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Concurrent Session 3 Cooking to Connect – Food Education Through a Sustainability Lens

Jessica Cordaro
University of Wisconsin

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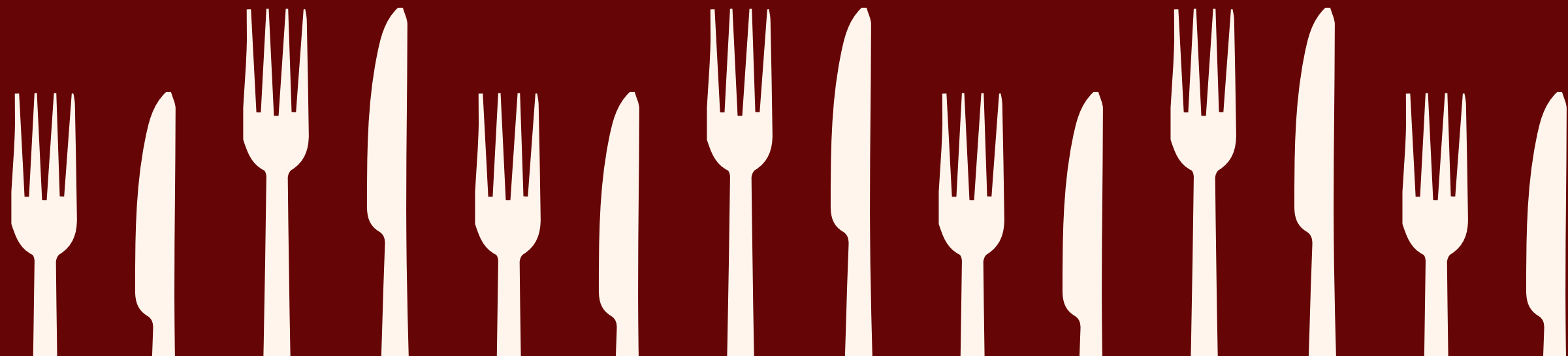
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FOOD THROUGH A LENS OF SUSTAINABILITY

Cooking to Connect

JESSICA CORDARO



Goals for today



Understand how a virtual cooking program can:

Establish connections between food, waste, the environment, and people while developing 21st century skills.

About Me

ONLINE STEM COACH
ED.D STUDENT

Areas of interest:

- Reorient STEM to view through a lens of sustainability.
- Establishing social connections in virtual learning.
- Social Emotional Learning in the virtual setting.



What it is



Virtual Cooking Camp

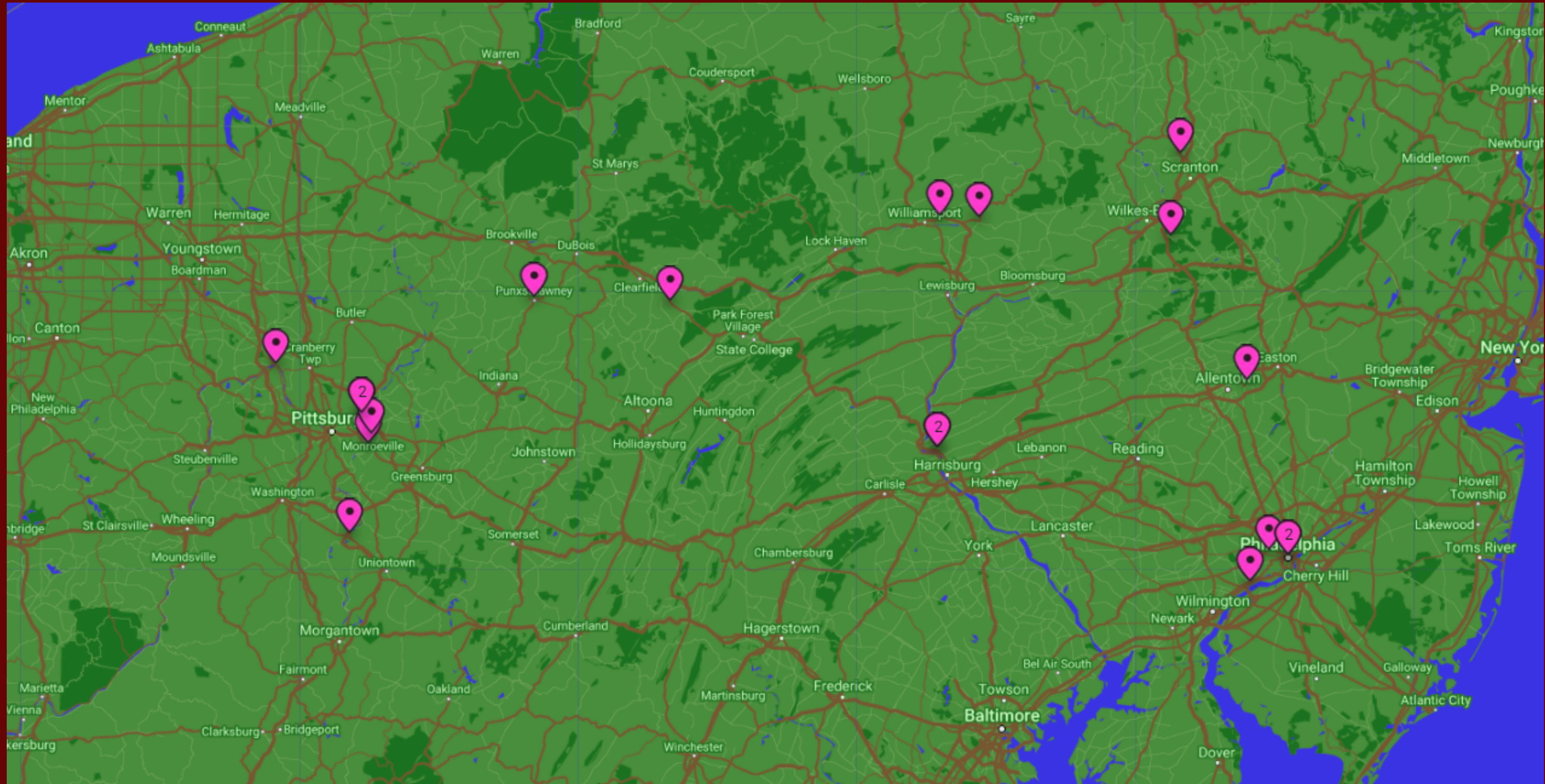
Middle school students

6 weeks

Basic/flexible recipes

Connect students to food

Student Population



Project Drawdown

** Gigatons CO2 Equivalent Reduced / Sequestered (2020–2050)*

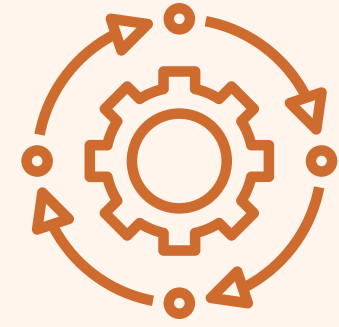


◆ SOLUTION	◆ SECTOR(S)	▼ SCENARIO 1 *	◆ SCENARIO 2 *
Reduced Food Waste	Food, Agriculture, and Land Use / Land Sinks	87.45	94.56
Health and Education	Health and Education	85.42	85.42
Plant-Rich Diets	Food, Agriculture, and Land Use / Land Sinks	65.01	91.72
Refrigerant Management	Industry / Buildings	57.75	57.75
Tropical Forest Restoration	Land Sinks	54.45	85.14
Onshore Wind Turbines	Electricity	47.21	147.72
Alternative Refrigerants	Industry / Buildings	43.53	50.53

<https://www.drawdown.org/solutions/table-of-solutions>

Learning to Be...

