

Bringing the Joy of Convivial Eating to Campus Dining

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Disclosures

We have no disclosures to report for this presentation.

The Joy of Eating Together



What is Conviviality?



Convivial: • \kun-VIV-ee-ul\ • adjective

1. relating to, occupied with, or fond of feasting, drinking, and good company
2. of or relating to social events where people can eat, drink, and talk in a friendly way with others

Overall Benefits of Regular Socialization



- **Reduces risk of dementia**
- **Reduces risk of heart disease**
- **Reduces risk of mental health problems**
- **Reduces risk of all-cause mortality**

Risks of Social Isolation



- **Increases risk of heart disease**
- **Increases risk of all-cause mortality**

Examples of Conviviality Around the World



Korean Banchan

Mediterranean Mezze

Spanish Paella

Chinese Dim Sum/Hot Pot

Italian Sunday Supper

Indian Thali

Spanish Tapas

Ethiopian Beyaynetu

Filipino Kamayan





"The Power of Shared Meals"

Eating together creates strong bonds and lasting memories for college students everywhere.

THE RESEARCH

Fostering wellbeing and healthy lifestyles through conviviality and commensality: Underappreciated benefits of the Mediterranean Diet



THE RESEARCH

Family Meals, Conviviality, and the Mediterranean Diet among Families with Adolescents

(2021)

- Criterion sampling used to identify two-parent families resident in Catalonia (Spain) with at least one adolescent child between the ages of 12 and 16 years.
- 12 Families

Results:

- Findings showed parents believed family meals to be a space for socialization and communication and that parents act as role models for adolescents' food preferences.
- Dinner was considered the family meal par excellence among the interviewed families with optimal family meal frequency (≥ 5 /week).

