

# SOPHIA MUSOKI

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## EDUCATION

**MA Geographic Information Science and Cartography - The University of Iowa, Iowa City, IA |**  
August 2023 - Present

**BBA Business Administration - Bugema University, Bugema, Luweero, Uganda | November 2016**  
Magna Cum Laude  
Emphasis in Entrepreneurship

## RESEARCH EXPERIENCE

**Undergraduate Research Project | April 2014**

Bugema University, Uganda

Advisor: Mrs. Mukomya Nziwa Kisunzu

Title: Organizational Culture and Employee Performance in Imperial Royale Hotel Kampala  
Uganda

**Research Assistant | December 2011 – December 2013**

Dean, School of Social Sciences and Social Work Bugema University, Uganda

- Conducting literature review, data entry and analysis.
- Editing and preparing materials for submission/dissemination (publisher/editor, IRB, and presentations).
- Providing student researchers with assistance on research projects (formatting, instrumentation, data entry & analysis).
- Summarizing project results, preparing progress reports, and attending meetings.

## WRITING EXPERIENCE

**Writer and Editor - A Kitchen in Uganda Newsletter | 2018 - Present**

- Conduct research for explorative essays on food and its connection to politics and culture and identity such as 'Intuitive Cooking and the Power of Language' and 'Ridiculing our Food: Where do we Draw the Line?' The newsletter is sent out monthly to 850 subscribers.

**Writer - Fork the System, Al Jazeera | May 2022**

- Wrote an essay titled "In Uganda, Katogo is More than Sun-dried Cassava and Memories" for the news media.

**Writing contributor - Fare Magazine, Kampala Issue | July 2021**

- Submitted two essays on "Katogo: Kampala's Comfort Food" and "The Rolex".

**eBook Writer and Publisher**

- My Vegetarian Kitchen: 34 Delicious and Wholesome Dishes from A Kitchen in Uganda | 2019
- 16 Ugandan Dishes to Make | 2018
- Seasonal Cooking - Gourmand World Cookbook Award winner | 2016

## **WORK EXPERIENCE**

### **Teaching Assistant – Department of Geographical and Sustainability Sciences, University of Iowa, Iowa City, IA | August 2023- Present**

- Lead three interactive discussion sections for the course GEOG 1090: Globalization and Geographic Diversity.
- Facilitate student learning through one-on-one consultation, grading, and proctoring exams and quizzes.

### **Producer & Host – Our Food Stories Podcast | December 2021 – June 2023**

- Host and produce Our Food Stories: A podcast about preserving our indigenous foodways. Each episode features a special guest who shares the food stories passed down to them by generations past. The podcast has had 2500+ plays since launching.

### **Marketing Lead - K21 Media Productions - Lagos, Nigeria (Remote) | August – November 2021**

- Designed and developed company and client marketing collateral, client video treatments as well as company and client marketing copy. Managed and executed social media strategy and product/service launch campaigns for brands with a 70% success rate.
- Participated in recruiting and supervising social media managers in adherence to client needs.

### **Writer & Founder – A Kitchen in Uganda | January 2014 – present**

*An award-winning, CNN featured and Saveur Magazine nominated food blog/website with an average of 6000 monthly pageviews that celebrates the art of preparing food, exploring Ugandan food culture, and fusing local indigenous foods with a modern touch.*

- Develop, execute, edit, photograph, and write on various subjects in the food industry such as the link between globalization and food security, vegetarianism, malnutrition, food politics, and fusion cooking.
- Regular management and execution of all social media outlets with a food community of 10,000+ readers and followers.

### **Senior Career Peer Advisor – Career & Employment Services - Northern Caribbean University, Jamaica | February 2019 – Sep 2020**

- Reviewed and vetted 1000+ student and alumni résumés and cover letters for their career portfolios.
- Facilitated and guided 300+ students regarding their career paths and related resources available for their career growth and advancement including job placements and internships through one-on-one consultations, email communication, and presentations.
- Prepared and facilitated career and professional development workshops focusing on career portfolios, career development, and networking and wrote and presented 20+ radio scripts for the Working Word Segment on NCU FM.

### **Cultural (Food) Consultant – Eating with Africa Cookbook | April – July 2019**

- Consulted by fact-checking and providing cultural accuracy to and recipe taste tested a total of 22 East African recipes for the cookbook 'Eating with Africa' by Maria Schiffer, published in 2020.

