

Cowell Coffee Shop: Turning Food Insecurity Into Food Independence

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Brooks Schmitt, Nessa Fakrai and Francis Ge with autumn paella

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.

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.

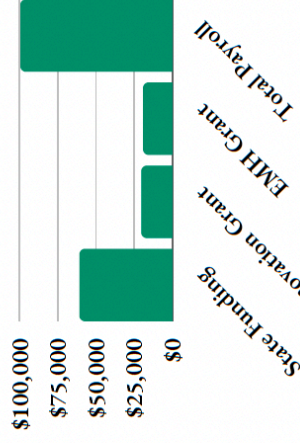
Results

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.

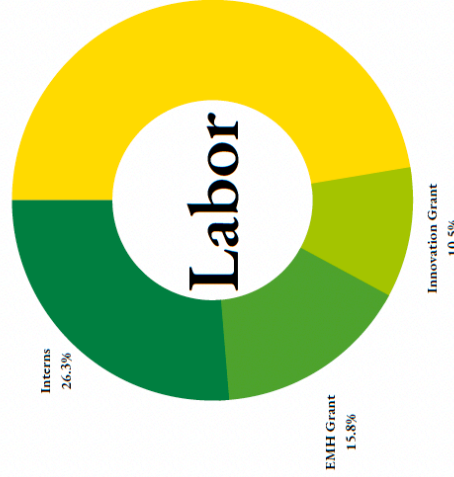
Conclusion

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

Student Payroll Budget



"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 every facet of our operations." -Vivian Gerstein Student Employee

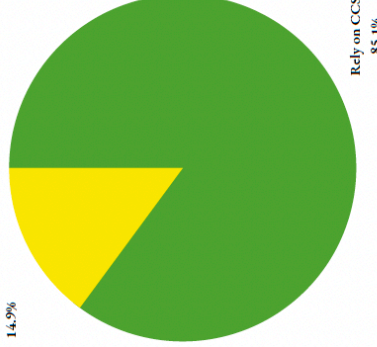


- CCS hosts 14-26 interns per quarter (average 3-6 hours per week)
- CCS employee 14 part time students (work 12 hours per week)
- 9 student employees are funded by the Basic Needs program
- 5 student employees are funded by Innovation and Equity In Mental Health Grants

CCS customers that rely on CCS for fresh food

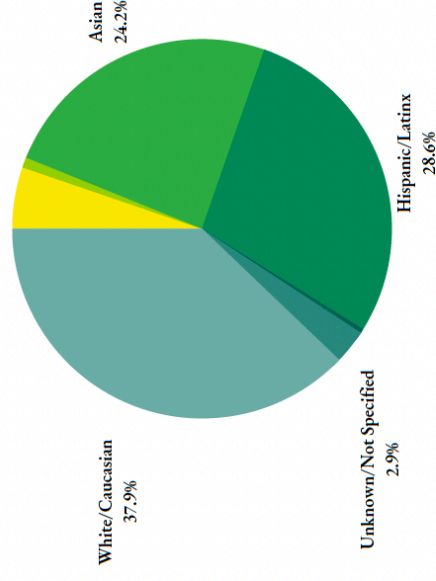
Survey conducted by ENVIS Internship Office

Do not rely on CCS 14.5%



Demographics at CCS

African-American/Black 5.3%



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

Food Security + Basic Needs Timeline

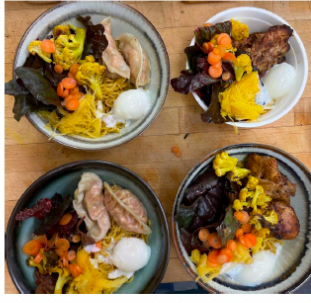
42% UC food insecurity (n = 8,932)
 50% CCC food insecurity and 19% unhoused (n = 32,256)

UC Regents Report

2016: 40% UC food insecurity + 5% unhoused (n = 69,764)
 2017-2018: 40% CSU food insecurity and 11% unhoused (n = 24,324)
 2020: 50% CCC food insecurity and 19% unhoused (n = 32,256)



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