Limitations: small sample size

The “What” and “How” of Mediterranean Diet

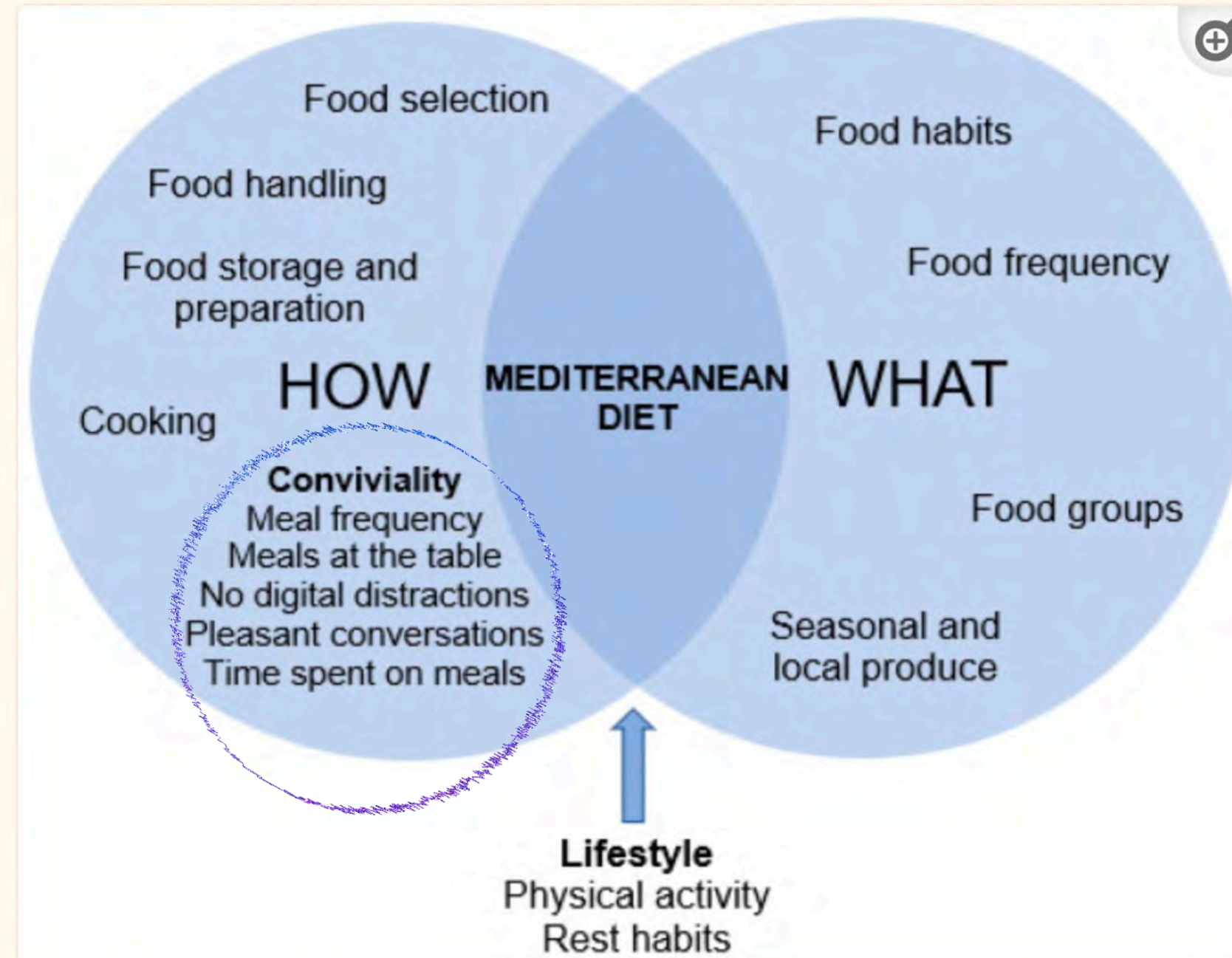


Figure 1

The “what” and “how” of the Mediterranean diet.

THE RESEARCH

Association between social activity frequency and overall survival in older people: results from the Chinese Longitudinal Healthy Longevity Survey (CLHLS)

- 28,563 Subjects, average age 89
- Data collection started in 2002
- 5 separate waves of data collection up to 2018-19

RESULTS:

Frequent participation in social activity was significantly associated with prolonged overall survival in older people . However, only participating in social activity almost every day could significantly prolong long-term survival (time to death delayed by over 200%)

Limitations:

Did not analyze different types of social participation, did not account for the changes in social participation over the follow-up period; data based on self-reporting

THE RESEARCH

Breaking Bread: the Functions of Social Eating - UK Study(2017)

- 2000 adults aged over 18 years
- asked to rate # of meals eaten alone vs. with others
- asked to rate how satisfied they felt their life to be, how happy they had been the day before, and how engaged they felt in local community
- also asked how many close friends and family they can rely on if needed

RESULTS:

- People who eat socially are more likely to feel better about themselves and have wider social support network
- Eating with someone in the evening makes one feel closer to them than eating with them at midday
- Eating with someone generates not only more bonded relationships but also enhances one's sense of contentedness and embedding within the community

Limitations:

Correlation does not necessarily mean causality; experimental research will be needed to determine causality

THE RESEARCH

 **BENEFITS OF FAMILY DINNERS** 

AGES 1-5



 **BENEFITS OF FAMILY DINNERS**

Conversation at the dinner table is even better than reading to children in boosting their vocabulary, and helping them to read.

Kids who start eating dinners now are less likely to be overweight later.

New parents who develop a dinnertime ritual feel more satisfied with marriages.

AGES 6-12



 **BENEFITS OF FAMILY DINNERS**

Strong link between family dinners and academic performance, even stronger than doing homework, sports, or art.

Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.

Children feel more connected to siblings and parents.

AGES 13-18



 **BENEFITS OF FAMILY DINNERS**

Teens who eat regular family dinners are more likely to get A's in school.

Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy and violence.

Reduces depression and anxiety and increases self-esteem.

Opportunity to check in with kids to find out how they're doing.

The Family Dinner Project
(thefamilydinnerproject.org)

Off to College!

What's Happening?

- New Environment
- New People
- New Feelings of Freedom
- Making Independent Choices

But Also...

- Potential Feelings of Loneliness and Isolation
- Potential Feelings of Fear and Stress
- More Reliance on Digital Socialization

* Strong social connections key for social-emotional well being

* More than ever, Friends Become Your Family.