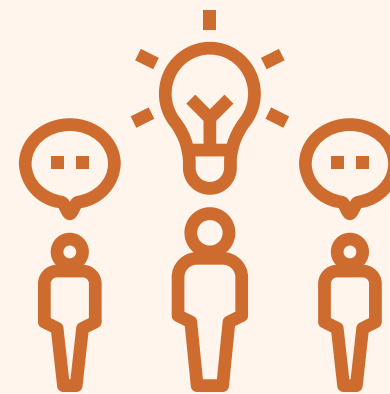
COMPETENCIES



Sustainable Systems Thinkers



Critical and Creative Thinkers



Collaborators and Effective
Communicators



Resilient and Thriving Individuals

Course Outline

The Story Begins Weeks 1-2



Banana Muffins

Where does our food come from?

Environmental impacts of food

Communication skills

The Plot Thickens Weeks 3-4



Fritatta Muffins

Where does our food go?

How does this affect the environment, economy, and people?

Calculating and comparing household food waste

Economical impacts of food

Problem solving skills

Decision Making and Ending Weeks 5-6

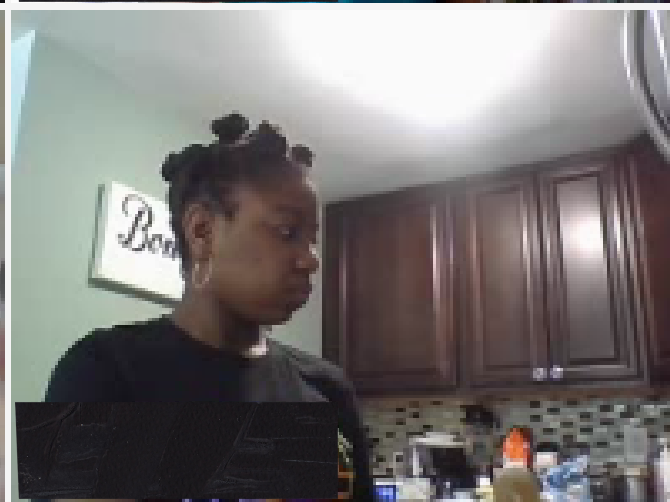
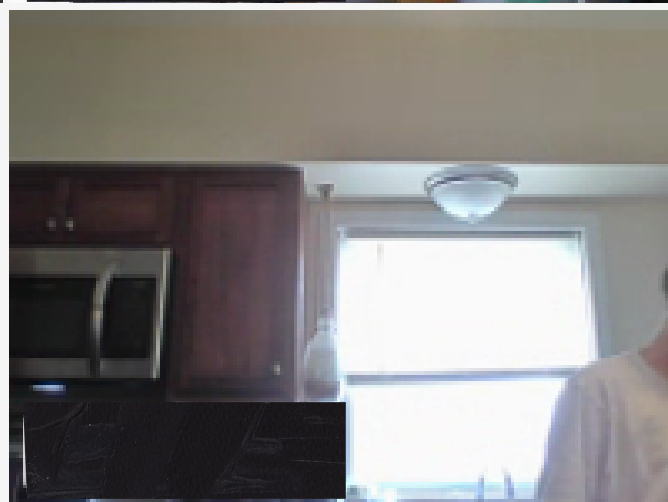
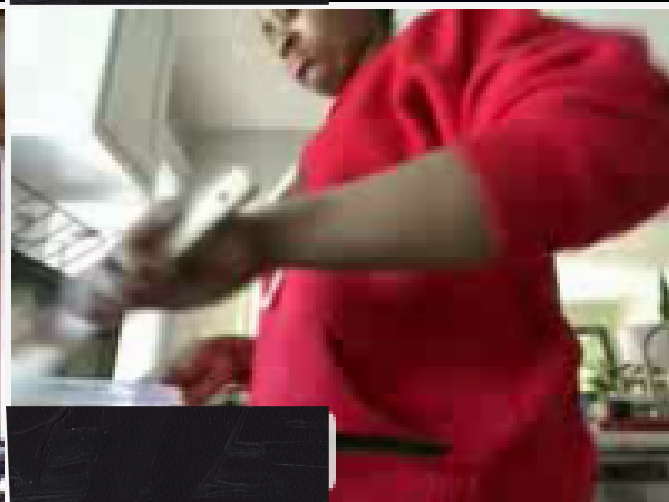
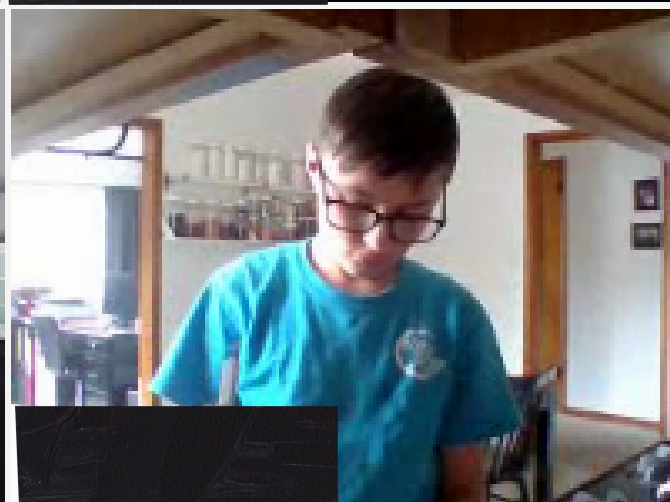
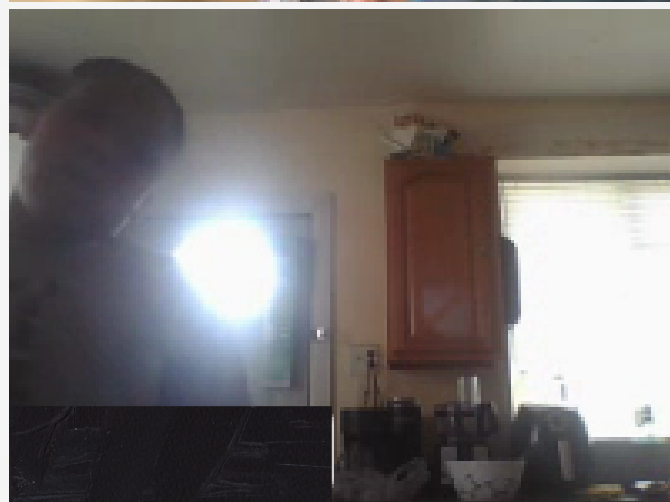
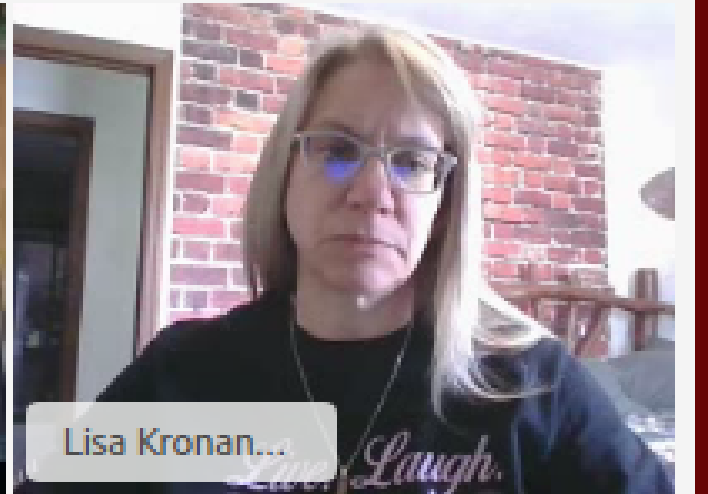
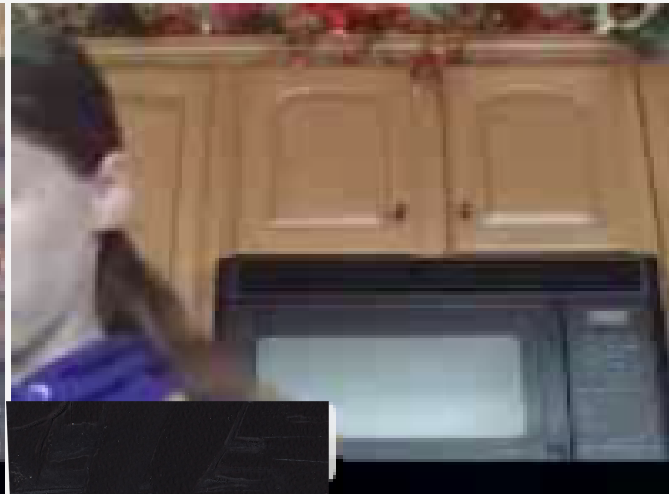
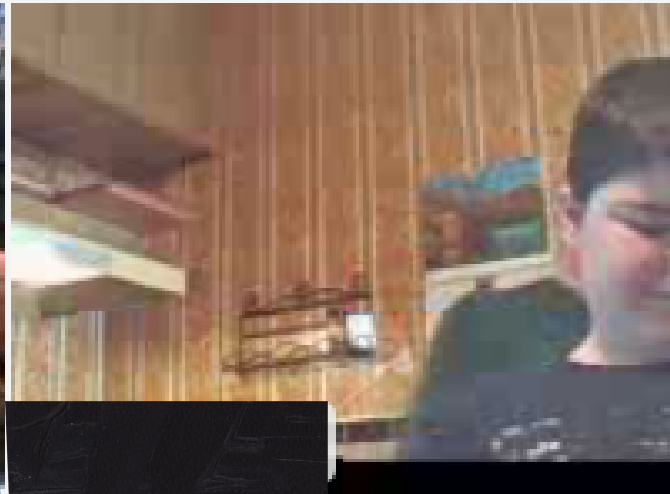
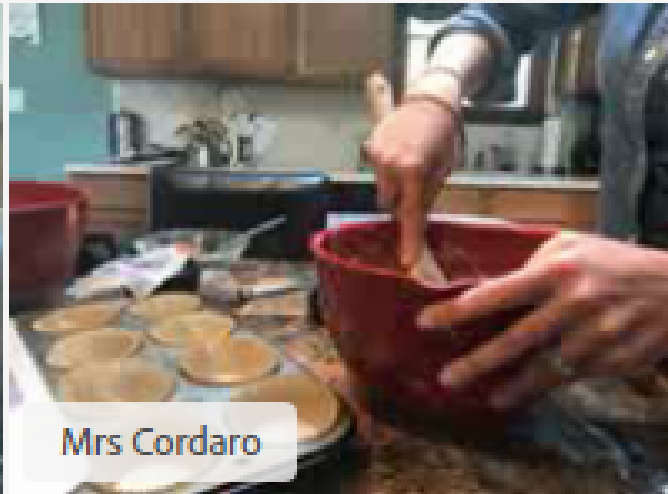
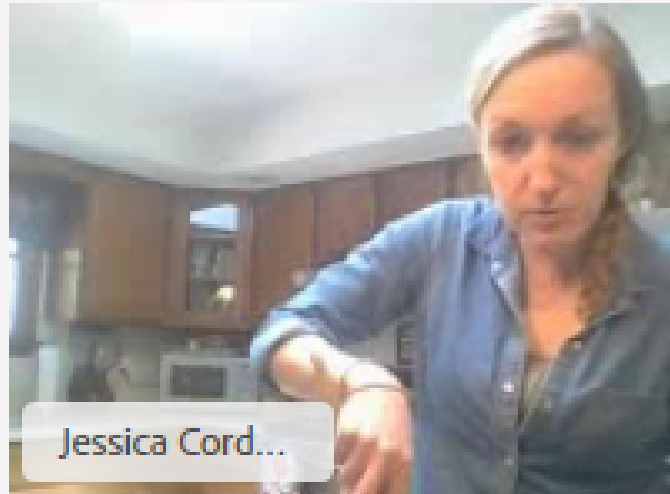


