

# Food for Thought

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## Eskinder – Chef of the Month

Story by the CSS Media & Journalism Group, Marissa Fobbs, Joe Gruenspecht, Cecilia Martinez, and Jared Mason

Eskinder is pretty excited to be the chef of the month and to have his love of cooking recognized. We talked to him about some of his favorite things to eat. Two of his favorite foods are rice and injera. Injera is a spongy flatbread that is the national dish of his native Ethiopia. He usually only gets to have injera when he goes out to eat with his family. You eat it with your hands and Eskinder likes to use injera to sop up good stews.



### Tasting Tuesday!



May 8th we tried BBQ Jackfruit!

71% of participants liked them 😊

24% didn't like them 😞

5% wouldn't try them ❌

Most nights he helps to cook dinner in his house. His favorite meat is chicken and he likes making casseroles because of how easy they are to put together. It feels good to make food for his roommate and to know he has some tasty leftovers for lunch. Today for lunch he had spaghetti in a tomato basil sauce that was left over from last night's dinner.

A very important question to us was whether or not Eskinder knows how to make cookies. And he does! His favorite is chocolate chip.

Another thing we were interested to know is whether or not he likes pizza. The answer is Yes! Of course, he likes pizza; and pizza is better than hotdogs. His favorite pizza toppings are pepperoni, red sauce and cheese.

We were interested in finding out more about healthier foods too. Eskinder likes apples and bananas and salads. While his favorite part about a salad is ranch dressing, he also thinks a good salad has to have tomatoes and carrots.

We are impressed with Eskinder's love of food and the pride that he takes in cooking. He is a great example of what it means to be Chef of the Month!

# Artist of the Month: Jonny Joya!

May's Artist of the Month is Jonny Joya! For a while, we would find beautiful art in the Snack Zone and had no idea who was making it. After searching, we found Jonny! He comes almost every afternoon to the Snack Zone to create new pictures. Jonny has a textured style, made by rubbing the side of the crayon against the paper. His color combinations really depict his mood. We are very appreciative of Jonny and hope he continues making his inspiring art.



# Bon Voyage, Erica!

By: Janice Goldschmidt

On Wednesday, May 23, we say goodbye to our faithful intern, Erica Wildberger. Erica is completing her second rotation at CSS as part of her Dietetic Internship Program. Over the course of many months, we have come to rely on her skills and expertise greatly. Not only is Erica a trained chef, she has a wonderful sense of fun and adventure. The 9055 teaching floor will be very quiet without her.



Please stop by on Wednesday afternoon to enjoy some goodbye treats and to wave her off onto the next leg of her journey.

## Tasting Tuesday!



May 15<sup>th</sup> we tried marinated artichokes!  
65% of participants liked them 😊  
23% didn't like them 😞  
12% wouldn't try them ❌