



Food Law Society  
at UCLA

# Sustainable Agriculture & Food Policy: A Health-Focused Event Series Presented by Food Law Society at UCLA School of Law



### Farm Fresh Produce

Student Discount. No Commitment. Delivered to Law School courtyard.

<http://tinyurl.com/UCLA-GSA>  
[FLS@lawnet.ucla.edu](mailto:FLS@lawnet.ucla.edu)

- ORDER ONCE WEEKLY, BIWEEKLY, OR MONTHLY
- \$19 = FULL BOX (TWO WEEKS WORTH STUDENT PRICE)
- SEASONAL, ORGANIC PRODUCE
- FROM SOUTH CENTRAL FARMERS COOPERATIVE

STUDENT DISCOUNT CODE:  
Send student ID copy to  
[CSA@southcentralfarmers.com](mailto:CSA@southcentralfarmers.com)

NOT A STUDENT: \$22 for full box,  
\$17 for mini box

ORDER BY 5PM MONDAYS  
FOR WEDNESDAY DELIVERY

Weekly Community-Supported  
Agriculture Drop Box

Ongoing Fall 2014-Spring 2015

- Volunteers from Food Law Society organized weekly orders and staffed pick-up location.
- Goal: to make students aware of local organic farming and give them convenient option to access more vegetables and fruit.
- Boxes contained seasonally varied produce from South Central Farmers Co-op.
- Open to students, faculty and staff.

### Eating Healthy Under Stress

Learn how to eat for optimal energy, focus, and health while juggling a full schedule!

Law Students in Balance and the Food Law Society present:  
Eve Lahijani, MS, RD, UCLA Residential Life Nutrition Health Educator  
3-event Series: Oct. 22\*, Oct. 29, Nov. 5  
Wednesday, 12:15pm - 1:15pm, Room: 1337

Please RSVP to lunch: <http://tiny.cc/EatingHealthy>

#### Who should come to this event?

- Students who find stress brings out unhealthy eating patterns: eating too much, eating too little, feeling bad about what they are eating, getting obsessed with how they are eating.
- Students who are worried this will happen during reading week or finals.
- Students who have an eating strategy but want individualized suggestions for how to improve.

#### What will participants gain?

- Practical tools for knowing when, what, and how much to eat for optimal energy and concentration—without dieting.
- An individual nutrition plan developed with a registered dietitian who specializes in student health (esp. stressed out grad students)
- Increased metabolism and energy levels from more consistent eating patterns
- Perspectives from fellow students on how they have successfully, or unsuccessfully, met their nutritional goals in law school.

\* Note: Attendance at the 10/22 lunch is mandatory in order to participate in the later, optional sessions. If you must miss the first session, please contact us ASAP for alternate arrangements.

Questions? Contact: [FLS@lawnet.ucla.edu](mailto:FLS@lawnet.ucla.edu)

Additional support provided by:  
UCLA Law SBA  
UCLA Residential Life  
UCLA Assistant Vice Chancellor's Student Activities Fund

Healthy Eating Under Stress  
Workshops

October 22, October 29 and November 5, 2014

- Three workshops on nutrition and stress control organized with other law school and UCLA wellness organizations.
- Goal: to teach students healthy eating habits to help them counter stress eating and other negative practices.
- Nutritionist Eve Lahijani, R.D. led workshops and conversations.

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Wed., 2/11 noon  
LUNCH FIELD TRIP AT  
**BRUIN PLATE**

RSVP on our Facebook event by 2/10 to Enter to Win Lunch for Free!

An all-you-can-eat intro to our health-themed dining hall.  
Meet in front of the law school steps at 12:10 to walk over together or meet us there at 12:30. Be sure to load up your Bruin Card with at least \$10 (the meal is \$7 and change).  
Questions? Email [FLS@lawnet.ucla.edu](mailto:FLS@lawnet.ucla.edu).

Bruin Plate Field Trip

February 11, 2015

- Healthy Campus Initiative funded lunch for a group of law students at Bruin Plate, a sustainable and healthy residential dining hall on campus.
- Goal: to introduce law students to a healthy dining option and teach them about how to enact healthier food policy at a large organization, whether a university, a government entity, or somewhere in the private sector.

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### Intro to Wine Law: A Client's Perspective

An educational event & wine tasting\* with the founder of JUSTIN Vineyards & Winery

Monday, February 23  
4:30pm - 6:00pm

Glickman Courtyard  
(between the law school steps and library entrance)

Space is limited. RSVP ASAP:  
<http://tinyurl.com/IntrotoWineLaw>

Enjoy refreshments from Clementine.  
Questions: email [FLS@lawnet.ucla.edu](mailto:FLS@lawnet.ucla.edu)

Thank you to our sponsors:  
Healthy Campus Initiative  
JUSTIN Vineyards & Winery

\*Must be 21 years or older to participate in the wine tasting.

Introduction to Sustainable  
Wine Law

February 23, 2015

- Justin Baldwin, founder of JUSTIN Vineyards & Winery, spoke to law students about the challenges of the wine business and trends in sustainable viticulture.
- Goal: to teach students about sustainability in a specialized agricultural industry.
- Healthy Campus Initiative provided funding for healthy food to pair with the sustainable wine tasting.