Conviviality in Young Adulthood



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Eating Patterns Among Students

Eating alone or together: Exploring university students' eating patterns before and during the COVID-19 pandemic (2024)

- Interviews with 13 undergraduate and postgraduate students at a university in England

Results:

- Pre-COVID-19 eating practices revealed meal-skipping, varying lunch-time rituals, and dinner as the most important meal regarding content and commensality
- Eating practices during COVID-19 lockdown led to healthier eating patterns, limited opportunities for commensality, increased feelings of loneliness, and increased reliance on digital media.

Limitations: Very small sample size

College Dining: Socialization through Technology?

Meal Chat: Promoting Mealtime Social Interaction for College Students

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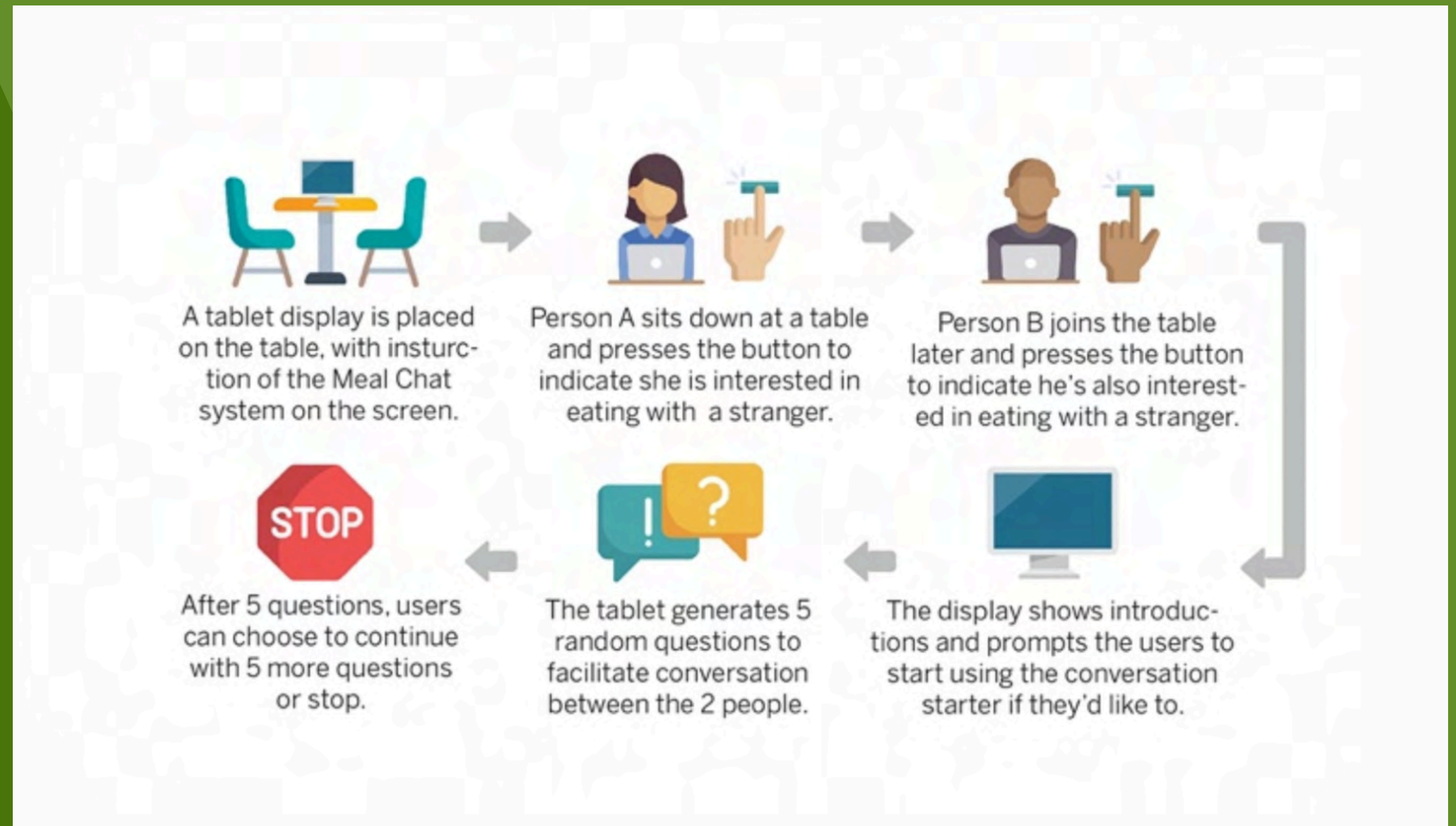
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Abstract

