



May 29, 2018

Dear Nord Grant Selection Committee:

We write to request your consideration of our request for a \$10,000 Nord Grant to support a year-long food programming and food symposium that will take place in the spring semester of the 2018-19 academic year. These programs would continue to lay the foundation for a newly developing Food Studies Center at CWRU.

Food is at the center of our social lives; it serves as a vehicle to transmit traditions and the histories of our communities and families. In fact, the larger history of our species, including its technological, scientific, social advancements and our relation to the rest of the natural world, are all reflected in the foods we consume. Eating food with our communities remains one of the greatest joys of human life, a source of pleasure worth protecting. But input-heavy agricultural production methods and climate change-related weather conditions are putting food production at risk; in addition, currently half of the world's population struggles with either hunger or obesity. We believe that in order to produce nutritious food for everyone and for future generations, critical engagement with the cultural, political, economic, and environmental aspects of the food system is more important than ever.

In order to optimize dietary intake, increase food literacy and promote a sustainable global food system, conversations across disciplinary boundaries are essential. Over the past three years, the annual Food Symposium has made a great attempt to foster relationships and educate students and the community about the dynamic and interdisciplinary nature of food. The symposium, now in its third year, has expanded both in its reach and scope; it draws 150-400 people to some of its events and has created meaningful partnerships across campus (see Appendix 1). In previous years, the symposium has featured a keynote speech, film screenings, panel discussions, and student-led activities (see Appendix 2 on this year's programming; for further details, please visit: arts.case.edu/food.) The programs are now awaited by the campus and Cleveland community and are also advertised to prospective and admitted students (see Appendix 3).

Yet, so far there has not been any systematic support provided for the food symposium and there has been an unfortunate absence of food studies programming made available to students throughout the entire academic year.

Given the success of previous symposiums, the reach and scope of events involved, and the impact that these events have on students and the broader CWRU community (as it will be detailed below), we would like to secure funds with the help of the Nord Grant by requesting \$10,000 to: 1.) continue food studies programming, including the food symposium, during the upcoming 2018-19 academic year; and 2) lay the foundation for a Food Studies Center.

Purpose Food-related activities on campus and academic programs have become a drawing force for new generations of students when applying to higher education institutions. The first Food Studies departments were established in the 1990s at Boston University and NYU and “more than 70 community colleges, four-year colleges, and universities now have specific degree programs for sustainable agriculture or food systems” (civileats.com). They create a vibrant and academically diverse community of students, faculty, and community interested in understanding the global food system.

The Food Studies Center will significantly **impact students** as it aims to:

- 1) Advance student knowledge and appreciation for the dynamic and interdisciplinary nature of food by:
 - Promoting food literacy education
 - Providing experiential learning opportunities
 - Offering opportunities for personal and professional leadership and development
 - Supporting student activism
 - Being a food studies resource for students (e.g., conferences, meetings, scholarships, webinars, etc.)
- 2) Foster interdisciplinary collaborations among students, faculty and staff, departments, and offices on campus
- 3) Establish and maintain partnerships with community organizations and other higher education institutions so that student learning is supported by strong and varied partnerships with local organizations, agencies, and businesses to enhance students’ networking and professional experiences

Additionally, the center is intended to have a direct impact on CWRU undergraduate students by:

1. Enhancing staff/faculty mentorship for students (recommendation: <https://case.edu/diversity/about/special-announcements/>)
 - Supporting the CWRU Diversity Strategic Action Plan goals to improve campus climate and increase recruitment and retention of students
 - Utilizing students for outreach (<https://case.edu/diversity/about/special-announcements/>)
 - Achieving the five division-wide learning outcomes outlined by the Division of Student Affairs for co-curriculars:
 - Social and emotional competence
 - Purpose and intentionality

- Cultural and human appreciation
- Community engagement
- Problem solving
- Offering a 'safe space' for students to collaborate and establish relationships with peers from a variety of majors

The Food Studies Center will also enable the applicants' **professional development** through collaborations across disciplines. Our grant application is already a testimony to the partnerships that have been created around the food symposium amongst experts in the fields of nutrition, cultural studies, history, and sustainability. Such collaborations would further support the College of Arts and Sciences 2014-2019 Strategic Plan to create a multidisciplinary community and provide faculty members with the most intellectually satisfying opportunities by leveraging the already existing fields of expertise on campus.

Outcomes and assessment The outcomes of the Center in the 2018-2019 academic year will be a year-long programming culminating in a Food Symposium held in the spring semester of the academic year. The programming will include farm trips, lectures, cooking demonstrations, and monthly meetings.

