

FOOD DAY

What is Food Day? Every October 24, thousands of events take place to bring Americans together to celebrate real, just, and sustainable foods. This year's focus, Toward a Greener Diet, is encouraging each of us to adopt healthier, sustainable, more humane food practices. For more information about Food Day nationwide, click [here](#).

UNC Asheville's Department of Health and Wellness, Dining Services, Lenoir-Rhyne University, and Food Connection are raising awareness about Food Day by partnering to host a cook-a-thon in the Sherrill Center Teaching Kitchen. Students, faculty, and staff will get together to cook a 500 servings of a healthy plant-based meal that will be donated to Food not Bombs, ABCCM, and In Real Life at Asheville Middle School. The purpose of this meal is to teach simple food preparation to college students, to celebrate our partnership with Food Connection, and to feed those in need.

Our goal is to prepare 500 meals in 10 hours with 50 volunteers. You can help!

Our UNCA Food Day event will happen on **Friday, October 23, 2015**. We hope that you will participate by **offering a food donation, by posting the attached flyer, and by signing up to help us cook!**

If you or your students are interested in helping us cook, please sign up on this Google doc [Volunteer sign-up form](#) for a volunteer time. If you would like to donate food, see the suggested donations list below and donate at one of our barrel locations. We have barrels in two locations: the 2nd floor guest services desk in the Student Union and the NCCHW/Health and Wellness department entrance in the Sherrill Center, closest to the parking deck.

If you have any questions, please email Laura Sexton (lsexton@unca.edu) or Amy Lanou (alanou@unca.edu).

All the best, Amy and Laura

Amy Joy Lanou
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Suggested Donations: Please unopened packages only

Canned beans of all varieties- #10 cans or smaller

Dry beans

Dry quinoa, dried barley

Canned corn

Canned tomatoes or tomato sauce, or paste

Cornmeal (self-rising or regular)

Flour-(All-purpose or unbleached)

Dried oats--rolled or quick

Sugar--white or brown

Sweet Potatoes

Winter Squash

Onions

Garlic

Cooking oils

Canned green chilis

Apples

Vinegar- apple cider or rice vinegar

Donation Barrel Locations:

Highsmith University Union- 2nd floor guest services desk

Sherrill Center- North Carolina Center for Health and Wellness Entrance foyer closest to the parking deck