Green Fund Project
Final Report
This report may be published on the SIU sustainability website.

Name of person(s) completing report: Dr. Sylvia Smith
Department: ASFN
Contact Phone and email address: 536-7567, ssmith8@siu.edu
Faculty Advisor (if applicable):
Project Title: Sustainable Meals
Project ID #: 17SP121
Award Date: Fall 2017-Spring 2018
Completion Award:
Total Funds Used: $220.99

1. Please provide a write up of your project/project experience.
2. Please provide a summary of your results (environmental, social, and/or economic) including quantifiable data as appropriate (ex. # of individuals reached, lbs. diverted from landfill, energy saved, etc.).

Sustainable Meals Project Abstract

The Sustainable Meals project began Fall semester 2017 and finished at the end of Spring semester 2018. Coordinating with SIU Sustainable Farms and WSIU River Regions, students presented "on air" cooking demonstrations utilizing ingredients from the farm that were being served in the SIU Dining Halls.

The goal(s) of the project were threefold: 1) to give students experience, 2) to promote the efforts of the Sustainable Farm, and 3) to showcase what SIU has to offer its students.

Outreach and Education:

- **The project used local produce from the SIU Sustainable Farm** to create cooking demonstrations at relatively low food costs that provide healthy, sustainable meals.
- **The project was shown on various platforms on campus** and provides positive public relations and service for the viewers of WSIU public broadcasting area that reaches portions of five states.

Student Engagement and Leadership:

- **This project was by the students for students.** Students from the Sustainable Farms produced the ingredients. Radio-TV as well as Culinary and Nutrition students make the cooking demonstrations and the videos.

Collaboration and Connection:

- **Several units across campus collaborated to make the videos** beginning with the Sustainable Farms in the College of Agricultural Sciences, as well as students in the Department of Radio, TV and Digital Media, and students in Food & Nutrition programs at SIU.

Environmental Benefit:

- **The benefit was to show students how easy and healthy, at relatively low cost a local, sustainable meal can be.** The life-learning opportunities gained through healthy, educational cooking demonstrations can benefit young students for a lifetime.

Social Benefit:

The cooking demonstrations and/or recipes prepared were multicultural by nature. The Culinary Club is highly diverse and currently provides cooking events for their members which are international, due in part to their multicultural membership, such as Korean, Mexican, Soul, Japanese, and Nigerian.

3. Summarize how your project promoted the Green Fee/Sustainability on campus including, but not limited to, flyers created, screenshots of website, signage, etc. Please include website links, if applicable.

https://youtu.be/R10zkqOL-WU

https://riverregionnews.wordpress.com/2017/10/26/turkey-chili-healthy-meals-in-minutes/

https://youtu.be/JRFBSLkshNc

4. Is there anything you would do differently if you were to do a similar project in the future? If so, please describe.

I liked our initial plan, however communication with students at River Region and their plan of action for the project dwindled considerably from conception. In part, this was due to the layoff of Student coordinator, Greg Todd sometime late Spring 2017 semester. Therefore, the project went from the planned three demos a month to one during the Fall 2017 semester and did not continue into the 2018 academic year.

5. Please attach a minimum of 5 digital images –these will be images used to promote interest in sustainability projects on campus. These can be photos of the progress of the project or the completed project.

See YouTube links under item 3

6. Optional: Do you have any suggestions for the SIU Sustainability Council to improve the Green Fund Award Process?

The process was good and well organized. Thank you for the opportunity to participate.

Sincerely, Sylvia

Student Demos