

Cakes with a Cause

Program Directors:

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Overview of the Program:

Cakes with a Cause is a program designed to teach members baking and decorating skills. Although cakes have been the main focus in the past, this year we will bridge out to other assortments of pastries. We plan to seek out and introduce alternative ways of baking such as gluten-free, vegan, diabetic, and sugar-free. This program will also give members a way to relieve stress in a healthy way. Baking and decorating is something extraordinarily different from anything a student normally experiences on campus. Taking a break from studying to bake is a fun and productive way to refresh ones' mind.

Members will meet at least once a week to share and discuss new baking techniques and help plan and execute events. These events include, but are not limited to, collaboration with other programs, fundraisers for local charities, and other UVM/Burlington community events. We will host a large event aimed at educating the UVM student population about dietary needs as well incorporating baked goods in a healthy diet. There will be samples of baked goods relating to this event as well as information distributed to attendees. We plan to continue hosting a column-wide birthday celebration each month, where we plan to collect donations on behalf of the birthday persons' favorite cause in exchange for a piece of cake. This will help us to reach our goal of supporting local non-profit organizations through our creations.

As well as attending meetings, members are also required to participate in the planning, preparation, and attendance of events. Members will also have an opportunity to express their individuality through learning objective # 3, while working with the Global Village.

Learning Objective 1:

Each member will research and develop a type of alternative dietary baked good. There are a variety of different alternatives such as gluten-free, sugar-free, organic, diabetic, vegan, and many others that the members could choose from. Members may have personal connections with other forms of alternative baked goods, so experimenting with one of those would also be acceptable. We plan on using these to make an event second semester that will present dietary baked goods, as well as how to eat them on a healthy diet. (Whole Year)

Action Steps

- A) Since there are so many specific dietary needs in the world each member will learn a new way to bake to expand the dietary knowledge of the group.
- B) Each member will pick one type of alternative baked good and research a way to make it. Members are able to team up since this project may take a lot of trial and error to ensure good taste while still meeting the requirements of

this alternative baked good. Each member is expected to research a recipe by reading magazines, searching on the Internet, or using appropriate cookbooks.

- C) Each member or group will present their research at a weekly meeting and will have to have samples of the final product so that we may taste how it is. (The ingredients will need to be purchased so the baked good can be made. The price of ingredients varies greatly, however we have set aside \$100 for specialty ingredients either for this learning objective or other events)
- D) During the presentation to the group, members presenting should be able to discuss the nutritional value, differences, and benefits of their alternative baked good. As the year goes on and we accumulate knowledge of multiple alternatives, we hope to share this information with the L&L community. This way more people will understand the nutritional aspect as well as learn easy ways to replicate these alternatives to traditional baked goods.

Learning Objectives 2:

Decorating cakes is a unique way to express oneself through edible art. Each member will learn a different cake decorating technique that they did not already know and present it to the group so that everyone gains that knowledge. (Whole year)

Action Steps

- A) Each member will choose a technique that they do not know how to do as well as one that will enhance their personal skill level and increase the knowledge base of the group. That member will be responsible for presenting this new technique to the program during their designated time during at of our weekly meetings.
- B) Each member is expected research a technique by reading magazines, searching on the internet, watching cake decorating shows, going to a cake decorating class, or video tutorials.
- C) Each member will make a cupcake or mini cake to display the type of cake or technique that they have learned. (The techniques will most likely be possible with the already purchased equipment for the program, but some cases may occur where the individual will need another certain tool.)

Total Estimate for Learning Objective #2 = \$120

Learning Objectives 3:

Members will team up with a Global Village program to create a cake that represents the culture. This is meant to encourage members to explore a culture's recipes, as well as its history.

Action Steps

- A) Members will pair up and meet with a global village program to bake a cake for one of their events. This means that the size of the event must be taken into account, as well as the culture, while it might be totally awesome to have a seven tier cake with gold piping if there are only 20 people at the event it will be over kill.
- B) Cultures have their own specialties, so the production of a sweet that is from the culture is encouraged. These will have to be appropriate as some ingredients are unattainable. The making of a type of cake is also encouraged, as cakes offer more decorating opportunities than other desserts.
- C) This is the time for members to do whatever they want, while they do need to follow some restrictions the design and execution is up to them. The Global Village program will express guidelines, and it will be up to the members to go above and beyond what is expected of them and have fun making something new and exciting.
- D) Decorating is encouraged, but since many types of cakes cannot be frosted and decorated the same way as many of the other cakes we will make this year, decorations are up to the members. Have fun.

