

# CONCORDIA FOOD & FIGHTERS

Their Recipes



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# DR. ALAN NASH

**Organization: Professor at Concordia University**

**Dr. Nash is a professor in the department of Geography, Planning and Environment at Concordia.  
His research focuses on the development of restaurants and food trucks in Montreal.**



**Recipe For Sustainability:**

## MEASURELESS MACARONI AND CHEESE

**INGREDIENTS:** butter, milk, flour, cheese, mustard, macaroni



**INSTRUCTIONS:**



1. Melt a spoonful of butter into a large saucepan
2. Add some milk
3. Add a handful of flour 
4. Stir all of this together and keep stirring slowly

5. Add a large cupful of cheese
6. Add more milk and flour
7. Add a couple of teaspoonfuls of mustard (keep whisking)
8. Stir in a couple of macaroni (already boiled)

9. Stir all of this together
10. Pour into a greased ovenproof container
11. Pour on a few breadcrumbs and/or parmesan cheese on top
12. Put into a heated oven just to brown the top of it
13. Enjoy!

### **1. How does your recipe respect the values connected to your practice of sustainability?**

My recipe is called Measureless Macaroni and Cheese and it's based on a recipe I got out of a book I got years ago, but when I tried it, it seemed as if the quantities were all wrong, so I sort of adapted it over the years just winging it. I don't use quantities anymore and it seems to work out; it's really robust. I just wrote that up as I remember it, so there's no measurements at all; you just estimate it. Last term we had a project in class where I asked students to bring in recipes and we used that to think about the history of the cookbook as a cultural item and looked into the history of that. And that's one of the assignments in the course that we looked at food waste; how much food do you have in your fridge that you'll throw away? This is why I love to teach students because it's the students that have helped me over the last 20 years. I didn't know anything about food when I started as my PhD is in a different topic, so I've enjoyed bouncing off the students and getting their sense that there are some issues of sustainability that they want to look into particularly. Most recently, we were thinking about the waste in your fridge. Some people say 25% of what we buy is wasted ultimately, so if we're worrying about all sorts of issues like food miles, greenhouse gases, we can achieve a lot by simpler purchasing. Some students tell me about dumpster diving, so I've been interested in the effects of eating meat. Now I'm not a vegetarian, but it struck me recently that there's a lot of good literature that tells us that meat eating is responsible for an enormous amount of greenhouse gas emissions & if you want to reduce your food miles, if you want to do some really good things, what you can do is just stop eating meat. Maybe once, twice, three times a week. You need to check the figures but it's argue that if you don't eat meat once a week, it can lead to a considerable reduction in that way. So I've been slowly working to cutting out meat, which is why my macaroni doesn't have any meat and why two three days a week we don't have meat. It's not revolutionary, but I've been struck because maybe I think maybe a of the students are vegetarians or vegans and they're interested in this, so they've led me to thinking about it rather than the other way around.

### **2. What is the biggest challenge you face with your work here at Concordia in regards your food studies and restaurant studies?**

Thinking about that question, I'm not at all sure I face challenges. I've always enjoyed what I've been doing and occasionally, when I've had student help on my projects, everyone gets involved and I've adapted my class to a lot of student ideas. We had a lot of fun with the fridge project; people sent me pictures of their fridges and one student even got excited over the difference of a Canadian fridge and a European fridge and got her friend to send me pictures from Paris. So I don't have challenges; I have the delight of students prompting me and working with them and it seems to me when I'm working on restaurants that people are always interested. When I talked to people about the food truck project, people were always interested and had ideas, so I feel like I'm benefitting.

### **3. What's one thing you could recommend to others hoping at leading a more sustainable life?**

I think the first step would be going with meat-less Monday. If we all did that, that would be considerable help. One reading I often use in class is a geographer who wrote a paper on eating meat and he shows that if countries like China moved to eating meat at the rate we do now in Canada, we would need another 2 or 3 globes to cope with us. The population simply can't do it and so we have to do something and it's fairly obvious what it is. Obviously, there are other steps we can take, but this is a famous one. It's hard for many of us living in a city like this and not feeling like we have a lot of control over our lives. We can't do a great deal perhaps, but they often say with food that you make your decisions every meal and that's certainly one of them. So it seems to me that's a fairly easy and painless step we can take that should achieve some significant results.



