

Food Exploration

Mid-Autumn Summary



What's Happened This Fall...

The Food Exploration Community has been working to define itself this fall. In its first quarter the Food Exploration Community has accomplished a lot. The RAs on the floor have collaborated to provide residents with the types of programs they want and to expose them to new types of programs.

Upcoming Events

- Coffee and Courses: a registration themed program in collaboration with the Sustainability Theme Community– 11/12
- The UW Urban Farm Party: Celebrating the Farm at Local Point- 11/21
- Registration event for the School of Public Health– November
- Spontaneous Cookie Making
- Diversity Food Month
(RAs are putting recipes and food facts from different continents on each apartment door)
- Bulletin Boards about study abroad opportunities
- A floor trip to the International District
- Floor trip to the Seattle Gingerbread House Competition
- Apartment Cooking Series hosted in Mercer 11/20
- The Big Autumn Event

**Mercer B 4th Floor
Resident Advisers**
Ralaine: rrda@uw.edu
Kelli: kellikay@uw.edu
Resident Director
Shannon Bradley

Weekly Event

Weekly ManaTEA Event
A weekly event in one of the RAs rooms where tea and other snacks are served while the residents socialize and learn about upcoming floor activities

- Wk.1: ManaTEA and Wii
- Wk.2: ManaTEA and Quesadillas
- Wk.3: ManaTEA and Cotton Candy
- TBD



Campus Partners

College of the Environment
[http://
coenv.washington.edu/](http://coenv.washington.edu/)

School of Public Health
<http://sph.washington.edu/>

Housing and Food Services
[https://
www.hfs.washington.edu/](https://www.hfs.washington.edu/)

The UW Farm
[https://www.facebook.com/
UWFarm](https://www.facebook.com/UWFarm)



Themes

After looking at data from interest surveys, interactive hall programs, and conversations with residents we developed 'themes' for each quarter. These themes are designed to provide context for the programmatic pieces of the community and more clear connections to academic and learning opportunities. This structure will help focus the identity of the Food Exploration Community.

Autumn Theme: **Food and the World!**

This theme looks at diversity by exploring a wide variety of foods from different cultures. It promotes dialogue about the role food plays in shaping identity.

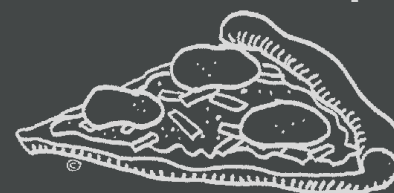
Winter Theme: **Food and You!**

This quarter will highlight healthy eating and nutrition. Programs will address topics ranging from cooking healthy to examining disordered eating.

Spring Theme: **Food and the Environment!**

The quarter will round out the year by exploring the environmental impacts of our food consumption. We will look at local, sustainable, and responsible intersections of food with the environment around us.

Big Autumn Event November 14 5-7pm



Residents will be invited to make pizza with toppings from around the world. While the pizza is baking there will be cupcake decorating. Staff and campus partners are invited to attend.

What We've Been Up To...

What Student's Expected Starting the Year....

"To learn more about the relationship between food choices and health."

"Eating great food with cool people. Learning different recipes and finding out about foods from all over the world."

"I'm honestly not quite sure! At the moment, I'm envisioning a multi-cultural food thing where we're introduced to new and better foods!"

"I hope to meet and participate in activities with others who are interested in food -- agriculturally, environmentally, culturally, personally, etc."

"I'm just hoping to learn from it as much as I can."



DAWG Daze



Who Makes Up Our Community:

10 Apartments
72 residents + 2 RAs
47 Females, 27 Males
57 Students w/Freshman Standing
10 Students w/Soph. Standing
7 Students w/Junior Standing
1 Senior
66 pre-majors
8 majors
A mix of domestic and international students from across the US and the world.
Food lovers of all types!

DAWG Daze Game Night



What We've Been Up To...

Welcome BBQ



Welcome Event

The Welcome BBQ served as an introduction to the community, outdoor space at Mercer B, and the UW Farm. The UW Farm brought produce to the BBQ and residents were able to top hamburgers and veggie burgers with unique toppings. There was also a photo booth that let residents and staff have fun with the prompt, "food is..."



Welcome BBQ Photo Booth: Food is...



What We've Been Up To...

RA/Resident Interactions

This are excerpts from our RA/Resident Interaction Logs. Written from the perspective of the floor RAs, they capture some of the day to day interactions the members of the Food Exploration Community are having...

"I tend to always see Tutu around... our paths tend to cross on a weekly basis. I talked to him as he was headed to U Village and I happened to see and talk to him again as he came back from his bike ride. And then later than night on rounds, Tutu was in the music room playing his violin."

" We cooked dinner together! Sidney and Di cooked mac and cheese. I made rice and prepared other foods. Everyone was there except Tina. We talked about our different cultures. Di and Tiff introduced us to chicken feet and intestines. And then Abby and I washed the dishes afterwards."

