wellness hub
THE HUNGRY MIND
What is the Hungry Mind?

The Hungry Mind is an initiative focused on food, food sustainability, food politics, nutrition, and the environments that support food production. It is coordinated by the Wellness Hub of the University of Maryland and features approximately 25 opportunities for attendees to engage with experts and participate in interesting, informative, and entertaining lectures and activities. The Hungry Mind is open to University of Maryland students, faculty, and staff as well as to the community free of charge.

Mindful Eating
Sept. 23, 2010 | noon - 1 p.m. (Session 1)
Sept. 23, 2010 | 5 - 6 p.m. (Session 2)
SMCCC Ballroom B

It may come as a big surprise to learn that “mindless” eating, or eating without awareness, can have negative health consequences. Attend this lecture by Terri Brownlee, MPH, RD, LDN, of Bon Appétit, introducing the Mindful approach to eating, which includes being present, moment by moment, for each sensation that happens during eating, such as chewing, tasting, and swallowing.

Transforming the Way We Eat
Sept. 28, 2010 | noon - 1 p.m. | SMCCC Room 349

Anthony Geraci is the director of food and nutrition for Baltimore City Public Schools. His department has taken over an abandoned city-owned 33-acre farm, which is now being used for vocational training and organic food production for Baltimore City’s schools.

Field Trip to Great Kids Farm
Visit website for date and time.

Greg Strella will offer guided tours at Great Kids Farm and discuss different aspects of farming.

Urban Farming in Baltimore
Oct. 26, 2010 | noon - 1 p.m. | SMCCC Room 349

Brian LeGette will speak on urban farming and the struggle for a more sustainable food system. LeGette is the co-founder and CEO of Big City Farms LLC, which plans to create a network of city-wide urban farming operations, beginning here in Baltimore.

My Food Journey
Nov. 4, 2010 | 4:30 p.m. reception, 5:30 - 7 p.m. lecture | SMCCC Room 349

Tony Foreman, co-owner of Petit Louis, Charleston, and Pazo, among others, one of Baltimore’s most well-known and respected restaurateurs and wine
Hungry Mind

Food as Medicine
Nov. 10, 2010 | noon - 1 p.m. | SMCCC Room 351

The Greek Philosopher and father of medicine, Hippocrates, said, “Let food be your medicine and medicine be your food.” Debbie Gioia, PhD, MSSW, of the School of Social Work, explores the Food as Medicine movement.

Environmental Activism in a Cynical Age
Dec. 9, 2010 | noon - 1 p.m. | SMCCC Ballroom A

Associate Professor Jane Barrett, JD, directs the University’s Environmental Law Clinic. Barrett is a graduate of Loyola University Maryland and the University of Maryland School of Law. Most recently, she was in private practice at Blank Rome LLP in Washington, D.C. She has litigated multiple and complex criminal and civil environmental cases. She was also chief of environmental litigation and supervised environmental litigation within the District of Maryland. Barrett is intrigued by the power of citizen groups to create meaningful change.

The Raw Vegan
Jan. 12, 2011 | noon - 1 p.m. | SMCCC Room 349

Daniela Troia of Zia’s Café will present on her transformation into a raw vegan.

The Woodberry Experience
Jan. 18, 2011 | 4:30 - 7 p.m. | SMCCC Bon Appétit Kitchen

Spike Gjerde, chef at Woodberry Kitchen and Top Chef Contestant, will speak about using local growers and emphasizing organic meats and sustainable agriculture in a popular Baltimore restaurant.

The Meat Panel
Jan. 20, 2011 | noon - 1:30 p.m. | SMCCC Room 349

The way meat is produced and consumed in the developed world, particularly the U.S., is grossly unsustainable, not to mention environmentally hazardous, and unhealthy. Our panel of three meat farmers facilitate a discussion on how meat can become a sustainable part of our diet.

Delicious Meals in Five Ingredients or Less
Jan. 25, 2011 | 4:30 - 7 p.m. | SMCCC Bon Appétit Kitchen

Chef Ty Paup from Bon Appétit will offer a healthy cooking demonstration using five ingredients or less.

