



RzwrNeVY

Montclair State University

Entry details

Entry Name:	Boiling Over; How TK Ignites a Campus
Institution Name:	Montclair State University
Entry Completed By (<i>name and position</i>):	Jennifer Bostedo, Dir of Dining and Wellness

Quote from Jerlise Fogel, PhD:

"...they were as excited as we were... had great ideas ...to realize our dreams and wishes for the event. The beautiful setup made it easy ... to teach... and seamlessly speak with community diners; ... [they] took care of advertising, pre-organization with vouchers... made sure we were able to welcome as many students as possible! With grace and smiles, they quietly and efficiently moved about... making sure everyone had what they needed. [We are] so grateful for cheerful, efficient support that was really over the top, and brought this event to such a delightfully professional level!..."

Essay:

When students take cap and gown pictures with TK staff, you know you have created a core memory.

Unlike traditional programs, TK- Expanded empowers students, faculty, and campus partners to co-create and lead programming. One can encounter the space as a diner, instructor, competitor, collaborator, and learner.

Culinary skills are never just culinary skills. Conventional wisdom says working in food service is a fast track method to seeing the world in a different light. Learning pretzel-making from a German professor while learning about his time there is empathy, history and science all through the lens of food.

'Chopped: Dietitian Edition' - We're fostering better teammates, friendships and critical thinking skills as folks work to create culinary "wow".

'Athlete TK' helps fitness-minded students develop skills to support performance and recovery.

'Baking Club' meets to grow techniques, skills and community.

Faculty retreats are a team-building haven for faculty that might not be able to travel, but can learn to grow together over Mocktails and Fresh Mozzarella. "SO many thanks. The team only had great things to say about the retreat!"
Jane - College for Community Health

Programming provides job experience for marketing and nutrition interns to thrive.

The community impact continues to boil over!

Introduction:

Faculty, student organizations, and academic programs are excited to jump in as co-promoters, inviting entire clubs and classrooms. After years of developing programming hoping to generate campus engagement, the party now finds us! Now, instead of researching and brainstorming we are orchestrating and facilitating once-in-a-lifetime events. The word is out that "TK" is an out-of-classroom experience to be shared.

Essay:

Marketing strategy for the TK combines digital marketing, vibrant signage and cross-campus collaboration. And this time, collaborators are bringing classrooms and coworkers with them, driving engagement and revenue!

For large-scale events like Roots & Recipes, marketing efforts are coordinated across multiple groups, including classroom outreach, student-led promotion, and social media campaigns.

Our marketing interns capture events through photography and short-form video, showcasing student involvement, like our Student Chef of the Week, seasonal recipes like Butternut Squash Fettuccine Alfredo, and behind-the-scenes moments like a sustainable take on using leftover jack-o-lanterns.

Content is shared across dining and dietitian social media platforms, maintaining engagement beyond the event itself.

Consistent branding across programs—such as Athlete TK, Professor TK, and Chopped: Dietitian Edition—creates a recognizable logo that reinforces the Teaching Kitchen as a premier campus experience.

Of course, anyone passing by is welcome to pop in to see what the buzz is all about, maybe learning something about their community in the process. Or, in the case of our faculty wellness retreats, their co-workers ability "to kill it on the smoothie bike"

We consider ourselves personally responsible for one department's workplace argument regarding which colleague made a better-looking mozzarella ball.

Introduction:

The TK is an ever-evolving organism; the campus shares their cultures, unlocks professors' knowledge, or incubates future health professionals. We are redefining the role of dining by directly supporting the academic mission through hands-on education. Students, faculty, and staff engage not only as diners, but as instructors, learners, and

collaborators. Through interdisciplinary programming, the TK fosters skill development, cultural exploration, and community connection. From athlete-focused nutrition classes to inclusive cooking experiences and large-scale cultural events, the program creates meaningful opportunities for engagement that extend beyond the dining hall and into academic, personal, and professional growth.

Essay:

After an Indigenous cooking class, one student said, “sharing fragments of our heritage through our language, foodways, and stories brings a sense of belonging to the student community, while reminding many of us of home.”