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### Community Garden Planting

A day of service with the Social Justice Learning Institute

Saturday, March 7, 2015

Schedule  
9 am - Meet at law school steps to carpool  
10 am - Arrive at Ingleswood garden site  
2 pm - Leave garden site

Lunch provided with RSVP by Sun., 03/01.

RSVP: <http://tinyurl.com/UCLAGardenDay>

Co-sponsors:  
Asian Pacific Islander Law Students Association  
Black Law Students Association  
Critical Race Studies Program  
David J. Epstein Program for Public Interest Law & Policy  
Environmental Law Society  
GSA Sustainable Resource Center  
Healthy Campus Initiative  
La Raza Law Students Association  
Resnick Program for Food Law & Policy

Community Garden Planting

March 7, 2015

- Day of service learning for law students co-sponsored by other public interest organizations on campus.
- Goal: to give back to the community and to provide a source of fresh fruits and vegetables for those without access.
- Healthy Campus Initiative provided funding for healthy lunch for volunteers.

RESNICK PROGRAM FOR FOOD LAW AND POLICY  
UCLA SCHOOL OF LAW

The Resnick Program for Food Law and Policy at UCLA School of Law invites you to our Food Forum event  
**In Conversation with Mark Bittman**  
followed by our 1st Annual Spring Reception

April 2, 2015 • Fowler Museum at UCLA

Join us for a conversation with one of today's leading food system thinkers, New York Times columnist and food writer Mark Bittman. A winner of the James Beard Leadership Award, Bittman's books include the now-standard *How to Cook Everything* as well as the groundbreaking *Food Matters* and *Vegan Before 6:00* (VBE6), which debuted at #1 on the *Times* Best Seller list. His weekly *Times* column was the first of its kind to editorialize about food policy in a major American newspaper.

Moderated by Kim Kesler, Policy and Special Programs Director of the Resnick Program for Food Law and Policy.

We invite students, local leaders in the food law and policy community, and friends of the Resnick Program to join us for our 1st Annual Spring Reception which will be held immediately following our Food Forum event.

April 2, 2015  
9:00 p.m. - Registration and check in  
9:30 p.m. - Food Forum Event: In Conversation with Mark Bittman  
7:00 p.m. - 1st Annual Spring Reception

Please note, RSVP is required for both the Food Forum Event as well as the 1st Annual Spring Reception. To RSVP for one or both portions of the program, please visit: <http://tinyurl.com/SpringReception>

Co-sponsored by  
LIVE WELL  
LOS ANGELES FOOD POLICY COUNCIL  
UCLA School of Law

Food Policy Networking Reception

April 2, 2015

- Networking reception following a Q & A with food writer Mark Bittman.
- Goal: to provide students with an opportunity to meet practitioners and activists in the industry, especially those with connections to sustainability movements.
- Healthy Campus Initiative sponsored healthy food for this networking event.

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CO-HOSTED BY  
ENVIRONMENTAL LAW SOCIETY  
GSA SUSTAINABLE RESOURCE CENTER  
RESNICK PROGRAM FOR FOOD LAW & POLICY

### Green Wine Revolution

Sustainable Winegrowing in California & Beyond

Monday, April 6  
12:10pm - 1:20pm

Law Building 2357  
(second floor, directly across from the north elevator & stairwell)

Questions: [FLS@lawnet.ucla.edu](mailto:FLS@lawnet.ucla.edu)

Allison Jordan  
Vice President of Environmental Affairs,  
Wine Institute

Lunch provided with RSVP  
<http://tinyurl.com/FLSgreenwine>

Thank you to our sponsors  
GSA Sustainable Resource Center  
Healthy Campus Initiative  
JUSTIN Vineyards & Winery

Green Wine Revolution

April 6, 2015

- Wine Institute presenter and sustainability expert Allison Jordan provided an overview of sustainable winegrowing in California.
- Goal: to teach students about sustainability in viticulture from the perspective of a practitioner, rather than a client.
- Healthy Campus Initiative sponsored healthy food to pair with sustainable wine.

#### Our Goals

1. Engage law and other graduate students in a dialogue around food policy and sustainable agriculture.
2. Give students more information about how food policy affects individual and community health.
3. Reach out to students who normally would not attend this type of event.
4. Provide healthy and sustainable food to students at all events.
5. Use post-event surveys to assess whether our events made students eat healthier or taught them something new.

#### Our Feedback

- "At a [different] school event I would have had pizza."
- "Eye opening to possibilities."
- "I generally eat like this already, [but] appreciate the accessibility to a bigger population."
- "So great to have a healthy option on campus - so delicious too."
- "We need more of these events with more students."
- "This was very informative! Presenter was great."

#### Acknowledgments:

Thank you to Jane and Terry Semel for their vision and support for the Healthy Campus Initiative, and for the HCI leadership, including Gene Block, Scott Waugh and Wendelin Slusser.