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STUDENT
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COMMUNITY



Triton College

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Triton College Celebrates Black History Month with “Food for the Soul”

Soul Food Served for Students and Staff

RIVER GROVE, Ill. – Triton College’s Office of Student Life, TRIUMPH and SURGE celebrated Black History Month with the event “Food for the Soul,” a delicious journey into the flavors of traditional African-American cuisine, on Wednesday, Feb. 15, from noon-2 p.m., in the Student Center Cafeteria (B Building).

Foods served included baked chicken, fried chicken, greens with smoked turkey meat, green beans with potatoes, macaroni and cheese, dirty rice with ground turkey, sweet potatoes, mini corn bread, peach cobbler, banana pudding and pound cake.

“Growing up in an African-American household, it was a part of my family’s tradition to prepare food together and eat food together,” explained Stephanie Townsend, director of Student Support Initiatives. “This is the food that our ancestors ate and enjoyed.”

Besides the cultural cuisine, large, fact cards were placed around the cafeteria highlighting influential African Americans, such as Ida B. Wells, Ethel L. Payne and Jean Du Sable, among others. Townsend wanted attendees to learn more about lesser-known trailblazers that have made a difference.

“This event is about fellowship,” said Townsend. “‘Food for the Soul’ is about exploring, connecting and meeting new people. This is somewhat of a family reunion.”

For more information, please contact studentlife@triton.edu.

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ABOUT TRITON COLLEGE

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at <http://www.triton.edu/>.