

Sustainability in the City and Beyond

Concordia University

March 19-21, 2019

Season Jars: Food Preservation Project

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Sherif Goubran is an architect with a master's in buildings engineering. He is a Vanier Scholar whose research is focused on understanding the intersection between sustainable building design practices and the Sustainable Development Goals. He represents graduate students through elected positions and on university committees and he also co-leads a food preservation project on campus. This iteration of *Season Jars* will be sauerkraut.

Nadra Wagdy has a bachelor's degree in food science and a master's in sustainable food supply chain management. Her experience in the food system and her passion for social entrepreneurship pushed her to co-found Season Jars, where she develops and facilitates food preservation workshops that bridge theory with practice. Nadra also managed Concordia University's Sustainability Action Fund, where she coached students in developing sustainable business models and drafting funding proposals. She now works as a social economy consultant at PME MTL Centre Est.

Monica Dantas is an interdisciplinary researcher and Ph.D candidate at Concordia University Individualized Program studying the political, socio-economic footprints of global food systems, social and solidarity economy, community development, sustainable agriculture especially in the global south and Brazil. She is also a part-time professor teaching Food and sustainability at Concordia University. She is the founder Season Jars a food preservation working group dedicated to community-based learning.



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