B2 Food Seminar

Absent: Poch, Weber (came late), Diesslin

JJ: Bittman is saying that we have too many choices in our diet as Americans. Government should limit.

* John: He’s saying the opposite; SNAP limits food availability. Giving food to all = goal.
* JJ: People in SNAP aren’t in the program; challenged…
* Fendinger: People have too much pride to go on a welfare system. Referenced Ma Joad.
* JJ read a quote from page two…he’s talking about the State of the Food union… those are related to the government… then, read solutions. Focused on the government, which should be more involved…
* Menke: Those programs are designed to give people more options on what to eat.
* Spuzzillo: Regulate the food industry…
* Marshall: Harmonizing food policy; food touches many things… he wants policies to be coherent
* JJ: Influencing the quality of things going into people’s mouths.
* Geyer: Purpose of government involvement… guiding the consumer to the right direction.
* JJ: Public school = kids have certain dietary restrictions… not sure what kind of an effect that had.
* Liam: It would be cheaper; many kids can’t afford to bring their lunch.
* Eble: Yes… Catholic school…
* Wright: Job as janitor at St. Gertrude. The lunch lady told me about the program.

JJ: So is this working?

* Olinger: Kids will want to eat unhealthy foods. More about the opinion of what you like…
* Geyer: I disagree…we aren’t born with tastes. Your body learns to like what it gets. We’ve raised kids on food that is awful. Government makes good food available.
* Olinger: Being fed broccoli as a kid, told it was the best-tasting food…ice cream versus broccoli?
* Geyer: You’d like it because it’s sweet and fat… but you’d like the healthy foods more.
* Olinger: Anecdote about a nephew as a picky eater…
* Noah: TED talk from an eleven year old kid. Shared idea of industrial versus organic foods. Kids these days look at what they can get out of it.
* Eble: Hence, where marketing comes into play.
* Fowler: Kids drawn to action heroes instead of health…
* Marshall: “Teach Every Child About Food” from Jamie Oliver. Lack of education… went to Huntington, West Virginia. Worst food state in the union. He’d show vegetables, kids would mislabel them.
* JJ: When you’re a little kid, McDonald’s = toy. You aren’t thinking about foods being bad / good. Responsibility = the job of the parents. Transitioned to SNAP benefits & food.
* Spuzzillo: How would you know that they’re not buying produce at other stores? You only see the unhealthy people…
* JJ: We sell milk, bread, eggs… [people challenged!] People who use SNAP don’t use healthy foods.
* Wright: Spoke about bread / milk
* Liam: Spending SNAP somewhere…
* JJ: Health?
* Geyer: Spur-of-the-moment buy…
* JJ: Pharmacy…
* Liam: Walgreen’s = glorified CVS
* Eble: Spoke about food purchases / socioeconomic status
* Wright: We stay away from Trader Joe’s, but it’s expensive…
* Fendinger: Food culture… in my TED talk—weekday vegetarian—they talked about meat consumption. We’re trained in a Pavlovian ideal.
* Liam: Meat was like a dessert, a small part of meals. Now, they’re based on meat. BW’s, McDonald’s…
* Mr. Eble: “You don’t win friends with salad.”
* Olinger: Culture—my TED talk dealt with why don’t we eat insects. Interesting… they have more protein, more plentiful, they’re everywhere…
* Eble: Carbon footprint?
* Olinger: They went to a bug farm…the Netherlands…
* Eric Schutter: Benefits of this… ten kilograms of feed will get one kilogram of beef, but for bugs, your return would be nine kilograms. Insects are smaller—so less greenhouse gases. Since pigs are related to us, they can transfer disease; bugs can’t.
* Olinger: Salmonella from chicken… we already eat bugs. 30 insect components go into peanut butter… then explained more… developing countries eat 25 kilograms of food, whereas developed ones eat 80.
* Austin: Question: Bugs are smaller, but have the same amount. Can you fill yourself up?
* Liam: You will be…
* Austin: How does that help us cut consumption?
* Geyer: More water, fiber…body will learn to recognize…
* Austin: Asked question about body learning not to need as much meat…
* Olinger: Shared statistics…
* Geyer: Same amount…
* Eble: Question about how we eat, how much we eat…
* Alex: We eat food quickly…
* Austin: Jamie Oliver talk, eating habits. One of the big problems = obesity…
* Marshall:
* Geyer: Cooking versus prepared foods…
* Liam: Sliders / shoving food down…
* Fendinger: Nick Offerman… our generation = a bunch of weenies.
* Eble: How / Where / With whom we eat…
* Connor Peed: My family…we were raised to eat together, to prepare meals. Spoke about education leading to future food choices.
* JJ: Acclimating to different eating habits…
* Geyer: Home-cooked meals are healthier = food available to us. You can control what goes in your food.
* JJ: Is pizza healthy?
* Liam: Mom makes homemade pizza…
* Marshall: Homemade pizza…
* Austin: A next step… in the supermarket today, Jamie Oliver said that you can fall into the trap of “wanting what you don’t need.” Solution: Every supermarket should have a food ambassador who will you can ask to show you the healthy foods.
* Marshall: I watched the same video—teaching people to cook quick, seasonal meal.
* Geyer: Issue of getting food as quickly as possible… grocery list, having it ready… supermarkets are getting involved.
* Austin: There, you remove the market experience.
* Eble: Yes… but marketers still involved. Pace of modern life.
* JJ: Work already being done… increased leisure time… Remove need for fast food…
* Geyer: Western culture spread, so too is food culture. The TED I listened to dealt with China… Michael Silverstein. 1960’s / 1970’s. China / anecdote. As China opened to foreign investors, this opened food culture. Meat consumption increased tenfold over two, three decades. Food follows the culture. His call to action = eat less meat. Environmental, ecological ramifications. Vegetarian fast food?
* Austin: Veggies in general…
* Geyer: Chipotle = sustainable…

After break…

* Wright: Bees… bee colonies… reasons = pesticides…
* Eble: So…environmental issues tied in with food?
* Geyer: Feeding cows leftovers…
* Fowler: TED I watched… made hamburgers without cow. They bypassed killing animals, made a veggie burger. Used the cow feed, were able to make a burger that was very similar… creeped people out with…
* Eble: Molecular gastronomy?
* Fowler talked more about that.
* Geyer: People are becoming more conscious, but have shallow understanding…

**Worobetz, Herriott, Callahan off-task.**

* Fendinger: On the molecular level… scary…
* Eble: GMO’s, food?
* Fendinger: Cows, taking cells to make leather.
* Geyer: Produce, a genetic level… change it…
* Eble: GMO’s, best intentions…
* Geyer: Yellow rice, vitamin A…

Weber came in late… seafood, GMO talks…

Eble: Oral presentations?

JJ: T-Rex arms…

Austin: Jamie Oliver with back to audience.

Marshall: He played on his British heritage. He had a wheelbarrow…

Peed: The guy pulled out crackers… used a prop. The guy kept looking at the timer…

JJ: Verbal Graffiti.

Callahan: Reference *Family Guy*… cool whip…