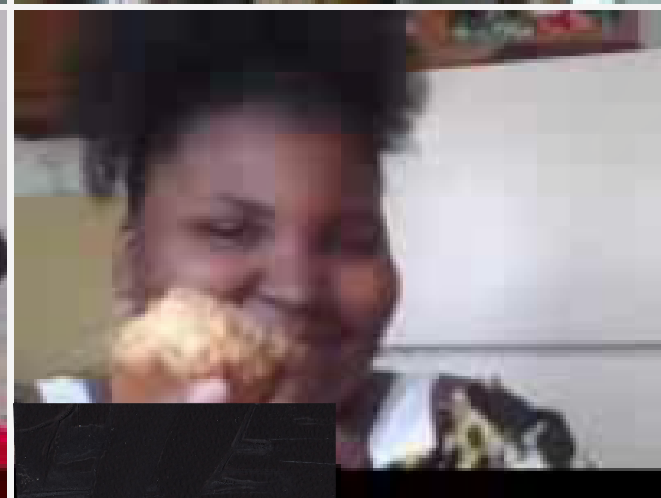
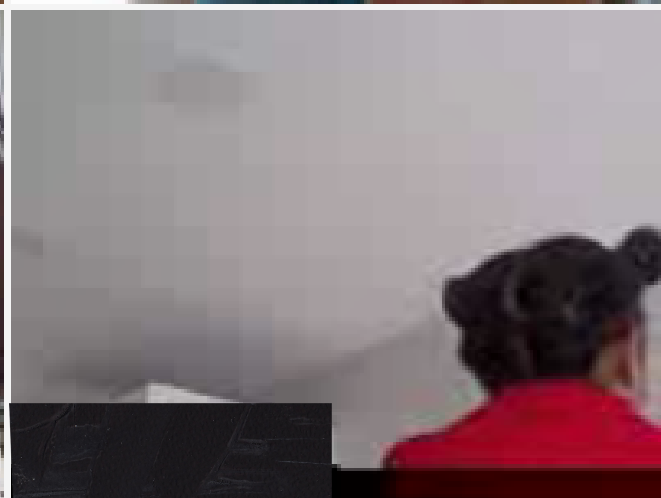
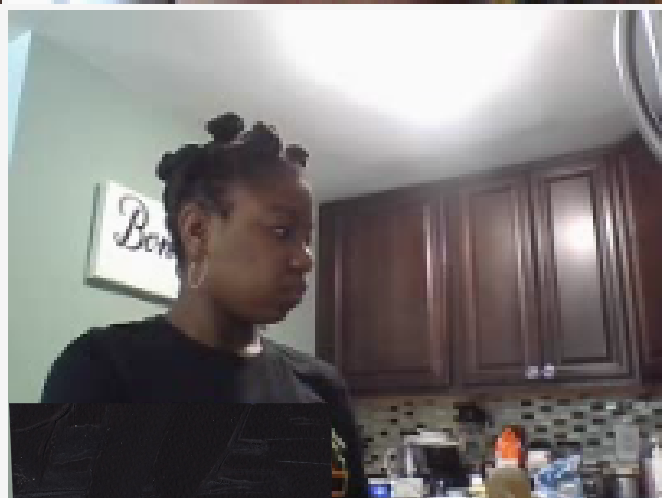
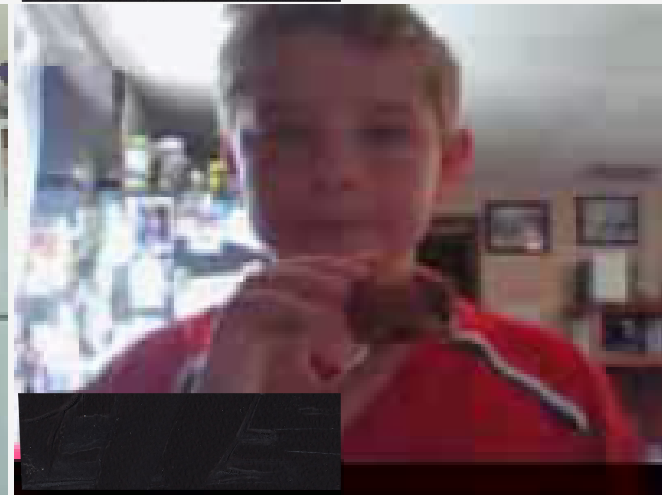
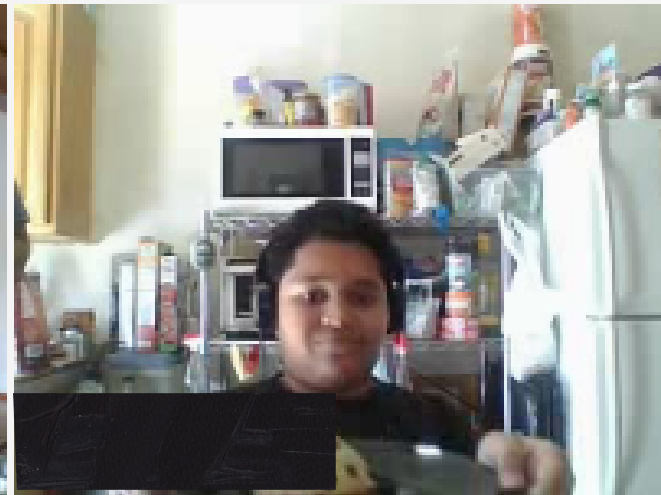
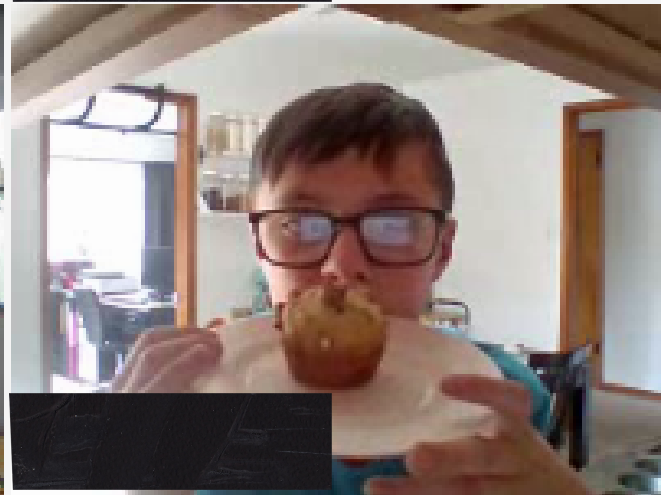
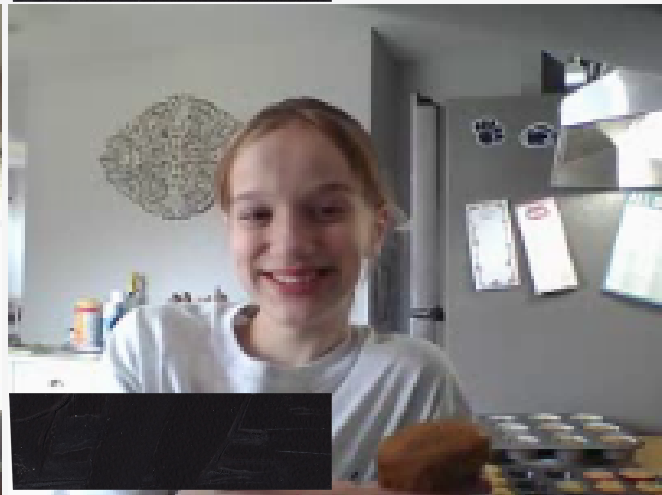
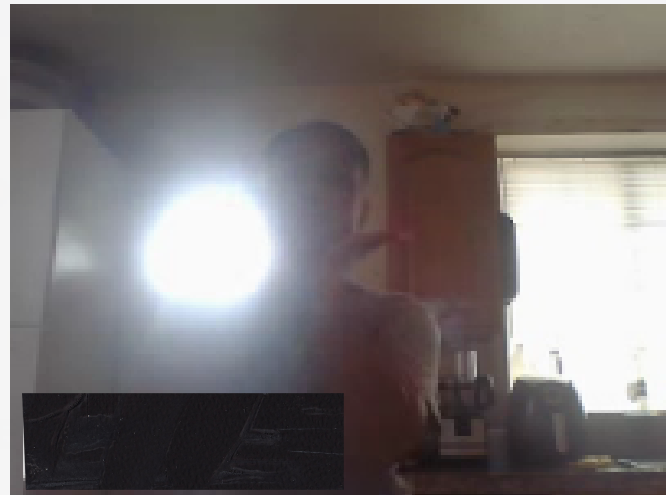
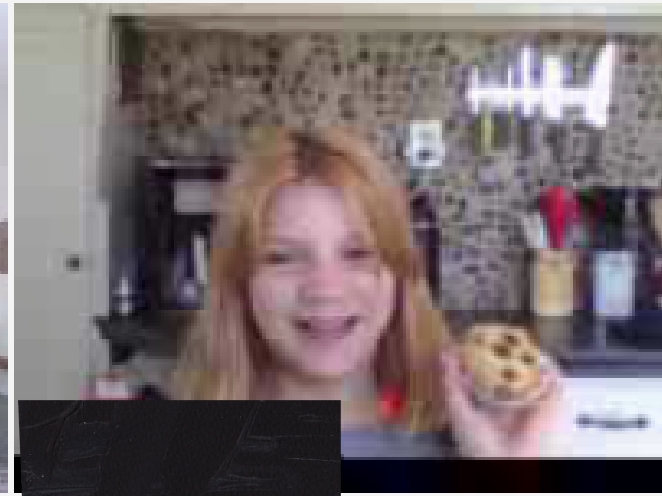
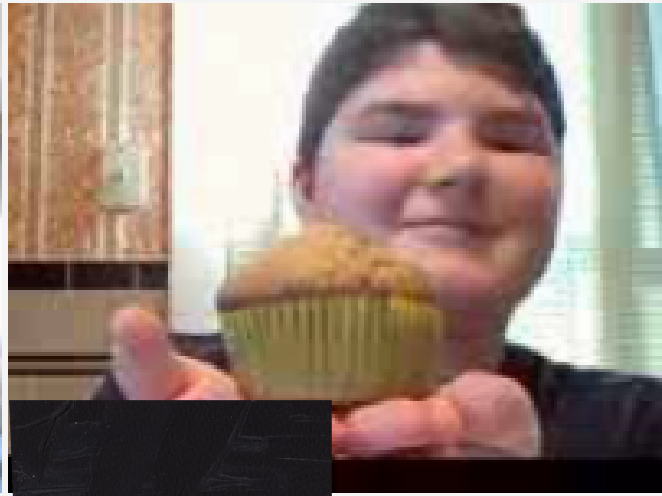
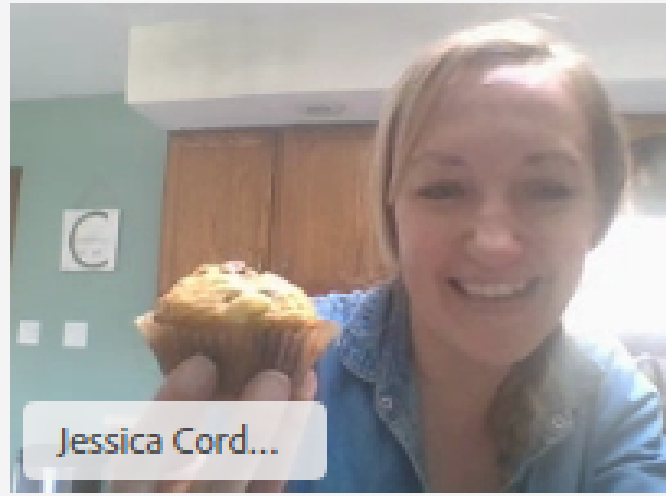
Smores Bites