# CHARLEEN KOTUIGA

Organization: Concordia Greenhouse

Concordia Greenhouse, urban agriculture providing organic, local and sustainable food all year round!



Recipe For Sustainability:

## RICE PAPER ROLLS



### INGREDIENTS :

2 carrots, grated  
2 beets, grated  
Chopped cilantro  
Sunflower and sweet pea microgreens, chopped  
Avocado and mango slices  
Teriyaki tofu cut into thin slices  
Rice papers

Favorite sauce: glug bowl dressing from the  
Whitewater Cookbook.

1.  $\frac{1}{2}$  cup nutritional yeast flakes
2.  $\frac{1}{3}$  cup Tamari
3.  $\frac{1}{3}$  cup soy sauce
4.  $\frac{1}{3}$  cup apple cider vinegar
5.  $\frac{1}{3}$  cup water
6. 2 tbsp. tahini
7. 2 cloves garlic crushed
8.  $\frac{1}{2}$  cup vegetable oil



### **1. How does your recipe respect the values connected to your practice of sustainability?**

I have so many favorite recipes, but the one that I really like are rice paper rolls with all sorts of different produce inside. I specifically like putting micro greens because I love them, as well as cilantro, mint, basil, carrots and beats with vermicelli noodles. What makes it sustainable is that you can buy without any kind of plastic and you can buy locally. Carrots and beats are vegetables that you can grow during the summer and store during the winter months and we grow the micro greens in the Greenhouse. The only thing that isn't sustainable is the rice paper and the vermicelli noodles, as those usually come in heavily plastic wrapped containers.

### **2. What is the biggest challenge that you face at work?**

I think for a lot of non-profits, the biggest struggle is it's easy to lose momentum. There's a lot of non-profits where people are overworked or understaffed and people are running to get stuff done. A big struggle is keeping your head above water but at Concordia, there's a lot less pressure because we have a few levi's so our job is to provide for the undergraduate community.

### **3. What's one thing you could recommend to others hoping at leading a more sustainable life?**

I think the first thing is just being curious. I think that the first step is wondering where your stuff comes from like how was your deodorant made, where is it made, who made it? Where were your clothes made, who made them? Everything that we buy has an origin and sometimes I used to think when I was little that it would just pop out of a factory and it would just magically appear but everything we buy has its story and knowing that story I find is very empowering. I feel that can start you off on a sustainable journey; just learning where it comes from and reconnecting with all the things that you buy on a regular basis.



# CHRISTALE TERRIS

Organization: Concordia Food Coalition

As the external coordinator for the Concordia Food Coalition, Christale fights to bring sustainable and alternative ways of food distribution on campus.

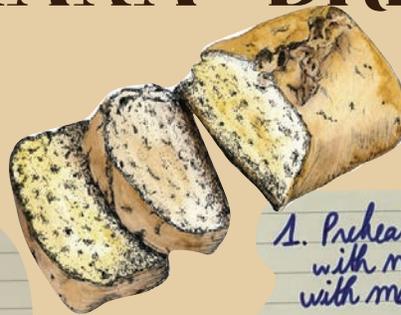


Recipe For Sustainability:

## BANANA BREAD

### INGREDIENTS:

- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/2 cup margarine, at room temp
- 3 very ripe bananas, mashed well
- 2 cups flour
- 1/2 teaspoon baking soda
- 1/4 cup vanilla soy milk, mixed with 1 teaspoon apple cider vinegar
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/2 teaspoon salt



### INSTRUCTIONS:

1. Preheat oven to 350F. Spray a 8x4 bread pan with non stick cooking spray, or lightly coat with margarine.
2. Sift together flour, baking soda, salt and spices
3. Cream together the margarine and sugars. Add bananas, soy milk and vanilla.
4. Add the wet ingredients to the dry. Mix well. Pour batter into the pan. Bake for 1hr 0min.

