

A RECIPE FOR ACTION

COOKBOOK



JUNE 9TH & 10TH, 2022

What is *A Recipe for Action*?



**AN IMMERSIVE MUSIC,
DANCE, AND VISUAL ART
PERFORMANCE THAT
ACTIVATES COMMUNITY
GENEROSITY TO COMBAT
THE ISSUE OF FOOD
INSECURITY IN AUSTIN.**

A Recipe for Action is a live, immersive performance that combines music, dance, and visual arts. Listen to genre bending musicians perform using tuned dining objects, watch dancers create a one-of-a-kind table setting, and share a communal feast of artistic courses that ignite curiosity and encourage play. What follows is a document offering opportunities to get to know local food security advocates, as well as touch points for involvement with *A Recipe for Action's* partnering organizations.

Explore the question:

"What would be possible if everyone in our community was fed?"

A Recipe for Action has been generously funded by the Rainwater Innovation Grant, UT's Fine Arts Diversity Student Project Grant, Planet Texas 2050, with venue sponsorship from Vesper.



A RECIPE FOR FULLER PANTRIES

Donate goods to UT Outpost

SERVINGS: MANY! PREPPING TIME: 15 MIN COOKING TIME: 30 MIN

(REQUESTED) INGREDIENTS

- Canned meats
- Canned and boxed meals
- Nut butter
- Dried beans and peas
- Pasta, rice, cereal, dry mixes
- Canned fruits/veggies
- 100% fruit or vegetable juices (canned, plastic, or boxed)
- Shelf-Stable Milk
- Healthy snacks (granola bars, nuts, dried fruit)
- Any healthy, low-fat and/or low-sugar products

No glass containers please!

DIRECTIONS

1. Go to your grocery store! Everyone likes food that's fresh. Look at the shelves and think, is this something I would like to eat?
2. If it is, get it! Even better if it's an item on the ingredients list.
3. If it isn't, repeat steps 2 and 3
4. Suggested donation: 1-3 items

DID YOU KNOW?

UT Outpost has satellite locations across campus with free grab-and-go snacks for all students! Locations include:

- College of Liberal Arts (Patton Hall (RLP) ground floor)
- Gender & Sexuality Center (William C. Powers, Jr. SAC (WCP) 2.112 resource room)
- LBJ School of Public Affairs (Sid Richardson Hall (SRH) 3.364 third floor kitchen)
- Perry-Castañeda Library (PCL) 2.330 (in the University Writing Center lobby)

UT Outpost also houses a Career Closet, increasing student access to business professional clothing as needed!



A RECIPE FOR RESOURCE SHARING

*Support organizations combating food
insecurity on campus and beyond*

SERVINGS: MANY!

PREPPING TIME: 3 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- You
- Your Wallet
- \$15 (Suggested donation)

That's it!

DIRECTIONS

1. Many UT organizations are accepting financial support for their operations, UT Outpost and UT Microfarm included!
2. Scan the QR Code on final page of this doc
3. Click on an organization you'd like to support
4. Select your desired donation amount
5. Submit!

DID YOU KNOW?

*According to Feeding America, the average cost of a meal in the state of Texas is \$2.68.
1 in 7 people face food insecurity.*

*The National College Health Assessment from the fall of 2021 identified that 37.7% of UT
students classified as food insecure.*

DONATION QR CODE ON LAST PAGE!



A RECIPE FOR GARDENING JOY

Volunteering at UT

SERVINGS: MANY! PREPPING TIME: 15 MIN COOKING TIME: ~2 HRS

INGREDIENTS

- A willingness to engage in physical labor (volunteers may be moving dirt, etc.)
- Being unafraid to get a little dirty
- Sunscreen, bug spray, anything needed for outdoor exposure
- Water - hydration is important! (It's not just for the plants!)
- YOU!

DIRECTIONS

1. Get to know your local UT organizations! There's no better way than by getting your hands dirty (perhaps literally!) in a volunteer session
2. Scan QR code on the last page of this doc to see possible volunteer times
3. List your name and email address at a time that works
4. SHOW UP !!!!!

SOME STATS

UT MICROFARM

- Donated 500 lbs of produce to the UT Outpost since Fall 2019
- Donated 100 lbs of produce to the Central Texas Food Bank at the start of the pandemic in April 2020.
- Hosted over 1,100 student volunteers over a total of 25 workdays
- Composted 288.5 pounds of food waste this year, keeping it away from landfills

COMMUNITY COLLABORATORS



UT and Austin-based food security advocacy groups for you to get involved with!

UT Outpost

is the free on-campus food pantry and career closet for all currently enrolled students at UT Austin.

UT Microfarm

serves as a vibrant resource for the UT community by facilitating experiences of sustainable food systems, interdisciplinary collaboration, economic and social justice, and environmental cooperation.

UT Farm Stand

seeks to grow and source healthy, local foods and educate others about the journey from farm to table to waste.

Keep Austin Fed

reduces hunger and helps the environment by connecting surplus food with our neighbors in need.

Vesper

offers space for shared community initiatives that bring Austinites together by hosting programs that serve the community at large.

Planet Texas 2050

is a research grand challenge at UT Austin focused on making Texas more resilient in the face of climate change, population growth, and rapid urbanization.

LEARN MORE!



