



REPAST PROJECT

Mealtime conversations - Meaningful encounters

- **The pilot project takes as its starting point the notion that our technology saturated society, political polarization and global economy have all conspired to give us little room in our lives for genuine, productive conversations among equals concerning things that matter.**
- **Moreover, academic studies from Harvard, Columbia and the University of Illinois all demonstrate that students who enjoy family meals are 40 percent more likely to get A's and B's in school, are more emotionally mature and have low stress-levels, positive peer relationships and healthy lifestyles. In other words, not having sit-down dinner conversations have broad socio-economic, cultural and academic ramifications.**
- **This mini-grant proposal will lead to a greater sense of purpose of our lives, a deep commitment to upholding the vision of our institution as a caring place that welcomes all in our community who wish to learn. This mini-grant will track the GPA of all students in the "Repast Project" before and after their participation.**

INITIAL SURVEY: <https://surveyplanet.com/58f275912ab1f33831306c95>

SECOND SURVEY: <https://surveyplanet.com/58f3fb9ed2a42d59a96234f5>



Redwood Café!

Salads

Mixed Greens

Carrots, cherry tomatoes, English cucumbers, dressing of your choice

Entrée

Crispy Pork Schnitzel

mashed potatoes, green beans, wild mushroom bacon cream sauce

Penne Bolognese

Classic Italian meat sauce, mozzarella cheese, fresh basil

Herb-Marinated Rotisserie Chicken

ranchero spice rubbed, roasted red potatoes, garlic spinach, parmesan cheese

Mushroom and Spinach Pizza

Desserts

Ghirardelli Chocolate Brownie

chocolate & caramel sauce, whipped cream



STUDENT COMMENTS

“It was an amazing experience, most of the time I am alone and it was really great to have conversations with people that I did not know or got to know better. I valued how we were open to each other and how at home it felt, it is something that people should really experience.”



“Being able to meet fellow classmates and have genuine and fun conversations with them (was great).... Being in the company of or professor and it NOT being a school setting, it makes things more enjoyable because you're not worrying about what you have to do or if you have any missing assignments or if a paper is due.”

“I'm able to connect with my professor in a more personal way, I'm seeing them more as a friend than someone above me per say so it's nice, not intimidating.”

“What I found significant about this dinner was meeting and talking to new people we probably wouldn't have ever considered talking to.”



Thursday, April 13th 6-8pm at Redwood Café (Modesto) RSVP: <https://repastone.eventbrite.com>

- ***Artificial Intelligence: The Age of the Machine***

Thursday, April 20th 6-8pm at Redwood Café (Modesto) RSVP: <https://repasttwo.eventbrite.com>

- ***Climate, Science and Society***

Tuesday, June 13th 12-2pm Lunch Surla's (Modesto) RSVP: <https://repastthree.eventbrite.com>

- ***The Means and Ends of Public Education***

Wednesday, August 16th 6-8pm at Lola's (Hilmar) RSVP: <https://repastfour.eventbrite.com>

- ***Globalization: Borders, Money and Citizenship***

Thursday, August 24th 6-8pm at Lola's (Hilmar) RSVP: <https://repastfive.eventbrite.com>

- ***The Politics of "We the People"***

Wednesday, October 4th 6-8pm at Surla's (Modesto) RSVP: <https://repastsix.eventbrite.com>

- ***Religious Expression and the Challenges of Freedom***



Sponsored by the MJC Student Equity Plan and the Fourth World Educational Consortium