Mealtimes serve important social functions in our everyday lives. Public dining spaces on college campuses are positioned to be social and engaging spaces to make new connections. With the prevalence of digital devices, technology usage introduces new dynamics into students' mealtimes. In this study, we explored the current mealtime technology usage patterns of college students and rethought the role of technology in eating. We proposed Meal Chat – a technology probe to explore the alternative role of technology during mealtimes by encouraging social interaction for students eating at on-campus public dining areas. Meal Chat aims to provide an opportunity for college students to socialize and reduce the barrier of starting mealtime socialization with a stranger. Rethinking the role of technology in mealtimes, Meal Chat seeks to prompt rather than to replace social interaction during mealtimes.

College Dining: Socialization through Technology?



College Dining + Technology



“Technology is commonly used as a buffer to fill the gap of boredom and absence of human interaction.

Social interaction is a key factor for enjoyable mealtimes.

Facilitating shared eating experience has the potential to help with mealtime socialization among students.”

- Meal Chat: Promoting Mealtime Social Interaction for College Students

College Dining: Opportunities



Create an environment that fosters shared meals and conviviality among students.

Benefits:

- **Encourage face-to-face interaction/socialization away from phones**
- **Share cultures**
- **Try new foods**
- **Learn new cooking skills**
- **Cook more at home**
- **Make dining together an “event”**

Types of Meals to Foster Conviviality

Family Style



Small Plates



Family Style / One Pot Meal



Family Style / One Pot Meal



Small Plates



Bringing Conviviality to Life: Dining Halls



What it Could Look Like:

- Meals designed for 4-8 people
- Separate Shared Plates Station with varied themes for each menu cycle
- Group of friends or table shares family style portions or small plates
- Dedicated Family Style Dining Events
- Optional fun add-ons: conversation “table talk” cards or “fun fact” cards (either physical or via QR code), seasonal programming

Considerations:

- Allergens/demands for customization
- Food safety

Bringing Conviviality to Life: Dorm Rooms



What it Could Look Like:

- Fully Cooked Meals for 4-8 People
 - Family Style Portions or Small Plates
 - Hot or Ready-to-Reheat
- Meal kits
 - Assembly vs. Minimal Cooking Required
 - Optional fun add-ons: conversation “table talk” cards, QR Codes with themed playlist, menu cards, seasonal programming

Considerations:

- Labor costs
- Various Dietary Needs
- Cooking equipment, if any
- Packaging

Bringing Conviviality to Life: Off Campus



What it Could Look Like:

- Meal kits to go for 4-8 People
 - Fully Cooked vs. Assembly vs. Minimal Cooking Required vs. Scratch-Cooking
 - Optional Fun Add-Ons: conversation “table talk” cards, QR Codes with themed playlist, menu cards, seasonal programming, links to mini cooking videos

Considerations:

- Various Dietary Needs
- Cooking Skill Levels
- Packaging

Examples of Meal Kits for Inspiration



Examples of Meal Kits for In-Home Dinner Party

MOVEABLE FEAST X ERNEST

FIRST THINGS FIRST


WELCOME TO MOVEABLE FEAST.
Thank you for being our guest this evening—we hope you're as excited as we are.

With every dinner party, our goal is to try to capture that feeling of hospitality we've come to cherish at the nation's best restaurants and bring it directly to you—so that you can experience it in the comfort of your own home.

Tonight, you will experience a market-driven menu with intense global flavors that reflects the way that Chef Brandon Rice loves to eat — fun and approachable, yet refined with elegant layers of familiar flavors done in a new way.

SO WATCH THE VIDEOS. take a look through this guide and get ready for an unforgettable evening. And thank you, again, for feasting with us!

Scan the QR code for video instructions—and a custom playlist to enjoy while prepping dinner.



