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# Food for Thought: Eagle Dining Hosts Sustainable Feast to Support Eating Local

September 16, 2015

STATESBORO, Ga. — Eagle Dining is teaming up with the Center for Sustainability (CfS) and representatives from the Nutrition and Science department to promote the benefits of eating local foods and choosing healthy, sustainable meal choices. “Homegrown,” a series of events will kick off Monday Sept. 21.

“Using local products has become a topic that today’s students are very passionate about,” said Emily Arrington, assistant manager of Eagle Dining Services. “We wanted to take this opportunity to let our chefs make some delicious food and be able to educate what ‘local food’ really means to those that may not be as familiar with the local food movement.”

Day one of “Homegrown” will showcase the “Eat Local” component of the event. Professor Becky Larson and nutrition students will offer a recipe sampling of nutritious snacks (while supplies last) and show students how to prepare the recipe using local, sustainable and fresh ingredients. “Eat Local” will take place in front of the Dining Commons at 11 a.m.

CfS will be highlighting the “Campus Sustainability” component on Mon. and Tues. from 11 a.m. to 1 p.m. in front of the Dining Commons. “Campus Sustainability” will include displays and information regarding the Campus Garden and Food Waste Composting project partnerships.

On Wed. Sept. 23 from 10 a.m. to 12 p.m. in front of the Dining Commons, local vendors will host a mini-farmers market for visitors to try out. B&G Honey, Three Tree Roasters, Hunter Cattle, Plum Broke Pops, Walker Produce, and Cork’s Kettle Corn will offer live demonstrations and tastings to promote their local, sustainable treats- a preview for what the evening has in store.

The final, most-anticipated component of “Homegrown” will be the feature dinner at the Dining Commons from 5-9 p.m. The dinner will feature locally-grown ingredients in unique and delicious dishes. Many of the vendors from the mini-farmers market will return to showcase ingredients and offer samples. CfS will return to the dinner and host live demonstrations for growing micro-greens at 6 and 7 p.m.

Dining Plan holders will have unlimited access to the Dining Commons for the event. The cost for entering the Dining Commons without a plan is \$15 plus tax and \$12 with EagleXpress.



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