

THE GRAPEVINE

TEACHERS COLLEGE, COLUMBIA UNIVERSITY



Global Climate Strike, NYC, Photo by Suzy Appel

A March for Tomorrow

By Kyala Clegg

On September 20th, 2019, New York City erupted in cries of the youth striking for climate change. Songs, spoken word, and health testimonials echoed throughout lower Manhattan. But the energy was not confined to New York City; this call to action could be felt around the world. Along with over 7.6 million people worldwide, and a number of fellow TC students and alumni, I marched, sang, shared, and joined the conversation to end the climate crisis. The Climate Strike aimed to catch the attention of world leaders just before the UN was to meet. However, this strike was about much more than environmental rights. It was about recognizing the undeniable inequality and injustices that much of our country now faces. This strike sought to shed light on

the injustices plaguing Native Americans and members of communities near the pipeline.

On this day, realizing the true, depressed, state of our planet was inescapable and yet, despite the worry, the air was filled with a strong sense of power and hope. The number of people who showed up to participate was encouraging and inspiring. Watching families with their young ones, science teachers with their biology classes, and college-aged activists opened my eyes to the extent that climate change affects us all. I heard stories of children living in areas obstructed by the pipelines, listened to their traumas and struggles, and learned of the adverse health effects such infrastructure causes. Children

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Dear Students, Faculty, Alumni and Staff,

With climate change playing such a central role in today's media, I found it fitting to base this Fall's Grapevine on sustainability as it relates to food, nutrition and living in NYC. The field of nutrition is so interconnected with the environment; we rely on Earth for her nutritious fruits and vegetables, and she on us for optimal growth and sustenance. In explaining the TC Program in Nutrition's broad approach, our professors emphasize its focus on food from the farm to the fat cell. We are taught the importance of consuming whole foods like fruits, vegetables, grains, legumes, lean meat and fish; as regulations protecting our planet become eradicated, focusing on plant- and whole-food-based diets become increasingly vital. Trees burn in the Amazon to clear land for cattle and soybean growth. Cattle are so over-bred that if cows were a country, they would be the 3rd largest greenhouse gas contributors behind the US and China.¹

While much of the data on climate change is saddening, I hope that this issue provides you with the tools and confidence you need to make a change. And most importantly, optimism. As Margaret Mead said, "Never doubt that small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." I'm excited to share this issue with you, my first as editor-in-chief, and applaud all writers for their fabulous work. I would also like to extend a warm welcome to the new students who began this Fall - you can read more about them in "New Student Notes."



Sincerely,

Caroline Markowitz

1. Safran Foer, Jonathan. *We are the Weather: Saving the Planet Begins at Breakfast*. Farrar, Straus and Giroux, 2019.

The Grapevine Staff

Editor

Caroline Markowitz
Nutrition & Exercise Physiology

Faculty Advisors

Randi L. Wolf
Associate Professor & Program Director

Isobel R. Contento
Professor

Contributing Writers

Elizabeth Bradley
Nutrition & Public Health

Francesca Castro
Nutrition & Exercise Physiology

Kyala Clegg
Nutrition & Exercise Physiology

Abigail Collen
Nutrition & Exercise Physiology

Jamie Gershel
Nutrition & Education

Molly Krause
Nutrition & Exercise Physiology

Viktoria Sekamov
Nutrition & Exercise Physiology

Amanda Wahlstedt
Nutrition & Public Health

The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at cfm2139@tc.columbia.edu. Thanks to all of the students who volunteered to write for this issue!

Fresh Off the Vine: Events and Announcements

The Laurie M. Tisch Center for Food, Education & Policy received New York City Council Funds to create a new Food-Ed Hub.

- TC alumna Kate MacKenzie was named New York City's new Director of the Mayor's Office of Food Policy <https://www.tc.columbia.edu/articles/2019/october/prepared-to-serve/>
- Save-the-Date for our Annual Alumni Career Panel: Wednesday, January 29th from 5 - 7pm. Join us to talk with Program in Nutrition graduates about their professional careers after graduation.
- The Society for Nutrition Education and Behavior (SNEB) is calling for abstracts for presentation at the 2020 Annual Conference in San Diego, CA July 19 - 21. Submission deadline is January 20, 2020. <https://www.sneb.org/abstracts/> Students who get an abstract submitted can apply for a Provost Grant Conference Award of \$500 towards travel or conference fees. <https://www.tc.columbia.edu/office-of-student-affairs/about-osa/grants-fellowships-awards/>
- If you are interested in policy experience, get involved in the Wellness Equity Learning Legislation (WELL) Campaign. <https://www.wellcampaign.org/about> Contact Claire Raffel, cu2155@tc.columbia.edu
- Health Nuts is hosting a cookie swap December 2, 5:15-7:15PM in Earth Friends. This will be a Great British Bake Off style event. May the best cookies win! RSVP at healthnutsevents@gmail.com