UNBOXING


SPRING CRUDITÉS WITH THAI CURRY GREEN GODDESS crudité thai curry green goddess	CHAR SIU LAMB SHOULDER char siu lamb shoulder char siu glaze
CRAB RANGOON DIP WITH STRAWBERRY SWEET AND SOUR crab rangoon dip sweet and sour sauce wonton chips	GREEN GARLIC FRIED RICE WITH AGED PARMESAN fried rice aged parmesan
GRILLED ASPARAGUS WITH JAPANESE EGG SALAD grilled asparagus asparagus vinaigrette japanese egg salad potato chip furikake	FRENCH VANILLA PANNA COTTA WITH SMOKED SALT panna cotta orange marmalade cake crumble smoked salt

SET UP

- Divide up and organize your ingredients into the following categories:


Leave out on the counter upon receipt	Take out of the refrigerator two hours before cooking begins	Leave in fridge until needed
<ul style="list-style-type: none"> wonton chips potato chip furikake smoked salt cake crumble 	<ul style="list-style-type: none"> sweet and sour sauce thai curry green goddess grilled asparagus fried rice japanese egg salad 	<ul style="list-style-type: none"> aged parmesan char siu lamb shoulder char siu glaze crudité crab rangoon dip asparagus vinaigrette panna cotta orange marmalade
- Gather the things you'll need to heat up the feast.

<ul style="list-style-type: none"> 1 sheet tray 1 large sauté pan, preferably non-stick 1 small sauce pot 	<ul style="list-style-type: none"> 1 large sauce pot scissors or a knife for opening pouches
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Kitchen Playlist
Moveable Feast Vibes


PLAYLIST E



Dining Playlist
Moveable Feast Vibes

PLAYLIST E

THE FEAST BEGINS HERE



SCAN CODE FOR VIDEO INSTRUCTIONS

HELPFUL HINTS

NOT ALL OVENS ARE CREATED EQUAL. My home oven believes that when it's set to 350° it should really be cooking more in the range of 300°. We've talked it out several times and have come to a basic understanding that we're both comfortable with. Hopefully you and your oven have come to a similar understanding that will help you in reheating any of our items. Keep in mind that it takes about 10 - 15 minutes for an oven to come to temperature. So make sure you give yourself plenty of time to get the oven going before you start reheating your feast.

EVERYTHING IS ALREADY COOKED! You're just reheating everything. If you have a thermometer and want to use the great, just a tip, your mouth reads foods as "hot" at about 130°. I'm also a big advocate of the "nudge and check" method in which you nudge the food with the back of your finger, and if it feels good, then it probably is good. Science!

CHECK THINGS EARLY AND OFTEN TO AVOID OVERCOOKING OR DRYING THEM OUT You can give things more time in the oven, but also you cannot go back in time and take them out earlier. We've done our best to be as precise as possible, but no two cooking environments are exactly the same.

LEAVE THE PLASTIC LIDS OUT OF THE OVENS Plastic does not — at least I don't think — taste good.

FOLLOW THE TIMELINE IN THIS MANUAL This may seem obvious, but it is missed more often than you'd think. We're going to get the bigger items that take more time going first, followed by the smaller items that take less time. We've outlined everything pretty well below, so don't go jumping around. Sound good?

PRESENTATION IS EVERYTHING So find your finest china and let's make it easy. Though eating directly from the container while wearing sweatpants in bed is completely acceptable and in some social circles much favored.

MOVEABLE FEAST X

FIRST THING

WELCOME TO MOVEABLE FEAST. This meal is incredible food, but because we'll be doing it together, from Compline Legit, perhaps the most recognizable of influential chefs.

SO WATCH THE VIDEO. take a look through this evening you won't soon forget. Thank you for dining. Scan the QR code for video instructions as well as plus the feast and while you and your guests enjoy the fruit.

PREPARATION

- Leave the following things in the fridge for now.
 - Bowfin Caviar
 - Pickled Shrimp
 - Whipped cream
 - Salad and it's dressing
- Pull everything else out of the fridge 2 hours before
- Gather the things you'll need to help with the feast

THINGS YOU'LL NEED

- 2 sheet trays lined with a silpat, though a piece of parchment will work, and foil is totally fine as a backup

Takeaways

- We are social creatures!
- Set students up for social success at mealtimes
- College and University Dining Service has opportunity to impact and educate students through food
- Inspire students to learn more about their own food culture and that of their peers
- Use technology to facilitate learning and connection
- Get students in the kitchen/ette; turn 'Grab & Go' to 'Grab & Cook'
- Meet them where there are
- Make it FUN!

Questions?

Thank You

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Let's Cook

