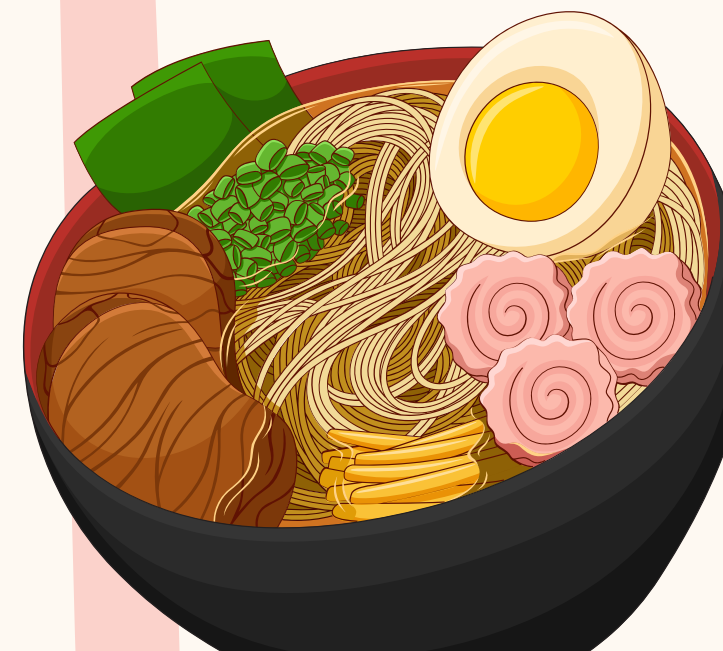


# FUSION CUISINE ON CAMPUS

Strategies for Blending Culinary  
Traditions to Innovate Campus Dining

## **Presented by:**

Ashley Carter, MS, RD, LDN  
Jasmine Westbrook-Figaro,  
MS, RD/LDN, CDCES  
Directors of EatWell Exchange



# ABOUT US

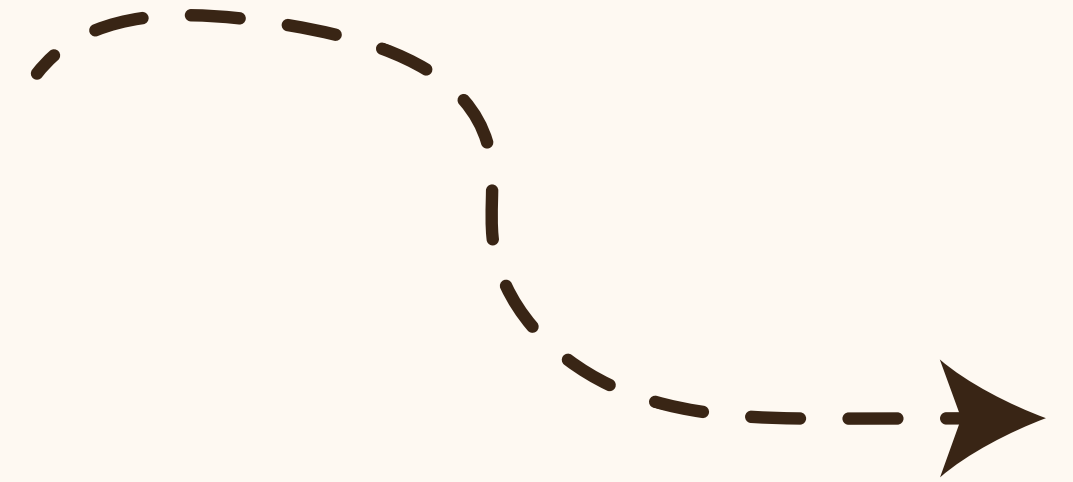
- Registered Dietitians & best friends
  - Certified Diabetes Care & Education Specialist
- Combined over 20 years in the food and nutrition field
- Community advocates residing in Miami, FL & Raleigh, NC
- Great dance partners
- Love to travel & try different foods



Ashley Carter,  
MS, RD, LDN



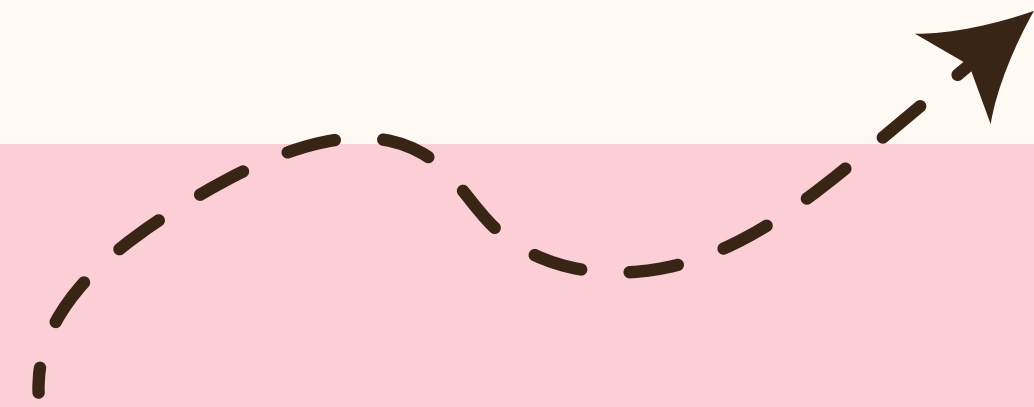
Jasmine Westbrook-Figaro,  
MS, RD/LDN, CDCES





# ABOUT EATWELL EXCHANGE

- 501(c)3 nonprofit organization
- Founded in 2017, after seeing the need for nutrition education with a focus on culture
- Creating sustainable change in lower socioeconomic communities
- Taught over 38,500 people
- Over 120 events and presentations this year



# OUR PROGRAMS



**Food Access**

- Partnerships with food pantry and fridges
- Gardening classes
- Free Farmers Market



**Nutrition Education**

- Interactive classes in the community
- Teach healthcare professionals & chefs
- Nutrition Resources and Materials



**Culinary Programs**

- Culinary academies
- Cooking Demonstrations
- Prevent diabetes culinary program
- Bilingual Culinary Classes