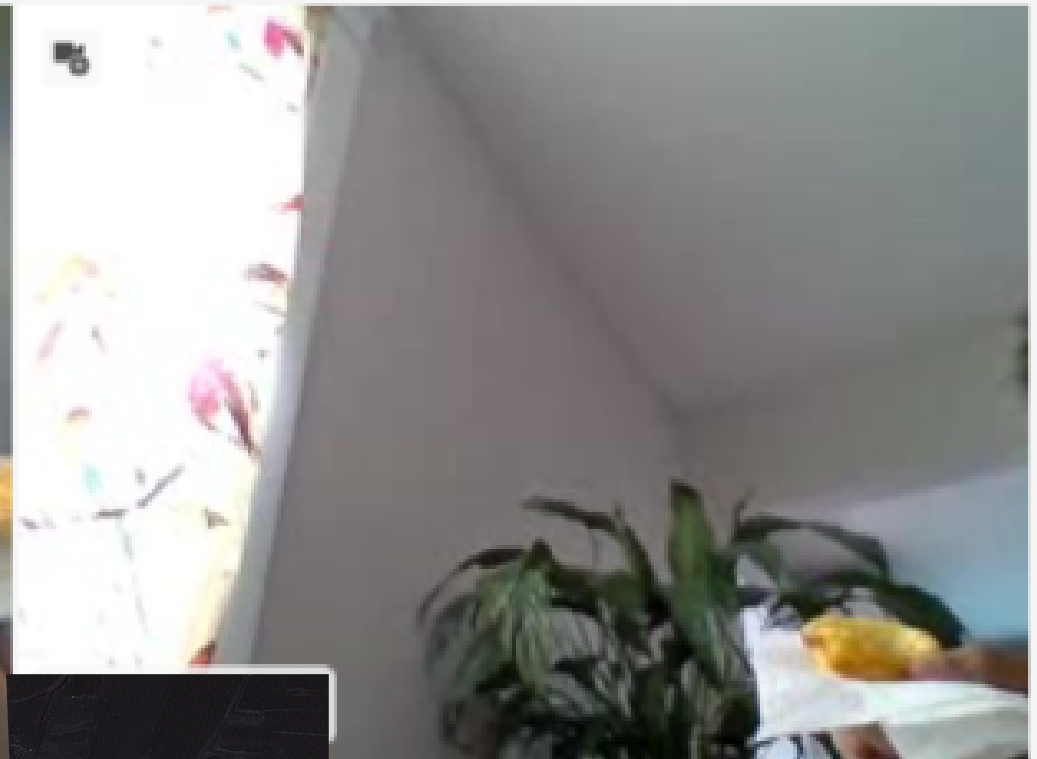
What can I do about food waste?