NB: You can add giant handful of dark cho chunks and cherries



**1. Could you start by introducing yourself and let us know what you do at Concordia?**

My name is Christale Terris. I'm the education and engagement coordinator for the Concordia food coalition. I've been in this position for almost 3 years and before I held that position, I was a student organizer who worked on the original campaign for the Concordia coalition. The CFC exists to accentuate a new food system at Concordia that is socially, environmentally, and economically just, and our primary goal is eliminating all multi-nationals off the campus as food service providers and having localized food systems put in place. We're trying to create a closed loop food system cycle and that is an opportunity that comes up every five to ten years depending on the contract that the university has with the food service providers.

**2. What would you recommend to people who are working to becoming more sustainable?**

There's lots of things you can do. Obviously, if you can eat local organic foods that are coming from small scale farms, then that's the most sustainable choice you could do, but it might not be the most economically stable, especially for students, because it ends up being more expensive. Ways that I would suggest to being more sustainable is bringing a container with you, like at a restaurant, so that if you have leftovers, you don't have to use Styrofoam or plastic. I also encourage people to dumpster dive because that's a good way to mitigate food waste which is 32 billion dollars a year worth of food gets thrown out. Also, don't use plastic bags.

**3. Can you explain how your recipe relates to your practice of sustainability?**

The recipe that came to mind at first was vegan banana bread that I make, but I do it extra fancy. It started from getting cherries and having left over dark chocolate in the house, so just making like a standard vegan banana bread recipe, which I got online and then just adding cherries and dark chocolate to it and it makes it really delicious. The first time I made it was when a friend and I were just feeling like trash and it was winter and we hadn't gotten anywhere in a long time and we were really sad and we were like "okay we're just going to take a bus and leave Montreal" but didn't really know where we were going. We had no other food except for a giant banana bread and we just ate the whole thing.



# ERIK CHEVRIER

Organization: Part-Time Professor and PhD Student

Erik Chevrier is recognized as a local Concordia food fighter as he is a teacher passionate about educating students on campus about food sustainability and developed a website called [ConcordiaFoodGroups.ca](http://ConcordiaFoodGroups.ca), where students can find student-run sustainable food organizations on campus.



Recipe For Sustainability:

## SOURDOUGH RYE BREAD

INGREDIENTS :



1 MLb, 1 M.2oz Medium Rye Flour  
1 MLb, 5.1 oz Water  
0.7 oz Caraway Seeds  
0.6 oz Salt  
0.16 oz Yeast  
0.2 oz Mature Sourdough



DAY 1: Mix 2oz of the sourdough starter with 2oz of medium rye flour and 2oz of water in a container, then loosely put on a lid and leave it for 24 HRS in a 70-75°F degree room.

24 HRS LATER: Sourdough starter should have expanded and be spongy. Mix 2oz of the sourdough with 2oz medium rye flour, and 2oz of water in a new clean container. Again, put loosely on a lid and leave it for 24 HRS in 70-75 degree room.

24 HRS LATER: Mix 0.2 oz of the sourdough culture from DAY 2 with 4.8 oz medium rye flour, 3.8 oz water in a bowl, cover it and leave it ripen for 14 to 16 hours.

14-16 HOURS LATER: Mix 8.6 oz of the sourdough from STEP 3 with the ingredients listed above (excluding the 0.2 oz of mature sourdough) in a spiral mixer for 3 min on the 1<sup>st</sup> speed and 3-4 min on 2<sup>nd</sup> speed until a strong gluten is developed.

Place the dough in a bowl and loosely cover it. Let it sit for 1HR in 78-80 degree room.



1hr later, divide the dough into two equal pieces and shape oblong on a baking pan. Cover the dough with wrapping and let it ferment for 50-60 min in a 78-80 degree room

After 50-60 min, make a few (4 or 5) vertical cuts about 0.5 inches deep across the surface of the dough. Bake with steam at 460 degrees for 15 min and at 440 degrees with no steam for 20-25 min.

Enjoy!



### 1. Could you tell us about your recipe and how it relates to the practice of sustainability?

My recipe is for sour dough bread; it's a deli style rye bread that contains caraway seed. I really enjoy this recipe because it involves fermentation. For sour dough, you have to ferment dough, which basically means you have to expose it to oxygen, and letting the good bacteria take over the bad bacteria. The sugars get eaten in the process of fermentation, so you use a portion of that in the production of the bread. I think it's a really good thing to be able to produce your own bread because this is something we eat on a daily basis, but don't necessarily think about in production. A lot of people think it's very difficult or very complicate, but it's quite simple to produce bread.