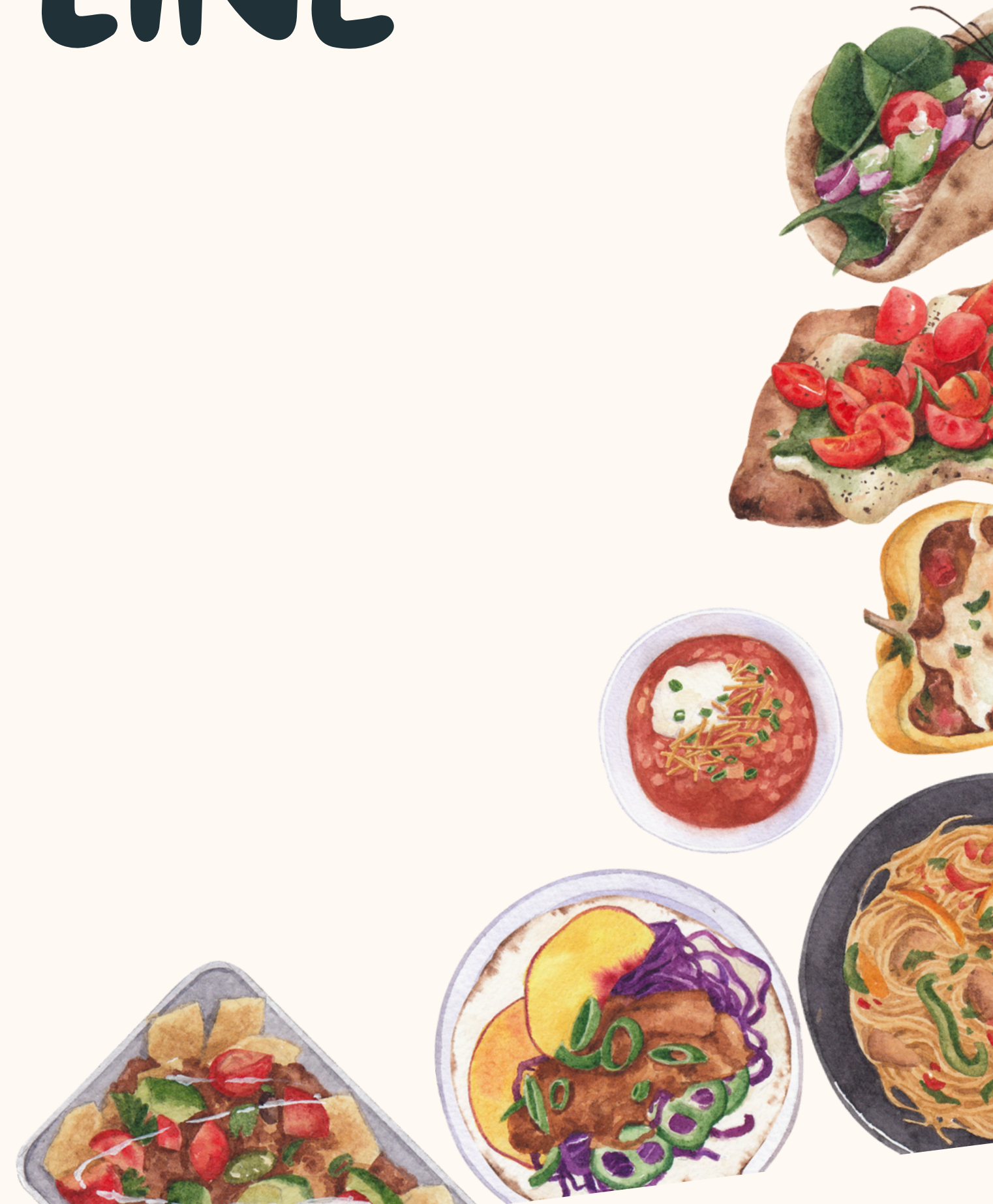
# TOPIC OUTLINE

Importance of  
cultural foods on  
campus

challenges of integrating  
diverse culinary traditions  
in campus dining settings

promoting cultural diversity,  
respect and inclusion within  
campus dining services

strategies for engaging  
students in the meal service  
process



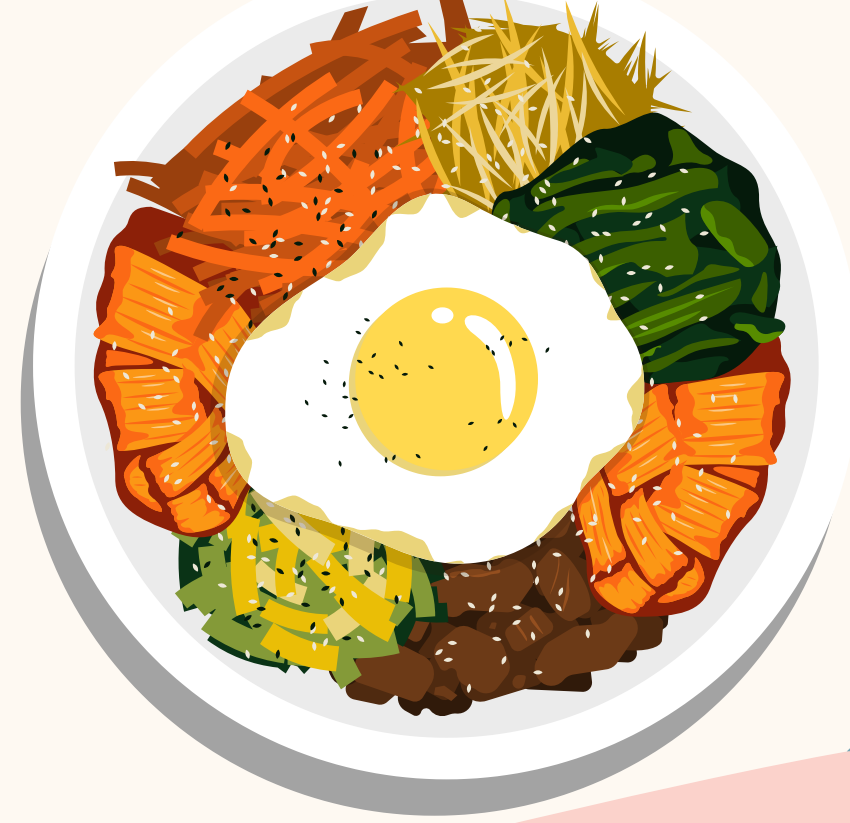
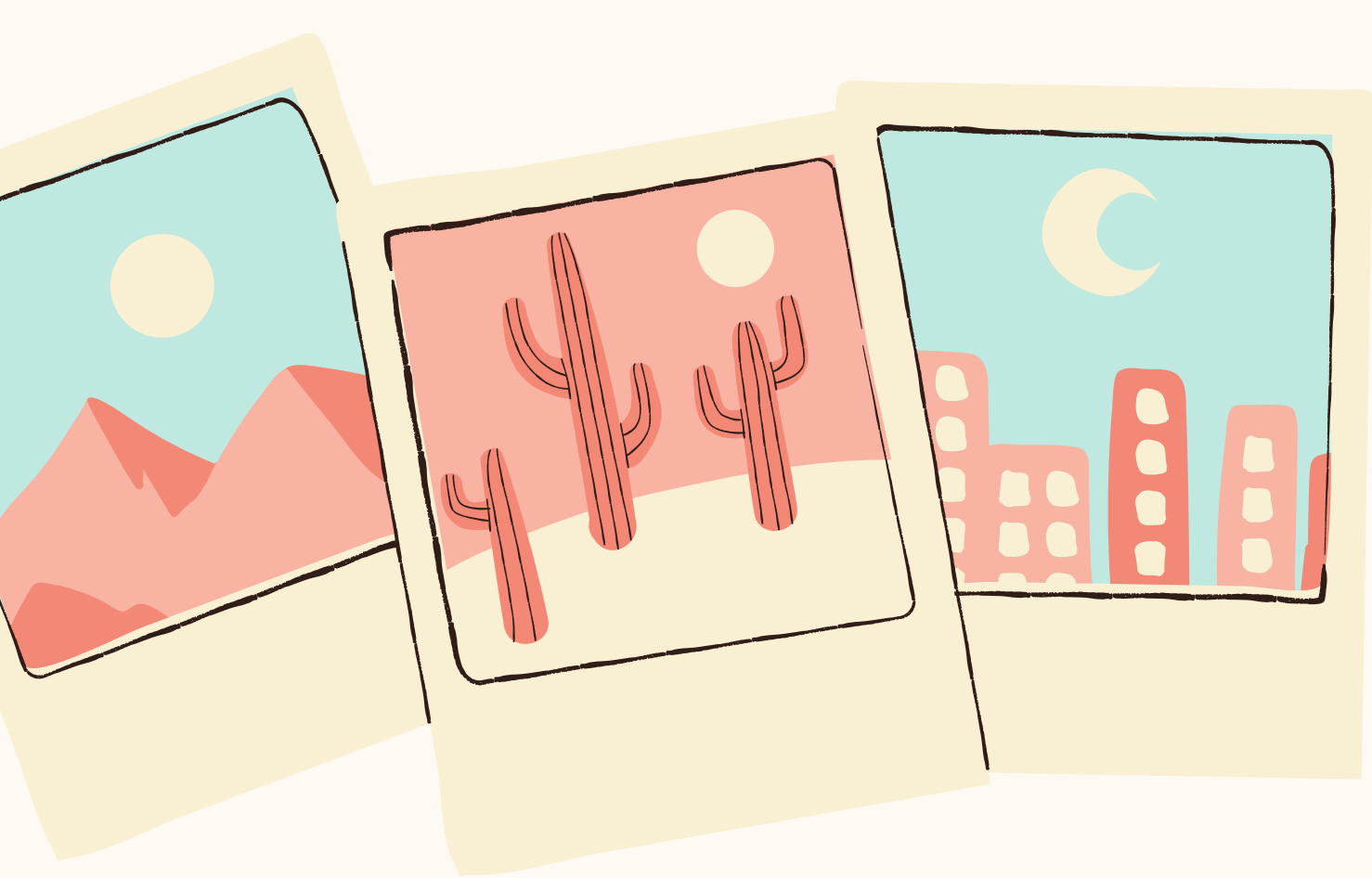
# TOPIC OUTLINE