Programs deliver real life skills, but so much more. Skills like cooking proficiency and nutrition literacy are valuable, but cultural competency and community are priceless.

The Athlete Teaching Kitchen exemplifies this: Nutrition students develop curricula, while Athletic Training students teach athletes to prepare meals supporting performance and recovery. This model enhances learning while improving wellness outcomes and future health professional interactions.

TK impacts inclusive education, building independence for students with disabilities through approachable recipes and guided instruction. Feedback from participating professor:

“It was the highlight of the semester for many students.”

A defining example of campus impact is our original Roots & Recipes programing. This multifaceted event interwove faculty, student organizations, and a nationally-recognized chef to teach Indigenous cooking techniques, food systems, and language. Participants learned to prepare traditional food, discovered Nahuatl vocabulary, and engaged in cultural storytelling through poetry, a fully immersive educational experience.

By connecting academics, culture, and dining, TK creates lasting engagement that simmers in the kitchen and ‘boils over’ across campus life.

Introduction:

At Montclair State, the Teaching Kitchen (TK) is intentionally designed as a learning environment embedded within Freeman dining hall.

Six induction burners atop gleaming counters, wells of 20+ ingredients and jars of fresh herbs spark culinary creativity; available cookbooks span global to dorm-friendly fare. The smoothie station is a highlight for creations for fun, to fuel before practice, or to share.

Thoughtfully designed to feature a large spectator window with stool seating, the space invites observation and draws participation, offering an interactive educational experience.

Essay:

TK was established as the educational center of the dining room, but its reach has far surpassed residential diners. From small-group skill-building workshops to large-scale cultural events, stations accommodate collaborative cooking, while the demonstration area allows instructors—faculty, chefs, students, and clinicians—to teach effectively in real time. So versatile, it has even been used to film “Cooking With Koppell” - the President of the University’s student-run cooking show.

Signature programs like Roots & Recipes: Learning from Indigenous Cuisine and Language, transition the space from instructional kitchen to cultural hub. Participants cook, while observers engage in language activities, storytelling, and live demonstrations, reinforcing multiple modes of learning.

Central placement removes barriers to participation, encouraging spontaneous engagement. Design transforms TK into a dynamic classroom where culinary skills, nutrition knowledge, and cultural understanding build community.

You will find students cooking together throughout the day, from after team practice or late night after classes. Since the room is open daily from 7am - 10pm and during special events it suits many different needs.

Log in to nacufs.awardsplatform.com to see complete entry attachments.

OUTREACH & EDUCATION PROGRAM OF THE YEAR



TEACHING KITCHENS: EXPANDED!

MONTCLAIR STATE UNIVERSITY

Teaching KITCHENS

Loyal E Horton (...2.1 MiB

PDF

Professor Teach...1.3 MiB

PDF

Faculty Wellnes... 1.6 MiB

PDF

CHOPPED Dietit...796 KiB

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Athlete Teachin... 859 KiB

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Teaching Kitche... 764 KiB

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Indigenous Cuis...2.0 MiB

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Mehta.pdf 948 KiB

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Faculty Wellnes... 1.6 MiB

TEACHING KITCHEN:
BAKING CLUB

A collage of four photos from the Teaching Kitchen Baking Club. Top left: A hand stirring yellow batter in a pan. Top right: A woman in a kitchen. Bottom left: Three women in aprons holding a rolling pin. Bottom right: Baked goods in containers.

FRESHMAN BAKING CLUB logo with a yellow sun icon.Teaching KITCHEN logo in blue script.

Loyal E Horton (...3.9 MiB

A line drawing of a hand holding a camera with a flash.
Creating Core
Memories

A collage of three photos showing students in a kitchen setting. Top: Two students in chef hats. Middle: A student taking a photo. Bottom: A student in a chef hat.

RESIDENTIAL SP...1.7 MiB

Attachment name
Baking Club highlight o...

<https://www.instagram....>



Attachment name
Roots and Recipes even...

<https://www.instagram....>



Attachment name
Instagram - Athlete TK E...

<https://www.instagram....>



Attachment name
Native American People...

<https://www.instagram....>



Attachment name
TikTok Trending Recipes...

<https://www.instagram....>