



Co-creation of a new model for the culinary arts classroom.

The Mindful Kitchen: Creative Food Sustainability

Culinary Arts Lecturers and Students- Tallaght

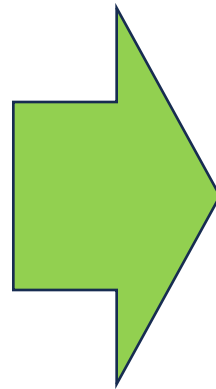
Social Media : [@themindfulkitchenproject](#)

Building Sustainability 'From Within'



The Mindful Kitchen
Health and Wellbeing for Chefs

Foundation

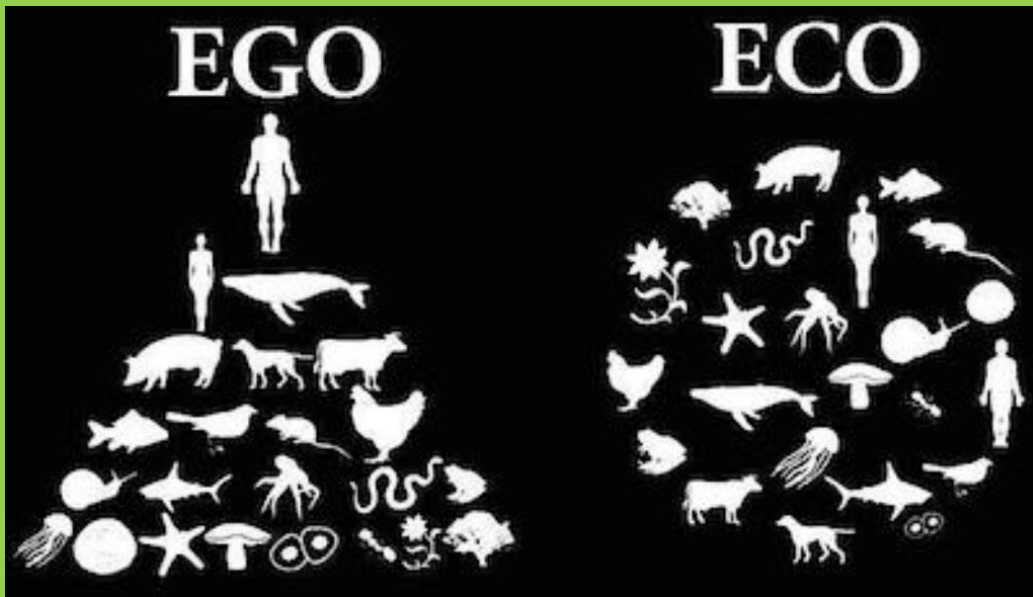


Sustainability from Within
+
Positive Wellbeing

Applied
Sustainability
Approach

What we set out to Do

Design a new module that would develop and inspire a student **'sustainability mindset'** through **mindful creativity** and **application**.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



Empower culinary students as design partners

Engage with best practice in food sustainability, locally and globally.

Create applied food sustainability resources for teaching and learning in culinary arts

How We Did it

**Collaborative
Teamwork**



**Industry
Engagement**

- **Exploring Best Practice**
 - Nationally, Globally
- **Masterclasses**
 - Industry Leaders

Design

- **Module Design**
- **Resource Design**
- **Logo Design**



Inspiring the Future



The Mindful Kitchen
Creativity and Food Sustainability

| Mindful Creativity | Applied Creativity |
| Professional Kitchen Practice |

Key to Student Engagement

Merging Mindful Creativity
+
Professional Practice
in a Practical Learning Environment.



Recommendation

Implement a 4-hour Practical Focus in
Year 1 of Culinary Programmes

Professional
Kitchen Practice

Mindful
Creativity

Applied Creativity
for Sustainability

Thank you to



And to our industry partners for helping us realise our project idea for culinary education



Social Media : @themindfulkitchenproject

“Make peace with human failure, it's inevitable.
Everything isn't going to be OK,
but you're not responsible for that
which is out of your hands.

All you can do is make what is in your hands
positive.”

— Chef Douglas McMaster, [Silo: The Zero Waste Blueprint](#)

