

We Are What We Eat

ALTERNATIVE FOOD SYSTEMS & FOOD SOVEREIGNTY

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Instructions

Critical Food Exposition (Group Project + Autoethnography, 500–750 words, 30%)

For the culminating assignment, students will collaborate to organize a food-focused event showcasing their creative work and inviting campus-community food groups to participate. Students must:

- Contribute to planning and organizing the event in partnership with campus-community food initiatives and the Concordia Food Coalition.
- Write an autoethnography reflecting on their individual contributions to the event's development and execution.
- Connect their reflections to course readings and classroom learning.
- Demonstrate critical awareness of collaborative processes, community engagement, and the public presentation of food-based projects.

Purpose: This assignment synthesizes learning from the course, combining creative practice, critical reflection, and community engagement in a public-facing project.

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?

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

[HERE IS THE TEMPLATE](#)

Report

Option 1 – Critical Autoethnography (Event Reflection)

Reflect on your personal experience in planning, organizing, or attending the event. Use a *critical autoethnographic approach* to connect your lived experience to course readings and discussions.

Consider:

- How did your participation contribute to community-building and learning?
- How did the event (or its challenges) reveal dynamics of power, access, or inclusion in the food system?
- How did art or creative expression function as a catalyst for dialogue, critique, or transformation?

Option 2 – Literature-Based Reflection

If you were unable to attend or prefer a more theoretical approach, write a short *literature review* examining how art and cultural practices can contribute to food system transformation.

Consider:

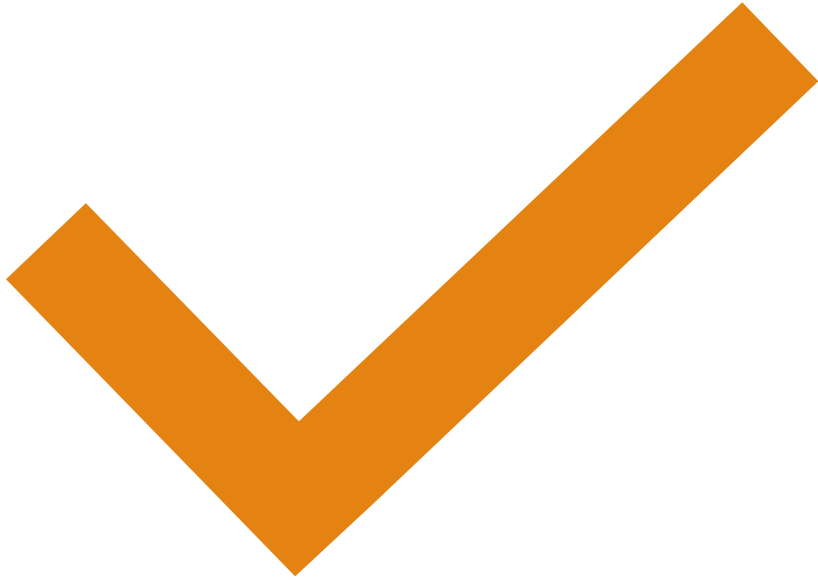
- How do artists and movements use creative expression to challenge dominant food narratives?
- How can art help build communities of care and resistance around food sovereignty?
- What lessons from the readings or external examples can inform campus-based initiatives like ours?

Option 3 – Creative or Analytical Alternative (with Approval)

You may propose another approach that reflects the spirit of the assignment — for example:

- An analysis of a community art initiative related to food justice (local or global)
- A creative piece (visual, written, or multimedia) accompanied by a critical reflection linking your work to course themes
- An interview-based mini-report with an artist, organizer, or participant exploring art's role in food system transformation

If you choose this option, please confirm your idea with me before starting.



Grading Rubric

[GRADING RUBRIC](#)



Thanks!

Questions or concerns?