

**Feed Week List of Events and Descriptions**  
Linktree: <https://linktr.ee/UVAFEEDWeek>

## SISTERS PROJECT PERU & INKA GRILL GUEST CHEF



LEARNING FOOD CULTURE & RECIPE  
with INKA GRILL



Learn to Make Ceviche · A Taste of Peru

6-7:30 PM  
APRIL 3

Booking at UVA Teaching  
Kitchen or  
[Sistersprojectperu.org/events](https://sistersprojectperu.org/events)

*Register  
Now!*



### April 3 - Sisters Project Peru x Inka Grill Cooking Class at the UVA Teaching Kitchen:

**6-7:30 PM**

Sisters Project Peru, a branch project of FNE International and CIO at UVA is dedicated to increasing healthcare access in a rural, Indigenous community in Peru. On grounds, the CIO is working to increase education and awareness around issues of remote healthcare access, food and health outcomes, and Indigenous Justice. A [cooking class event April 3 from 6-7:30 PM](https://virginia.az1.qualtrics.com/jfe/form/SV_6qUK4UpBWLWq8) at the UVA Teaching Kitchen will involve teaching Ceviche, a traditional Peruvian dish taught by a professional chef from Inka Grill, with the hopes of bringing a taste of Peruvian flavor and culture to grounds here in Charlottesville. To register for the class sign up here:

[https://virginia.az1.qualtrics.com/jfe/form/SV\\_6qUK4UpBWLWq8](https://virginia.az1.qualtrics.com/jfe/form/SV_6qUK4UpBWLWq8)  
[Ci](#)



### **April 5th - April 6th - UVA Food Justice on the Hill**

Members will be leaving UVA Friday morning at 9am on April 5th, meeting with leaders at the National Food Justice organization - the Food Recovery Network at 1pm in Washington D.C. followed by a meeting on the Hill in hosted by Rep. Abigail Spanberger's office at 4pm on 4/5. On Saturday, April 6th, we will volunteer at D.C. non-profit(s) and returning to UVA Saturday 4/6 during the afternoon. Participants who are interested in attending should fill out the following form due Sunday, March 31:

<https://docs.google.com/forms/d/e/1FAIpQLSckL0CYLYAPX46yPat6SfSFozMF1uJxAifO6MAT0Ccj4OoxEw/viewform>

## FOOD, HEALTHCARE, AND INDIGENOUS JUSTICE PANEL CONVERSATION



SISTERS PROJECT PERU X RAM

APRIL 6 2-3 PM  
UVA STUDENT HEALTH AND WELLNESS  
MULTIPURPOSE ROOM 101B



### April 6th: FEED WEEK EVENT Sisters Project Peru X Remote Area Medical: Food, Healthcare, and Indigenous Justice Panel Conversation

Hosted as a part of FEED Week, Sisters Project Peru and RAM aims to host a panel conversation exploring the intersection of food equity, healthcare access and Indigenous justice. The panel will be hosted April 6 from 2-3 PM at Student Health and Wellness Multipurpose Room 101B (550 Brandon Ave). The panel aims to bring together conversations on local food/health/Indigenous justice efforts within the Charlottesville environment and the work of Sisters Project Peru and RAM. Panelists include remote healthcare physician Matt Giese, international medical service physician Sean McKenna, UVA tribal liaison Kody Grant, and indigenous farmer and food justice activist Amyrose Foll. To register for the panel go to:

[https://docs.google.com/forms/d/e/1FAIpQLSfNIVC0Qi7-687IBLmOUwuaa\\_lkBpzj3NWZnJNxLHquJ9yQKA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfNIVC0Qi7-687IBLmOUwuaa_lkBpzj3NWZnJNxLHquJ9yQKA/viewform?usp=sf_link)

## Food As Medicine

A Conversation With

# Dr. Kofi Essel

April 8, 7 PM

Join the SFC's enlightening first FEED Week event to explore the crucial intersection of nutrition, health, and societal well-being.



