



**LOOKING BACK,
WITHIN AND AHEAD**
Celebrating Indigenous Wisdom

OE2316

FOOD SUSTAINABILITY - A ZINE



INSTRUCTOR

MAYA SARA MATTHEW

Maya Sara Matthew is a Textile Designer and Fiber Artist. Her Chosen medium of expression is embroidery, Upcycling, recycling and sustainable practises guide her work and practise. Her other interests include origami, watching movies, my pets and food culture

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OVERVIEW

To document traditional recipes for the preparation & preservation of a particular food ingredient and methods employed to upcycle food and food scraps. Information gathered will also include interesting historical, cultural, mythological, religious and political facts if any of the ingredient. All the information gathered will be used to create a Zine which should be a vehicle to create awareness about conscious consumption and food Sustainability.

METHODOLOGY

Brainstorming, Presentations during the workshop to other participants, discussions, Making of a Zine, Final presentation

KEY WORDS

Upcycling Food, Conscious Consumption, Food Scraps

AVAILABILITY

12 Seats