



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!

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](#)