Aims	Outcomes/assessment
Promoting food literacy education	Pre-test/post-test surveys to assess awareness of the various elements of the food system; tracking majors involved to assess interdisciplinary reach
Providing experiential learning opportunities	Attendance sheets at events; tracking classes that participate in food-related activities and potentially honor extra credit for events
Offering opportunities for personal and professional leadership and development	Tracking applications for internships, scholarships, and professional opportunities
Supporting student activism	Tracking enrollment in student groups and volunteering opportunities
Fostering collaborations among students, faculty and staff, departments, and offices on campus	Monitoring new and existing partnerships on campus and any outcomes with partners
Establishing and maintain partnerships with community organizations and other higher education institutions	Monitoring new and existing partnerships with our community and any outcomes with partners

Necessity for using Nord funding The planning, organizing, and raising of funds for the symposium and related events for the last three years have fallen on Narcisz' shoulders and three student organizers who worked as liaisons between Narcisz, undergraduate student groups, and university offices. As mentioned earlier, the programs have so far not received consistent and systematic funding which hampers our ability to create an academically rigorous, creative, and cutting-edge set of programs. Given our conviction that food can be studied only through a wider interdisciplinary lens, we cannot count on funds from any given department. Therefore, the sustainability of food programming depends on other non-departmental funding opportunities. (Please see the budget sheet attached below.)

Given CWRU's situatedness bordering neighborhoods that struggle with food security, our already existing programs, and student activism, we're uniquely positioned to develop a Food Studies Center for undergraduate students with robust year-long programming. And as previously discussed, given the interdisciplinary nature of food, including its production, consumption, cultural roots, and political ties, this Center would provide students across campus with an opportunity to learn, share knowledge and skills, collaborate, and give back to the community. Furthermore, given the experiences of planning previous symposiums, the unique opportunities offered through the Center will be highly attractive to prospective and current students and will help foster community cohesion within our campus, as well as with the surrounding neighborhoods.

Thank you for your consideration of our proposal and please let us know if you require any additional information.

Narcisz Fejes, Ph.D.
(College of Arts and Sciences, SAGES)

Catherine Rogers, Ph.D., MS, RD
(Department of Nutrition, School of Medicine)

Piper Fernwey; Community Programs & Sustainability Support Manager Bon Appétit Management Company | *Food Service for a Sustainable Future®*

Department Contact:

Janet Alder, SAGES

P 216-368-5830

F 216-368-5835

jra20@case.edu

Budget sheet

We envision \$6,000 of this grant to be spent on a series of interdisciplinary events, featuring different farms including the University Farm and department partners on campus, and \$4,000 to be spent on the annual spring Food Symposium.

An example month of events would be 1. A field trip to Green City Growers; 2. Cooking class using Green City Growers products in partnership with the Student Dietetics Association on making salads interesting and filling. 3. A presentation by Green City Growers and Evergreen Cooperative executives in conjunction with the Mandel School of Applied Social Sciences or the Social Justice Institute on employing re-entry citizens and refugees. And 4. Food sampling of Green City Growers lettuce with the Student Sustainability Council and the Student Dietetic Association on campus accompanied by a display with photographs and information from the field trip, cooking class, and presentation, with information on next month's field trip and events. With a different field trip lending itself towards different partnerships across campus each month, the Food Studies Center will, through its events, weave webs of connections across campus through the lens of food.

MONTHLY EVENT SERIES BUDGET

	Type of expenditure	estimated cost
Field Trip	Van rental 2 @ \$150	\$300
	Boxed lunch \$13 per person x 20 attendees	\$260
	Field Trip host time, room rental, presentation materials	In kind
Cooking class	Food – ingredients for 20 people	\$100
	Chef time, equipment	in kind
Presentation	Speaker fee/travel reimbursement	\$50-\$100
	Room and equipment rental	In kind
Food sampling	Food – ingredients and to-go ware	\$100
	Room and equipment rental	In kind
Marketing and display	Marketing pieces, printing of photographs and materials from previous month's events, advertising next	\$90-\$140
Organizing	Event organizing, collaboration between groups, and advertising on campus outlets, social media, in community, etc.	In kind
	TOTAL:	\$1,000 per event (6 events)

FOOD SYMPOSIUM BUDGET

We will rely on existing partnerships (with the Baker-Nord Center for the Humanities, Office of Student Affairs, SAGES, Office for Sustainability, etc.) to help defray some of the costs of these events including the keynote speech, which is generally the most expensive part of the week.

