

# We Are What We Eat

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ALTERNATIVE FOOD SYSTEMS & FOOD SOVEREIGNTY

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# Event

**Friday, November 21 (4:00–8:00 PM)**

**7th Floor Takeover – The People’s Potato, The Greenhouse Lounge & CSU Lounge**

Hosted by the student movement for food justice — all are welcome to join a collective moment of cooking, conversation, care and creativity.

**What to expect:**

**4:30–6:00 PM — Community Cooking Session**

With the Spinach Collective leading, we’ll take over the Peoples’ Potato kitchen, dice, stir, taste, listen and build community through food.

**6:00–8:00 PM — Shared Dinner**

All event-goers are invited to join the dinner in the 7th floor lounge of the student union. Eat, talk, connect, rest together.

**6:00 – 7:00 PM — Panel Discussion**

Enjoy your meal while campus food groups unpack power, access and food sovereignty.

**4:00–8:00 PM — Student Art Show**

Throughout the evening: explore art made by students inspired by food, resistance, community. In the lounge space.

Also featuring:

**“Eat Local” Zine Launch**

The launch of our DIY zine happens over the entire event: free copies, stories of food -power, local growers, resistance and hope.

**CFC Info Table + Free Zines**

Visit the Canadian Food Coalition (CFC) info-table for movement info, take free zines & stickers, ask questions, get involved!

**Why this matters:**

Our food system is not neutral. It’s structured by power, exclusion, profit. On our campus, in our city, in our bodies: we see who is excluded, exploited, ignored. This event isn’t just a dinner — it’s reclaiming space. Saying: our bodies matter. Our food matters. Our community matters.

**Bring your energy. Bring your ideas.**

Plant-based and Gluten-free dinner will be provided. All students welcome — whether you’ve been in kitchens or never cooked before. Let’s gather, cook, converse, create — let’s take over the 7th floor.

# What to Do?

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We will help the Concordia Food Coalition organize the food event.

- Each group will pick one of the categories on the next slide to orient their involvement in event organizing.
- Students will write a report linking our attempt for food system transformation to course readings and discussions.

# Groups

- 1 - Coordinating with the CFC team
- 2 - Coordinating Art Exhibits
- 3 - Coordinating Speaker Event
- 4 - Social Media Outreach
- 5 - Mobilizing Students in Residents
- 6 - Mobilizing Faculty
- 7 - Mobilizing External Community
- 8 - Mobilizing Concordia Students in General
  - Hall Building
  - EV Building
  - VA Building
  - Loyola Campus
- 9 - Mobilizing Campus-Community Food Groups
  - Downtown (People's Potato, Concordia Food Coalition, Le Frigo Vert, Spinach Collective, etc.)
  - Loyola (Hive, Garden Groups, etc.)
- 10 - Setting up and Taking Down
- 11 - Cooking and Serving at the Event
- 12 - Taking Photos at the Event

# Follow Template

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[HERE IS THE TEMPLATE](#)

# Thanks!

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Questions or concerns?