Sac State has much on Food Day plate Oct. 24

Chef, educator, cookbook author and activist Bryant Terry will be the keynote speaker at Sacramento State’s Food Day 2014 on Friday, Oct. 24.

Terry, who lives in Oakland and is an advocate for a healthy, just and sustainable food system, will speak at 7:15 p.m. in the University Union, Redwood Room. His topic is “At the Intersection of Food, Politics, Poverty and Public Health,” and his presentation likely will involve rap and a cooking demonstration.

He will speak about healthy eating, how to improve access to fresh food and how the food we eat affects sustainability and poverty. He also will sign copies of his latest cookbook, Afro Vegan.

Food Day, established by the Center for Science in the Public Interest, is an annual celebration and a movement to promote healthy, affordable and sustainable food.

“This is a unique opportunity to both serve and connect our students and the community,” says Kristin Kiesel, a professor of economics who has organized Food Day on the Sacramento State campus for five years. “We can take what we teach beyond the classroom experience and highlight our research and local initiatives to support a global quest for healthier and more sustainable food choices.

“Eating is an agricultural act, and our choices have direct economic, social and environmental consequences,” she says.

Sac State’s Food Day events and programs are free and open to the public.

Here’s the lineup:

- 9 a.m. for preschoolers, 1 p.m. for the campus community at The WELL: Cooking demonstrations and tastings.
- 10-11 a.m. in the University Union, Redwood Room: Information session with the production team of a Capital Public Radio multimedia documentary series. The team’s latest project, “The View From Here: Hidden Hunger,” is scheduled to air Friday, Nov. 21.
- 10 a.m.-2 p.m. at STORC (Sustainable Technology Outdoor Research Center), along the American River levee across from Parking Lot 4: Open house.
- Noon-1:15 p.m. at the Multi-Cultural Center: Information session with community partners such as GRAS (Green Restaurants Alliance of Sacramento), Slow Food Sacramento, the California Food Literacy Center, the Celiac Support Group, HealthCorps, Pesticide Watch, Out of the Pantry and Soil Born Farms.
- 4:30-6:30 p.m. at Capital Public Radio, 7055 Folsom Blvd.: Ribbon-cutting ceremony for the Cap Radio Garden at Sacramento State. Produce from the raised-bed, fruit-and-vegetable garden will go to food banks and school lunch
programs in the area. Matthew Marsom, a vice president with the Public Health Institute, will be the featured speaker.

- 5-7 p.m. in the University Union, Redwood Room: Screening of the 2014 documentary *Fed Up*, which examines America’s obesity epidemic and how it’s allegedly aggravated by the food industry. A panel discussion will follow with Amber Stott of the California Food Literacy Center, Janet Zeller of Soil Born Farms, and Kiesel. Food writer Elaine Corn will moderate.

- Ongoing during Food Day: Campus dining establishments will feature special menus, and the Hornet Bookstore will have related literature available. And don’t miss the Food and Nutrition Club’s Jamboree on Thursday, Oct. 23, on the Library Quad.

For media assistance, contact Sacramento State’s Office of Public Affairs at (916) 278-6156. – Dixie Reid