Responsible decision making









Social Media Posts

DECISION MAKING AND ENDING



STOP FOOD WASTE

SOME THINGS YOU CAN DO TO STOP FOOD WASTE:

- 1.) EAT LEFTOVERS
- 2.) TURN OLD FOOD INTO COMPOST SO YOU CAN MAKE A GARDEN AND PLANT MORE FOOD.
- AND..
- 3.) GIVE SOME FOOD TO THE POOR



Don't Throw Away Your Food

The Average American Throws away About 250 Pounds of Food Each Year!



To Help:
Save your leftovers
Buy less food
Eat the ugly food

Student Survey Responses

Where does your food come from?

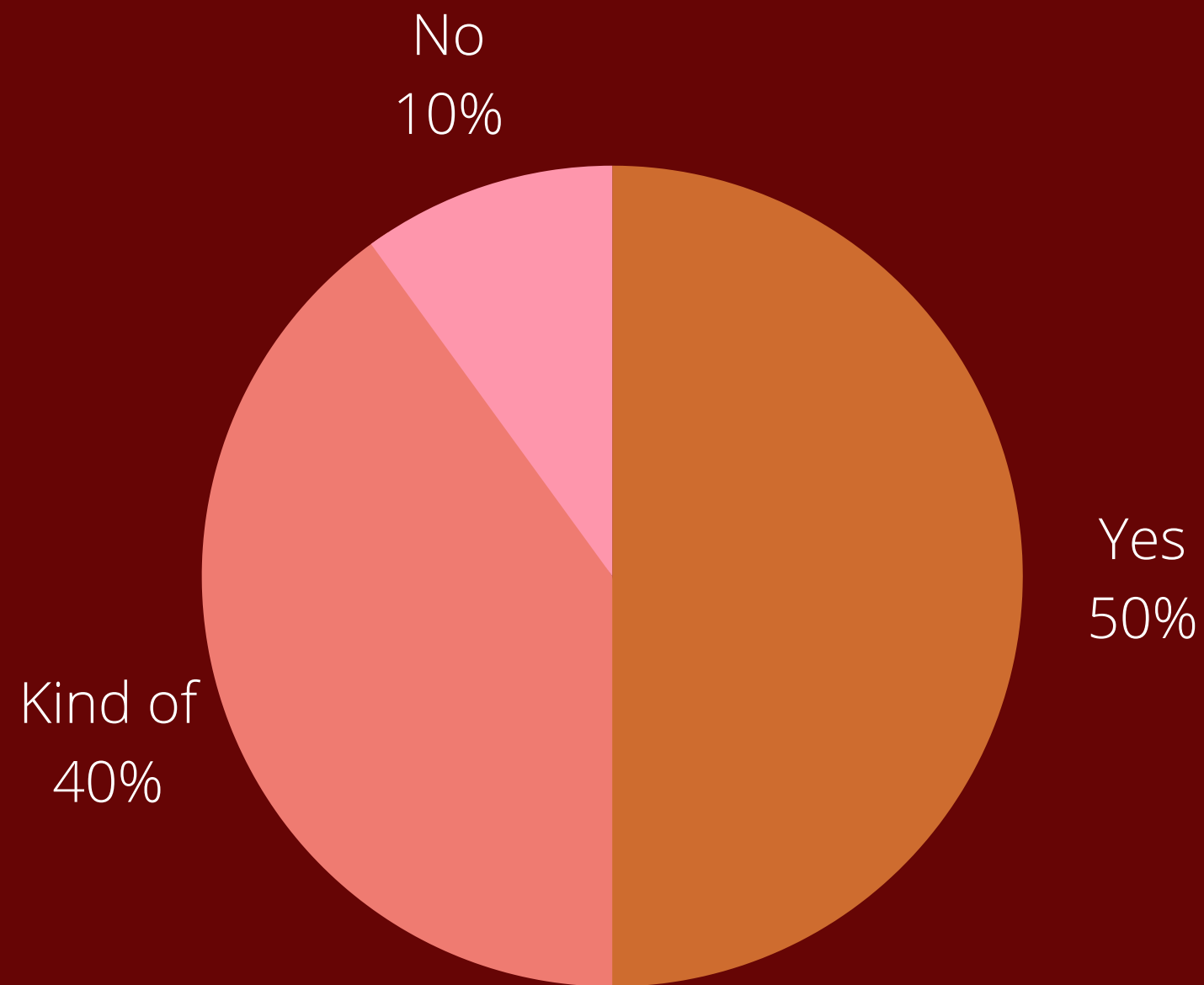
PRE-COURSE SURVEY RESPONSES



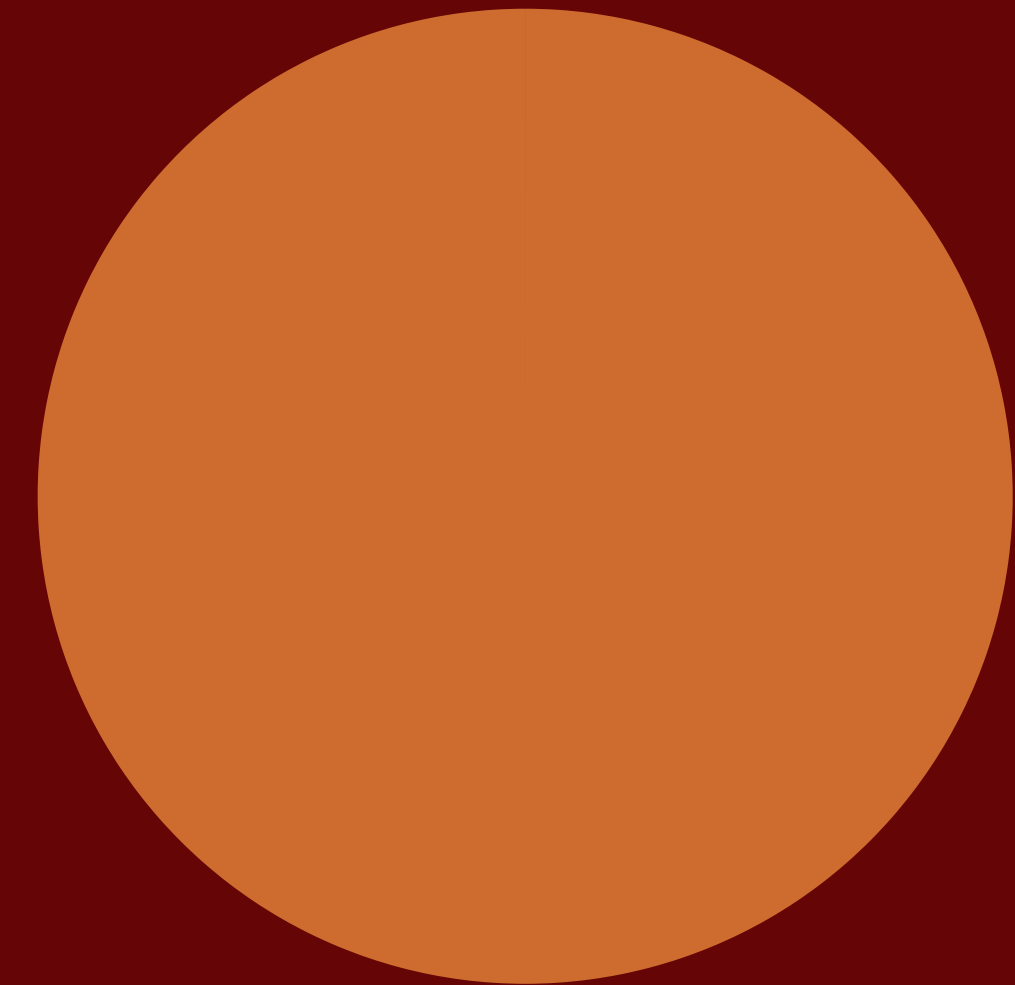
POST-COURSE SURVEY RESPONSES



I understand how my household contributes to food waste

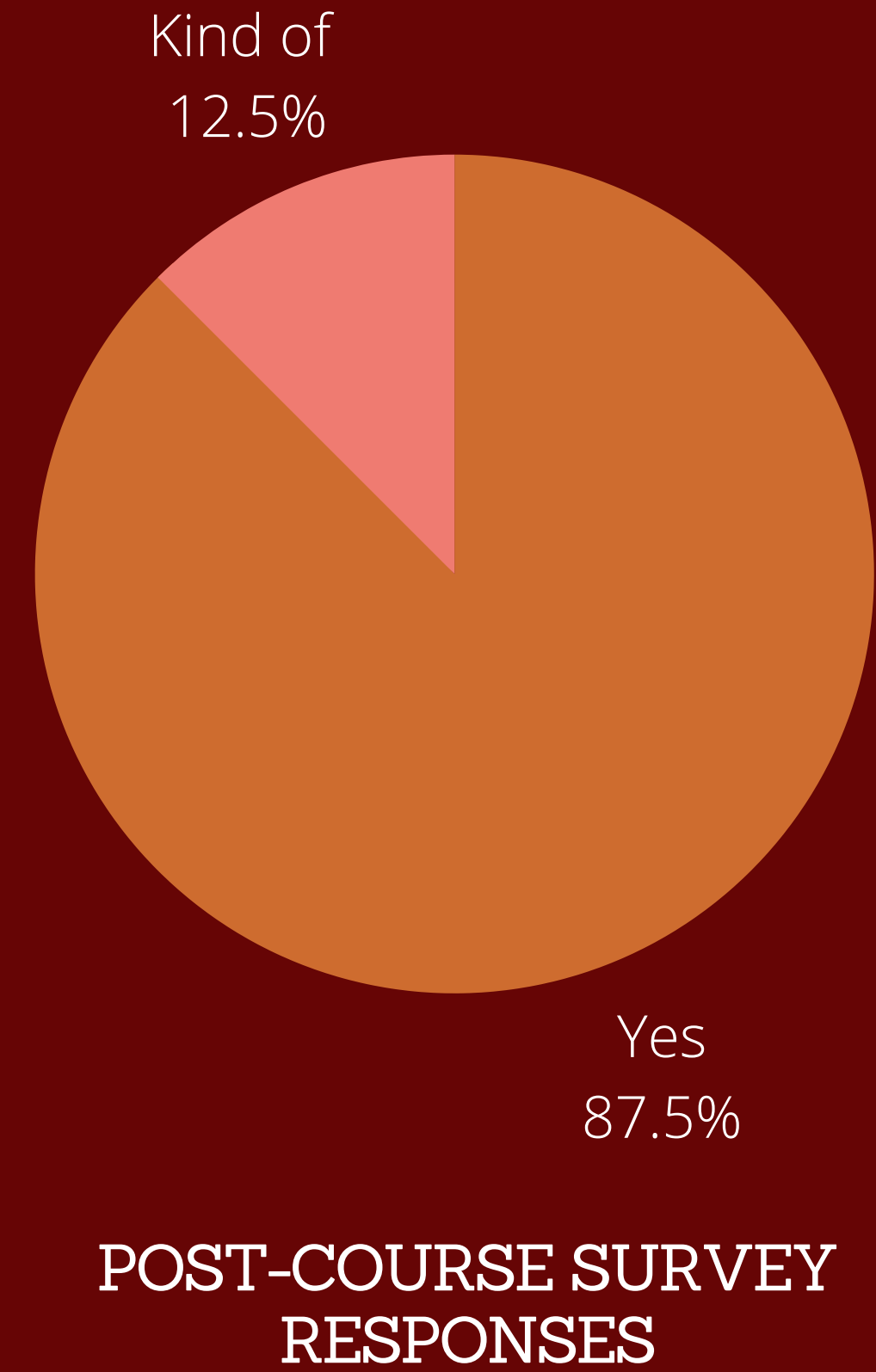
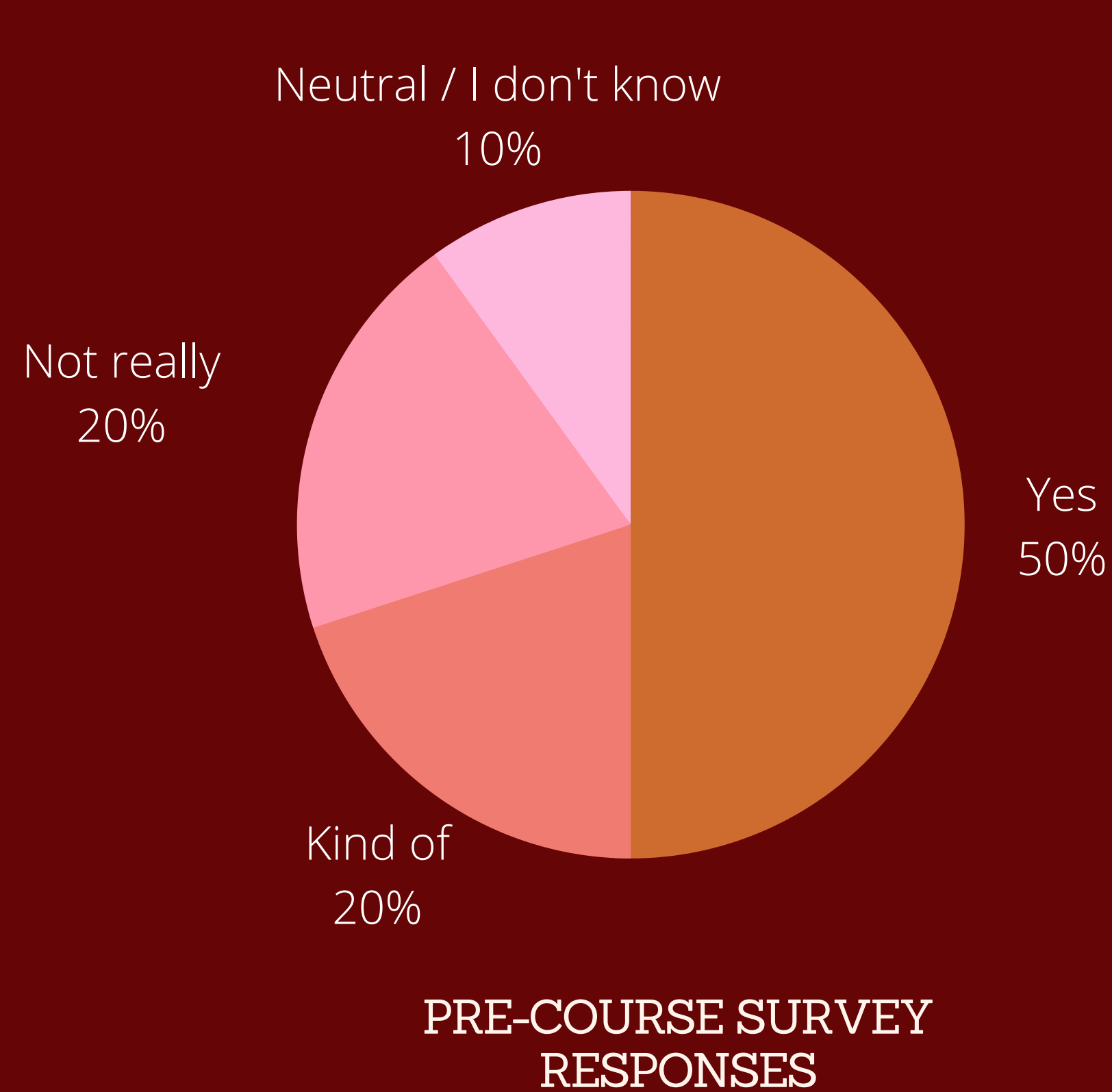


