



Peter Donahue, Associate Director
International Student Support, Wilfrid Laurier University
519-884-0710 ext. 6704 or pdonahue@wlu.ca

Kevin Crowley, Director
Communications & Public Affairs, Wilfrid Laurier University
519-884-0710 ext. 3070 or kcrowley@wlu.ca

OCT. 27, 2015 | 184-15

Laurier's new global kitchen embraces diversity through food

WATERLOO – Wilfrid Laurier University has launched the Global Kitchen project – a community kitchen for Laurier's international student body that promotes the exploration of culture through food. The Global Kitchen is managed by Laurier International and located in the Harris Hope House on Laurier's Waterloo campus.

The Global Kitchen is intended to reflect the attitude that food is an intrinsic part of one's cultural identity and can serve as a means of understanding, experiencing, and sharing cultures. What we consume, how we acquire it, who prepares it, who is at the table, and who eats first, all reflect complex relationships and interactions among individuals and the society in which we live.

"The Global Kitchen project is a great opportunity for the community to network with Laurier students, to gain insight into the variety of cultural backgrounds at the university, and to understand and experience different cultures first hand through food," said Peter Donahue, associate director, international student support. "The Global Kitchen Project creates an inclusive community that embraces and encourages diversity."

Laurier International develops the Global Kitchen programming in partnership with various Laurier and community partners, including the Student Life Levy, and the kitchen space is open to the university community to host celebrations and programming. The Global Kitchen provides the broader Laurier community with a venue for teaching and learning in a food-centric context.

The international student body will enjoy a plethora of programs at the Global Kitchen throughout the academic year, learning nutrition and culinary skills to improve their health and well being and diversify their diets.

Highlights of forthcoming Global Kitchen programming include:

Culinary Basics: Local nutritionists teach international students to shop, prepare and store food.

The Foods I Eat: Waterloo Region multicultural community and Laurier community members will be invited to share their love of food, culture, stories, and share a meal.

Make and Take: International and domestic students gather together to prepare meals for the week ahead.

Community Lunch: University departments are invited to host a lunch at the kitchen.

Food for Thought: In-depth speaker series on food related topics.

Friday Night Kitchen Party: Kitchen concert and potluck dinner series with local artists.

Cultural Celebrations: Cultural celebrations throughout the year highlighted with food.

... more

Global kitchen/Page 2

The Harris Hope House at 102 Albert Street is the former home of Dr. Ron Harris and his wife, Joan, who donated the house to Laurier to continue their support of the health and well being of students. For more information on the Global Kitchen, and a full list of programs, visit wlu.ca/laurier-international.

- 30 -