Techniques for blending culinary traditions to create healthy, flavorful dishes

balancing nutritional value with cultural authenticity and taste

fusion cuisine in fostering a sense of community and belonging among students



WHY DOES  
CULTURAL  
FOOD ON  
CAMPUS  
MATTER?



# CULTURAL FOOD ON CAMPUS

- Reminds students of home
- Important for overall well-being, safety, belonging and security
- Provides healthier options for fast foods
- 1st Generation immigrants experience health decline after transitioning to westernized diets
- lessen alternates ( Uber, DoorDash,etc.)
- Builds campus culture (new & existing)

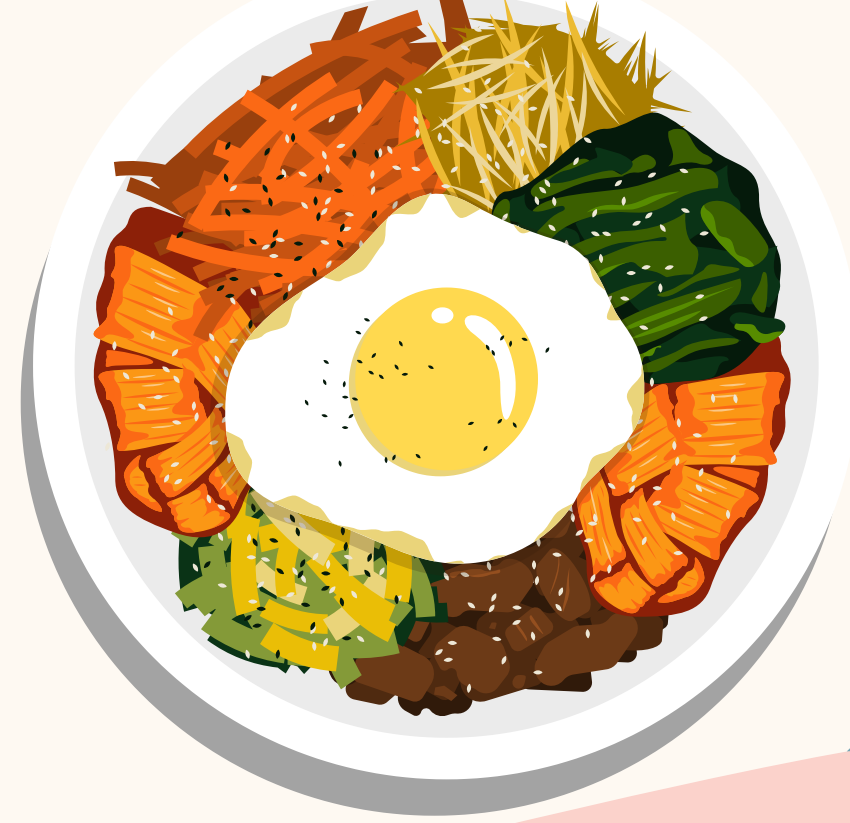
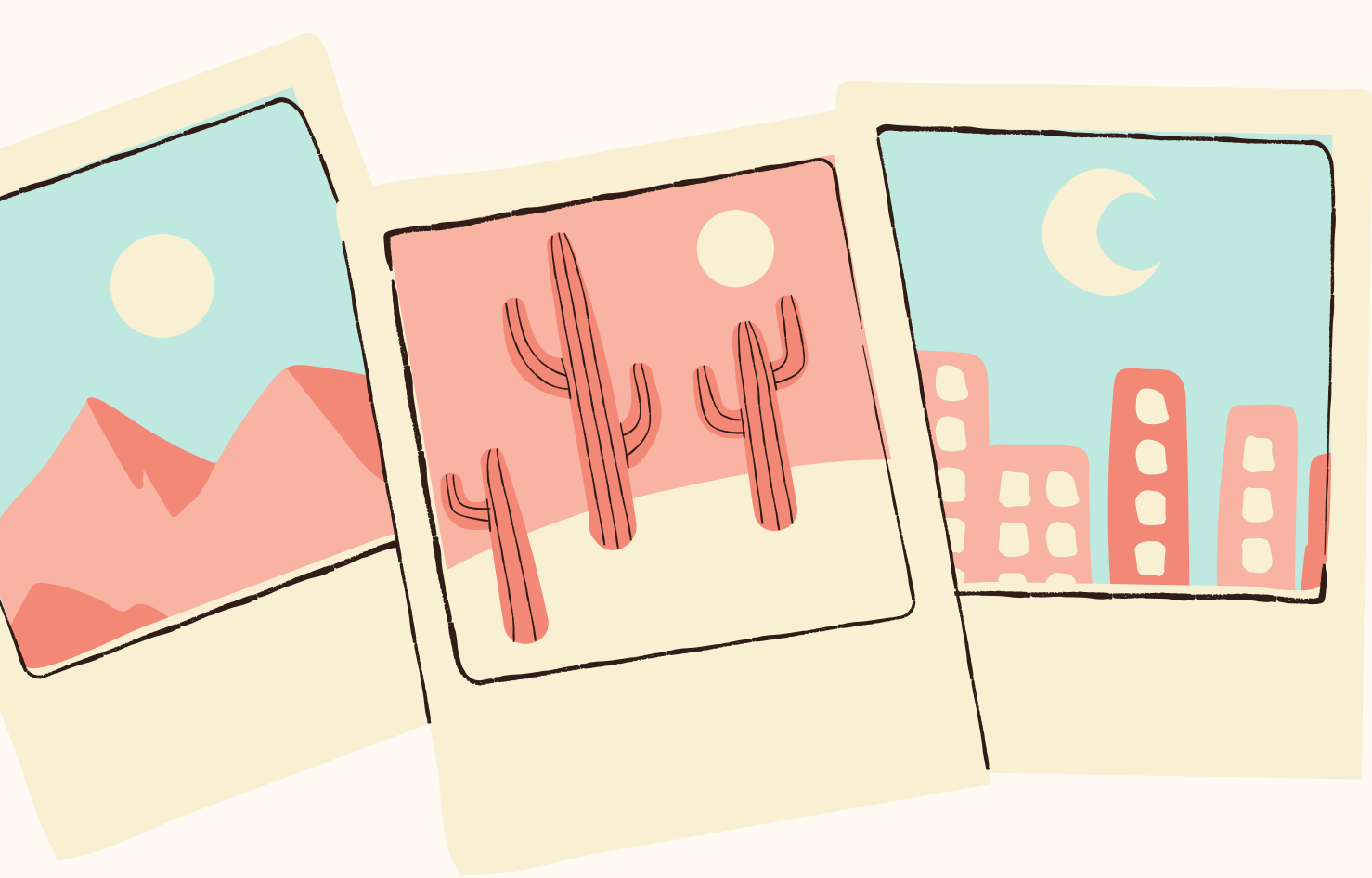




# CONSEQUENCES OF NOT ADDING CULTURAL FOOD ON CAMPUS

- Cultural food security influenced the ability to practice food ways, which tied Second-generation American students to their cultural identities.
- The absence of foodways led to anxiety and depression among students, amplifying the feelings of identity degradation.





