

UW Resilience and Compassion Initiatives Seed Grant Application Form

Application opens on April 15, 2020 and closes on May 10, 2020.

<i>General Information</i>	
Department/Unit/Affiliation: Nutritional Sciences Program	Campus: Seattle
Project Title: Whipping Up Resilience in the Kitchen	
Award Amount Requested: \$2,675	
Estimated Project Timeline: June 2020 - June 2021	

<i>Primary Project Director Contact Information</i>
Name: Anne-Marie Gloster, PhD, RD
Department/Unit/Affiliation: Nutritional Sciences Program, School of Public Health
Title: Lecturer
Email: agloster@uw.edu
Phone: cell 336-314-4413

<i>Additional Project Contacts</i>	
Name: Chef Matthew Lasof	Name:
Department/Unit/Affiliation: UW Dining, Dept of Housing and Food Services	Department/Unit/Affiliation:
Title: Chef de Cuisine, Local Point Dining	Title:
Email: mlasof@uw.edu	Email:
Phone: 206-543-6919	Phone:

Anne-Marie Gloster, PhD, RD
Lecturer, Nutritional Sciences Program
School of Public Health

Whipping Up Resilience in the Kitchen

Being able to feed oneself is an essential life skill and research shows that while cooking at home is finally trending upward, we still have a long way to go. Despite the fact that Instagram was recently inundated with numerous home baking efforts during our collective stay-at-home orders, the anecdotal evidence doesn't reveal all of the failures that were amassed along the way. In reality we have become a nation that doesn't cook. Instead we rely heavily on food delivery, processed foods, and eating out. Why is this? I believe it is often from fear. Fear is what sequesters people from their kitchens. There are fears of failure, fears of new ingredients, fears of waste, fears of embarrassment, and a fear of getting hurt. As adults we gravitate to spaces and activities that make us feel safe and competent. The kitchen has lost the status of being such a place.

A primary goal in teaching of food science and culinary arts together is to increase student's self-efficacy in the kitchen. Kitchen know-how is exponential. Each new skill that is acquired, flavor that you are introduced to, or advances in your understanding of how an ingredient behaves adds layers to your total kitchen literacy. Once culinary exploration starts, and success is tasted, it most often leads to a lifelong dedication to learning how to feed oneself and others more deliciously.

Our goals in this project are to offer a platform for community building and connectedness, available to all who have access to an internet connection, and to promote acquisition of life-skills that will contribute to sustainable health throughout the lifespan. We will accomplish those goals by establishing a culinary nutrition science seminar series based on student peer teaching. In cooperation with Chef Matthew Lasof, of UW Dining, we envision a culinary education program that can be accessed by many hundreds of students each year. We want to put together a curriculum that will train student culinary instructors to teach basic kitchen skills and food safety with a smattering of food science and nutrition knowledge to other students at a low cost, utilizing the technology they know best, YouTube. In addition to the basics, some other topics might include: shopping at farmer's markets, dorm cooking, cooking on a budget, leftover bonanza, using herbs and spices, processing a whole chicken for maximum flavor and multiple meals, bread making 101.

Learning to cook in a delicious and healthful manner speaks to at least two of the UN Sustainable Development Goals. Goal 2: Zero Hunger, encourages us to keep domestic supply chains moving by wasting less food and supporting local farmers. As part of our educational videos we will highlight where the ingredients come from and links to local farmers who produce the ingredients. Goal 8: Decent Work and Economic Growth includes a target of creating job opportunities for youth using creativity and innovation. Work in this project will guide students in producing creative and innovative videos while both acquiring and demonstrating skills that can be used in the workforce. Additionally, this project would bring students together to create community, be trained as peer educators, and build resilience by giving students an essential life skill. Having spent the bulk of our lives and careers in and around food and kitchens, Chef Matthew and I know that food is one of the strongest connectors for people from every corner of the planet. Once we enter the kitchen, we are all eaters. Help us help the UW community by Whipping Up Some Resilience in the Kitchen.

Timeline:

June-September 2020 – Publish and post a short video on how to produce a good quality cooking video or demonstration, thereby teaching students to teach others. Develop the scripts for 10 kitchen lessons on culinary basics and two to three specialty topics. Each lesson will be about 5-10 minutes in length and have a 5-question quiz following the lessons so that students can earn a Huskies Can Cook branded 16 oz. measuring cup for the first 100 students who complete the series. (Completed by Anne-Marie Gloster, Chef Matthew Lasof, and a few select former NUTR 241 students who want to help with this project if it moves forward.)

September 2020 – Recruit 5-10 student volunteers to become the peer teaching crew. Recruit 1-2 students to help set up the YouTube channel and the quiz questions. (Completed by Anne-Marie Gloster.)

October-December 2020 – Distribute the scripts to a selected team of 5-10 UW students who will use them in creating a series of YouTube videos. Filming will occur at the student's home kitchen or in the Lander Hall demonstration kitchen, The Chef's Table, at Local Point Dining Facility. (Completed by Anne-Marie Gloster and the selected TBD student peer teachers.)

