Camp Delicious! Video: “Comfort Food Gets a Make-Over”
Who said comfort food can’t be fancy?! Everyone’s favorite – mac-n-cheese – gets an upscale twist with Chef Roger Levine, a culinary arts instructor and well-respected expert in the culinary community. Step inside Chef Roger’s kitchen for step-by-step instructions to put a delicious spin on this classic dish!

LEARN MORE ABOUT MAC-N-CHEESE, VEGAN OPTIONS, AND THE ROLE OF FOOD IN FAMILY AND CULTURAL TRADITIONS.

Smithsonian Magazine – Marvelous Macaroni and Cheese – Did you know Thomas Jefferson is responsible for popularizing mac-n-cheese in America?! Discover more fun facts and the history of this favorite comfort food!

National Geographic – Comfort Food: Nostalgia in a Bowl – Learn about comfort foods from different cultures around the world!

Vegan.com
Not into cheese? Check out these cheese-free alternatives for dairy-free and vegan comfort food!

Thrillist.com – The Unofficial Comfort Foods of Every State in America
Find out which comfort food reigns supreme where you live!

Tasty – 16 Indulgent Comfort Food Recipes Without Meat or Dairy
Tasty treats for every appetite!

The Importance of Comfort Food – Read and consider the results of this scientific survey about the value of comfort food in our lives!
National Council on Family Relations – The Importance of Food in Families
A family/education expert explores food rituals and the significance they have in family bonding. Read this fascinating explanation and then think about the food rituals in your family!

FlightNetwork – 22 Festive Holiday Foods from Around the World
Many holiday traditions include favorite comfort foods. Check out this list of picks from around the world!

National Geographic – Culture and Food and Ritual, Oh My!
Explore food rituals within Christianity, Islam, and Judaism using curriculum designed by professional educators.

HostelWorld - The 50 Weirdest Foods From Around the World
Open your mind and your taste buds to these unusual delicacies from around the world and think about how adventurous of an eater you would be if you visited these regions. (Note: Photos may not be for the faint of heart!)

Buzzfeed – Comfort Foods From Around the World
Take your taste buds for a walk on the wild side! Learn about tantalizing comfort foods from around the world!

ALWAYS wash your hands before handling food and eating!
- Centers for Disease Control and Prevention – Food Safety in the Kitchen
- CDC – Show Me the Science – How to Wash Your Hands
- World Health Organization – How to hand wash with soap and water

Tell us about the comfort foods that are part of your family’s traditions. Share stories, pictures, and recipes to inspire other teen chefs!

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You can email your story to us at luminari@luminari.org

Learn more about attending Luminari’s in-person Camp Delicious! and explore scholarship opportunities: Camp Delicious!

LUMINARI is a Pittsburgh-based non-profit organization that develops original programs to broaden minds, inspire innovations and promote community engagement. For more information about Luminari visit www.luminari.org, email luminari@luminari.org or follow us on Facebook, Instagram and Twitter