

# Food Exploration

## Winter Quarter Summary



### What's Happened This Quarter...

During winter quarter the Food Exploration Community has been focusing on examining food nutrition during the "Food and You" theme. There have been several collaborative programs and programs with an academic focus, particularly on exploration of different course opportunities. The programmatic efforts of this program will blend into spring quarter exploration of Food and the Environment.

### Winter Events

- Smoothies and Registration
  - RAs and Campus Partners provided unique smoothie ingredients and a list of interesting spring classes for students to blend fun and registration information.
- Incredible Edible Science Night
  - The Sustainable Living Theme Community invited the Food Exploration Community to join in their science demonstration which included making ice cream with liquid nitrogen.
- Mercer Court Hall Council (MARC) Chopped Event...
  - A Food Exploration Team took home the championship in this quarterly cooking competition; winning with a black bean falafel burger and yogurt lemon cake.
- Bulletin Boards
  - A Craving -Cause- Connection Bulletin Board aimed to show residents what the causes of common food cravings are and what more healthy alternatives to giving in to the craving might be.
- Study Abroad Info Session
  - Anthropology: The Culture and Politics of Food in Italy

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

### Big Winter Event Fueling Your College Career March 6, 5-6:15 pm Mercer Great Room

Residents will be invited to learn about easy and nutritious ways to make a classic food... the baked potato! Several faculty and staff from the School of Public Health and Nutritional Sciences programs will be on hand to provide information and instruction.



### 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.

### Looking to Spring

The transition to spring quarter will mean changes in the weather and opportunities for new programs, as the Food Exploration Community begins to explore "Food and the Environment". Goals for next quarter include working outdoors with the UW Farm at Mercer Court, visiting Theo's Chocolate Factory in Fremont, and exploring farmer's markets accessible by public transportation.



# What We've Been Up To...

## Autumn Quarter Student Experience:

During Autumn Quarter all students living on campus are invited to participate in the Autumn Resident Survey (ARS) and share feedback about their living experience. Here's some of what the Food Exploration students said:

"I liked the events that I have been to because they have an upbeat and positive atmosphere."

"I chose to live in the apartments because I wanted to be in the Food Exploration Community. I thought it'd be nice to meet people who liked to cook and could teach me some pointers."

"The events for Food Exploration are fantastic (: "

"I extremely enjoy the events we have going on! I've definitely made some new friends and acquaintances at them, which is something kind of difficult to do in apartment style living. I also really enjoy the Food Exploration events and the time and creativity our RAs put in to them."

## Smoothie and Advising Night



## ARS Data:

- 85.7% of students who responded agreed or strongly agreed living in apartments helped them identify and explore their values.
- 95.2% indicated satisfaction with the variety of programs and activities offered
- 96.8% shared they agreed or strongly agreed they were satisfied with other residents regarding their respect for different cultures.

\*All higher % than the other Mercer B floors\*



Food Students at the UW Farm Local Point Celebration