	Type of expenditure	estimated cost
Keynote speech	Speaking fee	\$2000
	Hotel/dining	\$500
	Travel reimbursement	\$300
Marketing		\$200
Food market	Locally sourced finger foods	\$300
Panel discussion	Food & speaking fees	\$600
Film screening	Copyright purchase & food	\$100
	TOTAL:	\$4,000



Peter Whiting, Ph.D.

Professor of Geological Sciences,

Director of SAGES

Associate Dean, CAS

Appendix 1: Partnerships/student organizations

1. Current undergraduate hunger- and food-related organizations

- a. Food Recovery Network
- b. Student Sustainability Council
- c. Slow Food
- d. Student Dietetic Association
- e. Kids Against Hunger
- f. Office for Sustainability Ambassadors
- g. Wellness Ambassadors

2. Existing partnerships

- a. *Academic*
 - i. Department of Religious Studies
 - ii. Department of Political Science
 - iii. Department of Modern Languages
 - iv. Physics (upcoming lecture on “The Physics of Cooking”)
 - v. SAGES
 - vi. Department of Nutrition, School of Medicine
 - vii. Department of Anthropology
 - viii. Department of Earth, Environmental & Planetary Sciences
- b. *Offices*
 - i. Baker-Nord Center for the Humanities
 - ii. Office for Sustainability
 - iii. Social Justice Institute
 - iv. Prevention Research Center for Healthy Neighborhoods
 - v. MSASS Community Practice
 - vi. University Wellness Center
 - vii. Food First (Institute for Food and Development Policy), California
- c. *Student life/enhancement*
 - i. Office of Student Affairs
 - ii. Center for Civic Engagement and Learning
- d. *University Circle institutions*
 - i. Cleveland Natural History Museum, Dr. Nicole Burt
- e. *Other*
 - i. CWRU University Farm
 - ii. Bon Appétit (BAMCO)
 - i. Slow Food CLE
 - ii. Cleveland Clinic/Dr. Caldwell Esselstyn
 - iii. School food service consultants like Pisanick Partners

- iv. North Olmsted Schools
- v. Shaker Heights Schools
- vi. St. Matthew Soup Kitchen Hough
- vii. Stone Soup CLE

Food Symposium 2018: Food Politics and Literacy



Food Politics in 2018 Humanities Week Keynote Speech

Speaker: Marion Nestle, Paulette Goddard Professor of Nutrition, Food Studies, and Public Health, Emerita, at New York University

Date: Friday, March 23, 4:30 PM– 5:30 PM

Location: Tinkham Veale University Center Ballroom A

Faith and Food: An Interfaith Dinner Dialogue

Engage in thoughtful discussion about faith over vegetarian, kosher, and halal foods from Falafel Café.

Date: Saturday, March 24, 5:00 PM-6:30 PM

Location: The Spot, 1619 Mistletoe Drive

Food Market

Meet CWRU's hunger and food-related student groups and University Farm representatives; browse our display of fresh herbs and microgreens (some will be available for purchase too), and enjoy some finger foods

Date: Monday, March 26, 11:30 AM-1:00 PM

Location: Tinkham Veale University Food Court

Thwing Tuesday with Food Recovery Network (for CWRU students)

Date: Tuesday, March 27, 12:00 PM-1:00 PM

Location: Thwing Center

Cooking Class with Chef Vince at Leutner: Taqueria 101 (for CWRU students)

Date: Wednesday, March 28, 2:00 PM - 4:00 PM

Location: Leutner Dining Hall

Office for Sustainability Green Bag Lunch: Local Farmer Panel and Real Food Challenge results

Enjoy a bowl of chili (locally grown!), coffee, and dessert; learn about local food served on campus

Date: Wednesday, March 28, 12:00 PM-1:00 PM

Location: Tinkham Veale University Center Senior Classroom

Screening of Academy-Award nominated *Knife Skills* and Panel Discussion with Brandon Chrostowski (founder of EDWINS) and the film's participants; sample appetizers provided by EDWINS

Date: Wednesday, March 28, 5:30 PM-7:00 PM

Location: Tinkham Veale University Center Ballroom A

Food and culture "France on Campus" discussion at Coquette

This event is organized by CWRU's Slow Food Chapter

Date: Thursday, March 29, 6:00 PM - 7:30 PM

Location: Coquette Patisserie in Uptown

Panel discussion on food literacy education: successes and challenges



Date: Fri. March 30th, 2018, 12:30 pm-2:00 pm

Location: Crawford 09A

● **Panel participants:** Dr. Caldwell Esselstyn, heart surgeon, author, and former Olympic rowing champion; Dr. David Cavallo, Assistant Professor of Nutrition, CWRU; Sarah Carlson and Nicole Ryan, dietitians and school food service consultants at Pisanick Partners; Mary Holmes, co-founder of the North Union Farmer's Market; Rachael Sommer and Carmen Nieves, Prevention Research Center for Healthy Neighborhoods; Rob Gorman, North Olmsted Food Services Manager, Sodexo and Farm to School Program; Piper Fernway, Sustainability Support Manager, BAMCO

