



INNOVATE
Wellness
CHALLENGE

Be well. Feel well. Do well.

Innovate Wellness Challenge 2022

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Top Idea:

UConn Community Kitchen

1. EMPATHIZE



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>



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.

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.



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.

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.