**WHAT IS  
FUSION  
CUISINE?**



# FUSION CUISINE

Cuisine that combines ingredients, elements of different traditions from different countries, regions or cultures

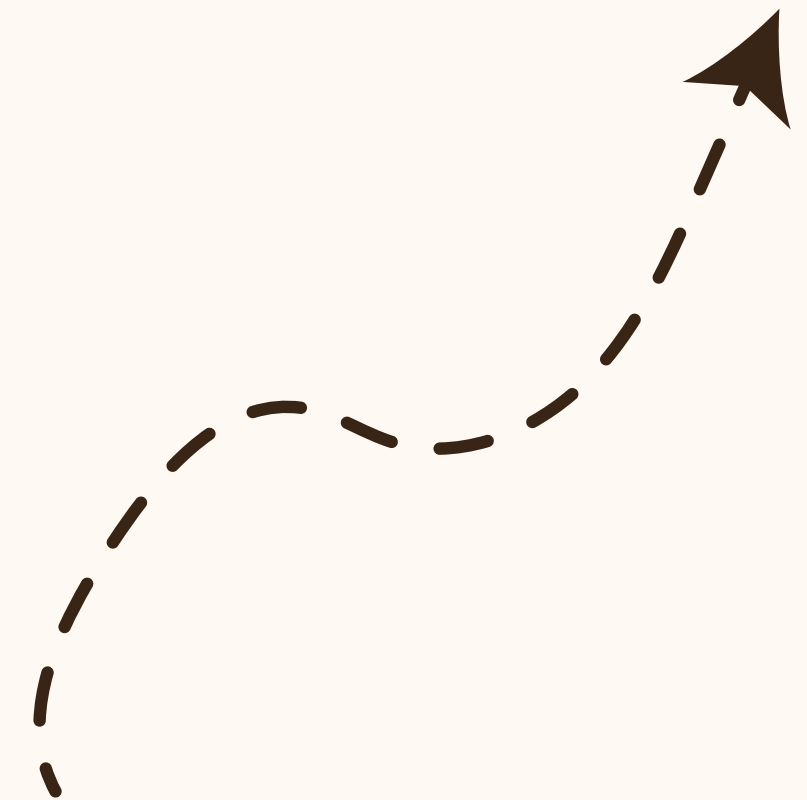
- combines flavors
- elements of "2 cuisines in 1 dish"
- Pan -Asian vs Asian Fusion Cuisine
- Started with combining Asian foods & flavors-1970s (Chinese and Vietnamese)
  - to balance creamy richness of dishes



# CULTURAL APPRECIATION VS APPROPRIATION

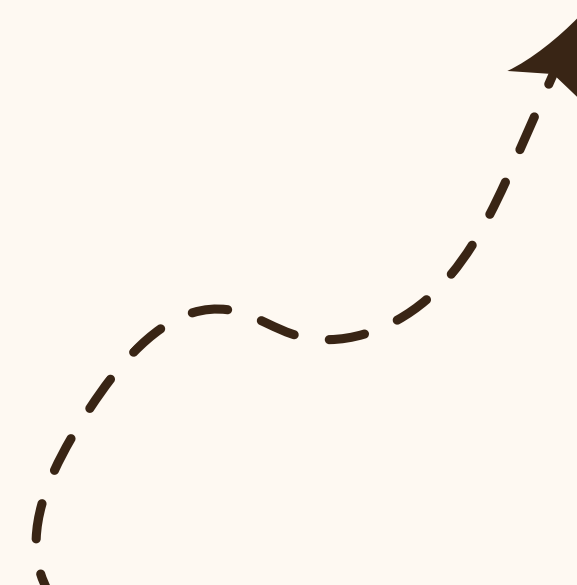
Significance in promoting cultural  
diversity, respect, and inclusion

- Respect vs extracting from and enriching oneself at expense of another
- How I am I drawing benefit or cashing in? Economic issue
- Why are you doing it? Is it about solidarity work? Does it amplify stereotypes?



# WAYS TO CELEBRATE A CULTURE VS EXPLOIT

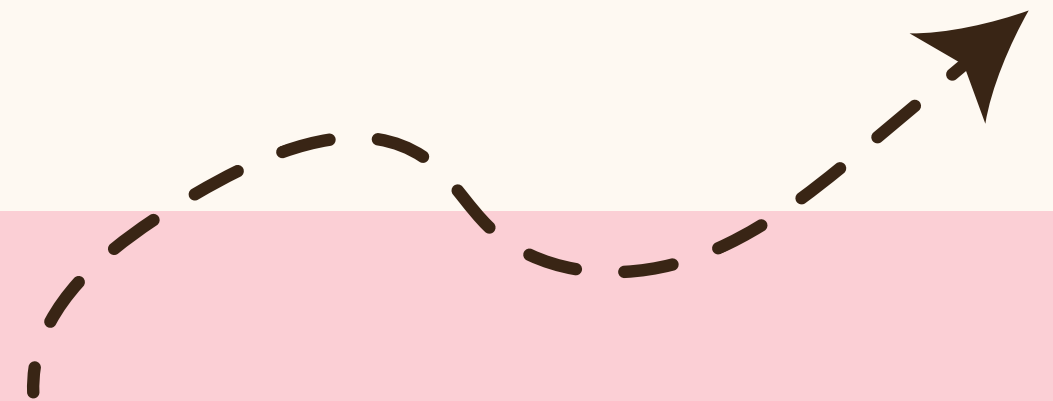
- Examine your own culture and beliefs. Knowing your own culture is one of the best ways to understand and appreciate other cultures.
- Recognize and embrace cultural differences. Allow these differences to spark healthy dialogue.
- Refrain from using sacred artifacts or symbols from another culture as an accessory.
- Ask yourself why. Ensure your intentions are sincere and genuine.
- Be an ally! Engage in important conversations and help others learn about cultural appropriation.