### 2. So what's the biggest challenge you have at your work?

I would say that the biggest challenge is actually being a part time professor because I don't have job stability, which means that I can't really do whatever I want in the classroom. a lot of time I'm catering to make sure that I'm getting good reviews from my students, but also pleasing the department, and making sure that I maintain a certain grade scheme. I'm managing a lot of things basically to make sure that I'm continuously hire-able. Other challenging things are that there are some people at the university that don't necessarily embrace the ideas that I'm talking about. I've been on different committees in the university to change the food system and a lot of times they don't see what I'm talking about in the bigger picture. For a lot of the administrators, it's very easy to go and hire Air Mark to do food services, and despite a lot of problems that are happening on campus, they don't necessarily see another way of doing it.

### 3. What is one thing you would recommend to others looking at a more sustainable life?

I would recommend people to look at other forms of economic possibilities that are outside of capitalism and benefit social exchange. Examples are the People's Potato, which doesn't sell food. They collect a few levi and are able to provide to the Concordia community. So these kind of initiatives really help and if we're looking at food security, or changing the food system, then this benefits people who don't have the monetary needs to purchase the food at that moment. Also, there are other orientations towards businesses that are better in the way of sustainability like co-op models. I would encourage people to take it upon themselves to self produce some things like make their own breads or sauces, or grow their own food, but not only doing that on an individual level, but actually doing that collectively and figuring out how to expand these collective communities.

# JACKIE MARTIN

Organization: City Farm School

Jackie Martin is a co-coordinator of the City Farm School at Concordia University, which offers farming apprenticeships, seminars, and other learning opportunities within the Concordia community and beyond.



Recipe For Sustainability:

## CORTIDO- FERMENTED SAUERKRAUT

### INGREDIENTS :

- 1 cabbage, chopped to thin slices
- 5-10 carrots, shredded
- 1 large onion, chopped to thin slices
- 1 jalapeno pepper, chopped to thin slices
- 1 lime zest and juice
- 1 tbsp. oregano
- 2-3 tbsp. non-iodized sea salt (pickling)



### INSTRUCTIONS:

1. Chop all veggies and mix well in a large bowl
2. Mix in lemon zest, juice, and oregano.
3. Sprinkle salt throughout
4. Mix with hands, rubbing the salt into the veggies and squeezing to break down the veggies and extract some of the juice
5. Pack tightly into 2-1 litre glass jars, pressing down firmly on the veggies with your fist to extract the juices.
6. Leave 1 inch between the top of the liquid and the top of the jar. Continue to pack until the veggies are submerged in the juice.
7. Cover the jar with an airlock OR make your own by putting a plastic layer on top of the liquid and cover the sides of the jar then filling the remaining inch with salt water.
8. Leave to ferment on a counter top out of direct sunlight for 3-5 days

### 1. How does this recipe relate to your practice of sustainability?

The ingredients in this recipe are all things that you can grow here and that we grow at the farm. It's appropriate for this climate because it's a fermented vegetable; it's a way that you can get vitamin C in the middle of the winter without importing anything. It's super nutrient-packed and fermentation is particularly good for your health.

### 2. What is the biggest challenge you face at your work?

We have to deal with the weather and the climate that don't always cooperate. On the more administrative side, we have difficulties surrounding infrastructure and access to the things that we need at the university. We have a great partnership with the university where they give us access to the greenhouse and to space at Loyola, but at the moment it's very tenuous, and there's a degree of uncertainty as to whether or not the program can continue. I am very optimistic. When we meet with decision-makers at the university, they admit that they see value in what we're doing and that they want to protect it.

### 3. What is one thing that you can recommend to others looking at leading a more sustainable life (perhaps also in relation to your particular work or field of study)?

Compost! Just compost your stuff. It has such a big payback to the world ecosystem. Once you get used to it, it's a small thing to do.

# KEROLES RIAD

## Organization: Waste Not Want Not

A project aiming to expand the practice of and education towards composting at Concordia University.



