speaker Series Graduate



What is the Food Bank Speaker Series?

The Food Bank regularly speaks with policy makers, community leaders and the media about the issue of hunger. We want to use our platform to amplify the voices of real people facing hunger, and we want to use our resources to invest in giving you the tools you need to become an agent of change in your community.

You have the power to change hearts and minds with your story and to speak up for those without a voice.

The Speaker Series consists of 9 workshops and 2 days of action to:

- Develop public speaking skills through the internationally recognized Toastmasters curriculum
- Learn how to influence government and public policy for positive change
- Learn about available resources in the community
- Meet like-minded neighbors who want to fight poverty in our community

The Speaker Series will provide participants with:

- A \$25 grocery gift card and snacks at each workshop
- Transportation to Sacramento and lunch for Hunger Action Day in May
- A \$100 Visa gift card for graduates who complete the full series as a thank you for their time, commitment and participation

In order to join, Speaker Series participants:

- Make every effort to attend all workshops (we understand that life happens)
- Participate in group discussions, exercises and public speaking presentations fully
- Complete assignments outside meetings (including drafting and practicing speeches)
- Speak publicly about personal experiences with hunger to educate others and call for change

100% of past participants reported that they gained skills that they could apply to other areas of their life, including self-confidence, job interview skills, and resume experience

***Interested? Fill out your application on the next page → or
online at foodbankccs.org/speakerseries***

Speaker Series Application



Page 1 of 2 - please complete both sides

Name of Applicant: _____

Address: _____ City: _____ Zip: _____

Email: _____ Telephone: _____

Workshops will take place once a week for two hours. The first eight workshops will include **public speaking** and **advocacy** instruction. The final 3 meetings will consist of a **statewide day of action**, a **debrief session**, and a **graduation ceremony**:

Date	Agenda
TBD	Introductions, ice breakers and curriculum overview
TBD	The power of speaking up to create change in your community
TBD	Get comfortable speaking about yourself in front of a group (part 1)
TBD	Get comfortable speaking about yourself in front of a group (part 2)
TBD	Create an outline and narrative for your personal anti-hunger story
TBD	Practice your personal anti-hunger story in front of a group
TBD	Refine your personal anti-hunger story and add a specific call-to-action
TBD	Practice sharing your personal anti-hunger story with elected officials' staff
TBD	Hunger Action Day in Sacramento
TBD	Debrief Hunger Action Day and prepare for graduation
TBD	Graduation ceremony

Will you be willing / able to commit to all of these meeting dates? Yes No

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Please tell us about yourself and why you are interested in the Speaker Series:

Please tell us about who is in your household and your economic situation:

Do you currently, or have you ever, received assistance from (check all that apply):

- CalFresh (Food Stamps) WIC CalWORKs
- SSI (in eligible for Food Stamps) Social Security/SSDI/SDI MediCal
- Free or reduced-price school meals for your children

What would you like to gain from the Speaker Series? (check all that apply):

- Advocacy skills Public speaking skills Leadership skills
- Create community Learn about community resources
- Other: _____

Please list any tools or supports that would help you to be a successful participant (rides, snacks, participating with a friend, etc.):
