

## **JANET CHRZAN, Ph.D.**

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Nutrition Science, School of Nursing  
University of Pennsylvania  
Philadelphia, PA 19104-6398

### **EDUCATION**

- Ph.D. 2008**    **Department of Anthropology, University of Pennsylvania**  
Nutritional/Biological Anthropology  
Dissertation: Social Support and Nutrition during Adolescent Pregnancy: Effects on Health Outcomes of Baby and Mother
- B.A. 1987**    **University of California, Berkeley**  
Medical Anthropology Major, Nutrition and Botany Minors  
High Honors

### **TEACHING EXPERIENCE**

#### **Graduate Courses**

Adjunct Assistant Professor, University of Pennsylvania School of Nursing  
International Nutrition: Political Economy of World Hunger (2001-2022)

Faculty Advisor, Global Knowledge Lab of the Wharton School  
Wharton Lauder Institute, (2016-2024)

Adjunct Faculty, Drexel University  
The Contemporary Food System (2019)

Lecturer, University of Pennsylvania School of Nursing  
Feeding Nine Billion in 2050 (2014)

Lecturer, University of Pennsylvania Department of Anthropology  
Nutritional Anthropology (1999)

#### **Undergraduate Courses**

Lecturer, University of Pennsylvania School of Nursing  
Feeding Nine Billion in 2050 (2014)

Fellow, University of Pennsylvania Critical Writing Program  
Medical Anthropology of Alcohol Use: Freshman Writing Seminar (2008)

Lecturer, University of Pennsylvania Department of Anthropology  
Absolute Anthropology: The Medical Anthropology of Alcohol Use (2001-2010)

Lecturer, University of Pennsylvania Department of Anthropology  
Women, Health and Economic Development (2001)

Lecturer, University of Pennsylvania Department of Anthropology  
Food and Culture/Diet and Culture (1999-2003)

## **High School (Academically Based Community Service via University of Pennsylvania)**

Lecturer, University City High School  
11<sup>th</sup> Grade Biology and Nutrition (2002)

## **Community Education**

President, Haverford Township Farmers Market Association (2007-2012)  
Weekly health and nutrition newsletters for market patrons (2007-2017)  
Director of education programs at Oakmont Farmers Market (2007-2017)  
Community Nutrition Course Instructor, WEPIC (1992-1993)  
Volunteer Nutrition Instructor, Oakland YWCA Healthy Mothers Clinic (1984-1988)

## **RESEARCH EXPERIENCE**

- 2014-2018 Haverford Township Farmers Market Association**  
Continuing study of health beliefs, behaviors, and food use, especially relating to organic labeling, consumer knowledge, and buying habits
- 2008-2014 University of Pennsylvania**  
Medical anthropology research on binge drinking among students
- 2004-2007 University of Pennsylvania**  
Nutritional anthropology research on nutritional intake and food tourism
- 2000-2003 Hospital of the University of Pennsylvania**  
Dissertation research exploring links between diet, social support, and pregnancy outcomes in pregnant teenagers
- 1999 Center for Bioethics, University of Pennsylvania**  
Research Assistant for a study exploring caregivers' emic conception of Vioxx effectiveness with Alzheimer's patients
- 1996-1999 University of Medicine and Dentistry of New Jersey**  
Research Fellow: collected ethnographic, medical, and dietary information from pregnant teenagers to explore the connections between diet and mother/child health outcomes
- 1996 Children's Hospital of Philadelphia**  
Research Fellow for a longitudinal study of children with sickle cell anemia
- 1995 University of South Carolina**  
Research Fellow: Designed and conducted field research of the dietary habits of residents of Beaufort County, SC, including a GIS-based nutrition survey of county residents
- 1993 Philadelphia, Pennsylvania: WEPIC**  
Designed and taught an adult level class on nutrition and healthy cooking
- 1985-1987 Oakland, California: YWCA**  
Designed and implemented a nutrition education counseling and assessment program for pregnant teenagers for the YWCA

## AUTHORED AND EDITED BOOKS

Anxious Eaters: Why We Fall for Fad Diets, Janet Chrzan and Kima Cargill. Columbia Press, in process. To be published 2022

Organic Food, Farming and Culture, Janet Chrzan and Jacqueline Ricotta, editors. Chapters contributed: Organics, Food Sovereignty, Regional Food Security; Modeling the Local Food Movement, among others. Bloomsbury, 2019

