

Think With Your Fork: Five Areas of Intervention for Kimball Dining Hall

A Theoretical Viewpoint

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Research Questions



How can we create a dining hall that fosters a learning environment that challenges the students to make food choices that reduce waste, show appreciation toward food workers, respect different cultures, and improve both personal and environmental health?

Can we create a dining hall that complies with the ideas of the College's Mission Statement, such as *cura personalis*, or men and women for and with others?

Can a college dining hall function off of mostly small, local, sustainable producers rather than large corporations? What factors should a college look at when deciding where to get food from?

Theoretical Framework

- Mission Statement
 - Kimball was not living up to these standards because it did not create a learning environment where students were challenged to question their food choices. This takes into consideration a questioning of the food sourcing done by dining and how the food we put into our bodies has cultural, economic, environmental, and nutritional impacts.
- Outside Research
 - Pollan, Wansink, Thompson, Slow Food USA.
- Community
 - Clubs, alumni, farms, local businesses, and restaurants: Through these contacts, we were able to gain information on cultures surrounding our campus so we could make them more present.

The College *Mission Statement*

- The *Mission Statement* calls students to question their surrounding environment and think about how they can improve both their immediate and far reaching communities.
- If we comply with the *Mission Statement*, the dining hall should be a place where students question foods they choose to eat and where they are sourced from.
- The College emphasizes the the creation of educational spaces across the campus, however the Dining hall does not meet standards of academia

"Dialogue [also] requires us to remain open to that sense of the whole which calls us to transcend ourselves and challenges us to seek that which might constitute our common humanity."

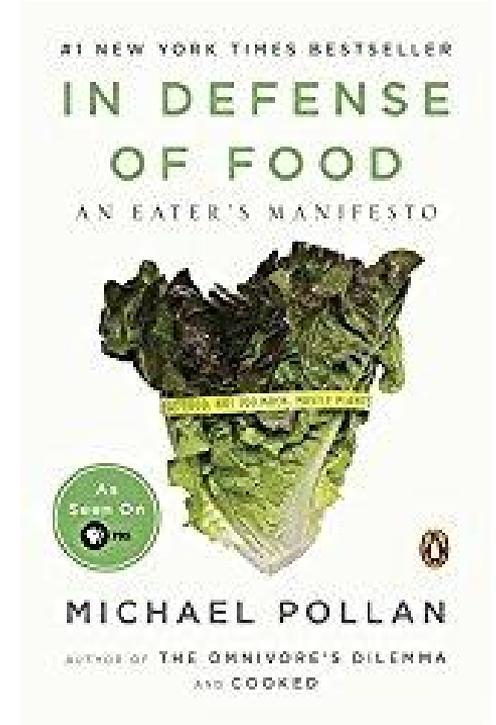
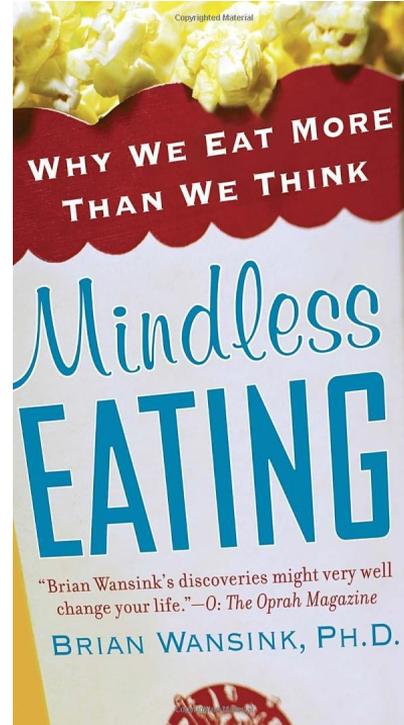
"to be open to new ideas, to be patient with ambiguity and uncertainty, to combine a passion for truth with respect for the views of others,"

***Cura Personalis*- “Care for the whole person”**

- Classes at the college focus on mindful and spiritual development, but sometimes neglect the importance of the care of the physical body, especially care of the body through food.
- It is important that not only athletic and academic nourishment are supported at the college, but nutrition as well.
- *Cura personalis* also involves thinking about the care of the bodies of others
- The Dining hall should pay close attention to the justice of its workers, farmers, and producers.

Outside Research

- Michael Pollan
- Brian Wansink: *Mindless Eating*
- Slow food USA
- Sandler: *Food Ethics*
- Paul Thompson: *From Field to Fork*



Community

- Collaboration with Community Based Learning (CBL) and campus clubs
- Conversation with local Worcester farms, businesses and restaurants
- Connection with Holy Cross alumni
- Looking at other colleges' dining halls
- Marc Sheehan '07: History major and now successful chef and restaurant owner of Loyal Nine restaurant in Cambridge



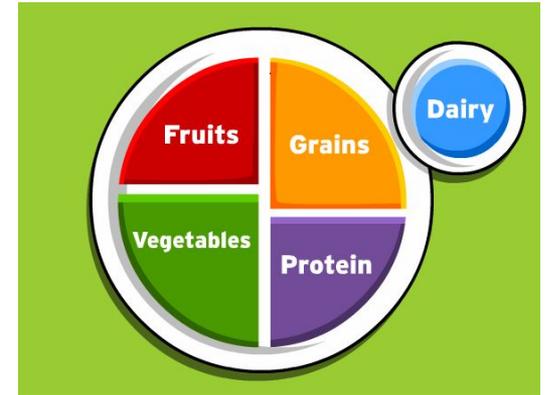
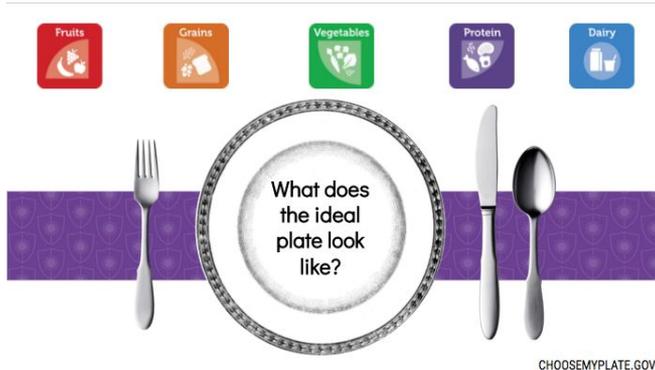
Motivations

- Nutrition education
- Vision of food as a mean of expressing culture
- Student health
- Food and athletic performance
- Food and school performance



Nutrition Education and Student Health

- Many students may not know what foods they should be eating when they enter college.
- It is important to educate students on ingredients, portion sizes, and the risk of additives so they may be able to make more informed food choices.
- These health conscious eating habits and recipes that students learn can be used in both their graduate and post graduate lives.



Food, Athletic and Academic Performance

- In a school filled with so many active students and student athletes, it is important that the dining hall provide options that will give students the energy they need for optimum performance.
- What a person eats can affect their ability to perform well in the classroom- food can affect energy levels, mood, memory retention, and focus.



Food as a Social and Cultural Identity

- Food can be used as a way to introduce people to new cultures or honor a person's culture.
- It is important that Kimball feature and educate students about different ingredients and recipes, placing them within a broad cultural context.
- The foods that a person chooses to eat or not eat signify, in complex ways, her personal identity.
- Kimball should be a place where students can bring different viewpoints about the nature, culture, and society into dialogue.



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