STUDENT MENTORSHIP PROGRAM

By Jamie Gershel

The Student Mentorship Program bridges the gap between first year students with returning students. Entering graduate school can be daunting; the Student Mentor Program aims to help first years navigate the complexities of Teacher's College and the Nutrition Program. While many mentors begin the year by grabbing coffee with their mentees and answering academic questions, our hope is that this relationship develops into a supportive network within the profession, beyond academic questions. This year's Mentors volunteered for the program last May, and were matched with Mentees based upon program concentration, DPD statement, international status, and hobbies or interests.



Jamie Gershel, Student Mentor Coordinator

The 2019-2020 Mentors are:

Abigail Collen*
Alexia Wiegandt*
Amanda Wahlstedt **
Camille Falisse *
Caroline Frier ***
Elizabeth (Cassie) Bradley **
Francesca Castro *
Hoa Tang *
Jamila Crawford *
Jennifer Cadenhead ****
Juan Castillo *

Kyala Clegg *
Luyue Zheng *
Molly Krause *
Monica Morucci *
Rachel Longo *
Rebecca Valdez ***
Rita Setrakian **
Sri Padmanabhan **
Tamara Hoover ***
Viktoria Sekamov *

* Nutrition and Exercise Physiology (MS)

** Nutrition and Public Health (MS)

*** Nutrition Education (MS)

**** Behavioral Nutrition (Doctoral degree)

A March for Tomorrow (continued from cover)

awake in the middle of the night in coughing fits, feeling suffocated by their inhospitable environment - a combination of poor air quality and asthma.

On most other days, saying that you recycle qualifies you as an environmentalist. But this march opened my eyes to how much more we all must do today in order to ensure a safe and viable tomorrow. The experiences of those in fracking-zones and of families living downstream from power plants or commercial farms could easily be our future if action is not taken. Simple steps like using refillable water bottles and Tupperware, reducing food waste, and walking to the store rather than driving can have major impacts on reducing your carbon footprint. And if we each leave a smaller footprint, together we can make a difference. This is a call to action led by the youngest of our generation—it is time to listen, engage, and change.

What you can do now.

Join the movement—check out upcoming events and learn more about the #GlobalClimateStrike at <https://globalclimatestrike.net>. Even if there is not an event around the corner, you can make a difference. More than 70% of our carbon footprint comes from household waste. Though some will argue that a shorter shower won't help much, an optimist who believes we can have a large impact will counter, “every drop matters.” So here are a few simple changes that you can make today to help bring about a changed tomorrow—

1. **Support your local farmer or food share.** This is a great way to encourage small-scale farmers to stay in business while also reducing the amount of packaging you throw away. If you live near Columbia, the Corbin Hill Food Project is an amazing organization that helps provide fresh, locally grown produce to the community. Check it out online.
2. **Purchase your own set of reusable to-go silverware.** Amazon has a number of options, or just use the silverware you already own.
3. **Thrift it.** Thrift shopping has long been a more affordable, funky, eco-conscious way to spice up your wardrobe; now more than ever, it's the hottest thing to do. And this is one fad that we can all get behind. Wear, resell, recycle, and re-love!
4. **Go strawless.** We get it, paper straws are not everybody's favorite innovation. So how about ditching the straw all together?
5. Zip it, lock it, put it in your pocket. Time to **quit the zip-lock life.** I promise, it's never been easier. Put your old Tupperware to good use, reuse to-go containers, or purchase some cute new reusable snack bags on Amazon. In the long run, any of these choices will help to reduce your waste and balance your budget.



Photo by Kyala Clegg



*"Save the Earth, Save my Future"
Photo by Caroline Markowitz*

REDUCE, REUSE, RECYCLE IN NYC

By Elizabeth Bradley

My home consists of three trash cans, four roommates, and a lot of confusion. After seven years in New York, I still find myself gazing at the bottom of cartons wondering about its correct receptacle for recycling.