PRE-COURSE SURVEY
RESPONSES

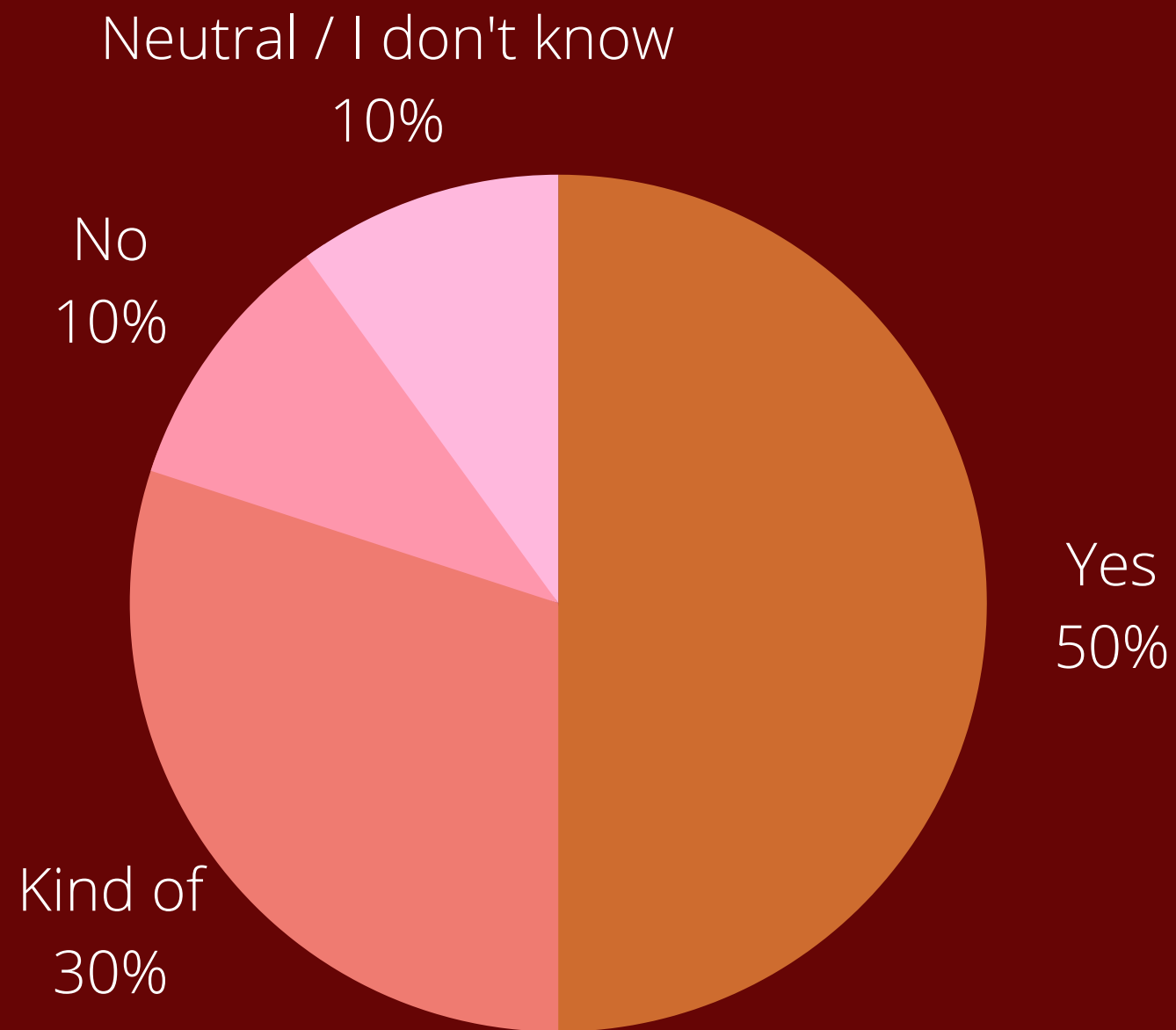


POST-COURSE SURVEY
RESPONSES

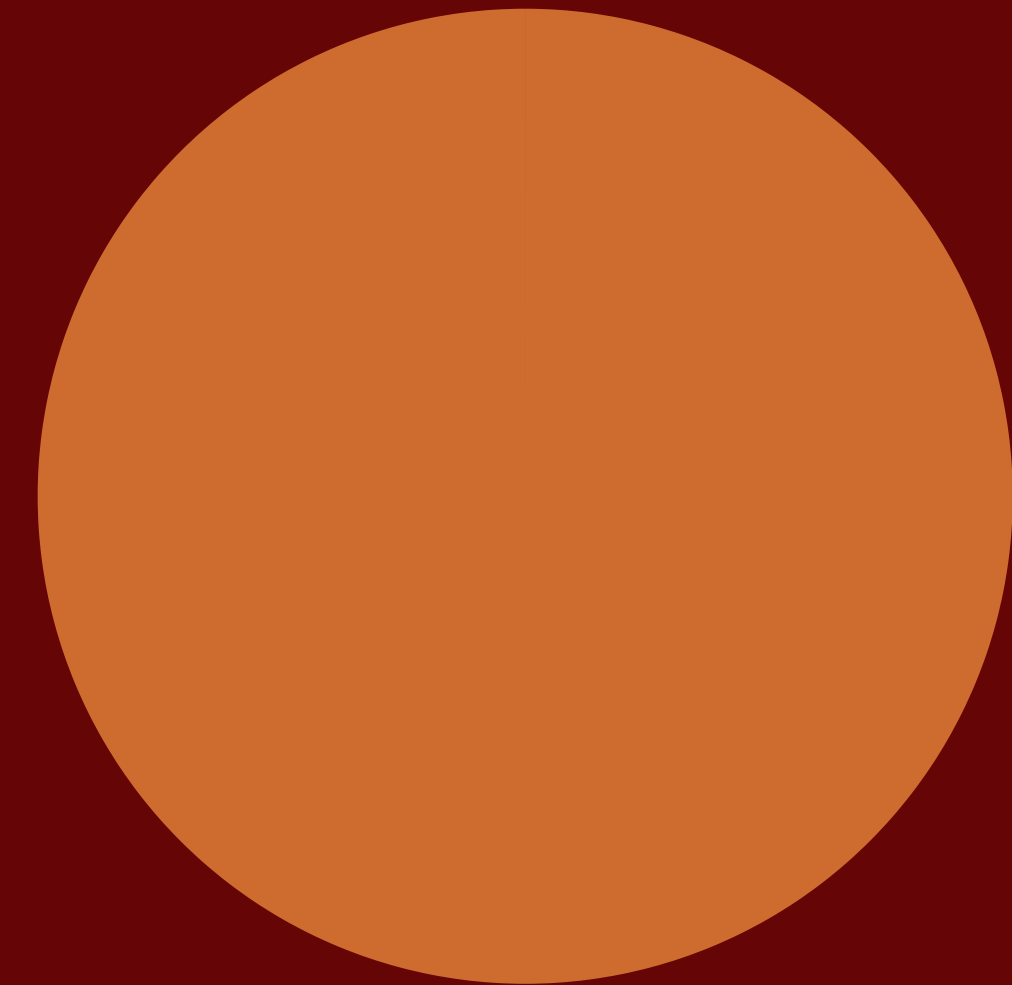
I know what my household can do to reduce food waste



I understand how food waste affects the environment, economy, and people.



PRE-COURSE SURVEY
RESPONSES



POST-COURSE SURVEY
RESPONSES

Favorite thing about the camp:

The social media post

The food

My favorite thing about the camp was making all types of food and learning how to reduce food waste to save our environment

Litterly everything, i love to learn about how i can waste less food, how to bake cool recipies, ect.

I enjoyed working together and making meals.

uhm having fun with the teacher.