Lunch will be provided (sponsored by BAMCO)

Appendix 3 EMAIL from the Admissions office to future CWRU students

----- Forwarded message -----

From: **Case Western Reserve University** <admission@case.edu>

Date: Thu, Mar 29, 2018 at 3:03 PM

Subject: Politics, literacy and food

To:

Cc:



Students enjoy slices while competing for prizes in Thwing Center to celebrate Food Symposium 2018

Foodies rejoice

Dear Maya

What does it mean to "vote with your fork"?

How do you conceive "the story of food"?

The wheels are turning as [Case Western Reserve University's Food Symposium 2018](#) carefully considers questions about the production, consumption, waste and joys of food.

Examining the themes of food politics and food literacy, this weeklong programming coincides with the [Cleveland Humanities Festival](#).

[Read about Food Symposium 2018 →](#)

Consumer advocate [Marion Nestle](#) launched the week with a lecture about the role humanities play in food advocacy. Next, students discussed faith over vegetarian, kosher and halal foods before lining up at Thwing Center for pizza, prizes and community engagement with the [CWRU Food Recovery Network](#).

Cooking classes, a screening of the compelling Academy-award nominated "[Knife Skills](#)" and a discussion of French food and culture at [our neighborhood patisserie](#) will follow.

To say our campus feeds big intellectual appetites would be half the story. This is a place where mile-high

ambition meets laser-like focus

This is a place where you'll fit right in.

(You'll eat well, too.)

Best regards,

Bob

Robert R. McCullough
Director of Undergraduate Admission

P.S. West National Geographic's 14th best city in the world this spring at a CWRU Admitted Student Program. In the meantime, take a virtual tour.



Department of Nutrition
School of Medicine
2109 Adelbert Road
Cleveland, Ohio 44106-4954
216.368.2440

June 1st, 2018

School of Medicine
Department of Nutrition
Case Western Reserve University
10900 Euclid Avenue
Cleveland, OH 44106

To the attention of the UCITE Nord Grant Committee,

I am writing in support of the proposal for the development and funding of a Food Studies Center at CWRU. We in the Department of Nutrition are already deeply involved in and support food and nutrition education and outreach on campus, and endorse the need for a Food Studies Center on campus from which important interdisciplinary food-related endeavors can be coordinated and sustained.

As a department, we have been involved in the Food Symposium, the Student Dietetic Association, the Food Recovery Network, and Student Wellness to name a few. In addition, our course offerings in food science, food as medicine, and Case Cooks (a hands on cooking class for students of all majors) align and support the goals and mission of the Food Studies Center and foster an opportunity for the development of a Food Studies minor.

Food issues and our aforementioned activities reach students, faculty, and staff, all the way to community organizations and community members, spanning academic disciplines and student groups. With many and diverse partners, and the constant student turnover of a University, it's important for there to be a Center and a coordinator to facilitate and expand the reach of our food-based education and organizations.

We look forward to working with the Food Studies Center to continue the important interdisciplinary work of making our campus and community food literate.

Sincerely,

Hope Barkoukis, PhD, RDN, LD
Interim Department Chair
CWRU Department of Nutrition



CASE WESTERN RESERVE

The Baker-Nord Center for the Humanities

1100 University Ave.
Cleveland, Ohio 44115-5020

Phone: (216) 368-9091
Fax: (216) 368-9147
http://www.baker-nord.org
www.cwr.edu

June 6, 2018

Nord Grants Selection Committee
University Center for Innovation in Teaching and Education
10900 Euclid Avenue
Cleveland, OH 44106-7025

Dear Committee Members,

I am delighted to write in support of the request by N rcisz Fejes and Catherine Rogers for funding to support the year-long activities associated with the spring-semester food symposium.

The Baker-Nord Center has supported many of the events included in the programming of the Food Symposium, including a \$6,000 grant which helped to inaugurate the event three years ago. Most recently, we collaborated in bringing Marion Nestle to campus as a keynote speaker for the Cleveland Humanities Festival and the symposium. Food Studies are inherently interdisciplinary, engaging not only the science of nutrition, but the entire range of human activity involved in understanding the social mechanisms that govern the production and dissemination of food, the historical and cultural forces that shape people's attitudes, and the representation of food in high and popular art that affects our perceptions.