Our city follows a dual-stream recycling system where we sort items into two categories. The first being metal, glass, and plastic. The second being paper and cardboard. This system is advantageous for items such as aluminum cans, which can be crushed without detriment to its recyclability. In a single-stream system, crushed cans can be mistakenly sorted as paper.

On to plastic, the triangular numbers on the bottoms of plastic items are for plant workers to sort and identify the types of plastic used in each item. However, only clean, rigid plastics should be recycled. This includes items such as deli sandwich containers, plastic jugs, and other inflexible plastics. All of these items must be cleaned thoroughly or they will go to the landfill. Food free items pertain to all products. Even greasy or wax-coated pizza boxes or coffee cups can't be recycled.

The City of New York Department of Sanitation website breaks down recyclable products and the category in which they fall. This diagram from their website illustrates this point:

While we hope that proper recycling helps reduce overall landfill waste, eliminating waste all together will have the biggest impact.

Quick & easy tips to help you reduce your waste:

Reduce single-use plastic:

- **Single-use straws:** buy a bamboo or metal straw to carry in your bag, or take a cup sans straw.
- **Plastic bags:** Bring a tote or keep a foldable bag on you. Counter to what many of us believe, plastic bags cannot be recycled and must be disposed of at a specified plastic bag drop off locations. You can find a location at plasticfilmrecycling.org/recycling-bags-and-wraps/find-drop-off-location/
- Paper towels are compostable, not recyclable.
- Purchase reusable coffee cups & water bottles
- Stasher bags (silicone reusable bags) are functional, reusable zip-lock bags

Recycling helps our environment by reducing land waste, preventing unnecessary items from being burnt as trash (this process produces greenhouse gases), and decreasing the need for more raw materials to be mined or milled. Sorting your recycling not only ensures your waste goes to the correct facility, but also helps facilitate can collection for those who make a living by redeeming cans for income. Recycling isn't just about what you throw away but also what you reuse. A small change to make is to purchase items that come in glass jars, which can be reused as Tupperware or storage, rather than single-use plastic containers. Remember: **Reduce, Reuse, Recycle**; every little bit helps in this busy city of 8.6 million.



Photo source: <https://materials.bwpronline.org/home/149>

Despite the recent debate over whether or not eating red meat is good for your health, we do know that red meat consumption is not good for the environment. Meat production, especially that of beef, is a substantial contributor to greenhouse gas production, specifically methane and carbon dioxide. Not only do cows produce methane, but raising cattle requires large allotments of land and water; one third of the world's fresh water is used in raising livestock. As a hamburger lover, I am not insisting you stop eating meat. But in an effort to eat more sustainably, cutting back on meat consumption will lessen your carbon footprint, whether you do this by committing to one vegetarian day per week or substituting chicken or turkey for your nightly steak. Following a more plant-based diet can be beneficial to both your health and the environment.

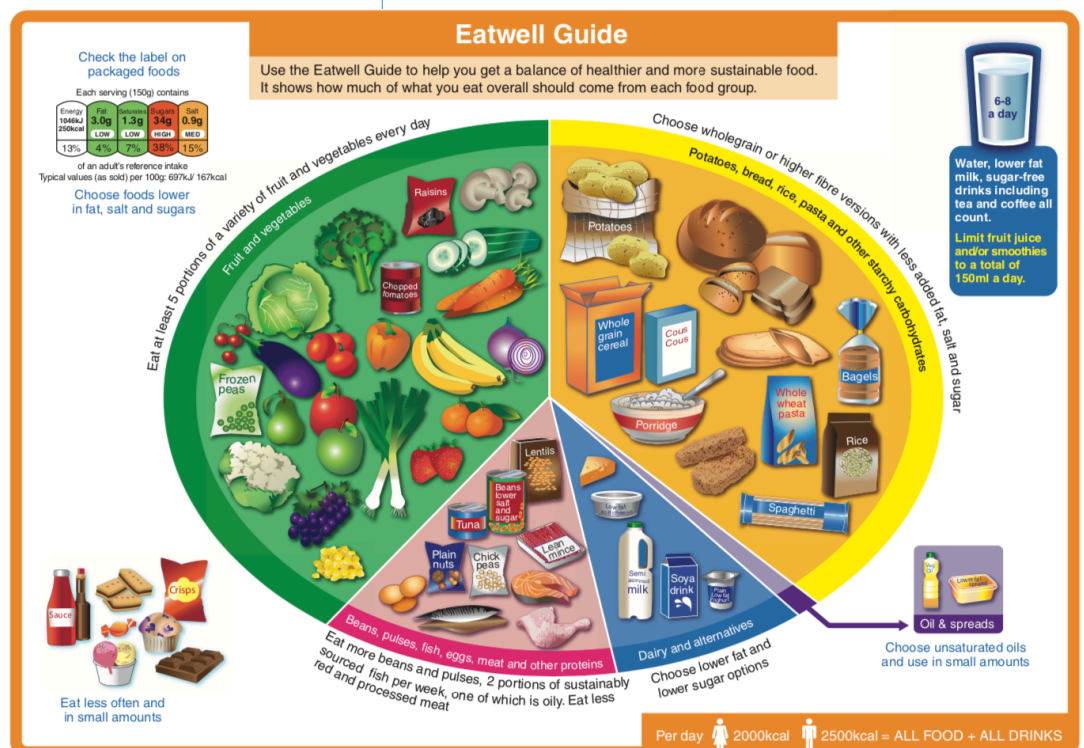
Eating more sustainably is not limited to reducing red meat intake. Buying produce from farmers markets is a great way to eat locally and seasonally. Eating seasonally means that you're relying on more locally grown foods rather than produce shipped from all over the world, like the raspberries you purchase in March and avocado you put on your toast in January. When you purchase produce from the farmers market, you're not only supporting local farms, but also a sustainable practice.

