

Jennifer Wilkins

Web Bio

Information

Biography

Biographical Statement

Jennifer Wilkins, Ph.D., R.D.
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Division of Nutritional Sciences

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Jennifer Wilkins joined the Division of Nutritional Sciences in 1993. Her work focuses on how the food and agriculture system impacts public health, environmental sustainability, and community well-being. Degrees include: BS degree in 1978 from Huxley College of Environmental Studies, Western Washington University, MS degree in 1981 from Teachers College, Columbia University, Ph.D. in 1991 from Washington State University, in Nutrition and Consumer Economics, RD post-graduate dietetic residency at University of Washington Hospitals.

Shortly after joining the Cornell faculty Jennifer conceptualized and developed the first regional food guide in the United States, the Northeast Regional Food Guide. This food guide promotes health, sustainability, and local food systems. She was one of eight people selected from a national pool of over 150 for Class IV of the Kellogg Foundation Food and Society Policy Fellowship. During this 2-year fellowship (2004 to 2006) her work appeared in the media including an op-ed in the New York Times and she developed a newspaper column, *The Food Citizen* which has appeared monthly in the Albany Times Union since May 2006, and in the Ithaca Journal from November 2007 to April 2010.

In 2010, Dr. Wilkins became the Community Coordinator for the Cornell Dietetic Internship Program. Since the early 2000s she has directed the Cornell Farm to School Program, for which she received a Dannon Institute Award for Excellence in Community Nutrition in 2003. She directs the Cornell Farmers' Market Nutrition Program Outreach, in partnership with the New York State Department of Agriculture and Markets, and NYS Department of Health. She served as president of Agriculture, Food and Human Values Society from 2003-2004, served on the board of Directors for the Society for Nutrition Education (SNE) from 1994-97, was a member

of SNE's Advisory Committee on Public Policy (ACPP) from 2006-2008, and is now the chair of the ACPP.

Jennifer is the 2004 recipient of the Environmental Nutrition Award from the Hunger and Environmental Nutrition Dietetic Practice Group within the American Dietetic Association. In 2007, she received the Outstanding Community Public Service from the College of Human Ecology. She has served on the Chefs Collaborative Board of Overseers and is an occasional visiting professor at the Università degli Scienze Gastronomiche (University of Gastronomic Sciences) in Pollenzo and Colorno, Italy.

Department Website Summary

Jennifer Wilkins focuses on how food and agriculture systems impacts public health, environmental sustainability, and community well-being, and consumer implications seasonal and local diets. She developed the first regional food guide in the United States, the Northeast Regional Food Guide.

Professional

Current Professional Activities

Community Coordinator, Cornell Dietetic Internship Program

Director, Cornell Farm to School Program

Director, CCE Farmers' Market Nutrition Outreach Program

Member, Agriculture, Food and Human Values

Member, American Dietetic Association (ADA)

Member, Society Nutrition Education (SNE)

Visiting Professor, Università degli Studi di Scienze Gastronomiche (University of Gastronomic Sciences)

Research

Current Research Activities

- Role of "Stage" (study trips) in gastronomic education.
- Nutritional difference between local and long-distance transported fruits and vegetables.
- Quantitative assessment of interest and current practices related to state-grown and value-added products among New York State college and university dining directors.
- Implications of shift in source of dietary animal protein for land availability and potential bio-fuel production.
- Impact of participating in Community Supported Agriculture on long-term fruit and vegetable intake and overall diet quality among continuing, new, and low-income CSA members.

- Implementation of Free Fresh Fruit and Vegetable Program in NYS.

Extension

Current Extension Activities

- Farmers Market Nutrition Program Outreach
- Eat3: Eat Well, Eat Local, Eat Together
- Cornell Farm to School Program
- Newspaper column, The Food Citizen, published monthly in the Albany Times Union
- Newspaper column, The Food Citizen, published occasionally in the Ithaca Journal
- Web-based farm to school resources for extension educators and other community leaders
- Web-based Food System Education, "Discover the Food System"
- Northeast Regional Food Guide
- Professional development in farm-to-school, regional dietary guidance, community food systems and related policy

