You Don’t Have to Give up the Corn Pudding!
Black Women, Food, and the Quandary of Self-Identity

Dr. Psyche Williams-Forson
Date: November 14th
Time: 12:30 to 2:00 pm
Location: Alampi Room, Marine and Coastal Sciences

Creating healthy bodies and minds requires a redefinition of the food stories that define our cultures. If we accept that this is true, then humanities scholars can intervene in questions of nutrition and food policy by discouraging people from demonizing and degrading the foods that help to create and sustain our communities.

Rather than urging people only to change what they eat, a more effective approach may be to help communities incorporate more healthful preparation techniques and ingredients into foods already rich in cultural meaning. This interactive discussion is designed to weigh issues like abandoning culturally specific foods like corn pudding in favor of the "naturally fresh" salad. It encourages us to consider an and/or versus a paper vs. plastic mentality.

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