

# Innovate Wellness Challenge 2022



# Top Idea:

# UConn Community Kitchen





#### Audience:

- 1. UConn students who want to learn to cook or share the experience with peers.
- 2. People who want to share their cultural dishes with other students and develop a sense of community within cultural organizations.
- 3. Students suffering from food insecurities associated with nutrition

### Observation, Consultation & Feedback:

- 4. Off-campus students would benefit from a box of ingredients that they can utilize with possible recipes or cooking inspiration (from lack of time to shop.
- 5. Other universities have implemented similar community kitchen ideas, where students can learn to barista, cook meals for others, and share a space.
- 6. UC Santa Cruz implemented Crowell Coffee Shop: a non-transactional cafe run by students that offers various food resources and classes/workshops. https://basicneeds.ucsc.edu/about/cowellcoffeeshop.html

## 2. DEFINE



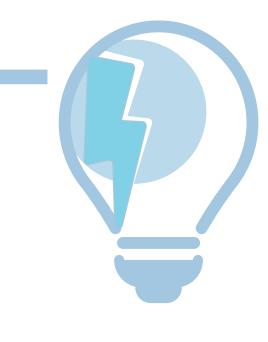
## Insights, Problem, Action Steps:

- 1. President Radenka's Food Insecurity email, 9/23: "Be the change you wish to see in the world."
- 2. Lack of shared student run space on campus to build community.
- **3.** Interest to bring people with different backgrounds together over an everyday need: food. No cooking class available for upperclassmen- only an FYE course for first and second year students.

#### **Actionable Problem Statement:**

**4.** With food being a shared value among many students, and it bringing a sense of community, our goal is to reduce school related stressors. Our solution aims to be a space for students to cook, relax, and have access to nutritious food with their peers on campus.

## 3. IDEATE



#### Idea Generation:

- Physical space/lounge on campus for students to study, make snacks/meals, eat with friends, and learn cooking and nutrition skills from each other.
- Campus kitchen and pantry with the resources available to make meals, drinks, snacks, and fuel our brains in a calm setting.
- Meal kit Boxes with main ingredients for cooking recipes: locally sourced and seasonal to reduce costs and be sustainable by using extra resources.



Name: Rachel Laemle

Major: Nutritional Sciences

Bio: Hi! I am a junior passionate in nutrition, innovation, and connecting with others. I am always seeking opportunities to improve lives, create fun, and bring people together.



#### Name: Laura Braddick

Major: Business Management with a concentration in entrepreneurship

Bio: Hi, I am a junior passionate about sustainability, nutrition and creativity. Entrepreneurship gives me the confidence and power to create opportunities for my community.