



TISHMAN CENTER · OCTOBER 26, 2015

The New School Celebrates Food Day

In celebration of Food Day, which is fully observed on October 24, students and faculty from The New School held events that raised awareness of our food consumption, waste, and how to conserve. Food Day is officially on October 24 and inspires Americans to change their diets and food policies. The theme for Food Day 2015 is “Towards a Greener Diet.” The average American diet is contributing to obesity, diabetes, and other health problems. Those problems cost Americans more than \$150 billion every year. Changing our food habits can save your health and put our food system

on a more humane, sustainable path.

With America's resources, there is no excuse for hunger, low wages for food and farm workers, or inhumane conditions for farm animals. To spread the message, The New School held events that were designed to facilitate a greater dialogue about our food waste and how to move towards a greener diet. **The**

Environmental Design and

Sustainable Systems classes at

Parsons created a **Pop-up Picnic**,

which celebrated in advance of Food Day to model how design can further strategies for more enjoyable engagement with our civic

agricultural systems. Students

prepared, staged, shared food and



IMG_3893 knowledge with

their class and with those around

them at the lower level area of the

University Center, Tuesday, October

13, 2015. Activities included a "Build

Your Own Awareness" sandwich

activity where participants were

presented with store-bought foods,

recyclable, compostable and

biodegradable servingware adjacent

to farmers market foods, reusable

servingware. People were

encouraged to build their own

sandwich making qualitative and

quantitative choices about their

sandwich. To build further awareness,

each item was labeled with its

"virtual" water calculation, which is

the flow of water embodied in the

cycle of production, trading, and handling of related wastes for any material good or service. This includes water used for raw material extraction, processing, manufacturing, packaging, the retail systems, and related transportation systems, as well as, that water (and energy) wasted with each item "thrown away". Additionally, as people enjoyed their meal, the class informed participants of the amounts of virtual water that could not be calculated because of the "hidden" systems behind the goods (plastic bags, processed cheeses and breads that are not local civic agricultural items), as well as other deep-dive research material on food and their field of interest. **The New School Dining and The Tishman Environment and Design Center** co-hosted a film screening of the documentary [Food For Thought: Food For Life](#). This film explored and explained the downsides of current practices in agribusiness and introduces us to farmers, chefs, researchers and educators, and advocates who are providing solutions to the current issues. The film sparked a stimulating discussion about food accessibility and solutions for how to sustainably grow food naturally to meet the current demand.