Farmers markets typically limit the shipping emissions and excess packaging that comes from produce shipped around the country (and the world).

A great way to ensure minimal food waste from your fresh farmers market produce is to cook a few dishes right after purchase. This prevents you from losing your fruits and vegetables in the back of the fridge and them wilting before you've had a chance to enjoy. If you cook or even just wash and chop your market produce,

you'll be more likely to eat it before it goes bad. You can also save the odds and ends of produce, like the leafy (and sometimes browned) ends of lettuce, and chicken bones to make broth. I find that I'm more likely to follow through with this if I keep a bag in my freezer labeled "food scraps;" when winter rolls around, you'll have everything you need to make a delicious, nutrient dense vegetable or chicken broth.

Another way to reduce both food waste and excess plastic use/packaging is to bring leftovers to work (or school) for lunch. This will help you reduce your own food waste as well as avoid packaging waste from store-bought lunch containers. Finally, minimizing ultra-processed foods, which often come in excess packaging, can be an easy way to both improve your health and minimize your carbon footprint. Processed foods are often packaged in at least two types of materials, like a cardboard box that surrounds a plastic bag. Snacking on an apple or carrots, packed in a reusable bag of course (I love Stasher bags), means no single-use package waste. Next time you're tempted to order your third hamburger in a week or buy cherries in December, remember that you have the power to help alter your environmental impact. There is no Planet B.



Poppy, G. M., & Baverstock, J. (2019). Rethinking the food system for human health in the Anthropocene. *Current Biology*, 29(19), R972-R977. doi:<https://doi.org/10.1016/j.cub.2019.07.050>

New Student Notes

On behalf of The Grapevine and the Program in Nutrition, we would like to extend a warm welcome to the new students who began the program in the Fall 2019 semester.

Suzy Appel: Originally from Harrison, NY, Suzy attended Tulane University where she earned her undergraduate degree in History. She is enrolled in the Nutrition Education program. Suzy has 2 cats and is particularly interested in eating disorders. sea2168@tc.columbia.edu

Valerie Charls: Originally from The Netherlands, Valerie attended the University of Western Ontario where she earned an undergraduate degree in Business. She is enrolled in the Nutrition Education program. Valerie's first job was as a baker in Belgium; she found it worth getting up at 5am for the croissants! Valerie is interested in patient care and corporate consulting. vec2119@tc.columbia.edu

Becky Davies: Originally from Bronxville, NY, Becky attended Indiana University where she earned an undergraduate degree in Marketing. She is enrolled in the Nutrition Education program. Becky is a registered yoga teacher, and completed 200 hours of training. She is interested in Celiac disease, gastrointestinal (GI), small intestinal bacterial overgrowth (SIBO) and autoimmune diseases. rhd2113@tc.columbia.edu

Man Ning Feng: Originally from Taiwan, Man attended Taipei Medical University where she earned an undergraduate degree in Nutrition and Health Sciences. She is enrolled in the Nutrition Education program. Man is particularly interested in diabetes in adults. mf3279@tc.columbia.edu