I certainly look forward to continued collaboration with Food Studies from the perspective of the humanities in supporting programming that focuses on the history, ethics, and cultural context of food in our society.

Best wishes,

Peter Knox
Eric and Jane Nord Family Professor and Director



SCHOOL OF MEDICINE
CASE WESTERN RESERVE
UNIVERSITY

Darcy Freedman, PhD, MPH
Associate Professor
Department of Population & Quantitative Health Sciences
Associate Director
Prevention Research Center for Healthy Neighborhoods
BioEnterprise Building, Room 443
11000 Cedar Avenue
Cleveland, Ohio 44106
Phone 216.368.3060 Email: dcf96@case.edu

June 3, 2018

Dear UCITE Nord Grant Review Committee,

I am writing to offer my strongest support for the formation of a Food Studies Center at CWRU. As a food studies scholar and witness to the range of food studies initiatives at CWRU, it seems now is the perfect time to invest in this resource for the CWRU community at large. Food studies is an emerging area of research, teaching, and service – one that unites disciplines, enlivens teaching, has clear research opportunities, and has unending opportunities for connections within and outside of academe. About eight years ago I attended a talk by an English professor who studied African American cookbooks. In her presentation she talked about the new era of food studies and how it will become a transdisciplinary space similar to racial, gender, and queer studies. I am excited to see CWRU moving in the right direction of making this type of transdisciplinary space a reality for our students, faculty, and community partners.

While there are numerous activities at CWRU that are focused on food ranging from food waste recovery to the CWRU farm to food-based research, there is not a nexus on campus for bringing these divergent experiences together. The creation of a Food Studies Center can become this nexus providing a one stop shop for curating food related efforts and for organizing new initiatives.

Given my research focus in food systems for health promotion with an emphasis on nutrition equity, I welcome the opportunity to contribute to this new Center. It seems prudent to begin this new endeavor with careful assessment of what is already happening on campus and with engaged dialogue about what we want to achieve through a unified effort under the umbrella of the Food Studies Center. I look forward to working with others at CWRU and from the community to bring this idea to fruition.

Sincerely yours,

A handwritten signature in cursive script, appearing to read "Darcy Freedman".

Darcy Freedman, PhD, MPH



CASE WESTERN RESERVE

University Farm: Squire Valleeview and Valley Ridge Farms
Case Western Reserve University
37125 Fairmount Boulevard
Hunting Valley, OH 44022-6884
Phone 216.368.0274
Fax 216.368.0273
<http://studentaffairs.case.edu/farm>

June 9, 2018

To the attention of the UCITE Nord Grant Committee,

I am writing in support of the proposal for the development and funding of a Food Studies Center at CWRU. The Center would complement the University Farm food program (FFP) goals of expanding teaching and research opportunities on food production. Our eight-year FFP focuses on the use of environmental friendly methods while producing food for campus and local restaurants in the Greater Cleveland area.

We have been involved with the Food Symposium for the last two years, representing local farmers and participating on discussion panels. Since 2011, we have provided opportunities for CWRU students to visit our site to learn about food production in sustainable ways. Collaboration with a campus Food Studies Center will increase these experiential learning opportunities not only for our CWRU students but also for the Cleveland area community.

I look forward working with the Food Studies Center to develop new educational programs to promote healthy eating habits and awareness on environmental issues relate to food production.

Very truly yours,

A handwritten signature in cursive script, appearing to read "Ana B. Locci".

Ana B. Locci, Director
University Farm:
Squire Valleeview and Valley Ridge Farms

BON APPÉTIT

MANAGEMENT COMPANY

food services for a sustainable future

To the attention of the Nord Grant Committee,

We are writing in support of the proposal for the development and funding of a Food Studies Center at CWRU. We at Bon Appétit Management Company are already deeply involved in and support food related sustainability education and outreach on campus, and endorse the need for a Food Studies Center on campus from which this important interdisciplinary work can be coordinated and sustained.

As an organization we pride ourselves on not only providing excellent food service on campus but with a focus on sustainability, social justice, and nutrition. President Snyder signing the Real Food Campus Commitment in 2015, committing us to buying 30% of our food from local, fair, humane, and ecologically sustainable sources, highlights how important these food issues are to CWRU. Food literacy in regards to health and wellness is only becoming more important as healthcare continues to focus on diet to prevent the likes of obesity and heart disease. With almost 1/3 of greenhouse gases attributed to the food system, food studies is an important part of any climate change discussion, and our work in food recovery is paramount to feeding the one in six NE Ohio residents who is food insecure.