## Recipe For Sustainability:

# CHEESE FONDUE



## INGREDIENTS:

- x your favourite cheese
- x bread



## INSTRUCTIONS:

1. Melt the cheese in a pan
2. Dip the bread in the fondue
3. Enjoy!



### **1. How does your recipe respect the values connected to your practice of sustainability?**

It's simplicity! The key to organizing an event around waste and compost sensitization is keeping it as simple as possible. This will allow a reduction of energy, time and materials that are often lost when trying to create a big, flashy event. This renders the impression of not wanting to police anybody. Also, my cheese fondue produces a very little amount of waste!

### **2. What is your biggest challenge in conciliating your thoughts and actions?**

The hardest part is trying to institutionalize the practice of sustainability. How will Waste Not Want Not perpetuate after I graduate? How can I allow resources to be used in course curriculums? How can I burst the bubble of the sustainability community and make it the interest of everyone? Are people consciously trying to learn? These are the questions I ask myself everyday.

### **3. What is one thing that you can recommend to others looking at leading a more sustainable life?**

Other than getting implicated and following the campaign, I would suggest that everyone take just 5 extra seconds every time they are about to throw their trash out. For 5 seconds, try to forget the fact that you are in a rush and just ask yourself if you are putting your trash in the correct bin, that being either waste, recycling or compost.



# LIZ CHERNICHENKO

Organization: Campus Potager

Liz Chernichenko works with Campus Potager, a Concordia food organization that transforms unused land throughout the downtown area into urban gardens that they then sell the produce at Concordia. Campus Potager also run workshops with students and outside guests on how to start gardens and encourage more sustainable food growing practices.



Recipe For Sustainability:

## CORIANDER CUCUMBER SALAD

INGREDIENTS : Chopped coriander, cucumber, Chili flakes

DRESSING:

Oil

Balsamic vinaigrette

Sm spoon of raw sugar

Pinch of salt

Mixed with fork for a while

Poured and mixed into greens + dollop of plain yogurt on top or on side





### **1. How does your ability to eat and provide for yourself tie in with your practice of sustainability?**

I would like to make a side note that a lot of the time the salads that I make are really just deconstructed sandwiches, so they're basically two different forms of a quick meal. As to your question about eating habits, how that experience relates to my overall concept of sustainability, woo! I don't overeat, that's for sure. People eating enough to make sure they're not getting to hungry so they don't overeat, that's what my style of sustenance is. It's about keeping myself at bay from ever hitting starvation level with all the nutrients I sort of need.

### **2. What are some of the obstacles that you tend to experience or challenges you've discovered working as coordinator of Campus Potager?**

It requires collaboration from administration that doesn't wholly agree or disagree, or specific political entities, different departments, aren't as **board** as other ones are. So it kind of has opened up the conflict whether our interests in the school, because it owns all the property we're running the program on, and it's hyper complicated at times. Kind of a dance of appealing to everybody and trying not to piss anyone off.

### **3. What's one thing do you think people can do to improve their food waste and their own relationship with food?**

Oof! Accepting that there is going to be food waste. I come from the agriculture world outside of urban landscapes, in rural settings. I come across systems where there's a lot of food waste at times. Such as markets where there's food not purchased. And you can't escape the fact that there will be times where there is food waste left over. Try to minimize, but also don't be overwhelmed with guilt, and that type of mindset. What is a problem is people feeling overwhelmed by the task of being sustainable and the need for perfectionism when the best we can do is build sustainable systems, if that's knowing what your neighbourhood's policies are for composting, and their bags, is going to change the system extensively as a whole. Any effort is good enough when everyone is giving any effort.



# MONICA DANTAS

Organization: Season Jars

Monica Dantas is a Ph.D. candidate at Concordia University researching the political, socio-economic footprints of global food systems, and sustainable agriculture especially in the global south and Brazil. She is also a part-time professor teaching Food and sustainability at Concordia, as well as a founding member of Concordia's food coalition- Season Jars.



