

UVM Living/Learning
Exploring Ethical Cuisines Proposal
2011 – 2012 Academic Year

Program Directors

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Overview

Exploring Ethical Cuisines welcomes you to learn about the ethical, environmental, and nutritional impact that choosing certain foods can have on you and your surroundings. Veganism and/or vegetarianism are NOT requirements for program membership, nor is any pre-established form of ethics concerning food. We will be exploring many different types of ethical ideas and/or cuisine as a house, including some diets that involve meat. The house offers events that focus on other cultures' attitudes towards food so that you can broaden your understanding of ethical eating. We will host events and house discussions that consider organic, local, and vegetarian/vegan food options. You will also have the opportunity to put together your own events that focus on your preferred ethical food choices, as well as work closely with other houses so as to provide healthy and environmentally friendly foods at Living and Learning events.

Learning Objectives

Learning Objective #1

We will individually develop our own set of ethical codes with regard to the nutritional choices that we make. We will be able to do this by hosting events that focus on the morals of a variety of cultures, and we will explore how these morals affect their cuisine. We also intend to host events that focus on the food industry, specifically on how food is produced for mass consumption.

Action Steps:

1. Exploring Ethical Cuisines will host the showing of the film, *Food Inc.* This film discusses the different ways in which foods are produced and the impact this has on farmers, consumers, and the environment. Following the film, we will have a discussion among those present. Since Kelsey Steele owns this film, this event will have no cost.
2. We will host an event called *Meet Me at the Delhi*, which will focus on India and its many different customs surrounding food. We will prepare and serve traditional Indian dishes in addition to giving and hosting educational presentations throughout the evening. We intend to find a guest speaker for this event who will talk to us about Hinduism, Buddhism, and the different customs that India has regarding food. We estimate the food for this event will cost about one hundred dollars.
3. Our house will host an event alongside the Shalom Home in which we will learn about the Jewish Kosher laws and observe their dietary restrictions for an evening. During this event we will prepare and serve kosher dishes together, as well as give out information about kosher foods to the public. We estimate the food for our half of this event will cost about sixty dollars.
4. We intend to have an event that serves Middle Eastern and/or African foods. Like our event with Shalom Home, this event will be hosted alongside other houses like Arabic House and

Africa House. We will observe Muslim dietary restrictions for an evening as well as enjoy different types of regional cuisine together. We will also use this event to give out information about the Islamic dietary practices to the public. We estimate the food for our half of this event will cost about sixty dollars.

5. Around the winter holiday we will host a Gentle (Vegan) Thanksgiving meal that will collect donations for the adoption of a turkey that has been rescued from a factory farm and placed in a farm sanctuary. The event will also provide information about factory farms and information on choosing humanely raised meats and animal products. We estimate the food for this event will cost about one hundred dollars.

Learning Objective #2

We will develop our understanding of how our nutritional choices can affect our community and the environment. We will do this by visiting local farms, learning about cost-effective ways to buy and eat organic foods, participating in community events, and hosting meals whose components are all locally/organically produced and grown.

Action Steps:

1. We intend to have weekly house meetings for the suites in which we discuss how our nutritional choices can affect the environment. We will each sign up for a week during which we will research a topic and briefly discuss it with the others. We hope to incorporate some elements of philosophy (and philosophical discussion) into these discussions. The meetings will in addition serve as community-builders and work to keep a variety of ideas circulating throughout the program. This activity, since it is being held within the house itself, will not cost anything.
2. With the information learned and/or researched during the house meetings, we will put together displays within the Living and Learning complex that provide things such as facts about where to buy local foods, cheap recipes, and tips on how to help the environment through wise nutritional choices. We estimate that the cost of posters, paper, and art supplies (like markers) will cost about fifteen dollars.
3. We will visit a local farm that is certified organic and speak with the farmers about their work. This will give us an opportunity to see first-hand how ethical practices can be applied to food production on a local level. We expect that travel will cost us nothing, since we will be taking the Burlington city transport buses to a local area.
4. We will visit a local free-range farm and speak with the farmers about their work. This too will give us an opportunity to see first-hand how ethical practices can be applied to food production locally. Using what we have learned, we will fill a display case in the Fireplace Lounge with fun facts about how the animals are raised, including pictures. Again, we expect that travel will cost us nothing, since we will be taking the Burlington city transport buses to a local area.
5. We intend to host a *Locavore's Luncheon* in the Living and Learning complex's Fireplace Lounge, during which we will serve only local products (such as produce, baked goods, and meats). We estimate the food for this event will cost about one hundred dollars.