With all of these important issues of our time relating to food, we fully support the creation of a Food Studies Center at CWRU, with whom we can work to sustain and expand upon the great work already being done on campus around food. Through this letter, we acknowledge specific roles and responsibilities we will fulfill in this partnership. In the event this proposal is funded, we would expect our role in the Food Studies Center to include:

- to continue and expand upon our genuine partnership to advance food education and opportunities for experiential learning on campus in the areas of:
 - o implementation of many educational food events including monthly wellness topics, education on corporate sustainability policies, tabling events by Farm to Fork partners, and annual events such as the Eat Local Challenge and Earth Day promotions
 - o collaboration with the Food Recovery Network to recover leftover food at multiple units across campus, to be donated to an array of community partners such as Stone Soup and St. Matthews United Methodist Church
 - o collaboration with the Student Sustainability Council in regards to our Mostly Meatless Mondays campaign, the Farm Harvest Festival and other food related programming
 - o participation in planning and hosting Food Symposium events including cooking classes, farm market events and panel discussions featuring our Farm to Fork partners
 - o collaboration with the Office for Sustainability on field trips, events, and food waste management and training
 - o academic collaboration including guest lectures in nutrition, environmental studies, religion and ethics classes, even internships for masters students in nutrition and dietetics

- To aid in strategic planning of short and long term goals of the Center, including but not limited to course development, symposium organization, and increasing interdisciplinary food education and outreach.

All of these initiatives have a diverse array of partners, and food issues and our aforementioned activities reach students, faculty, and staff all the way to community organizations and community members, spanning academic disciplines and interest groups. Thus, we look forward to working with the Food Studies Center to facilitate and expand the reach of food based education and organizing on campus, to increase the food literacy of our community as a whole.

Sincerely,

Jim O'Brien

Resident District Manager

Bon Appétit Management Company

Piper Fernwey

Community Programs & Sustainability Support Manager

Bon Appétit Management Company

May 30, 2018

Mary Ann Conn Brody, community member reflects on the three events (local agriculture and farming panel discussion; food market; food literacy and politics panel discussion) during the symposium that she attended:

These days people increasingly want to know how their food is grown and where it comes from. Furthermore, understanding the effect of food on our bodies is a complex process so I am always keen to learn more about growing and cooking the foods we eat. Hence the week-long food conference at CWRU fulfills a very vital role. Kudos to CWRU for extending an invitation beyond the campus to the community at large, to attend this dynamic food conference each year. I wouldn't miss it for the world."

It was inspiring to meet Mr. Hartzler from Wooster, Ohio [as part of the local agriculture panel]. After he explained how the milk from his family dairy farm was processed, and how gentle it is on the human digestive tract, I bought some at Heinen's that very day, and my husband and I have been drinking it ever since.

At the food conference I learned how Bon Appetit uses locally sourced, healthy food throughout its food locations at CWRU, which means that I will stop by to eat there more often.

At the [food market] I was happy to purchase a small parsley plant in a pot, to grow by my kitchen sink, knowing now that one of the naturally occurring compounds in parsley actually attacks and kills cancer cells roaming around in our bodies.

I still recall Dr. Caldwell Esselstyn's comment at this year's food literacy panel discussion—"If you eat the right foods, you can throw away all your medication." Those were powerful words indeed and illustrate the vital role that food plays in our lives."

Sincerely,

Mary Ann Conn Brody

Dear UCITE Nord Grant Committee,

During the first semester of my freshman year at CWRU, I was enrolled in "The Ethics and Politics of Eating," a SAGES course taught by Professor Fejes. At the time, I knew I was interested in nutrition as it pertains to chemistry and medicine, but I had minimal exposure to the social inequities within our nation's food system; I was particularly concerned by the shockingly slim number of grocery stores that exist in low-income neighborhoods nearby our campus. Paul, another student in the course, and I yearned to delve deeper into the subject to learn how we could make a difference as college students. Professor Fejes introduced us to the food and hunger related groups on campus and helped us to find our niche at CWRU. Paul joined Slow Food, while I joined the Food Recovery Network, a club that Professor Fejes was the faculty advisor for.