Recipe For Sustainability:



## SAUERKRAUT



### INGREDIENTS:

1 cabbage, salt

*Adding flavours:*  
fruits, vegetables, herbs

*MEEP RATIO:*  
4 parts of cabbage + 1 part of flavours

### INSTRUCTIONS:

1. Chop cabbage and add salt
2. Put into a bowl
3. Massage for 10 min to release the juice (BRINE)
4. Push contents into a jar until the cabbage is covered by the brime

5. Cover with cheese cloth
6. Leave to ferment for at least 2 weeks
7. Enjoy!

### **1. Could you tell us about the recipe you brought in and how it relates to your practice of sustainability?**

Well, when you asked me about how a recipe could relate to sustainability, the first thing that came to mind is sauerkraut because it's very simple and straightforward. The basic recipe is cabbage and salt; that's it. No energy is required. It's also been around for thousands of years, so it's played an important role in our history. Sauerkraut was used because it's really easy to transport, it keeps for months, and it doesn't need to be refrigerated, so it's very rich in nutrients. It's a very efficient food. Also, because it's fermented, it breaks down the nutrients and makes it easier for the body to absorb. If you are looking for supplements, make sauerkraut! Its rich in vitamin A, C, K, Bs, minerals iron, manganese, magnesium and calcium and it is also a probiotic food.

### **2. What is the biggest challenge you face at your work?**

It's hard to keep the motivation going sometimes, after all the warnings on health and environmental degradation created or exacerbated by decades of handling food systems as a business we still hear news from around the world, about landless workers and farmers struggles and loss of rights, corporations caused ecological disasters. It's unbelievable how after all the signs we still manage to elect representative to continue stepping backwards. Another challenge there is more inherently related to my practice here is community mobilization, outreach campaigns and getting students connected to their food systems in a meaningful way.

### **3. What is one thing you can recommend looking for a more sustainable life?**

Well, basically I don't believe is fair to put so much responsibility on solving the problems of the food systems in consumers hands. Telling people to change their food habits in any way is a delicate subject. Although, due to the tremendous importance, there is a range of responsibility for everyone. A framework that I like is the one based on the food sovereignty concept, specially the part about determining your choices considering your culture and socio-economic circumstances. Another thing I would recommend people is to start exploring their own food systems. Who influenced their food choices, do they eat that because their parents used to feed them that? Or they got into that food because they saw a magic rainbow ad on tv when they were little and got used to it? Also look to see if their foods are traceable, be conscious about how it reached their table, reflect on the distance between them and their food.



# SARAY ORTIZ TORRES

# MARGOT FLORESTORRE

**Organization: The Hive Free Lunch**

**Student-run, vegan meal initiative at Concordia's Loyola campus.**



**Recipe For Sustainability:**

## ROASTED GARLIC AND PEPPERS PASTA TOSS

### INGREDIENTS:

*pasta, peppers, garlic, coconut milk*

### INSTRUCTIONS:

- 1. Put pasta water to boil*
- 2. Cut a bunch of peppers and garlic*
- 3. Smash peppers and garlic*
- 4. Mix/Blend with coconut milk*
- 5. Toss with pasta*
- 6. Add nutritional yeast or parmesan*
- 7. Enjoy!*





### **1. Could you talk a little about your recipe and why it means so much to you?**

We picked this recipe Margo makes which is really good and it was one of the first things we made during the first or second week when we started and people liked it, even though we didn't make it properly. It's pasta with coconut milk and peppers; the peppers are cooked and then mixed with coconut milk and then blended and put into a soup, so it's delicious.

### **2. What's the biggest challenge that you have to deal with at the Hive?**

One of the challenges is being on time because it's just the two of us, and it depends on how many volunteers show up and help us, but sometimes no one shows up, so it's really just the two of us making food for 200 people. So planning everything accordingly and being on time everyday is definitely the biggest challenge. The second challenge would be staying within our budget and making sure that we're maximizing our budget and staying on track with the finances.

### **3. What is one thing that you can recommend to others looking at leading a more sustainable life?**

I'm not an expert, but I will say try to buy things that are more or less in season. Try to buy veggies that are in season and try to eat less meat or just cart it completely, but if you cannot, just reduce your consumption of red meat. Just try not to buy things that have a lot of plastics. There's a lot of things that we take for granted and that we keep buying and don't need, so I think that if you want to live more sustainable, you just need to take a closer look at every little thing that you do every single day because it affects every aspect of our lives.