6. We will work with COTS (the Committee for Temporary Shelter) to serve healthy and environmentally friendly meals twice a semester. We estimate the food for this event will cost about one hundred dollars per meal that we serve.
7. We plan on bringing in guest speakers, such as local and organic farmers, from the surrounding area so that they can give educational lectures about their work in Living and Learning. We estimate that this will cost about fifty dollars per speaker.

Learning Objective #3

We will learn how to prepare healthy meals that incorporate our own sets of ethical codes, and take into account the financial, local, and environmental impact that fixing a meal can have on us and our local communities.

Action Steps:

8. As a house, we will research, prepare, and enjoy meals together once a month. Program members, having been given the requirement that their choices be healthy, environmentally friendly, and ethically sound, will each get to choose different components of these meals (entrees, side dishes, desserts, etc). The preparation and enjoyment of these dishes will help us bond with each other and as a program. We estimate the food for this event will cost about two hundred dollars a semester.
9. We will work with programs in the Global Village to help make their events ethical by providing organic, vegan, and/or vegetarian versions of global dishes and foods alongside traditionally made regional cuisine. Examples of this would include vegan and vegetarian pizzas for a Casa Italiana event, organic sausages for Das Deutsch Haus's Oktoberfest, or a vegetarian dish (such as "red-red" from Ghana) for an Africa House event. We estimate that our versions of the dishes will cost about twenty dollars an event.
10. Our program will make and serve up healthy snacks to the residents of the Living and Learning Buildings during the midterm and final exam weeks. These refreshments will serve as a stress reliever and help prevent us and our peers from consuming excessive amounts of unhealthy foods during exam times. We estimate the snacks for this event will, in total, cost about thirty dollars.
11. We intend to host a healthy vegan/vegetarian brunch in Living and Learning a few weekends a semester for students, in order to better introduce people to different types of ethical cuisine. We estimate the food for this event will cost about one hundred dollars.
12. We will have the vegan chef from the Marché come to a Living and Learning Building to give a vegan cooking demonstration for students who want to learn more about veganism and how to prepare nutritious meals the vegan way. We estimate that this event will cost nothing.
13. Our house will work with other food-centric programs, such as Cakes With A Cause and Food for Thought to serve ethical foods (such as vegan cakes) at common events. Collaboration like this will not only spread a common message promoting healthy eating habits and community service; it will also help us and our other Living and Learning residents learn about different ways of thinking about food. We estimate the food for our half of an event will cost about thirty dollars.

Community Service

We intend to help the Burlington Community by serving meals to the hungry with COTS (the Committee for Temporary Shelters). We have chosen to volunteer for this organization because we want to take on the challenge of producing ethical meals for a large group of people at a low cost. Success here would demonstrate that eating ethically could be affordable. The house also intends to help the community outside of Burlington by adopting an animal from a Farm Sanctuary, where animals are housed after having been rescued from the cruelties of factory farming.

