Bryant Terry

Chef, Food Justice Activist, Guest Lecturer, and Author of three books, including his latest “The Inspired Vegan”. He is also the host of Urban Organic, a new multi-episode web series. His interest in cooking, farming, and community health can be traced back to his childhood in Memphis, Tennessee, where his grandparents inspired him to grow, prepare, and appreciate good food. Bryant completed the chef’s training program at the Natural Gourmet Institute for Health and Culinary Arts in New York City. He holds an M.A. in American History from New York University and a B.A. with honors in English from Xavier University of Louisiana. From 2008 to 2010, Bryant was a fellow of the Food and Society Policy Fellows Program.


Day One: Soul Food Junkies

On the first day of the event, we will present the documentary film, Soul Food Junkies. Produced and directed by Byron Hurt, this film explores the upsides and downsides of soul food, a quintessential American cuisine. It explores the history and social significance of soul food to black cultural identity and its effect on African American health, good and bad. Soul food is also used as the lens to investigate the dark side of the food industry and the growing food justice movement that has been born in its wake. Bryant Terry is prominent in this film.

Day Two: Bryant Terry

The event will feature Xavier alumnus, Bryant Terry, a chef, food justice activist, and author. Mr. Terry holds an M.A. in American History from New York University and a B.A. with honors in English from Xavier University of Louisiana. He is author of three books, including Vegan Soul Kitchen and The Inspired Vegan, and host of Urban Organic, a new web series. On his website, he states that he started writing books “because he felt called to engage a diverse national audience to confront the racial, economic, and geographic differences among eaters; recognize their own privileges; and reverse the negative impact the industrial food system has on our health, other animals, local economies, and the environment.” Trained at the Natural Gourmet Institute for Health and Culinary Arts in New York City and a fellow of the Food and Society Policy Fellows Program (2008-10), The New York Times referred to Terry as a “young food activist [who] makes Southern cooking healthy and cool.”

Mr. Terry has spoken at universities all over the country. He has been featured in numerous radio and television shows (Martha Stewart, Emeril Green, Tavis Smiley, Splendid Table) and was part of the recent documentary, Soul Food Junkies. He has worked for many years on issues of food justice. He believes that everyone should have access to healthful food and he shows how cooking can be used as a tool to illuminate “the intersections of poverty, structural racism, and food insecurity.”

Day Three: Panel Discussion

A panel of invited students and others in New Orleans involved in various food justice organizations will discuss strategies for change and how others may become involved.

To read more about Bryant Terry, see http://www.bryant-terry.com

If you have any questions regarding this event, please feel free to contact Professor Ron Bechet, at (504) 520-7556 or email rbechet@xula.edu, or Dr. Steven J. Salm, email sjsalm@xula.edu

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Events are free and open to the public.