The seasoned members of Food Recovery Network welcomed me into the organization with open arms. I found great satisfaction in recovering food from our campus dining halls and bringing it to the local neighborhoods in need. During my sophomore and junior years, I advanced to serve as an executive member of the Food Recovery Network. We began recovering food from Leutner and Fribley, as well as Cleveland Clinic, Einstein's Bagels, the Cleveland Indians, Greek Life, and other student organizations. Overtime, our organization has expanded, as we have welcomed new members into the organization who share our passion for feeding those in need. In addition to the service component, the most fulfilling part of my experience has been forming a strong kinship with my fellow members— they are my best friends.

For the past couple of years, two other students and I worked as organizers of the CWRU Food Symposium under the direction of Professor Fejes. I have participated in book discussions with various professors on campus, and interacted with knowledgeable dietitians, food industry professionals, chefs, and physicians. I was even able to moderate a panel discussion with Professor Fejes on food literacy. Through all of these fulfilling, invaluable experiences, I have positively grown and evolved as a person, future physician, and nutrition enthusiast.

At the CWRU Food Symposium, faculty and student organizers work closely with various food and hunger related groups on campus. Our frequent group meetings have allowed us to form a bond— *we are not just collaborators, we are a tightknit community of passionate individuals who are bound together by our desire to improve the surrounding areas of Cleveland that need our help.* All of these opportunities have cumulatively allowed me to bring my nutrition studies to life in a colorful way.

My involvement in food and hunger related groups on campus has bestowed me a loving environment to nurture my passions, serve others, and meet like minded individuals. At the core of it all, I have been able to find my place at CWRU. I cannot express any further how much I truly believe other students can benefit from these experiences in the future. I am grateful.

Sincerely,

Madeline Garb

4th year student in the College of Arts and Sciences

Dear Nord Grant Committee,

I come from a Muslim family consisting of an Egyptian father and a Palestinian mother. When I first came to CWRU, all I really knew was the food my family cooked at home. Many of the meals being served at the dining halls were foreign to me, yet so standard for many of my friends. I remember seeing Shepherd's pie for the first time and asking "What in the world is a Shepherd's pie?" My friends found it incredible that I'd never heard of it. After one of them explained to me what it was, I realized there was a very similar looking Egyptian dish called Macarona Bechamel. It was slightly different in that it used a macaroni base and bechamel in place of potatoes. The discussion evolved into how similar they looked and inspired us to search up more about where each may have originated. I had many conversations like this throughout my time at CWRU, discussing a lot of the strange, new foods that I was being exposed to, and comparing them to what was familiar. The student body at CWRU is such an ethnically diverse group, and there is so much we can learn from each other about our cultures, religions, and history through the medium of food.

During my junior year I took a sages course with Professor Fejes titled "Passport to Eastern Europe." Within this class we explored the history of Eastern European countries by delving into the origins of a national dish from that country. We visited restaurants in groups that represented the country we were exploring, and learned some of the history of the dishes from the staff there. My group had visited Anatolia's Cafe, a Turkish restaurant in Cleveland Heights. At the end of the semester each group presented on their restaurant visits and gave the rest of the class a brief plunge into the history and culture that surrounded the foods they were exploring. I learned a lot about how the dishes originated, and how they had become adapted—more Americanized—to better suit the cooking and eating habits of the people here.

Besides all the history and culture surrounding food, there is also a lot to learn about the distribution and waste of food. I come from a large family, with parents who instilled in me the value of never wasting food. I never truly appreciated this until I joined the Food Recovery Network (FRN) at CWRU. My first time volunteering with them was actually through the Muslim Student Association, who had adopted a weeks worth of shifts to cover. Throughout the week we collected a lot of the food that would have been wasted from places like Einstein's Bagels, Panera, and Grab It/Bag It and stored it until Saturday morning. On Saturday morning we took all this food to St. Matthew's HOPE Soup kitchen, where we helped prepare meals and serve those in need. Since I first started with FRN, it has since expanded to encompass many more recoveries including both the Leutner and Fribley dining halls, Dunkin Donuts, and the Cleveland Clinic. Through all these partners we have been able to fight food waste and reach a much wider radius of our community. Just how much we expanded in the short span of a year speaks volumes to the growing interest there is in promoting a more sustainable food system.

Food brings people together. It's something we all need to survive, but also something we can sculpt and shape into a symbol that represents us. Through the medium of food, I learned so much more about the different cultures around me. I grew to appreciate their rich histories and

how important of a role food plays in shaping our futures. I also found a group of people just as impassioned as myself to serve those in need of something as imperative as nutritious meals. I feel infinitely fortunate to have had this chance during my experience at CWRU, and I can't imagine having had it any other way. There is so much more opportunity for others to benefit from experiences like these. The food symposium attracts many people interested in learning about the nature of food and provides them with countless ways that they can become involved around campus and within the community. I believe this is an essential opportunity that needs to be available for future students, and I hope it can continue to be expanded upon in the future.