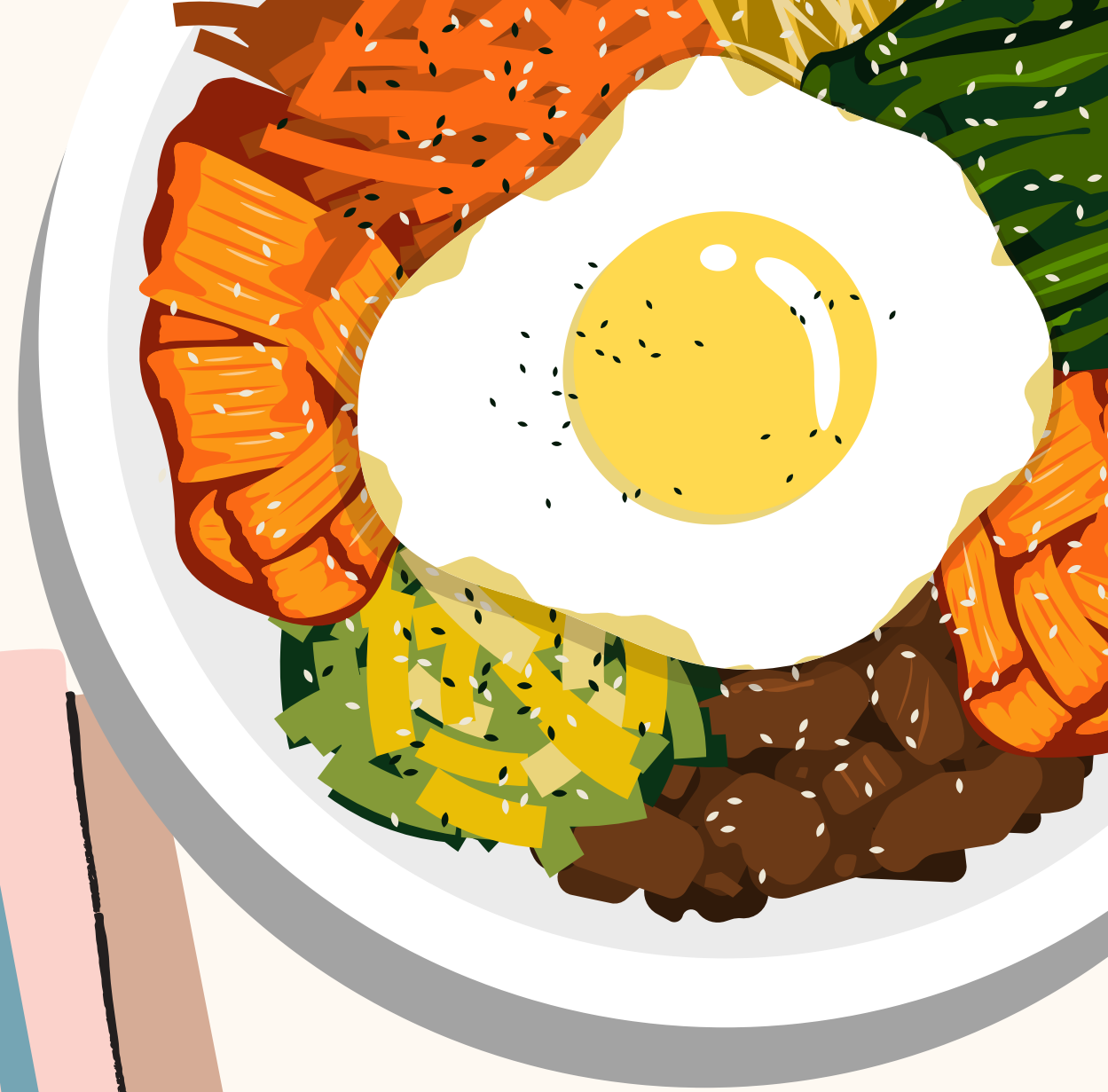
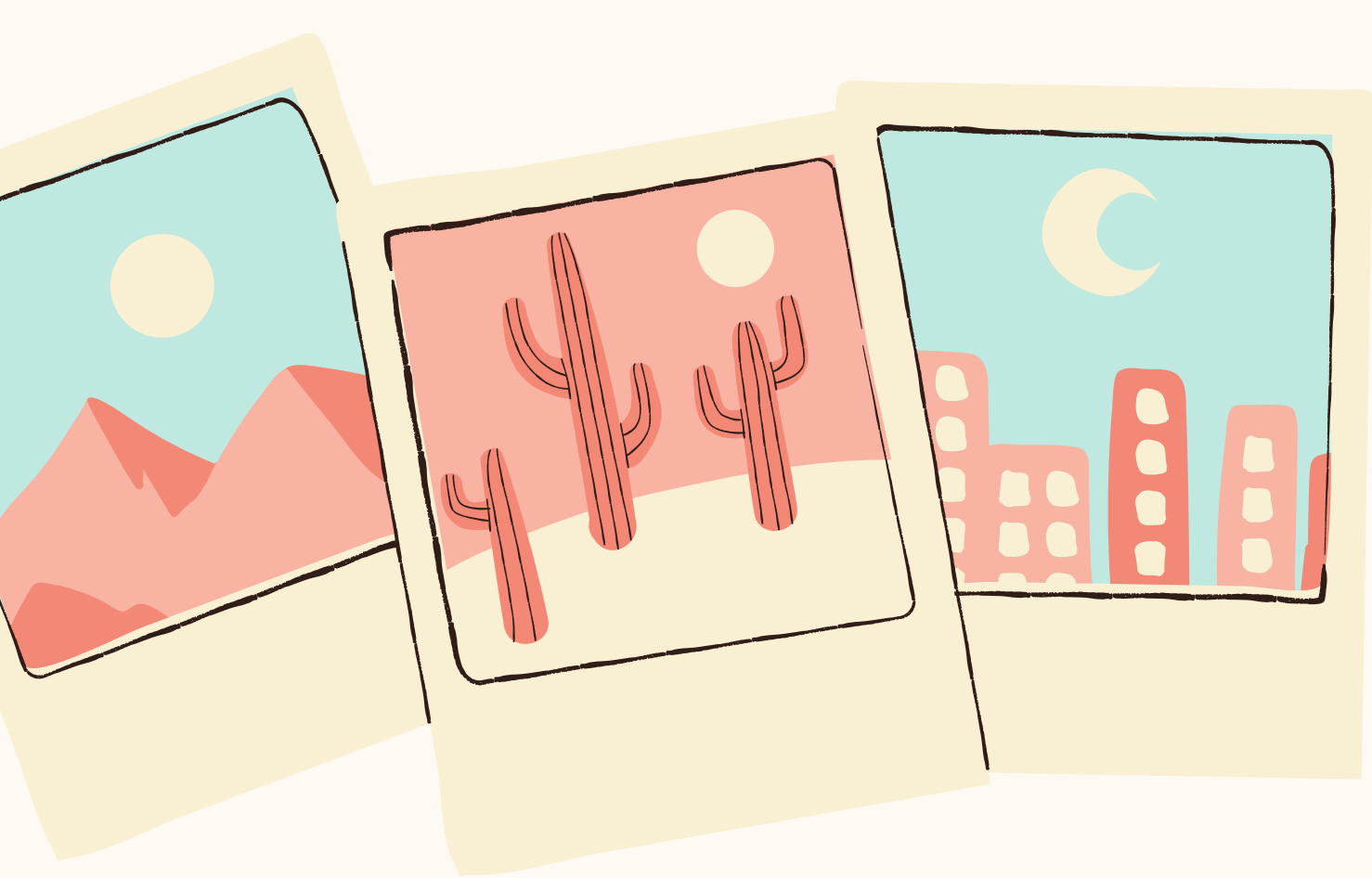




