

Cumulus Carrot Bar

New Eating Habits Working Group

JOIN.

Invitation to share your food story.



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What is the Carrot Bar?

The Carrot Bar is part of the New Eating Habits Working Group of Cumulus. We invite Cumulus members and partners to contribute by monthly webinars to exchange and talk about food stories with socio-economical, ecological, and cultural purpose or the direction of your choice. For example: The Food evolution and revolution before, during and post-COVID19. How can we help to sustain humanity and the well-being of the planet while maintaining a healthy economic model? Until we meet face2face during any Cumulus conference or at a conference organized by members or partners, the plan is to meet monthly online and the plan is to start already in July 2020.

Context?

Do you remember the pre-COVID19 time when we used to go out with friends and family to bars, cafés, and restaurants? As a normal everyday activity? When we used to just sit for an afternoon drink and a morning coffee and to watch the world from our alfresco style living? It was meeting around food, it was where the best ideas were born, by just living our favorite time. When eating, we observe humanity, cities, neighborhoods, we are keen to talk about the best restaurants in town, the best recipes, simply share personal and job-related stories. We walked the streets without taking the time to really observe and see what was around us.

We took these practices for granted, not knowing that during this time there were people who never had the luxury of having this lifestyle anyway and one doesn't know if they ever wanted this lifestyle. Despite the differences in cultural stories, humanity cannot avoid sharing a common biological need: Food

During the COVID19 the food concerns increased, forcing us to raised socio-economical and health concerns. We have gone back to practicing traditional everyday habits and narrated stories that expressed our cultural believes in order to survive and bring communities together. How do we keep going now?

Circular economy became the hot topic amongst food experts, how do we sustain a balance between ecology and business sustainability? Aren't we curious to exchange knowledge and expertise from other parts of the world? So, the Carrot Bar brings Cumulus food family together to offer this opportunity: To hear food stories from each other. Before we start innovating new food products, we should take a look at what we have already, learn from the artisan food from our own food identity. We never know where this may lead to.

We wish to meet you all during a conference organized by Cumulus Russian members in Moscow and St. Petersburg in late October 2020 or in Cumulus Rome June 2021 conference. Until we meet face2face, we will continue meeting virtually. We invite you to register your interest to present your food story. Through these webinars, we all together try to accumulate a research topic and encourage collaboration to encourage practice-based as well as traditional research around eating.

The online meetings may focus on one presentation or several of them. We also invite you to act as the host to strengthen the fruitful getting together. Please limit the online meeting, to maximum 1hr and that includes presentation and discussion. We will start with one meeting month and we will see after that if we need to increase the meetings according to demand.

We try to exercise this initiative by receiving your monthly expression of interest to present or fully host an online meeting, by the end of first week of every month.

This is an opportunity to talk about whatever you want if it is about food storytelling. This is an opportunity to connect and share now and beyond COVID-19. The presentations can include, food practices, research, videos, exhibitions, objects ... adapted to the way we meet.

To register?

Please send by email your expression of interest with a 150 words synopsis in English including;

1. **Your name/position:**
2. **University:**
3. **Title:**
4. **Topic: Short intro;**
5. **Time approximately need for the presentation:**
6. **Webinar month and day as your schedule preference:**

7. **If already existing**, your contribution to research journal article, exhibition, video...

8. **Clarifying you want to**
 - a. **to present or**
 - b. **to present and host or**
 - c. **to host only.**

Talk about whatever you want as long as it is about food storytelling.

This is an opportunity to connect and collaborate during and beyond COVID-19 around food.

Where to send: So far, we collect your expressions of interest by email to

d.daou@lecoledesign.com

eija.salmi@aalto.fi

We cannot wait to hear your food story. And start organizing.

Dolly & Eija

Who are these guys:

Dr. Dolly Daou, Director of Food Design Lab, L'École de design Nantes Atlantique

<https://en.lecoledesign.com/news/dolly-daou-new-design-lab-director-new-eating-habits-3005>

Eija is a Cumulus advocate everywhere, she is based in Helsinki/Espoo in Finland.