January-March 2021 – Advertise the classes via UW Dining Programs, The Daily, UW Farm newsletter, UW TV, NUTR courses, and various campus clubs. At the end of each video start advertising a culinary competition to be held during the 2021 Spring quarter for students to create their own YouTube culinary lessons. With cooking equipment prizes for several categories of entries, such as: best entrée, best date night meal, best bread, best dessert, best vegetarian/vegan dish, best party appetizer, etc. (Completed by Anne-Marie Gloster, Chef Matthew Lssof, and students who submit videos and upvote the submitted videos.)

March-May 2021 – Accept student video submissions and post the acceptable ones on the Huskies Can Cook YouTube channel. Create a voting mechanism so that winners of each category can be determined. Announce winners and distribute prizes. Consider how the momentum can continue in 2021/22 academic year, when we won't be social distancing, maybe we can create a pop-up kitchen program. (Completed by Anne-Marie Gloster, Chef Matthew Lasof and student participants/volunteers.)

Impact Determinants:

Given that food websites and cooking videos account for a huge majority of internet traffic, and that AllRecipes was started by four UW students who wanted to share cookie recipes, it is our hope that this may give students a chance to gain culinary skills in a safe space, build kitchen literacy, and increase their self-sufficiency around nourishing themselves. It will be a place where they can show off their culinary chops, share their favorite recipes, and contribute to an online community during a time when we cannot always count on being together. The goal would be to reach at least 100 students who go through the series and we give out the 100 branded measuring cups. Our success would be further measured by the number of Huskies Can Cook YouTube channel followers, video views, and additional uploaded videos. It is my belief that having students teaching other students rather than myself or Chef Matthew (and we're both really good at this) will also be a draw for students to join in; it is our way of paying our love for cooking forward.

**UW Campus Sustainability Fund & Resilience Lab
Resilience Seed Grant Budget Form: 2019-2020**



Project Lead Name: Anne-Marie Gloster
 Project Name: Whipping Up Resilience in the Kitchen
 Department: Nutritional Sciences Program
 Total Request: \$2,675
 Fiscal Point of Contact: Anne-Marie Gloster/Sahnon Delaney

2020 Seed Grant Budget Sheet

Row #	Expense Title / Detail	Requested Budget
Guest Speakers Honorarium		
1		
2		
3		
4		
Student Wage / Stipend, Other Services (ie Photographer)		
5	video production of 11 how-to-cook series - 4 hours each at \$20/hour	\$880
6	set up of YouTube channel and quiz functions - technology services 15 hours	\$600
7		
Supplies, Materials, Promotional Items, Print Fees, Ect		
8	food purchases for the video production - \$20/video	\$220
9	branded 16 oz measuring cups as completion prizes - 100 items at \$6 a	\$600
10	"best of" prizes for winning culinary challenge - 15 prizes at \$25 a piece	\$375
Rentals / Subscription Fees		
11		
12		
13		
Other		
14		
15		
16		
17		
Total		\$ 2,675.00



UNIVERSITY of WASHINGTON

NUTRITIONAL SCIENCES PROGRAM
SCHOOL OF PUBLIC HEALTH

8 May 2020

To the Selection Committee:

Please accept this letter of strong support for the application of Dr. Anne-Marie Gloster for a UW Resilience and Compassion Initiatives Seed Grant.

Dr. Gloster's innovative project, *Whipping Up Resilience in the Kitchen*, highlights her creative and innovative nature powered by her commitment to student learning and resiliency. The proposed series of cooking videos, delivered by trained peer-educators in a format that is highly accessible and desirable, could have an enormous impact on issues ranging from self-confidence to food security, and food advocacy to positive health outcomes.

Knowing how to cook at home is a valuable life skill; certainly, the COVID-19 pandemic has highlighted that in ways we could not have predicted. The development and acquisition of confidence and skills that can be gained by learning how to prepare food for oneself and others are, indeed, in keeping with the goals of the UW Resilience and Compassion Initiatives and the Campus Sustainability Fund. Dr. Gloster's proposed project has the potential of cultivating kindness and compassion as students learn from and with each other, troubleshooting and problem-solving in the familiar environment of the kitchen. Acknowledging the commonality of eating that all of us share speaks to embracing our common humanity and our rich diversity. Application of acquired skills through this video-based program will set the stage for a fun competition that UW students can participate in. Finally, the use of peer-educators, drawn from the widely diverse student population, can serve as a means to illuminate the connections among students as they build skills that can be part of building sustainable health.

The success of Dr. Gloster's project can be assured by at least two factors. First is her proven track record for teaching culinary classes with great enthusiasm and energy. Her teaching portfolio includes Culinary Nutrition Science (NUTR 241), Introduction to Foods (NUTR 141), and several extremely popular seminars (NUTR 390) over the past several years (Coffee: From Cultivation to Cupping - won a Bronze medal for education delivery by NACUFS; Food Truck Rodeo; Fermentation Sciences; and Food in Film). Second is Dr. Gloster's relationship with UW Housing and Food Services. Dr. Gloster will work alongside Chef Matthew Lasof, of UW Dining in curriculum design and script development for the peer-educators. Additionally, videos will be filmed in the Lander Hall demonstration kitchen, The Chef's Table, at Local Point Dining Facility.

In closing, I fully support Dr. Gloster's Seed Grant application. Please do not hesitate to contact me if you have any questions.

Sincerely,

Elizabeth A. Kirk PhD, RDN

Acting Director, Nutritional Sciences Program
Senior Lecturer, Department of Epidemiology