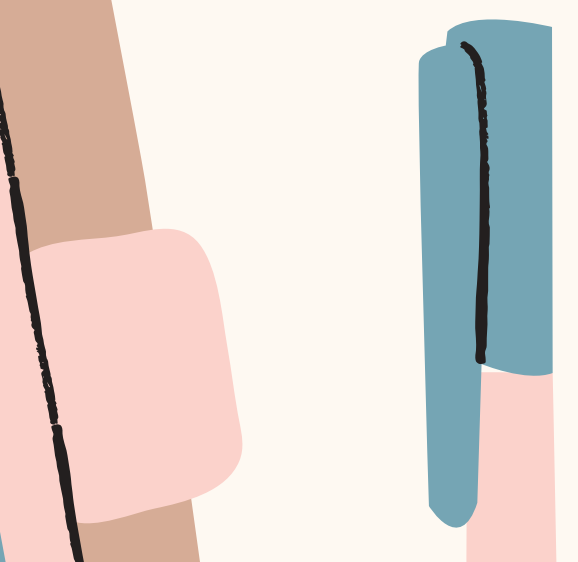
# FOODSERVICE INDUSTRY TRENDS

- Comes from a love of combining favorite flavors
  - “The bulgogi beef gyro” love of Korean BBQ and bulgogi food, umami flavor
- Sushi wrap, preserving both cultures in one dish, trendy ideas, innovative approach
- Looking for authentic flavors for convenient and portable meals

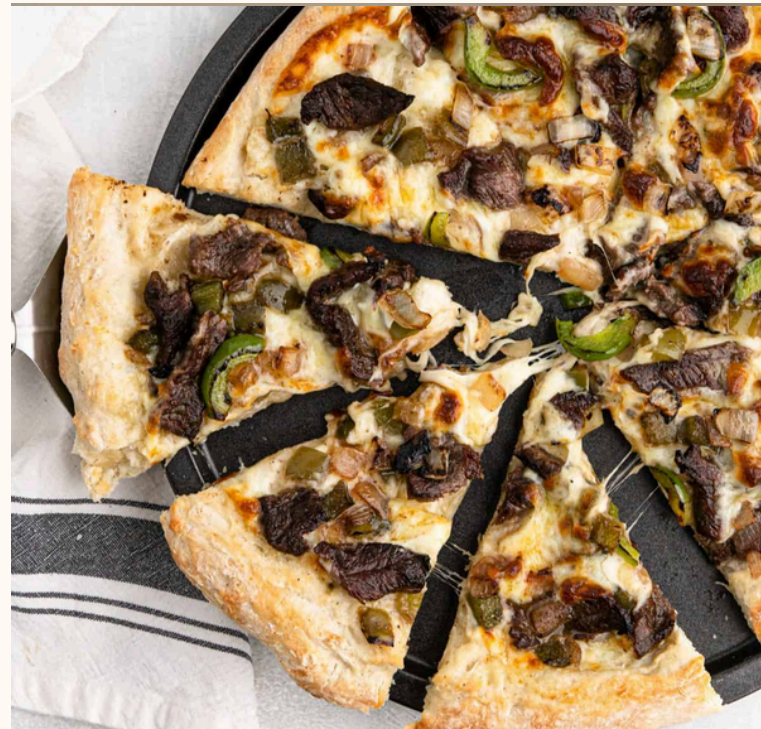




BALANCING  
FLAVOR  
AND  
NUTRIENTS



# COMMON FUSION EXAMPLES



**PHILLY CHEESESTEAK PIZZA**



**CUBAN STYLE SUSHI ROLL**



**KIMCHI QUESADILLA**



**DJON DJON SPAGHETTI**



**COLLARD GREEN SPRING ROLL**



# COMMON FUSION EXAMPLES

**Tex-Mex:** traditional Mexican foods like beans, meats, and cheeses with Texas-inspired cooking methods, like frying tacos

**Cajun:** Louisiana, this French-inspired cuisine popular in the American South includes pork and crawfish bases with heavy seasonings.

**French-Vietnamese:** Asian fusion menu items, the ever-popular sandwich known as the bánh mì includes Vietnamese pork sausage and veggies on a French baguette.

**Indo-Chinese:** Indian food like vegetables and spices, merging them with Chinese sauces, and cooking them in a wok

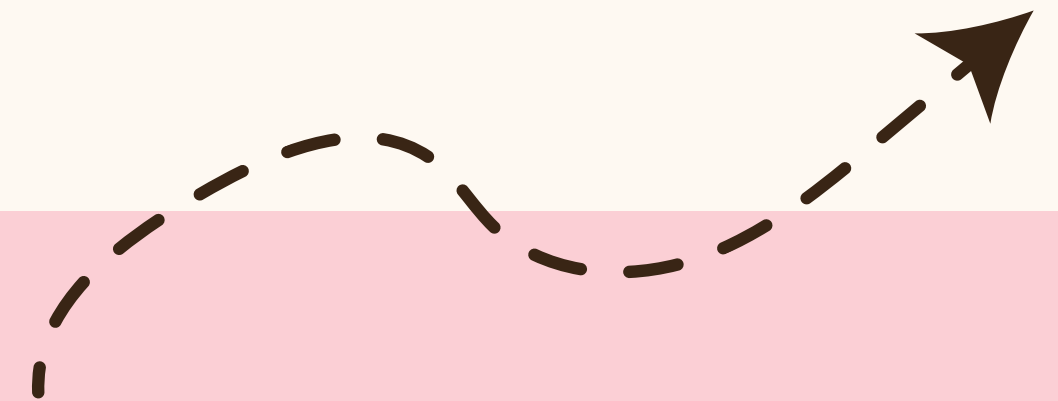
**American sushi:** California roll have classically American ingredients like mayonnaise and avocado, served as Japanese makizushi sushi roll.





# BALANCING FLAVOR AND NUTRIENTS

- Using herbs and spices for flavor
- Grilling or roasting instead of frying
- Adding fiber by choosing whole grains, and beans
- Add plenty of fruits and vegetables
- Modifying portion size



# SPICES AROUND THE WORLD

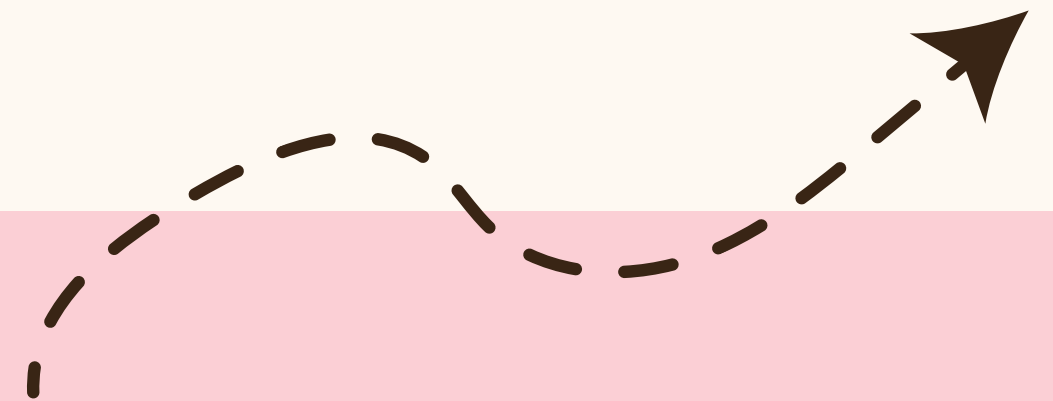
Spice	Country
Black pepper	Indonesia, Malaysia, Vietnam, Sri Lanka, Ecuador
Cardamoms	Guatemala
Chilies	India, China, Mexico
Cinnamon	Indonesia, Sri Lanka, China, Vietnam
Cloves	Madagascar, Zanzibar, Comores, Indonesia, Brazil, Sri Lanka
Coriander	India, Bulgaria
Cumin	India, Syria, Turkey
Ginger	India, China, Myanmar
Mace	Indonesia, Grenada
Nutmeg	Indonesia, Grenada, India
Paprika	Spain, Hungary
Turmeric	India, China, Vietnam
Vanilla	Madagascar, Indonesia, Uganda