Eating the things we made.

What they didn't like about the camp:

i wish we could have cooked every week and had the lesson on wednesday.

Waiting till the day

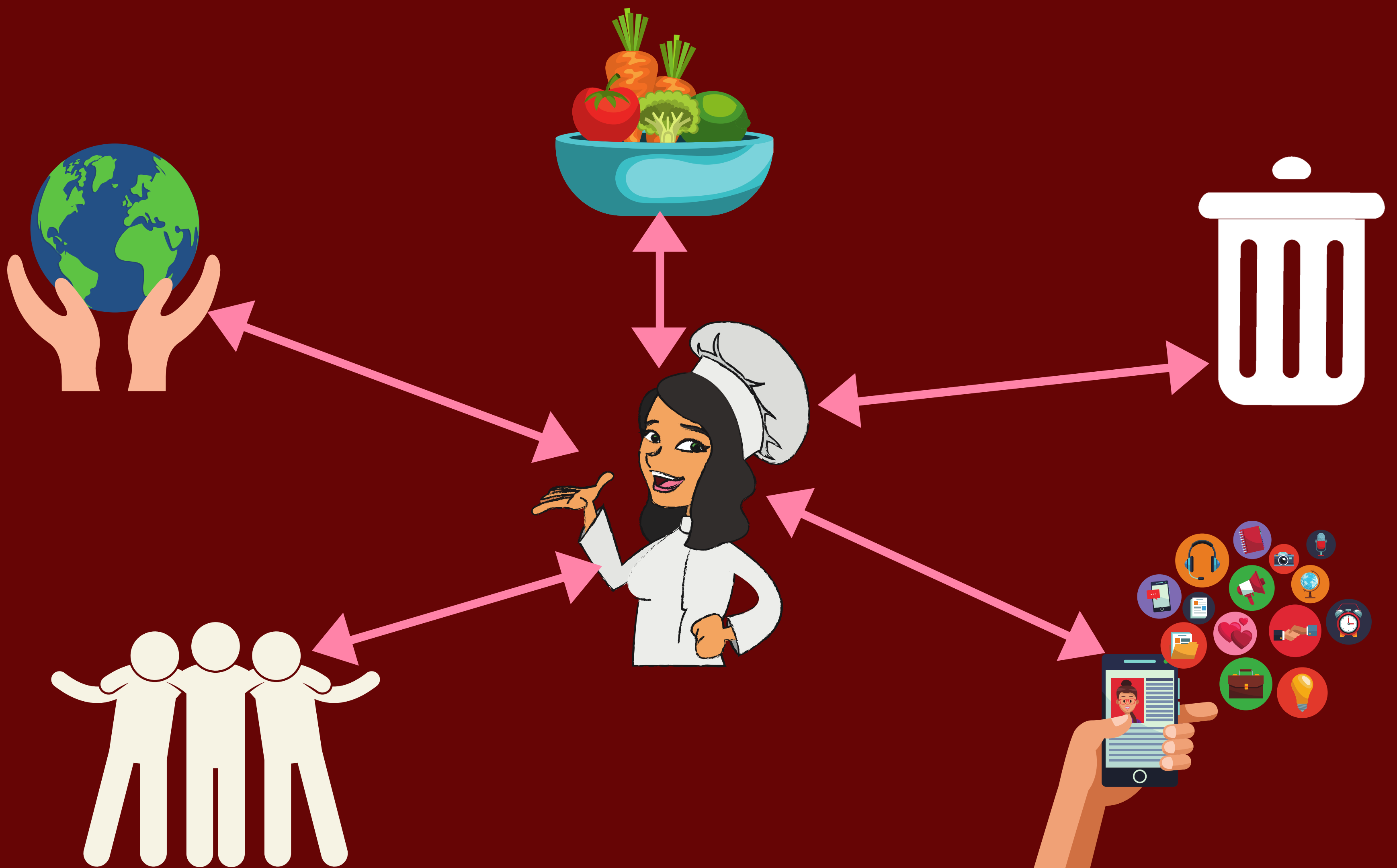
I liked everything about the summer camp. I wouldn't change a thing.

Litterly nothing! I loved this camp!

I didn't like that the club came to an end fast, i really enjoyed it

uhm how we only made muffins.

I did't dislike anything.

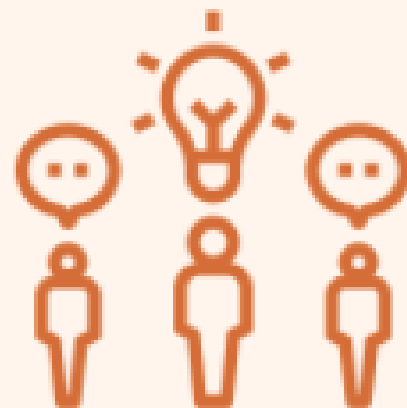




Sustainable Systems Thinkers



Critical and Creative Thinkers



Collaborators and Effective Communicators



Resilient and Thriving Individuals



*Bon
appetit!*



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