Taylor Garlow: Originally from Syracuse, NY, Taylor attended Syracuse University where she earned an undergraduate degree in Nutrition. She is enrolled in the Nutrition Education program. Taylor has been dancing for 20 years and is interested in pediatric nutrition and diabetes education. tjg2145@tc.columbia.edu

Katie Ippolito: Originally from Chappaqua, NY, Katie attended Northwestern University where she earned an undergraduate degree in Biological Sciences and Dance. She is enrolled in the Nutrition and Public Health program. Katie is a dancer and fitness instructor; she is interested in nutrition and disease, plant-based nutrition, alternative-functional medicine and nutrition, and sustainable agri/aqua-culture. ki2187@tc.columbia.edu

Vikram Kaleka: Originally from New Delhi, India, Vikram attended Middlebury College where he earned an undergraduate degree in Biochemistry. He is enrolled in the Nutrition and Exercise Physiology program. When Vikram was younger he lost about 100 pounds and is interested in diabetes, body recomposition and life extension. vsk2120@tc.columbia.edu

Eran Li: Originally from Chengdu, Sichuan Province, China, Eran attended Arizona State University where she earned an undergraduate degree in Nutrition Dietetics. She is enrolled in the Nutrition Education program. Eran works as a nutrition educator; she likes nutrition counseling and eating a healthy diet. She is particularly interested in nutrition education, school nutrition and food safety. el3004@tc.columbia.edu

Amity Lui: Originally from New York, NY, Amity attended Hunter College where she earned an undergraduate degree in Nutrition and Food Science. She is enrolled in the Nutrition and Exercise Physiology program. Amity ran the 2020 NYC Marathon and is interested in sports nutrition. al3966@tc.columbia.edu

Alexandra (Alex) Morss: Originally from Concord, MA, Alex attended Princeton University where she earned an undergraduate degree in Molecular Biology. She is enrolled in the Nutrition and Exercise Physiology program. Alex is a certified yoga teacher and is interested in sports nutrition. ahm2168@tc.columbia.edu

Continued on next page

New Student Notes (cont.)

Sydney Navid: Originally from Los Angeles, CA, Sydney attended Emory University where she earned an undergraduate degree in Human Health & Nutrition Science. She is enrolled in the Nutrition and Exercise Physiology program. Sydney started an Instagram account featuring her own recipes and photographs. She is potentially interested in pre/postnatal nutrition and intuitive eating. sn2844@tc.columbia.edu

Joanna Perl: Originally from Scarsdale, NY, Joanna attended UC-Santa Cruz where she earned an undergraduate degree in Anthropology. She is enrolled in the Nutrition Education program. Joanna loves to bake and had her own baking company for a few years; it is still one of her favorite hobbies. She is particularly interested in the intersection of food and the environment. jsp2212@tc.columbia.edu

Nicci Schock: Originally from Hoboken, NJ, Nicci attended Lehigh University where she earned an undergraduate degree in Accounting. She is enrolled in the Nutrition and Exercise Physiology program. Nicci is a triathlete and is interested in sports nutrition. ns3392@tc.columbia.edu

Evan Shaulson: Originally from Stamford, CT, Evan attended the University of Pennsylvania where he earned an undergraduate degree in Neuroscience and Nutrition Science. He is enrolled in the Nutrition and Exercise Physiology program. After graduating, Evan worked at Penn in a lab that studied feeding behavior in small mammals. He is interested in food intake control. eds2177@tc.columbia.edu

Melinda Spinella: Originally from Sarasota, FL, Mel attended Cornell University where she earned an undergraduate degree in Biological Engineering. She is enrolled in the Nutrition Education program. Mel is running the NYC Marathon for the 2nd time in 2020 and is interested in teaching people that cooking and eating healthy can be fun and delicious! ms5885@tc.columbia.edu

Abbie Stasior: Originally from Albany, NY, Abbie attended Dickinson College where she earned an undergraduate degree in Neuroscience. She is enrolled in the Nutrition and Exercise Physiology program. Abbie started her own online Health & Life Coaching business and coaches clients across 4 continents. She is interested in gut health and the gut microbiome, as well as using food to mitigate the risk for chronic disease development and pre-disposition. als2372@tc.columbia.edu