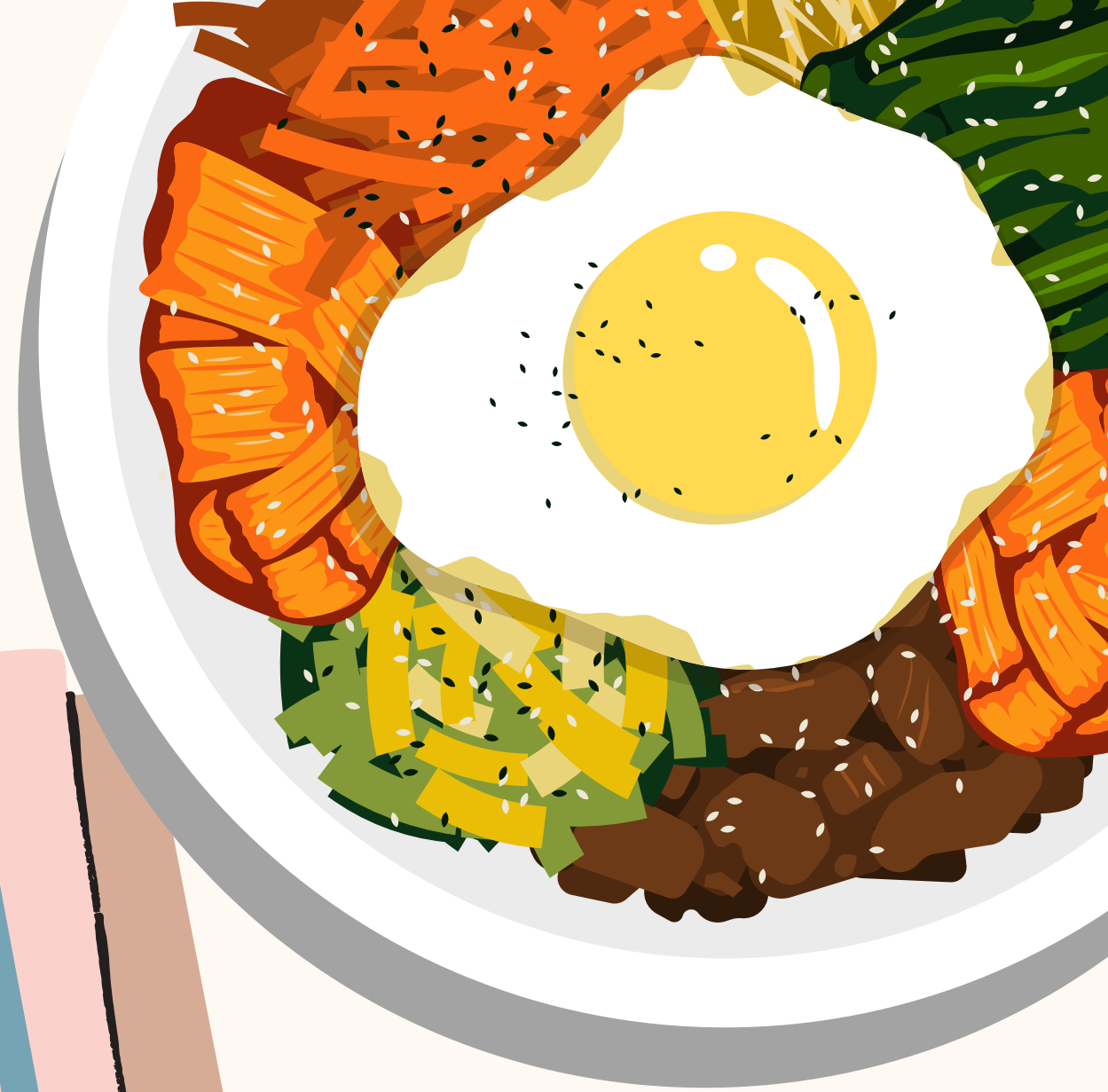
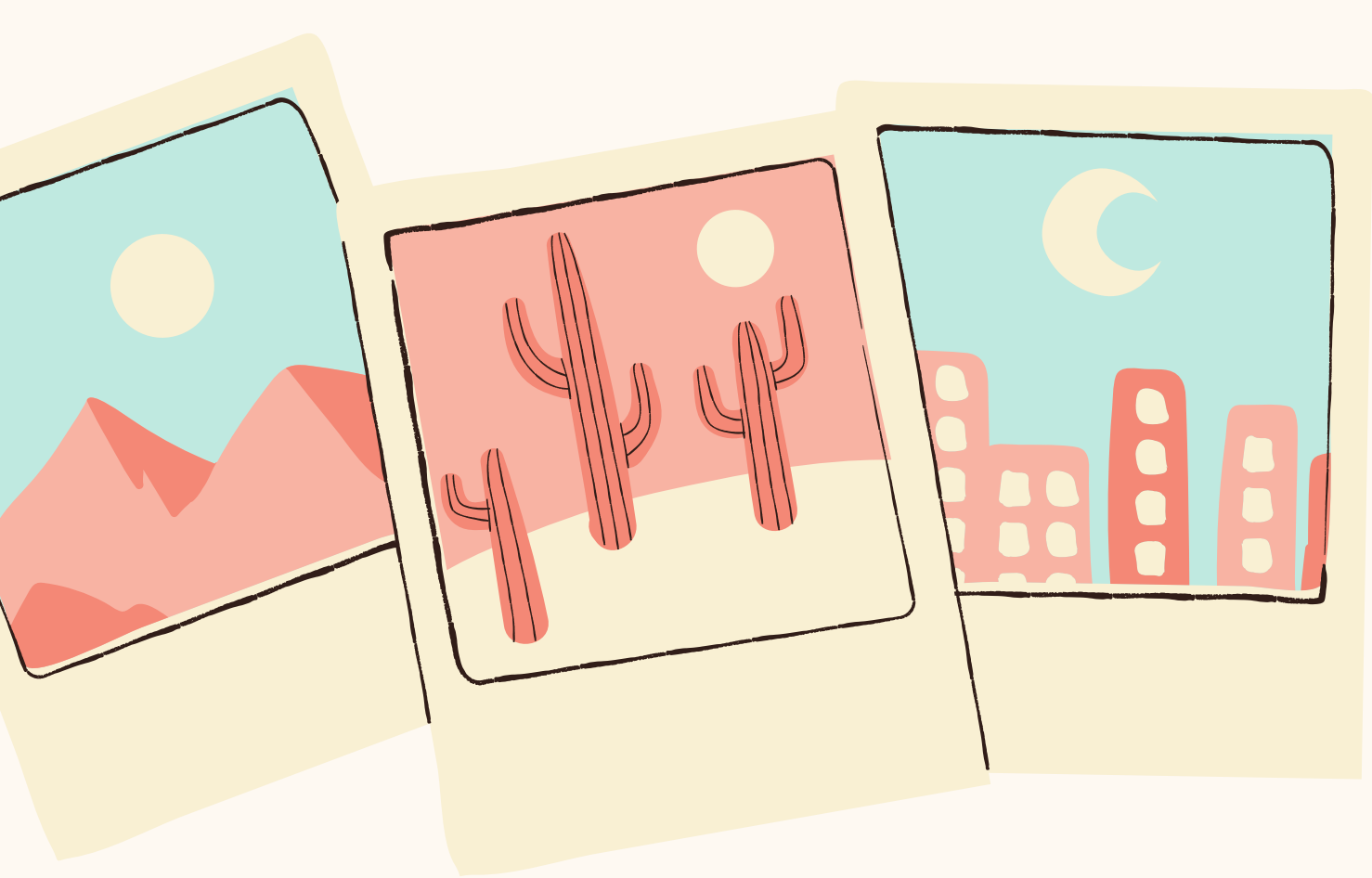
Image from International Food Technology (IFT.org)

# FUSION CUISINE CELEBRATES DIFFERENT CULTURE

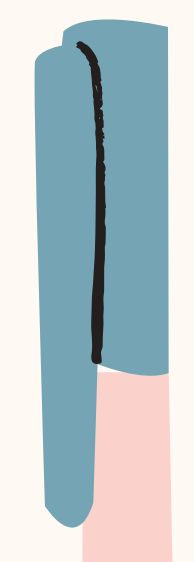


How can you incorporate spices and herbs into the population you serve?





