Sac State celebrates Food Day

Food Day seeks to change our habits when it comes to meals – not just the way we eat, but also the way we grow, harvest, and even think about food.

Sacramento State will again participate in this worldwide effort Wednesday, Oct. 24, when advocates push for healthier, more environmentally friendly and socially responsible approaches to growing, processing and serving our food.

The University’s Food Day activities include kitchen demonstrations in the morning and afternoon, panel discussions, and an information session with community partners at The WELL. The Food and Nutrition Club will hold a jamboree in the Library Quad, and student and faculty research will be highlighted in the Multi-Cultural Center, Library 1010.

Activities in and around The WELL include a panel discussion on sustainability at 9 a.m. Topics include sustainability in fashion, agriculture and food production by campus faculty and staff who are experts in those fields; Soil Born Farms; and Pesticide Watch.org.

Another panel discussion at 1 p.m. that day will examine achievements and challenges in the school food environment. The panel includes representatives from diverse agencies and organizations such as the Sacramento City Unified School District, Sacramento Natural Foods Co-op, Department of Public Health, state Assembly, Sacramento State’s Center for California Studies and California Food Policy Advocates.

Both presentations are in The WELL’s Terrace Room.

Kitchen demonstrations for current Sac State students kick off with demonstrations at noon and 3 p.m. the day before, Tuesday, Oct. 23, followed by a 1 p.m. session Oct. 24. Students may sign up at The WELL’s Cove or call 278-5422.

WELL Nutritionist Shauna Schultz will hold morning kitchen demonstrations with pre-schoolers. All food demonstrations are in The WELL’s kitchen.

“Students should feel empowered to make healthy food choices and understand where their food comes from,” Schultz says. “It’s time to celebrate real food.”
The Harvest: The Story of the Children Who Feed America will have a free screening 10:30 a.m.-noon in the University Union, Hinde Auditorium.

Another film, Flow, studies the growing privatization of the world’s dwindling fresh water supply at 1:30 p.m., also in Hinde Auditorium.

The University’s restaurant, Epicure, and several other campus eateries will offer specials during the day.

Professors Lynn Hanna and Kristin Kiesel are organizing the campus observance.

“I am especially excited about the panel on the school food environment,” Kiesel says. “With an increasing trend in consuming food away from home, and 900 million meals served in California schools annually, schools provide a powerful opportunity to introduce students to healthy and sustainable foods.”

“We envision that this day will inspire more people to participate in the conversation about how best to meet the food production needs of the world’s 7 billion – and growing – people, and learn about the important role of sustainability, social equity, environmental preservation and health in this process,” Hanna says.

Modeled after Earth Day, Food Day offers activities on Oct. 24 around the world, including many in the greater Sacramento region. For details on all the activities in the area, including Sacramento State, visit http://bit.ly/WJ100g. For media assistance, call Sacramento State’s Public Affairs office at (916) 278-6156.

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