



FOOD DAY WILMINGTON

OCTOBER 24, 2014



NEW HANOVER COUNTY





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Food Day is a nationwide celebration and a movement toward more healthy, affordable, and sustainable food culminating in a day of action on October 24 every year. Food Day aims to help people eat **REAL FOOD-JUST FOOD**. Use today to start—or celebrate—eating a healthier diet and educating yourself about our food system.

Amphitheater, UNCW Campus

11:30 – 12:00 **Welcome Session and Proclamations**
Dr. Leslie Hossfeld, Chair and Professor of Sociology - Welcome
Dr. Aswani Voley, Dean and Professor, College of Arts and Sciences – Welcome
Dr. Justine Reel, Associate Dean and Professor, College of Health & Human Services
Margaret Haynes, Mayor Pro-tem, Food Day Wilmington 2014 Proclamation
NH County Commissioner, NH County Food Day 2014 Proclamation

12:00 – 2:00 **Sustainable Food Fair and Food Drive – DONATE A FRESH OR NON-PERISHABLE FOOD ITEM!**
Outdoor Iron Chef Competition Feast Down East - FoodCorps
Kale Eating Competition Keeping Your Food Safe
“I Eat Real!” Photo Booth The \$2 Meal
Farm Worker Justice Mural Crop Mob
Seahawk Adventures NourishNC Child Hunger Program
Container Gardens by Shelton Herb Farm Raffles and more....

Lumina Theater, UNCW Campus – FSC 1006

9:30-10:30 am “Our Role as Stewards of the Earth – Urban/Community Farms” – *Evan Folds, Progressive Farm.*

10:30-11:30 am “Fermentation –Health Benefits, History and Application”, Learn how to make fermented vegetables, kombucha, home brews and sour dough bread starts.

1:30-3:00 pm “Food and Our Future” Panel discussion moderated by *Dr. Jill Waity*, UNCW Professor of Sociology and *Emily Kraft*, Food Bank of CENC. Topics: Childhood Hunger and its Effects on Society, *Paige Blair*, NourishNC and *Stephanie David*, UNCW Director of Development • Food Insecurity and Access to Healthy Food • Eating Healthy on a Budget: Real Food vs. Fast Food • TOO MUCH SUGAR!!, *Liz Flint-Somerville, GRUB*

Dubs Cafe, UNCW Campus – Warwick Center (Lunch Available Beginning at 11:00 am)

Lunch Special: A locally sourced dish, prepared by UNCW’s talented chefs, will be featured.
“ALL YOU CAN EAT” for \$7.00 per person OR one meal swipe!!

Tidal Creek Cooperative Food Market

Store-Wide FOOD DAY Celebration! More information to follow...

McNeill Hall Auditorium 1005, UNCW Campus

7 pm – 9 pm A free screening of the documentary – “**Growing Cities**” - Presented by the Ability Garden @ NHC, the film examines the role of urban farming in America and asks how much power it has to revitalize our cities and change the way we eat. By showcasing innovative ways that urban dwellers are producing food, the film was produced to inspire people to imagine new possibilities for growing foods in urban settings.

The following local restaurants and food establishments will be celebrating FOOD DAY 2014 with specials and promotions:

UNCW Campus Dining
Tidal Creek Cooperative Food Market
List Your Restaurant HERE!