**HOW TO  
GET  
STUDENTS  
ENGAGED**





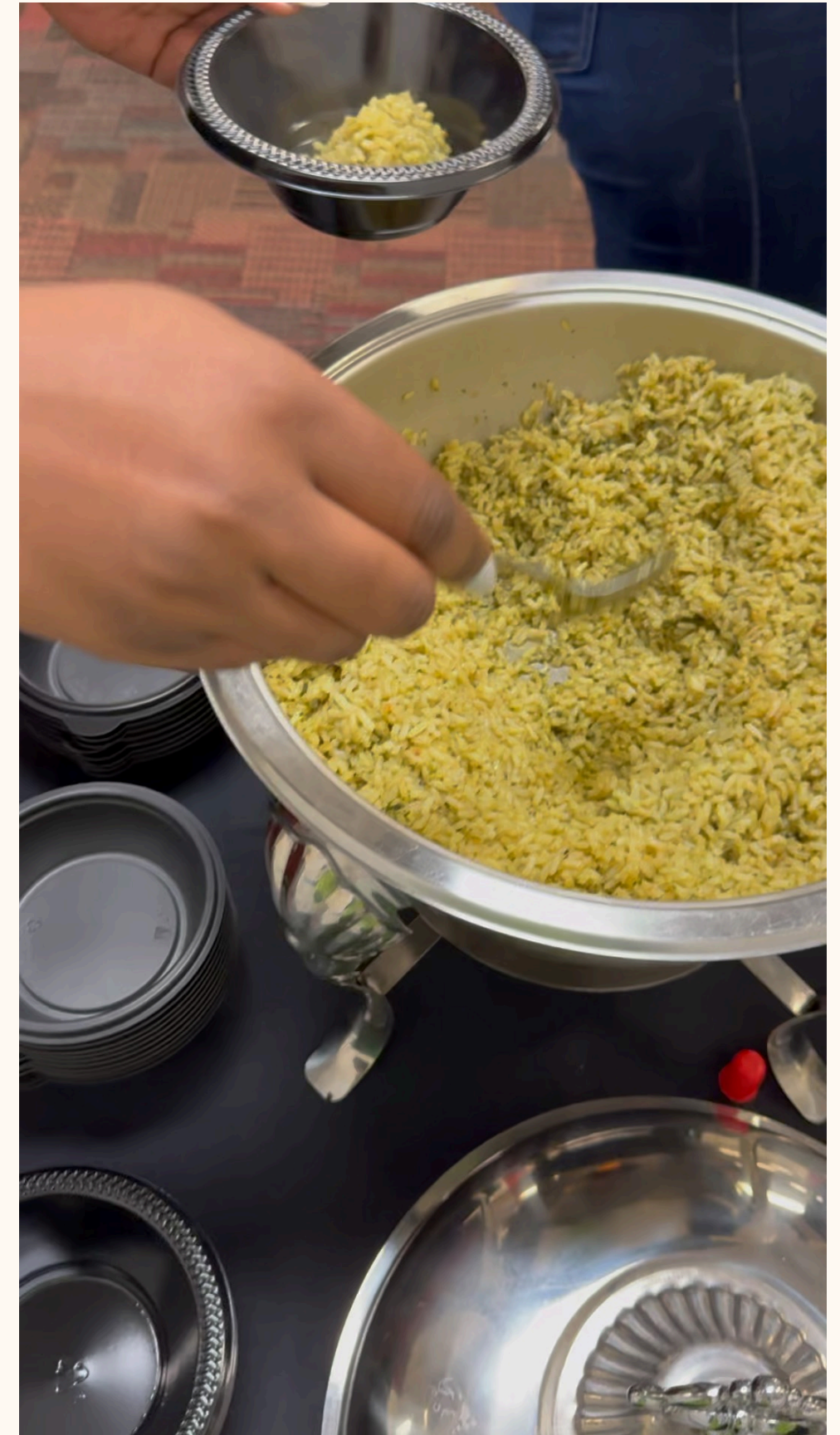
## **BOOSTING ENGAGEMENT**

- STUDENT FOCUS GROUPS**
- LUNCH AND LEARNS**
- THEMED EVENTS**
- DIETETIC AND CULINARY STUDENTS**

# LUNCH AND LEARN



# THEMED EVENT: HANDS-ON DEMO





# FOOD TASTING DURING EVENTS



IN WHAT  
WAYS CAN  
YOU ENGAGE  
STUDENTS  
NEXT  
SEMESTER?



# THANK YOU FOR LISTENING!

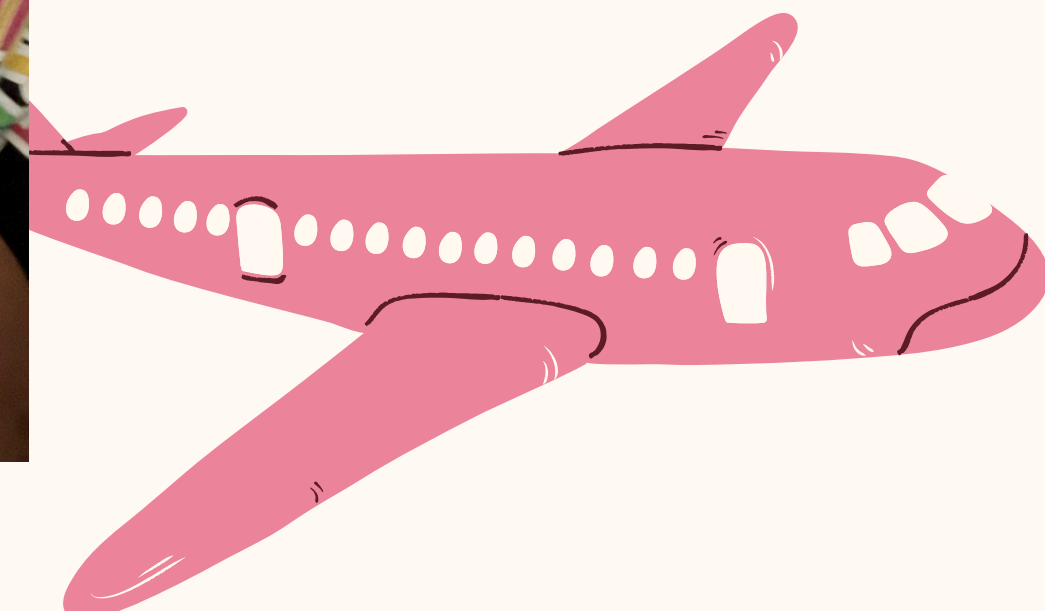
Don't hesitate to ask any questions!



@EatwellExchange

[www.EatwellExchange.org](http://www.EatwellExchange.org)

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