Learning Objective 4:

At the end of the year members will team together using all the information they will have learned to create a unique cake that challenges them both in the way the cake is baked as well as how it is shaped. These cakes will then be presented in a community program where they will be tested and enjoyed by everyone in Living and Learning.

Action Steps

- A) Each member of the team will pick one skill they have learned over the past year, and the team will work together to incorporate all aspects into one final product.
- B) Each cake recipe should be relatively easy to replicate. At the end of the year we hope to put out a cookbook with recipes that have been used in our

program for the rest of L&L. This cookbook will be presented to the community when the final cakes are shared.

- C) The nutritional values of the dessert should be incorporated. This will also contain information on including baked goods in a healthy diet. Since baked goods are rarely healthy this will probably deal with moderation.

Community Service:

The Cakes With a Cause members will become involved in the UVM and Burlington Community. To do this we would like to work with local charities and organizations, such as the Chittenden Emergency Food Shelf, and the Burlington Humane Society. We feel that these charities affect the people of Burlington, and provide great services. While we would like to donate cakes to the hospital it is unlikely to be possible, this is due to the preparation of food and dietary restrictions that must be considered with in the hospital.

One way we hope to raise money for such organizations is by having a column birthday party celebration where attendees are asked to contribute some funds to donate to the birthday person(s) cause of choice. The birthday celebrations will also be a great chance to test out new recipes that may be complicated, such as vegan and gluten free. This will allow us to trouble shoot recipes, so if we decide to use them for a dietary need event we already have already resolved possible problems.

We also want to donate cakes to families in need who would not otherwise be able to afford a cake. Some organizations we hope to do this through would be the local food pantry, and possibly COTS. We would contact each to gain knowledge of families in need who might appreciate a cake for a family member's birthday, or another special occasion.

This past year, we have worked with the Chittenden Emergency Food Shelf several times and have been very successful in raising money for this organization. We would like to continue this partnership throughout the upcoming year, making the Chittenden Emergency Food Shelf our main cause, and work as a team to diminish the effects of hunger in the Burlington community. It is felt that this organization is a good match, because the service it provides is related to cake baking. This will be kept a separate cause from the birthday celebration donations, however if the birthday person(s) decide they would like to donate to the food shelf they can.

We have gotten contact information for some of the organizations we have thought of working with and plan on contacting them in the near future to speak about specific ways we could work with them. We have found that many organizations are cautious about accepting donated cakes due to multiple allergy restrictions, so fundraising and food drive events will be the main focus. We will try

to find places that will let us bake large cakes for events, but these would be few as large cakes are time consuming, and hard to work into students school schedules.

Program Advisor:

Gina M. Caglione has agreed to serve as a program director to cakes with a cause. She is the retail manager for the Marche and Alice's Café. Her email is gcaglioni@uvm.edu. Since she works in the Marche, we will be able to access supplies with greater ease. She was the advisor to Cakes with a Cause for this past year. She is happy to help with anything that we need and is excited about the program, and what we can contribute to the community.

Program Suites:

To continue the program it would be especially helpful if we were to remain in E-low as the common room here is already equipped with a large space to work in and a decent sized oven. We would like the refrigerator to remain, as it has been an advantage from keeping the ingredients in our personal mini refrigerators, it also means that the cakes need to be transported less which will prevent them from being wrecked. This past year the program was all female, and next year it is likely that our suites would be all women as well, as we have very few men interested at the time; however we are more than willing to have men in our program. We are looking at two suites, as this is the perfect number of people if everybody helps out. We feel that any less would put too much stress on the program members as a large cake can take hours to produce, and any more than twelve would be too many people to have in one kitchen.

Plans for Interactions with Other L/L Programs:

We would like to interact with as many L/L programs as we can. We have included learning objectives to encourage this. Since cake can make any event a bit sweeter we plan on joining with programs to help with their events. This past year we have worked with the Anime Suite and also host a monthly column-wide birthday celebration with cakes. We hope to expand across all of the L/L buildings next year, however, time and supplies can be limited.