Sincerely,
Abdelrahman Rahmy

Dear Nord Grant Selection Committee:

My name is Naveen Rehman, and I am a recent graduate of Case Western Reserve University. During my time as a student at Case, I was so fortunate to be so actively involved in Food Recovery Network and serve as an organizer for CWRU's annual Food Symposium. Without a doubt, being heavily involved in these two food related activities was the most formative part of my college experience. These activities not only allowed me to feel a deeper connection to the campus community at large, but enabled me to form deep, lasting relationships with members of the greater Cleveland community as well. Through Food Symposium and Food Recovery Network, I was made to enter a space at CWRU where I met people from so many different backgrounds, got to know professors and faculty on personal levels, and felt myself grow with every challenge and words of advice. These organizations helped me find my purpose as a student in Cleveland.

The purpose of Food Symposium is to bring together the various individuals working tirelessly to raise awareness about food waste, hunger, sustainability, social justice and more. While Narcisz, Paul, Madeline and I worked hard to connect as many people as we could, I think that the efforts of future Food Symposium planners would be more fruitful with a physical space, a Food Studies Center. A Food Studies Center would enable those working on Food Symposium and other food and hunger related issues to gain more visibility for their efforts on campus. Food Studies is often considered synonymous with nutrition, yet the study of food encompasses so many areas of study, from business to healthcare to engineering. A formal Food Studies Center would raise awareness about the different aspects of food studies, and be better equipped to bring together individuals from different academic backgrounds.

Food Symposium has encouraged me to be a student activist, engage in valuable dialogue about food systems and educate the campus community about food and hunger related issues. A Food Studies Center would only broaden the horizons and provide a much needed pillar of support for individuals partaking in food and hunger related activities.

Thank you,
Naveen Rehman

June 2nd, 2018

To the Attention of the UCITE Nord Grant Committee

As a freshmen at Case Western Reserve University, the opportunities to become involved in student groups are endless. During my freshman SAGES seminar course, The Ethics and Politics of Eating, we dove into the controversial issues within the food world, leading me to join the Slow Food Chapter on campus. Over the next year, a group of excited students and I began to develop connections between the food related student groups on campus as we saw so many groups with related missions, but no way for them to communicate. This led to the creation of the first CWRU Food Week in 2016.

Our intention in 2016 was to create a way for groups with a wide variety of interests to collaborate around common food centered topics. Slow Food, Food Recovery Network, Student Dietetic Association, Labre, Kids Against Hunger, Greek Life, Student Affairs, Office of Sustainability, Student Sustainability Council, the University Farm, the Baker Nord Center for the Humanities, and many others came together for first ever cross campus discussions on food issues and policy. As a member of Slow Food, our group was working to promote good, clean, and fair food while sharing different cultures and traditions. When we began talking to the University Farm, we forged relationships that helped us plant a school garden for a school in Mentor. This is just one example of how opening dialogues allowed us to work together to accomplish similar goals.

Since the first CWRU Food Week, a small group of students and faculty have been working consistently to foster greater discussions among campus groups and departments to further food education and activism on campus. CWRU Food Week has created a time for campus groups to showcase their work alongside renowned professionals in the food world including chefs, farmers, politicians, engineers, nutritionists, and physicians.

This year, we renamed CWRU Food Week to Food Symposium and worked with the Cleveland Humanities Festival to bring Marion Nestle to campus. Her intersections of law, public policy, and nutrition made for very interesting small groups discussions between humanities, law, and nutrition students. Food Symposium represents the first steps at CWRU for a dedicated and consistent way to foster food-centered discussion. The creation of a Food Studies Center would solidify this mission and begin aligning the goals of groups and departments across campus. A dedicated leader and center with the ability to continue long-term missions would help focus food efforts and maintain relationships over many years even with students coming and going constantly.

Personally, being involved in Food Symposium and Slow Food has been invaluable. While expanding my knowledge of systemic food issues, I have met many incredible people at the university across many departments. With the goal of becoming a doctor, I have found endless connections between food and medicine by working on Food Symposium. I feel that the Food Studies Center would bring together students and faculty across every department to engage in important food discussions. I firmly believe that this is something that would excite students allow them to connect with each other on campus in meaningful ways to create long lasting impact within the CWRU community.

I look forward to seeing the Food Studies Center come to life and bring together students and faculty throughout the university.

Sincerely,

Paul Halliday

Nutritional Biochemistry and Metabolism, 19'