

“E-meals for Everyone” Course Proposal

- Each class will include Lecture, Discussion, Video clips and Film, Food prep and Tasting modalities.

- 5 topics in 5 weeks:
 1. Easy - simple meals from available resources
 2. Excellent - nutritionally excellent and tasty meals
 3. Economical - inexpensive ingredients, equipment
 4. Ethical - cruelty free ingredients and practices
 5. Earth friendly - sustainable, minimal carbon footprint

- Participants will practice applying the 5 topics as “filters” for creating meals that satisfy, nourish and sustain with minimal impact on the environment and other living creatures.

- Resources
 1. Books (EAT FOR THE PLANET by Zacharius; COMFORTABLY UNAWARE by Oppenlander; GO VEG WITH CLASS by Greet)
 2. Films: (COWSPIRACY; SEASPIRACY; FORKS OVER KNIVES)