**Food Photographer/ Food Stylist | June 2016 – April 2021**

*Provided food photography, food styling, and photo licensing services to the following food brands and businesses.*

- Larousse Diaries Cookbook (in production)
- Naturally Vegan Cookbook (in production)
- Cooking Green Goodness Magazine
- Yo! Kuku Poultry
- The Pantry – African Wine Traders
- Britannia Uganda
- Paramount Dairies
- Rogers' Bites

**Communications & Liaison Officer – International Multidisciplinary Conference, Bugema University, Uganda | February – June 2015**

- Coordinated, planned, and supervised the creation, designing, and printing of conference promotional materials. Managed communication among the organizers and potential conference sponsors. Created a system to manage the reception and filing of research presentations and provided feedback to presenters. Reduce planning time for the conference from the projected 8 months to 4 months.

**PRESENTATIONS****Presenter - Culinary Institute of America: Worlds of Flavor Conference | November 2020**

- Presented, alongside industry experts, about Ugandan food culture including its external and internal influences.

**Presenter - Cities on a Plate: Kampala | August 2021**

- Presented on the intersectionality of Kampala's food scene to a group of 20 guests.

**Guest Lecturer | March 2021**

*Lecture on 'Blogging as a Way to Practice Writing' Facilitated by Dr. Miriam Laker, Makerere University*

- Shared a presentation on blogging, how it has been instrumental in developing my writing practice, and how students can use this method to improve their own writing.

**Presenter - Cooking and Food Presentation by Food is Our Power Initiative | August 2020**

- Using social media, partnered with industry experts to organize and execute an online live Food Photography and Styling Class fundraising for the American National Black Farmers Association. Raised \$1000+ in funds.

**Cooking Demonstrator - Denbigh Agricultural, Industrial and Food Show, May Pen, Jamaica | August 2019**

- Demonstrated 3 dishes that highlight and celebrate Jamaican local produce to promote more local food and produce consumption.

## **WORKSHOPS & SEMINARS**

- Norman E. Borlaug International Dialogue – Agriculture for Peace | October 2022
- Food and Seed Sovereignty in Kenya Forum – Greenpeace Africa | October 2022
- Global Landscapes Forum (GLF) Africa Conference: How to Build an Equitable resilient Food Future | September 2022
- Member – Planning Committee, Graduate Work Experience Program, Office of the Prime Minister, Kingston, Jamaica | 2019
- Career and Employment Services Representative – Go Higher Conference, JTEC MOE, Kingston, Jamaica | 2019
- Strategy Masterclass - Digital Conference, Blu Flamingo, Uganda | 2017
- Content Masterclass - Digital Conference, Blu Flamingo, Uganda | 2017
- Surviving the Storm: Resilience and Uniqueness of Entrepreneurial Firms - Bugema University, Uganda | 2014
- Entrepreneurship: An Alternative to Employment Challenges - Bugema University, Uganda | 2013

## **GRANTS AND FELLOWSHIPS**

1. Stanley International Research Award – February 2024
2. Association for the Study of Food and Society - Racial Justice Research Fellowship – July 2023

## **COMMUNITY SERVICE**

**Co-manager - Bugema Youth Talk, Kampala, Uganda | January 2013 – March 2017**

- Facilitated and helped foster a safe, open, and positive environment where 40+ youth can have discussions about the complexity of life and growing up.

**Judge - Junior Achievers Entrepreneurship Week, Mandeville, Manchester | February 2020**

- Was part of the judging panel of the Junior Achievers Entrepreneurship Week to judge students' creativity, entrepreneurial spirit, and preserving the environment through multiple functional projects.

## **LANGUAGES**

1. English: Distinguished Listening, Speaking, Reading, and Writing
2. Luganda: Advanced Listening, Advanced Speaker, Intermediate Reading and Writing
3. Lukonzo: Advanced Listening, Advanced Speaker, Intermediate Reading and Writing

## **SKILLS**

**Office Administration**

- Proficient in Microsoft Office Suite, Google Workspace, Microsoft Teams, Zoom, Skype

**Media & Design**

- Proficient in Photography, Video & Audio Production, Canva, Audacity, Hootsuite, MailChimp, Survey Monkey, WordPress, Adobe Suite (Lightroom, Photoshop, Premier Pro)

**Data Analysis & Statistics**

- Experience with SPSS, R, R Studio, NVivo

## REFERENCES

Freda Muyambo, MSc, MAPM, MIET  
Global Food and Drink Initiative (GFDI) Scholar  
Nairobi, Kenya  
Email: [myburntorange@gmail.com](mailto:myburntorange@gmail.com)

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