

The Mindful Kitchen: Creative Food Sustainability



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Building Sustainability 'From Within'

The Mindful Kitchen Project at TU Dublin integrates mindfulness pedagogy in applied learning in culinary arts modules focused on wellbeing, kitchen culture and creativity.

As a natural follow-on from this using 'sustainability from within' and 'positive wellbeing' as a foundation for embedding an **applied sustainability approach**, our team focused on co-creating a new model for the culinary arts classroom.



What We Set Out to Do

1. Empower culinary students as design partners in education for sustainability
2. Design a new module that would develop and inspire a student 'sustainability mindset' through mindful creativity and application.
3. Engage with best practice in food sustainability, locally and globally.
4. Create applied food sustainability resources for teaching and learning in culinary arts



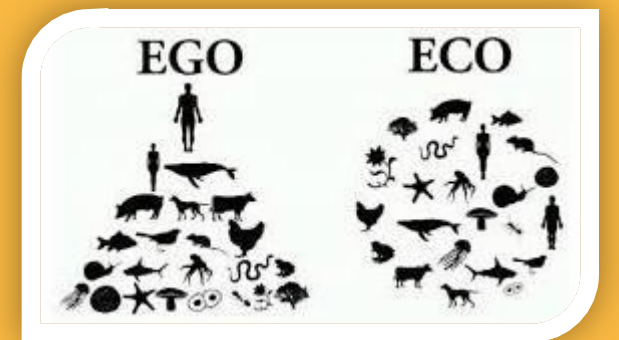
How We Did it



The Mindful Kitchen
Creativity and Food Sustainability

| Mindful Creativity | Applied Creativity |
| Professional Kitchen Practice |

Inspiring the Future



Merging mindful creativity and professional practice in a practical learning environment is **key** for student engagement with food sustainability, **empowering confidence** to change self-perceived **action competence** for sustainability.

We recommend a 4-hour practical focus in year 1 of culinary programmes, under 3 areas:

- Professional Kitchen Practice (1 hour)
- Mindful Creativity (1 hour)
- Applied Creativity for sustainability (2 hour)

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