



World Food Day - Social Hour Discussions

5:30 – 6:30 pm CDT

Continue the conversation at virtual social hours organized by some of our program partners. See below for information on how to join.

How Minnesota Fed Europe: Food without Fear

Host: Czechoslovak Genealogical Society

Journalist Mark Dillon, 1st VP, Czechoslovak Genealogical Society International, will explore the largest humanitarian campaign of the early 20th century, the famine relief efforts during and immediately following the First World War from 1914-1923.

How to join: The social hour can be found [here on VIMEO](#). No advanced registration is required for World Food Day conference attendees.

Questions and comments can be sent to CGSILincoln1@gmail.com. Attendees are welcome to visit [CGSI's recently upgraded website](#) and [Facebook page](#).

Technology, Food Supply and Growth in Africa: What will it take?

Host: Bountifield International

Bountifield International is honored to participate in World Food Day 2020 and is proudly sponsoring this evening discussion during which we will review emerging trends in food technology, opportunities, and challenges for the world and for Africa in particular. Join us to learn about Bountifield and MN-led initiatives for today's reality and tomorrow's possibility!

How to join: Advance registration is required. [Click here to register](#). After registering, you will receive a confirmation email containing information about joining the meeting.

Thank You Africa Project

Host: Thank You Africa

The session will focus on the Thank You Africa (TYA) project and how we see a commitment to gratitude as part of our soul-ution work at Changing Tastes. TYA uses the expression of gratitude to acknowledge the culinary contributions made centuries ago, to create intrinsic human value and change the conversation in a positive, solution-based way between people, communities, and hopefully globally. TYA's approach relies on social media and in-house live campaigns to change the attitude among many people – starting with Americans – about Africa and African Americans.

Acknowledging how we benefit from Africa's botanical legacy – now so integrated into U.S. culinary traditions that it is thought of as American – is a way to recognize and say thank you for the historic and present-day contributions of African Americans who for too long have

been undervalued in our country. Some of America's favorite foods that we eat every day are actually native to the African continent and were brought here by enslaved people centuries ago, and some traditional African staples that are new to the U.S., are now available to enjoy.

Arlin Wasserman, founder of Changing Tastes will moderate the discussion and will be joined by Chef Pierre Thiam, co-founder of Yolele Foods and James Beard award winner with restaurants in Senegal, Nigeria, and New York. Faustin Mbundu, founder of MFK Group & owner of Garden Fresh in Rwanda, Steve Mangan, Head of Dining Services at the University of Michigan, Pascal Bokar Thiam, Ed.D., CEO of Savannah Jazz, Sandra Gatete, co-founder of CITYBUDDIZ, Joyce Hill, and Penelope Wasserman from Changing Tastes.

How to join: Advanced registration is required. [Click here to register.](#) After registering, you will receive a confirmation email containing information about joining the meeting.

The Role of Nutrition in the Mitigation of Disease and Hunger

Host: MyFormulary

This social hour, led by Adam Southam, Founder/Chairman of MyFormulary, will explore the role of nutrition in the mitigation of disease and hunger worldwide. Attendees will be given the opportunity to engage in conversation about functional food and its role in integrative medicine and population health.

Panelists ([full bios here](#)):

[Michael Dovbish](#), Co-Founder/Executive Director, [Nutrition Capital Network](#)
[Dr. Dexter Shurney](#), President, [American College of Lifestyle Medicine](#)
[Adam G. Southam](#), Founder/Chair, [MyFormulary Health](#)

How to join: Advance registration required. [Click here to register.](#)

Making Monday the Day All Health Breaks Loose!

Host: Monday Campaigns

The [Monday Campaigns](#) is a public health initiative associated with Johns Hopkins, Columbia, and Syracuse Universities. They promote sustainable behavior change by dedicating every Monday to health. This social hour will provide an overview of the range of health promotion initiatives, from Meatless Monday, the first campaign started in 2003, to the most recent DeStress Monday.

How to join: Advance registration required. [Click here to register.](#) After registering, you will receive a confirmation email containing information about joining this session.

Point of Contact: Peggy Neu, President, The Monday Campaigns
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