# SOPHIE BEAUCHAMP

Organization: Concordia's Farmers Market and Mother Hubbard's Cupboard

The goal of the Farmers Market is to provide sustainable, affordable, and inclusive products for students at Concordia. Mother Hubbard Cupboard offers vegan and affordable meals for students.



Recipe For Sustainability:

## VEGAN MAC AND CHEESE

### INGREDIENTS

PREP TIME: 10min  
COOK TIME: 20min

10 oz macaroni pasta  
2 cups yellow potatoes (diced)  
1 cup carrots (diced)  
1/2 cup nutritional yeast  
1/2 cup water (from pot of boiled veggies)  
2 Tbsp. olive oil  
1 Tbsp. lemon juice  
1 Tsp. fine sea salt  
1/2 Tsp. onion powder  
1/2 Tsp. garlic powder

### INSTRUCTIONS:

1. Cook macaroni al dente according to package instructions.
2. Drain the cooking water and set the pasta aside.
3. Boil the potatoes and carrots (15 min) until soft. Don't discard the cooking water (can be used for sauce).
4. Put all the ingredients in a blender and blend until smooth.
5. Pour the sauce over the cooked macaroni and mix it well.
6. Enjoy!



### **1. Can you tell us about your recipe and how is it sustainable?**

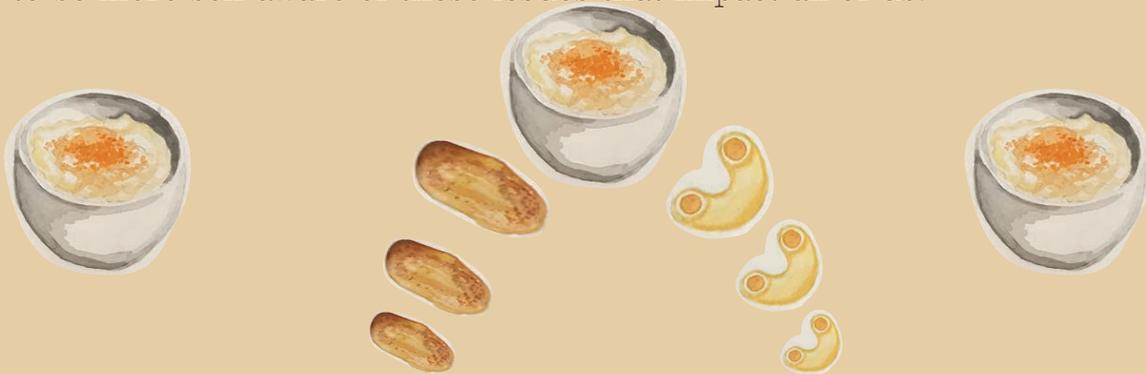
The recipe Sophie chose to share with us is a vegan mac and cheese. She took a while to accept adding this to her menu because she did not want to “ruin” mac and cheese. The main ingredients in the mac and cheese are potatoes, carrots and nutritional yeast. She highlights that potatoes and carrot are grown locally and are easy to get throughout the winter in Quebec, making it a sustainable meal that you can make at any time of the year. She loves how comforting this recipe is!

### **2. What’s the biggest challenge at work?**

Her biggest challenge at work is time management. She works at Concordia 25 hours a week while being a full-time student. Another general challenge is managing the budgets as they are very low and local products tend to be on the pricier side. At the farmers market, her biggest challenge is trying to find a way to convince the vendors to come participate and make products affordable. Another challenge is finding locations that are safe for food and respect the regulations. At the mother hubbart, her biggest challenge is finding volunteers to come on a regular basis. Without them, this project would not be possible. She also wants to improve by making it so that the food is locally sourced.

### **3. What is one thing you would recommend to others looking at a more sustainable life?**

Sophie thinks that small changes like carrying a water bottle and or a coffee mug makes a big difference! She wants people to think and realize the impact it could make if Concordia students alone would have their own containers. Furthermore, she thinks that being aware of your consumptions and realizing how much waste we create is the first step to making a difference. She emphasizes that you don’t have to be an extremist to contribute to sustainability. She wants everyone to be more self aware of these issues that impact all of us.



# CONTRIBUTORS

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*Thank  
You!*