Education

Education

- **PhD** 1991 - Washington State University
Nutrition and Consumer Economics
- **RD** 1983 - University of Washington Hospitals
Clinical Dietetic Residency
- **MS** 1981 - Teachers College, Columbia University
Nutrition Education
- **BS** 1978 - Huxley College of Environmental Studies, Western Washington
Nutrition and Environmental Health

Courses

Courses Taught

NS 6250 Community Nutrition in Action (3 credits)

Websites

Related Websites

Farmers Market Nutrition Program Outreach
<http://www.fnec.cornell.edu/Our_Programs/FMNP/Home.cfm>

Facebook: Cornell University Farmers Market Program Outreach
<<http://www.facebook.com/FMNPCUCE>>

Eat3: Eat Well, Eat Local, Eat Together <<http://eat3.org/>>

Cornell Farm to School Program <<http://farmtoschool.cce.cornell.edu/>>

Administration

Administrative Responsibilities

- Community Coordinator, Dietetic Internship Program, Division of Nutritional Sciences
- Director, Cornell Farm to School Program
- Director, Cornell Farmers' Market Nutrition Program Outreach

Publications

Selected Publications

Angie Tagtow, Kate Clancy, Joan Gussow, Eduardo J. Sanchez, Mary Story, and Jennifer L. Wilkins. Food Policy, Systems, and Environment: Strategies for Making Healthful Food the Easiest Choice. *Childhood Obesity*. 2011. 7(2): 83-89. doi:10.1089/chi.2011.07.02.1003.tagtow.

Peters CJ, Bills NL, Lembo AJ, Wilkins JL, and GW Fick. 2011. Mapping potential foodsheds in New York State by food group: An approach for prioritizing which foods to grow locally. *Renewable Agriculture and Food Systems*. 2011. Available on CJO 2011 doi:10.1017/S1742170511000196.

Wilkins, JL, Lapp J, Tagtow A and Roberts S. Beyond Eating Right: The Emergence of Civic Dietetics to Foster Health and Sustainability Through Food System Change. *Journal of Hunger & Environmental Nutrition*. 2010; 5(1): 2-12.

Peters CJ, Bills NL, Lembo AJ, Wilkins JL, and GW Fick. 2009. Mapping potential foodsheds in New York State: A spatial model for evaluating the capacity to localize food production. *Renewable Agriculture and Food Systems*: 24(1); 72–84.

Wilkins JL. Civic dietetics: opportunities for integrating civic agriculture concepts into dietetic practice. *Agriculture and Human Values Journal*. 2009; 26(1 and 2):57–66.

Peters CJ, Bills NL, Wilkins JL, and GW Fick. Foodshed analysis and its relevance to sustainability. *Renewable Agriculture and Food Systems*. 2008; 23(4). Published online by Cambridge University Press 08 Dec 2008.

Wilkins JL, Peters CJ, Hamm M, Reinhardt E. Increasing Acres to Decrease Inches: The Land Requirements of Low-Carbohydrate Diets. *Journal of Hunger & Environmental Nutrition* 2008;3(1):3-16. Available online at <http://jhen.haworthpress.com>. © 2008 by The Haworth Press.

Peters CJ, Wilkins JL, and GW Fick. Testing a complete diet for estimating the land resource requirements of food consumption and agricultural carrying capacity: The New York State example. *Renewable Agriculture and Food Systems*. 2007;22(2):145–153. Published Online by Cambridge University Press 04 Jul 2007.

Wilkins JL. Eating Right Here: The Role of Dietary Guidance in Remaking Community-Based Food Systems. Chapter in Hinrichs C and Lyson TA (eds.) *Remaking the North American Food System*. 2007. Lincoln, NE: University of Nebraska Press.

Roberts KS, Struble MB, McCullum C, Wilkins JL. Use of a risk communication model to evaluate dietetics professionals' viewpoints on genetically engineered foods and crops. *Journal of the American Dietetic Association*. 2006;106(5):719-727.

Wilkins, JL. Eating right here: Moving from consumer to food citizen. Presidential address to the Agriculture, Food, and Human Values Society and the Society for the Study of Food and Society, Hyde Park, New York, June 11, 2004. *Agriculture and Human Values*. 2005;22(3):269-273.

Wilkins JL. Seeing Beyond the Package: Teaching about the Food System through Food Product Analysis. *Food, Culture, and Society*. 2005;8(1):91-108.