A Sustainable Wine Tasting
Jan. 28, 2011 | 4:30 - 7 p.m. | SMCCC Green Room

Come join our friends from Black Ankle Vineyard to learn about and taste delicious, local, and sustainable wines.

UM Food Film Festival

Food Inc.: Sept. 30, 2010, SMCCC Room 349. Introduction and post-film discussion facilitated by Jane Barrett, JD, director of the UM Environmental Law Clinic.


Hungry Mind

Programs

- **Environmental Sustainability Art Installation**
  Feb. 1 - April 1 | SMCCC
  
  Eileen Wold is a local Baltimore artist that expresses her concern for environments that sustain food through innovative and provocative art, including photography, paintings, sketches, and video.

- **Oyster Ranching for Everyone**
  Feb. 3, 2011 | noon - 1 p.m. | SMCCC Room 349
  
  Richard Pelz, president of Circle C Oyster Ranchers Association Inc., will teach us about the Chesapeake Bay’s Eastern oyster, which has long been considered an important part of Bay restoration and a true delicacy. He will also show us how we can start our own oyster farms to help preserve the Bay.

- **A Little Something for Your Honey**
  Feb. 10, 2011 | noon - 1 p.m. | SMCCC Room 351
  
  Everyone enjoys a good piece of fruit, but what most people don’t realize is that bees have a lot to do with getting fruit into our hands. Unfortunately, bee populations are on a global decline mainly due to Colony Collapse Disorder. Backyard beekeeping is a great way to help the bee population. Come to this lecture by Steve McDaniel, president of the Maryland State Beekeepers Association, photographer, and bee enthusiast, to learn how to be a backyard beekeeper.

- **A Healthy Revolution**
  Feb. 15, 2011 | noon - 1 p.m. | SMCCC Room 351
  
  Louise Mitchell, sustainable foods coordinator, Maryland Hospitals for a Healthy Environment, School of Nursing, will speak about the sustainable foods movement.

- **Got Cravings?**
  Feb. 23, 2011 | 12:15 - 1:15 p.m. | SMCCC Room 351
  
  Food cravings can be a powerful force and difficult to resist. Attend this session to learn about what triggers cravings and binge eating and how to reduce them. The session will also explore the influence of the popular media on body image.

- **Taste of Catalunya**
  March 10, 2011 | 4:30 - 7 p.m. | SMCCC Bon Appétit Kitchen
  
  Marc Vidal, executive chef of Solea in Miami Beach, Fla., will share his story of growing up in the restaurant business in Barcelona, Spain. Much is made of Vidal’s apprenticeship at Ferrán Adriá’s El Bulli, home of the laboratory approach that began a new culinary era.

- **Food Politics**
  April 4, 2011 | 4:30 - 7 p.m. | SMCCC Ballrooms A&B
  
  Marion Nestle is the Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health, and professor of sociology at New York University. Her degrees include a PhD in molecular biology and an MPH in public health nutrition, both from the University of California, Berkeley. In 2003, *Food Politics* won awards from the Association for American Publishers (outstanding title in allied health), the James Beard Foundation (literary), and World Hunger Year (Harry Chapin media).

- **An Artist’s take on the Hungry Mind**
  April 14, 2011 | 4:30 - 7 p.m. | SMCCC Ballroom A
  
  Eileen Wold discusses her art installation, her inspiration, her experiences photographing sensitive environmental sites, and the role art plays in the conservation movement.

*SMCCC is the Southern Management Corporation Campus Center.*
How can I get connected to the Wellness Hub?

Visit us online at www.wellness.umaryland.edu.

Facebook: Search “Wellness Hub”
Follow us on Twitter: “WellnessHub”

Visit us at the Southern Management Corporation (SMC) Campus Center on the 3rd floor.

Call 410-706-7767 or e-mail FLilly@umaryland.edu.

Our Partners

PRODUCED BY THE OFFICE OF EXTERNAL AFFAIRS, 2010