Ashley Steinberger: Originally from East Brunswick, NJ, Ashley attended the University of South Carolina, where she earned an undergraduate degree in Exerciser Science and minored in Nutrition and Food Systems. She is enrolled in the Nutrition and Exercise Physiology program. Ashley works at Equinox in Gramercy and was a cheerleader for her undergraduate football and basketball teams. She is interested in sports nutrition and research. ams2568@tc.columbia.edu

Sabrina Ian Lok Song: Originally from Macau, Sabrina attended Penn State University where she earned an undergraduate degree in Food Science. She is enrolled in the Nutrition Education program. Sabrina worked as a nutrition research assistant at Penn State's Children's Eating Behavior Lab; she is interested in clinical nutrition and children's nutrition. sis2128@tc.columbia.edu

Jiakun Yi: Originally from Guangzhou, China, Jiaku attended Rutgers University and South China University of Technology where he earned undergraduate degrees in Food Science & Engineering. He is enrolled in the Nutrition and Public Health program. Jaikun loves cooking and challenging himself to make foods from different parts of the world. Jiakun is interested in food microbiology, sensory evaluation, nutrition & human microbiome, nutrition & health policy, and nutritional and dietary education. jy2997@tc.columbia.edu

11th Asia Pacific Conference on Clinical Nutrition & 14th China Nutrition Congress

By Amanda Wahlstedt

The 11th Asia Pacific Conference on Clinical Nutrition and 14th China Nutrition Congress is a four-day, biennial clinical nutrition conference co-organized by the Asia Pacific Clinical Nutrition Society and the Chinese Nutrition Society. The theme for this year's conference was "From Nutrition Research to Clinical Practice," covering topics from Dietary Carbohydrates and Population Health, Nutritional Neuroscience, and for the first time in its history, Nutrition Education. This was thanks to Xinya Zhu, TC nutrition alumna, and employee of the Chinese Nutrition Society, who successfully advocated for nutrition education's inclusion in the conference.

While Zhu accomplished a feat in ensuring its inclusion, she was then tasked with the daunting job of organizing the Nutrition Education Practice symposium. She quickly reached out to Dr. Isobel Contento, coordinator of TC's Program in Nutrition and professor, and pioneer in the field of nutrition education. Dr. Contento spent the following year developing her opening speech and suggesting nutrition education experts from around the world to serve as speakers.

Dr. Contento believes that this symposium came at a critical time in China, as the country is facing "the double burden of dietary risk; malnutrition and overweight/chronic disease at the same time." Contento explained that this is a result of "Western food franchises becoming very common, so that the diets of many are high in salt, fat, and sugar and the consumption of ultra-processed food is on the increase." Come September, Dr. Contento was, unfortunately, unable to travel; fellow TC professor Dr. Pamela Koch, president-elect of the Society for Nutrition Education and Behavior, would speak on her behalf. Dr.'s Koch and Contento set to work collaborating on their lecture before Koch flew to Nanjing, China, on September 19th.

The conference was comprised of 3,500 health professionals from around the world, with over 280 speakers. "The conference was very high tech and well-produced", Koch explained as she described the use of virtual effects for the launch of the Healthy Diet Initiative, and simultaneous English or Chinese translations for all lectures. The Nutrition Education colloquium occurred in the second largest room at the conference, seating 250 people. Koch's

opening speech presented an overview of nutrition education, highlighting current examples of nutrition education in practice. Throughout the speech, Koch spoke to why nutrition education is necessary, the steps to becoming an effective educator, and the elements of success in nutrition education.

Speakers from around the world followed with assessments of nutrition education in their communities. Highlights included a multi-cultural nutrition initiative that involved students in Indonesia, Malaysia, Philippines, Thailand, and Vietnam, and a community nutrition program aimed to increase nutritional quality among the elderly in Taiwan.

While Koch's four-day trip to China centered around the conference, she found time to meet with past and current TC students. A Beijing faculty member who had been a visiting scholar at TC last year, TC student Qianhui Zhang (also known as Jera), and TC alumna and nutrition specialist at Global Contract Research Organization, Merieux Nutrisciences-Biofortis, Lin Wan, introduced Dr. Koch to the Nanjing food scene. "Duck is a staple to the area," Koch explained, "I had duck blood soup, which uses something similar to vitamin K to coagulate it. It looked and tasted like a red tofu! I also had salty duck and a ginger eel dish. All of the food was delicious, but I definitely pushed myself a bit out of my comfort zone," Koch stated. Overall, Koch was grateful for the TC students who shared their meals with her and felt privileged to have gained a deeper appreciation for the lifestyle differences and adjustments that students from abroad must endure when assimilating to life at Teachers College.