"I came by on Tetat's Birthday (unintentional), but there was a sign that the girls of 407 had made for him and they were all making plans for that night to celebrate as an apartment. We all sang happy Birthday."

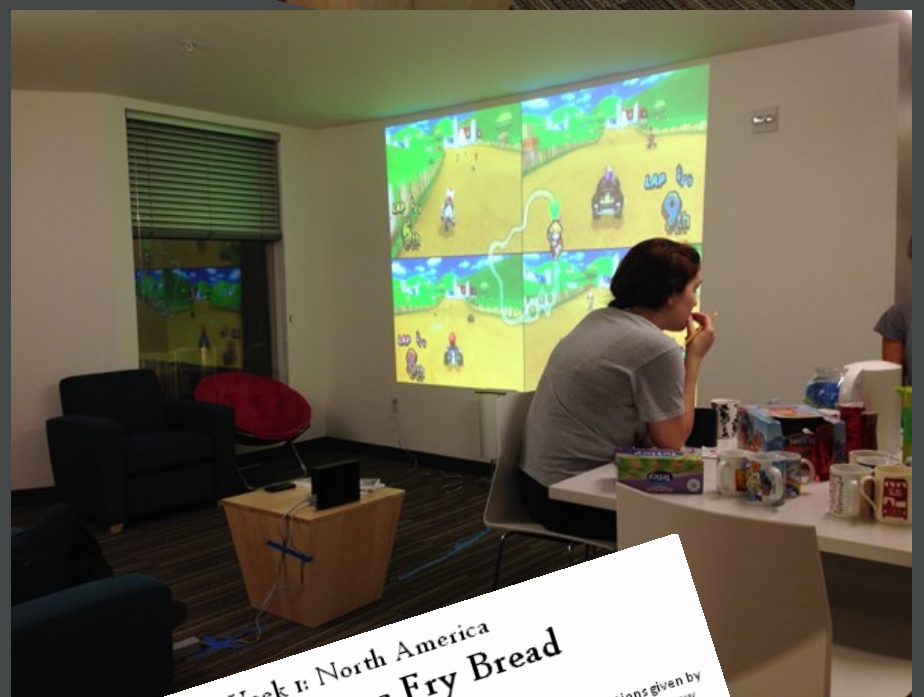
"Ben came to ManaTEA this week and was a quick learner at Mario cart. He really enjoyed getting to know some of the other residents."

"Nour, Sidney, and I took a spontaneous trip to Gasworks. With Sidney from NorCal and Nour from SoCal, neither of them have ever heard of Gasworks. And since it was so beautiful outside, I invited the whole floor for a trip to Gasworks- only Nour and Sidney took me up on my offer. We walked to the park, took pictures, played with a puppy, met a creepy skater man, walked back, and eventually had dinner together at 1101. It was a good bonding experience, we hung out for a good 2 hours or so."

"Andrew comes to everything I put on and is always super friendly when I come by their apartment. "

"Olivia is also a social one. We hung out in the Husky Grind one morning waiting for coffee and she also came over to my apartment with her friend from Spokane and hung out with me and the girls I live with. "

"Over the past few weeks, we have - gone bowling at the HUB and out to yoghurt, cooked banana bread and cookies countless times, watched the breakfast club, watched almost all episodes of the Community, made dancing videos to "the wobble" and spend a lot of time in the living room."



Week 1: North America First Nations Fry Bread

About First Nations and Fry Bread
According to Navajo tradition, fry bread was created in 1864 as the creative response to rations given by the United States government to Navajo Native Americans who were forced to make the journey now known as the "Long Walk". Today, adaptations of fry bread span regions and different tribes have different takes on the meal, causing it to be common at powwows across the country and symbolizing, for some, pan-Indian culture and intertribal unity.

Ingredients

3 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1 1/2 cups warm water
Oil for frying

Directions

Put flour, baking powder, and salt in a large bowl. Mix well, add warm water and stir until dough begins to ball up. On a lightly floured surface knead dough. Do not over-work the dough. After working dough, place in a bowl and refrigerate for 1/2 to 1 hour.

Heat oil to 350 degrees in a frying pan or kettle. Lightly flour surface and pat and roll out baseball size pieces of dough. Cut hole in middle with a knife (so the dough will fry flat) to 1/4-inch thickness and place in oil and cook until golden brown and flip over and cook opposite side until same golden brown. Dough is done in about 3 minutes depending on oil temperature and thickness of dough.

After fry bread is done top with favorite toppings or, chile and cheese first, then cover with lettuce and tomatoes, onions, green chile and you have an Indian Taco

Learn More:

- Don't feel up to making fry bread yourself? Check out "Off the Rez" a food truck in Seattle that serves fry bread and other Native American foods. Google search it before you go because it's in a different spot almost every day.
- Check out "First Nations" a student group on campus. To learn more, email fnw@uw.edu
- Every spring the First Nations group hosts a powwow on the UW campus (complete with fry bread!). It is a huge event worth going to so keep your eyes open for more information.