Planning Timeline – Fall Semester 2011

Pre-semester	October 27 – November 2 House Bonding Activity: Monthly Meal (Vegetarian Foods)
September 2 – September 7 House Bonding Activity: Baking Vegan Brownies, Discussion of Ethical Values	November 3 – November 9 Kosher Foods and Dietary Practices Event With Shalom Home
September 8 – 14 <i>Food Inc.</i> Video Showing and Discussion (Fireplace Lounge)	November 10 – 16 Serve a Meal With COTS
September 15 – 21 House Bonding Activity: Monthly Meal (Local Foods)	November 17 – 24 Gentle (Vegan) Thanksgiving (Fireplace Lounge)
September 22 – 28 Trip to Organic Local Farm	November 24 – 30 (Thanksgiving Recess 21-25) No School
September 29 – October 5 Serve a Meal With COTS	December 1 – 7 House Bonding Activity: Monthly Meal (Organic Foods)
October 6 – 12 Locavores' Luncheon (Fireplace Lounge)	December 8 – 14 Ethical Snack Making and Serving (Fireplace Lounge)
October 13 – 19 Vegan Chef Presentation (Fireplace Lounge)	End of semester
October 20 - 26 Meet Me at the Delhi Event (Fireplace Lounge)	

Planning Timeline – Spring Semester 2012

Pre-semester	March 16 - 22 House Bonding Activity: Baking Macaroons
January 20 - 25 Vegan Brunch (Fireplace Lounge)	March 23 - 29 Serve a Meal With COTS
January 26 – February 1 House Bonding Activity: Monthly Meal (Vegan Foods)	March 30 – April 5 Local Farmer Presentation (Fireplace Lounge)
February 2 - 8 <i>Supersize Me</i> Video Showing and Discussion (Fireplace Lounge)	April 6 - 12 Collaboration With Cakes For A Cause (Organic, Vegan, and/or Non-Vegan Cakes)
February 9 - 15 Serve a Meal With COTS	April 13 – 19 (Honors Day Apr 20) Students' Choice Video Showing and Discussion (Fireplace Lounge)
February 16 – 22 (Presidents' Day Feb 20) Islamic Foods and Dietary Practices Event With Arabic House and/or Africa House	April 20 - 26 House Bonding Activity: Monthly Meal (Students' Choice)
February 23 – March 1	April 27 – May 3

Ethical Eating Presentation and Discussion with Professor Tyler Doggett	End-of-Year Meal With S.T.A.R (Students For True Animal Rights)
March 2 – 8 (Spring Recess March 5-9) Local Foods Brunch (Fireplace Lounge)	May 4 - 10 Ethical Snack Making and Serving (Fireplace Lounge)
March 9 – 15 Harris/Millis Dining Hall Chef Presentation (Fireplace Lounge)	End of semester

Program Advisor

The program advisors for Exploring Ethical Cuisines will be Tyler Doggett and Gretchenrae Callanta. Professor Doggett is a member of the philosophy department and currently teaches the “Ethics of Eating” class at UVM. He can be reached at tyler.doggett@uvm.edu. Ms. Callanta works at Living and Learning as Leadership Coordinator and can be reached at gcallant@uvm.edu.

Special Facilities

We request the use of the Fireplace Lounge at least five times per semester so that we can host events there. We also plan to use the kitchen to prepare food.

Housing

We request to have two suites within the Living and Learning Complex. Our goal is to have a total of at least twelve members. We would like both suites to be co-ed.

Coordination with other L/L Programs

Exploring Ethical Cuisines will work with other Living and Learning programs, such as Cakes with a Cause, Food for Thought, and the Global Village, in order to learn about different cultures and to provide ethical, alternative foods at Living and Learning events.

Program Member Recruitment

Advertisement for the program will be done through posters around the UVM campus, electronic ads on display on the Living and Learning building’s TV screens, through e-mails, and word of mouth. If possible, we may also put advertisements for the program in university publications like the Vermont Cynic and the Water Tower.

About Our Title

After speaking with one of our advisors, we decided on a title change from “Ethical Eating” to “Exploring Ethical Cuisines” in order to avoid seeming close-minded. We want our title to accurately demonstrate that we are interested in exploring *different types* of ethical eating, rather than just appearing to advocate one specific way of eating ethically.