

*“Good food is very often, even most often, simple food.” — Anthony Bourdain*

**Join Poughkeepsie AAUW for a presentation on:**

**April 16, 2020 7:00 pm**

Unitarian Fellowship\*

**Allison Righter**, Assistant Professor in the School of Culinary Science and Nutrition at the Culinary Institute of America (CIA)

## **The Future of Food & Nutrition: Trends and Perspectives**

Food is central to our health and the health of the planet. With growing global challenges of obesity, hunger, and climate change (to name a few...) how will we feed a future population of 10 billion people a healthy diet within planetary boundaries by 2050? **Allison Righter**, MSPH, RDN, will cover the latest research as well as consumer and industry food trends that are driving changes towards a healthier and more sustainable food future.



**Allison Righter** is an Assistant Professor in the School of Culinary Science and Nutrition at the Culinary Institute of America (CIA), where she teaches Nutrition, Food Safety, Food Systems and Public Health courses. She also works on a variety of projects to bridge the CIA's health and sustainability industry leadership work with its educational curriculum. Allison completed her Bachelor of Arts in Public Health Studies and her Master of Science in Public Health in a coordinated dietetics program both at Johns Hopkins University in Baltimore, MD. Prior to starting at the CIA in 2013, Allison worked at the Johns Hopkins

Center for a Livable Future providing science advisory to the Meatless Monday campaign and assisting with several community-based food and faith initiatives in the greater Baltimore region. A Maryland native, Allison now calls Poughkeepsie home along with her husband, Matt, the Head Baseball Coach at Vassar College, and their daughter, Mikaela. She is a spirited educator who believes in the transformative power of our food choices.



**\*Directions:** Unitarian Universalist Fellowship of Poughkeepsie at 67 South Randolph Ave. can be accessed from Hooker Ave. OR take Route 9 to Sharon Dr. (near Holiday Inn). At the end of Sharon turn left onto Beechwood then the first right onto Ferris Lane, next an immediate left to S. Randolph. The Unitarian Universalist Fellowship of Poughkeepsie is on the right.

Questions: [Monique Jones](#), 849-1692, [Sandy Lash](#), 227-4650