Cowell Coffee Shop: Turning Food Insecurity Into Food Independence

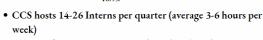


Brooks Schmitt, Nessa Fakrai and Francis Ge with autumn paella

"Many production kitchens use a french brigade hierarchy. This is a rigid structure in which each person has a specific role that they focus on. The Cowell Coffee Shop differs, as it instead prioritizes learning. Having a kitchen centered around education has impacted almost every facet of our operations.' -Vivian Gerstein Student Employee

EMH Grant

15.8%



Innovation Grant

Labor

- CCS employee 14 part time students (work 12 hours per week)
- 9 student employees are funded by the Basic Needs program
- 5 student employees are funded by Innovation and Equity In Mental Health Grants

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Faculty Sponsor: Damian Parr

Purpose

Cowell Coffee Shop (CCS) is dedicated to promoting food sovereignty for UCSC students by providing them with free, nutritional, sustainable, and culturally relevant food for approximately 40 hours each week.

\$100,000

Methods

CCS sources their food locally from the on campus farm and other local produce distributors. CCS instills fundamental kitchen skills that allows students to participate in creating meals that are seasonal, complex, and culturally significant.

Results

CCS is an integral part of campus. Many students rely on CCS for fresh healthy food. Those who work at CCS are welcomed into the learning environment of the kitchen which strengthens their food independence.

Conclusion

Moving forward, CCS will continue to utilize Its teaching methods in the kitchen and across outreach programs that strengthen communities vulnerable to food insecurity.

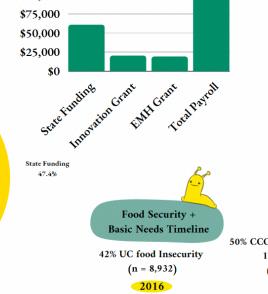


Fish tacos with cilantro and mango on a hand pressed corn tortilla

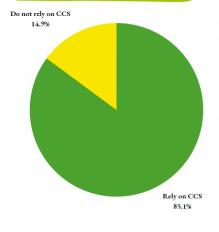


Ramen with fresh chard, carrots, hand made kimchi dumplings, Fogline farm chicken, and coddled egg

Student Payroll Budget



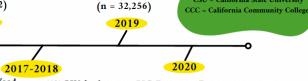
CCS customers that rely on CCS for fresh food Survey conducted by ENVS Internship Office



UC = University of California

CSU = California State University

50% CCC food insecurity and 19% unhoused

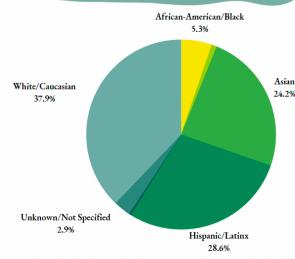


40% UC food 40% CSU food Insecurity + 5% unhoused

(n = 69,764)

Insecurity and 11% unhoused (n = 24, 324) **UC Regents Report**

Demographics at CCS



2021/22 UC IRAPS report

- CCS serves a wide demographic which includes a higher percentage of African American and Latinx students than campus population
- Research shows that African American and Latinx students are at a higher risk for food insecurity