With type 2 diabetes and obesity rates skyrocketing in China over the last several decades, the urgency to implement nutrition education programs is glaring. However, as Dr. Contento stated, "nutrition professionals often think that nutrition education is merely about spewing the hard facts around health," diminishing the power that nutrition education has to impact change. Dr. Contento argues that "we know from evidence that helping people to become excited, engaged, and motivated to make dietary changes is at the heart of nutrition education."

Toni Liquori is a celebrated nutrition educator and co-founder of New York City Education Network (NYCNEN), which recently celebrated its 20th anniversary. She is a former TC Program in Nutrition faculty member who co-taught Nutrition Ecology with Joan Gussow for 15 years. In the 90's, Toni developed the CookShop Program, which uses nutrition education to better school meals. She also started *School Food Focus*, a successful national initiative that addresses school food policy, specifically procuring sustainably and regionally sourced food in schools.

Tell us about your journey through the nutrition field over the years.

I've had a remarkable journey through the field with lots of twists and turns. NYCNEN emerged from a USDA grant. I had been working in the emergency food system – there was so much need there and it was very clear [cut]. As a white person teaching nutrition education in a poor community, I felt at fault to be talking about food, but I had a feeling that it was needed. We could get access for emergency food, but it was a struggle to figure out how to focus this grant on nutrition education. Our first program, CookShop, aimed towards cooking with people. The idea came from women in school district 5 who weren't happy about the food available within the school. The program focused on 10 fruits and vegetables; it was a plant-based program. Cooking took place in the classroom and recipes were sent home, then got integrated in the lunchroom. In the 1990s, this was peculiar; the USDA was not happy with it because nutrition education was traditionally related to the classroom, not cooking and procurement.



Photo source: <https://www.foodservicedirector.com/people/schools-work-develop-methods-mitigate-food-insecurity>

What was your most valuable experience during your time at NYCNEN?

One of my most valuable experiences was the CookShop program; it was a remarkable journey. It still exists to some degree, but without the cafeteria component. It helped to get recipes into the lunch room, which I'm proud of, but that kind of work sees a lot of resistance. It was hard moving whole foods into the school system, and to stop supporting the processed food industry, which was so ingrained and dominates both the school system and food industry. These cheaper options naturally flow into schools that don't have a lot of funds.

School Food Focus is all about procurement change in the school system; to do this we needed education about food delivery systems. This program changed the school's food purchasing and food quality. Now over a dozen of these school districts are working towards sustainable food in the school. System changes work - there are systems all over the country that need to make changes. The food system has hurt people, in terms of

their health and the planet. When you work towards making a change, you can feel the impact it has on the system.

Toni Liquori Interview (cont.)

How do you think the food and nutrition landscape has changed over the past 20 years?

Over the past 20 years a lot of work has been done to get people's attention and have them understand the problems. This has had an impact - now more than ever it's important to focus on things like health and the environment, problems that are right before our eyes. I taught with Joan for 15 years; I don't think the students were all that aware about the problems within the food system and I could feel this shift over time. By the time we were in the 2000s, these problems were more concretely understood. I have no idea what it was like for Joan in the '70s; many people didn't think along the lines of sustainability and change. By the time we visited Joan's garden in the 90's, there was a good feeling in the class and people had a lot to talk about. Everyone was engaged from that point on. I don't think some of the environmental problems can be resolved. I don't think the planet is going to blow up, but it is hard to be optimistic. However, awareness about the need to change is much stronger. But the problems now are much more developed. Our health and the health of the Earth are very much related. It is an interesting time to live, in determining how to remain hopeful in moving forward. Without optimism, you have nothing.

What are you most hopeful for in the future and how do you think students can make the greatest impact in the nutrition ed space?

We have such a history of carrying on, which I imagine we will. There is a strong desire to make sure that equity and the issues people are struggling with are at the forefront and those we continue to work on. The spirit of working on behalf of the people has always felt incredibly strong [in NYC]. Joan and many others have (and are) doing the organizing work that's necessary to ensure there is a future. Now that I am retired, doing volunteer work reveals that spirit and people's continued hope. It is important to remember that the nutrition education space is very broad. All of our lived experiences are vast. It is important to keep your eye on what is happening in a broad sense and burrow down and work deeply on the issues you are passionate about. If you always work broadly, [your work] will be thin. Read broadly, talk with many different people, and then go deep into your work. It is important to remember that everything is part of a larger quilt.



