



OCTOBER 24, 2011

We would like to welcome everyone to the first Sacramento State Food Day

Food Day is a nationwide celebration of real food and an effort to improve health, the environment, and America's food system. Modeled after Earth Day, it began as a grassroots mobilization to push for healthy, affordable food produced in a sustainable, humane way. Examples of food day goals include:

- Reducing diet-related disease by promoting healthy foods.
- Supporting sustainable farms and stopping subsidies to agribusiness.
- Expanding access to food and alleviating hunger.
- Reforming factory farms to protect animals and the environment.
- Curbing junk-food marketing to kids.
- Support fair conditions for food and farm workers

As a part of efforts in the greater Sacramento region, events planned on the CSUS campus include:

Library

The CSUS Library is highlighting materials related to Food Day themes. These can be found on display in the lobby and will include a Festival of films and documentaries on issues of where our food comes from, sustainable farming and eating local, farmer labor justice, etc. Films will be shown in the Library Media room 1522 from 9 am – 5 pm

9:15 AM

The Fight in the Fields: Cesar Chavez and the Farmworkers' Struggle – This film explores the role of Chavez in developing the United Farmworkers Union, the difficult working conditions of agricultural laborers in the 60's and 70's, and shows how the struggle for farmworkers' dignity morphed into a broader campaign for Latino civil rights. 120 minutes



11:30 AM

Food Inc – This film provides a good overview of the problems inherent in America’s huge distributed food system, including factory farms, the obesity epidemic, and drug resistant strains of E-coli. 93 minutes

1:15 PM

Supersize Me – This film shows the unhealthy physical effects of living off a MacDonald’s diet for one month and functions as a satire of America’s fast food industry. 100 minutes

3:15 PM

Fair Food: from Field to Table – This film highlights the challenges inherent in bringing healthy food to local communities. In particular, it covers the topic of agricultural workers’ rights and other relevant social justice issues. Produced by the California Institute for Rural Studies <http://www.cirsinc.org/>

America’s Heartland KVIE (episode 702) – Joanne Neft is a cookbook author who says that farmer’s markets can give you the perfect ingredients to not only make delicious meals, but also deliver a culinary connection to farms and ranchers in your region.

Please visit Joanne Neft’s table in the Library Multicultural Center between 3 and 5 pm.

The WELL

Health and Wellness Promotion in The WELL will be offering interactive and fun food experiences for preschoolers from Sacramento State’s Children’s Center from 9:00-11:30 am in The Cove. Kids will participate in making and tasting healthy snacks (featuring local fruits and vegetables), learn about nutrition and engage in other fun activities. We welcome all adults and the young at heart to learn about the Food Day children’s curriculum and visit our informational tables throughout the day in the lobby of The Well. The Cove will also feature delicious treats for students, staff and faculty in the afternoon, so stop by and say hi!

On the Quad

Food and Nutrition Club will host its annual Jamboree on the quad. Please stop by to learn about healthy nutrition, understanding portion sizes, the need for daily fruits and vegetables in your diet, where a Farmer’s Market is in your area, and pick up some **FREE FRUIT!**

Campus Dining

Join us for lunch and celebrate Food Day!

University Center Restaurant – Food Day Specials:

11:00 am – 2:00 pm

Organic Caesar Salad - \$7.95

Seared Local, Free-Range Chicken Breast with Organic Rice Pilaf and Organic Spinach - \$11.95

Organic Vegetable Pot Pie with a Garbanzo Bean Crust and Raspberry Reduction - \$8.50
(Vegan and Gluten Free)

Local Sweet Potato Pie with Fresh Organic Whipped Cream - \$3.95

Togo’s – Food Day Special:

#14 Mediterranean Hummus Wrap, piece of Organic Fruit and a Drink - \$4.99

Food Day Specials at participating vendors

For more information see: www.dining.csus.edu/food_day

Dining Services - University Enterprises, Inc. (www.dining.csus.edu)

Hornet Bookstore

The Hornet Bookstore has a display devoted to Food Day showcasing the wealth of literature on topics related to the Food Day movement.

Speaker Series **New directions and challenges in moving towards healthier and more sustainable food systems (1:00 – 3:00 pm, Forest Suite at the Union)**

Keynote panel speakers have been invited to share their perspectives, challenges, and successes to promote healthy, affordable food produced in a sustainable, humane way. After their short presentations there will be opportunity for discussion and conversations. The panel will meet from 1 pm – 3 pm in the Forest Suite at the Union. Speakers include:

- Craig McNamara (President of California State Board for Food and Agriculture, Sierra Orchards, and Land-based Learning)
- Judith Redmond (Owner of Fully Belly Farm and advocate of Community Supported Agriculture)
- Brenda Padilla (Food Nutrition Director for Sacramento City School District)
- Jeff Guettler (Chef University Center Restaurant)
- Tom Welton (CSUS Director of Dining Services)

Research Poster and Table Session (3:00 – 4:30 pm Multi-Cultural Center, Library 1010)

Following the keynote panel a poster and table session where student groups, faculty and community organizations will share their efforts and educational materials.

Participating Organizations and topics:

- Our Right To Know, Label GMO's
- Community Alliance with Family Farmers
- Sacramento Food Bank
- Food Pantry (Out of the Box Ministries)
- Network for a Healthy California – Children's Power Play! Campaign
- Placer County Real Food
- California Strawberries
- Pesticide Watch
- Alchemist, CDC
- The Green Boehme
- Soil Born Farms and Harvest Sacramento
- Slow Food and Green Restaurants Alliance Sacramento (GRAS)
- Celiac's Disease Support Group
- The WELL Diet Analysis
- Campus dining services
- Student Economics Association
- Environmental Student Association
- Associated Students Inc. Green Team (advocating for a Farmer's Market on the Sac State campus)
- Students in Nutrition and Aging (Information for Meals on Wheels),
- Students in Nutrition in the Lifespan (Breast feeding as a sustainable food for infants)

Poster presentations:

- Poetic reflections of a child working in California's agricultural fields: Manuel Barajas, Assistant Professor Sociology
- Anthropology of where our food comes from: Jacob Fisher, Assistant Professor Anthropology and others
- Food banks: resources, needs and issues: Seunghee Wie, Associate Professor Family and Consumer Sciences
- Effect of school soft drink bans on out of school consumption: Kristin Kiesel, Assistant Professor Economics

- Eating Within the Community: Ben Rinn, Student in Geography
- A new basket of goods: Evan Mikoloski, Student in Economics