LOCAL EXPERTS PANEL: LEVERAGING ANCHOR INSTITUTIONS FOR REGIONAL FOOD SYSTEMS GROWTH
Monday, October 16th, 3pm-5pm, Terrace Room in Cohen Hall

Are large geographically-rooted institutions like colleges and universities the secret ingredient to building a local food system? Speakers from regional foods distributor The Common Market, Penn’s food service provider Bon Appétit, and local food producers talk about what it takes to support a regional food system at every step along the supply chain. Panel co-hosted by PSCI/HSOC 135 the Politics of Food and Agriculture course. Local hors d’oeuvres provided!

MYTH BUSTING: PLANT-BASED PROTEINS & ATHLETIC DIETS
Tuesday, October 17th, 6pm-7:30pm, Terrace Room in Cohen Hall

Worried about how to fuel athletic performance on a vegan diet? Curious about how to get enough protein and nutrients through plants? The Penn Vegan Society welcomes you to an interactive workshop on understanding the facts and fiction at the intersection of plant-based diets, sustainability, athletic need, and overall nutrition. Protein-packed vegan snacks included!

TABLETALK PRESENTS: VOTE WITH YOUR FORK
Wednesday, October 18th, 6:30pm-7:30pm, Doors at 6pm, Ben Franklin Room, Houston Hall

Join us in a discussion about food and learn from your fellow students! Share your thoughts on agricultural sustainability, food justice, the empowerment of local food producers, nutrition, and the meaning of food in your life. We are excited to welcome Bennett Haynes, Chief of Produce at Beefsteak, to join the conversation and share his experiences working to ensure the highest quality, sustainable, and seasonal produce across all Beefsteak locations. Free catered dinner provided by Beefsteak.

QUIZ-INE: A FOOD-THEMED QUIZZO NIGHT
Thursday, October 19th, 6pm, Kings Court English House

Test your foodie knowledge at our tasty trivia during Penn Food Week. Hosted by Penn Dining’s Dining Ambassadors and sponsored by Bon Appétit at Penn Dining. Prizes awarded to the winners!