### April 8th: Teaching Kitchen & Dr. Essel Discussion: 7 PM

Join the SFC's enlightening first FEED Week event on Monday, April 8th at 7pm in Warner 209, "An Evening With Dr. Kofi Essel on The Power of Food As Medicine" where we will explore the crucial intersection of nutrition, health, and societal well-being. Food insecurity is a complex issue far beyond just a lack of food, and signifies a deeper challenge of accessing nutritious and affordable options and the health outcomes that flow from that gap. Dr. Kofi Essel, MD, MPH, FAAP is the inaugural Food As Medicine program director at Elevance Health where he leads innovative approaches to address diet related chronic diseases and social risk using novel food interventions. Dr. Essel will delve into how addressing food scarcity is vital for combating chronic conditions and improving overall health outcomes. This conversation will shed light on the concept of food as medicine — a transformative approach that integrates nutritious food access into healthcare services to prevent, manage, and treat disease. Discover how providers and policymakers, like Dr. Essel, are taking a groundbreaking step towards integrating food-based interventions for a healthier future. Don't miss this compelling dialogue on how we all can enhance health for ourselves and our communities through the power of nutrition. Vegan Pearl Island catering will be provided. To reserve a ticket visit:

<https://www.eventbrite.com/e/food-as-medicine-a-conversation-with-dr-kofi-essel-tickets-861106050377?aff=oddtcreator>

FOOD ASSIST X NET IMPACT AT DARDEN PRESENTS:

# Social Entrepreneurs and Ventures in Food Justice

APRIL 11TH, 4 PM, MCINTIRE



**GUEST SPEAKERS:**

Clara Camber, UVA alumni at Goodr

Eric Walter, owner of Black Bear Composting

## Register Now!

Join an insightful panel discussion on food entrepreneurship and waste reduction as part of the annual FEED Week.



## April 11th: Social Entrepreneurs and Ventures in Food Justice:

4 PM

Join us for an insightful panel discussion on food entrepreneurship and waste reduction as part of the annual FEED Week (Food Engagement, Education, and Discussion Week) on Thursday, April 11th at 4pm at Darden - North Grounds, CLA 140. The panel, co-sponsored by Food Assist and Net Impact at Darden, will feature esteemed guests Clara Camber, a UVA alumni at Goodr, and Eric Walter, the owner of Black Bear Composting. are eager to hear your perspectives and experiences regarding the intersection of business and sustainability. These Panelists' insights will shed light on the creative strategies employed by businesses on and off grounds to reduce food waste and promote a more sustainable food system. This panel discussion promises to be an enlightening and inspiring event, highlighting the power of entrepreneurship in addressing critical issues within our food system. Attendees will gain valuable insights into the challenges and opportunities surrounding food waste reduction and the role of businesses in driving positive market change in food systems. **To reserve a ticket visit:**

<https://www.eventbrite.com/e/social-entrepreneurs-and-ventures-in-food-justice-tickets-872572356407?aff=oddtcreator>



### **April 12th - VA Farm Workers Discussion:**

**6:30 PM**

Over 50,000 farmworkers labor in fields and farms across Virginia, helping to put food on our tables. Yet, these essential workers face numerous challenges: Exclusion from Virginia's minimum wage protections, long hours in strenuous and sometimes dangerous conditions, lack of safeguards for children working on farms, and precarious legal status under guest worker programs. On Friday, April 12th at 6:30pm in Clark 108, the SFC will host a discussion to cap off FEED Week with Christianne Queiroz, Program Director at Central Virginia Legal Aid Society, and other speakers who will discuss issues related to the workers at the frontlines of farms. Attendees will learn the legal landscape for farmworkers in Virginia, the hidden crisis of Child labor in agriculture and the promise of Farmworker Movements who advocate for farmworker dignity and rights. **To reserve a ticket:**

<https://www.eventbrite.com/e/va-farm-workers-discussion-tickets-872591724337?aff=oddtcreator>