From left to right: Dr. Randi Wolf, Dr. Pam Koch, Dr. Isobel Contento, and TC student Rebecca Valdez at NYCEN's 20th anniversary party.

Vinegret

Ingredients

Potatoes - 4 medium
Carrots - 2 medium
Beetroot - 1 large or 2 small
Sauerkraut - 8.8 oz
Pickled cucumbers - 2 pieces
White onion - 1 medium
Green peas, fresh - 2 oz (*you can use unsalted canned peas... but let's face it, the Earth won't appreciate it*)
Sunflower oil or Olive oil - 2 fl.oz
Salt

Directions

1. Boil unpeeled potatoes, carrots and beetroot until tender. Halfway through cooking, add green peas to the boiling water. Once everything is cooked, remove from water and let cool completely. *NOTE: If you start*

- cutting the vegetables while they are still hot, they will start to crumble.*
2. Once cooled, peel potatoes, carrots, and beetroot and cut them into medium sized squares (½ inch sides). Add them to a large serving bowl.
3. Dice onion, drained sauerkraut and pickled cucumbers and add it to the mixture.
4. Add sunflower oil (olive oil is fine too) and salt to taste. Mix gently to make sure the cubes do not break, and serve.
5. In Russia, Vinegret is often enjoyed with a slice of rye bread.



Eating locally, and hence seasonally, is a great step to take in caring of the environment, wildlife and local farmers. However, in doing so it sometimes seems like a compromise between trying “exotic” foods and novel dishes that tickle your taste buds, and protecting the Earth. – here, do you mean that we sometimes feel we have to compromise taste for eating locally?. Let me tell you, this is a compromise that does not have to be made! We can instead celebrate autumn by finding inspiration from Northern cuisines. For instance, the Nordic diet has been compared in health benefits to our beloved Mediterranean diet. I myself come from a fairly northern country, Russia, and want to share with you a tiny piece of my culture through this traditional Russian salad recipe - “Vinegret”. Vinegret is made completely of fall ingredients. The majority of the ingredients listed can be found at the Columbia Greenmarket between 114th and 116th streets that takes place weekly on Thursdays and Sundays.

- Viktoria Sekamov

Spicy Peanut Soup

Ingredients

- 3 c homemade vegetable broth
- 4 c frozen veggie scraps (carrot, onion, greens, celery, mushroom, pepper, potato, etc.)
- 1 T olive oil
- 1 small onion
- 2 garlic cloves
- 2 bay leaves
- 1 t peppercorns
- ½ t salt
- 2 medium carrots, chopped
- 1 small onion, diced
- 2 T olive oil
- 2 garlic cloves, minced
- 1 large sweet potato, peeled and cubed
- ½ c chunky peanut butter (or smooth pb mixed with chopped walnuts)
- 2 T red curry paste
- 1 14.5 oz. can of fire-roasted diced tomatoes, undrained
- 1 bay leaf
- 1 fresh thyme sprig (or a heaping ¼ t dry thyme)
- ½ t pepper
- ½ c unsalted peanuts



"This soup is great because you can add whatever vegetables you happen to have at the time so you don't waste any food. Plus it has peanut butter in it, which I know sounds weird, but trust me it's delicious!" - Molly Krause

1. Brown garlic and onion in olive oil in a large pot over medium heat for 1-2 min.
2. Add veggie scraps, bay leaves, peppercorn, & salt and fill the pot with water until it covers everything
3. Put a lid on it and let it cook for approximately 45 min on medium heat
4. Pour the broth through a colander, and it's ready for soup!
5. Start the soup by cooking carrots and onions in oil over medium heat in a large saucepan for about 2 min.
6. Add garlic and sweet potatoes, cooking for 2 more min.
7. Stir in peanut butter and curry paste, combining all the ingredients.
8. Pour in the broth, tomatoes, bay leaf, thyme, & pepper and bring to a boil
9. Reduce heat to let simmer, covered, for 20 min.
10. Take out the bay leaf and thyme sprig (Rinse them and add to your compost bag!)
11. Sprinkle peanuts on top and the soup is ready to serve!
12. Drop off the rest of your food scraps for compost at the Columbia Greenmarket stand open every Thursday 8am-3pm and Sunday 8am-1pm on 116th & Broadway or find a food scrap collection closer to you at <https://www.grownyc.org/compost/locations>