Research Methods for the Anthropological Study of Food and Nutrition, Janet Chrzan and John Brett, editors. Chapters contributed: 'Food Episodes/Social Events: Measuring the Nutritional and Social Value of Commensality', 'Introduction and Research Design' and 'The Single Foods Approach: A Research Strategy in Nutritional Anthropology' (the last chapter written with Andrea Wiley). Berghahn Books, 2016 and 2017; reissued in 2019

Alcohol: Social Drinking in Cultural Context. Routledge Anthropology of Stuff (Series for the Creative Teaching and Learning in Anthropology), 2013

Social Support and Nutrition During Adolescent Pregnancy: Effects on Health Outcomes of Baby and Mother. PhD dissertation, University of Pennsylvania. ProQuest Dissertations Publishing 2008, AAT 3309411

## CHAPTERS AND ARTICLES

Using Volunteer Service in Courses about Food: in Wilk, Richard and Swift, Candice (eds.); Teaching Anthropology through Food: Experiences, Challenges, and Techniques. Left Coast Press, 2015

Alcohol: in Albala, Ken (ed.); in Food Issues, an A-Z Encyclopedia. Sage, 2014

Nutritional Anthropology: in Albala, Kenneth (ed.); Routledge Handbook to Food Studies, Routledge, 2013

The American Omnivore's Dilemma: Who Constructs "Organic" Food? in Markowitz, Lisa and Brett, John (eds.): United States Food Policy: Anthropology and Advocacy in the Public Interest; Routledge, 2012

Dinner with President Nixon or Life in a House where Julia Child was Unknown: in Bertok, Linda Murray (ed.): Storied Dishes; Praeger, 2010

"Carding", "Binge Drinking", "BAC" and "Peer Pressure": in Black, Rachel (ed.); Alcohol in Popular Culture; Greenwood, 2010

The American Omnivore's Dilemma: Who Constructs "Organic" Food?: Food and Foodways 2010, 18(1): 81- 95

The Family Meal as Culturally-Relevant Nutrition Teaching Aid: in Meiselman, Herbert (ed.); Meals: Science and Practice; Woodhead Publishing Limited, 2009: 251-269

Culinary Tourism, Food Fantasies and Nutrition Education: Alliance or Discord? In Lysaght, Patricia (ed.); Tourism and Museum: Sanitas per Aquas, Spas, Lifestyles and Foodways; StudienVerlag, 2008: 235-251

Tourism, Food Education and Applied Anthropology: Expedition, Summer 2007, 49(2):21-27

Why Study Culinary Tourism?: Expedition, Spring 2006, 48(1): 40-41

Slow Food: What, Why, and to Where?: Food Culture and Society, Fall 2004, 7(2): 117-132

One Little Garden Can Do Such Big Things: (Garden Lessons): Slow 2004 (3): 44-49

Food Education in Philadelphia: Slow 2003 (2): 50-56

Nutrition Education in the United States: Slow 2002 (6): 22-27

### **BOOK REVIEWS AND COLUMNS**

Breaking the Ashes: The Culture of illicit Liquor in Sri Lanka and Benelong's Haven: Recovery from Alcohol and Drug Abuse within an Aboriginal Australian Residential Treatment Center: Medical Anthropology Quarterly 2011; 25(1): 122-126

Agrarian Dreams: The Paradox of Organic Farming in California: Food Culture and Society 2005; 8(2): 265-266

The Last Days of Haute Cuisine: Nutritional Anthropology 2003; 26(1-2): 29-30

Feeding China's Little Emperors: Nutritional Anthropology 2002; 25(2): 46-49

Monthly columns for the American Anthropology Association Newsletter, Council of Nutritional Anthropology section (January 2001 through May 2007)

Weekly nutrition education newsletters for the Haverford Township Farmers Market Association (Oakmont Farmers Market) 2007-2018

### **PRESENTATIONS and POSTERS**

**2021** "Paleo Diets: from Homo erectus to Homo economicus"; paper presented at the annual meeting of the Association for the Study of Food and Society

**2019** Climate Change, Sustainable Farming and Food Security: Pipe Dream or Possibility?; paper presented at the annual meeting of the American Anthropological Association

**2018** "Philadelphia at the Precipice of a New Food Economy" and "Doing Good by Doing Well: Middle-Class Food Activism at Farmers Markets" papers presented at the annual meeting of the Society for Applied Anthropology

**2017** "It's Not Just About Local Food Advocacy; Farmers Markets are Political"; paper presented at the annual meeting of the American Anthropological Association

Session Organizer and Chair: "Teaching about Organic Food, Farming and Culture"; roundtable presented at the annual meeting of the Association for the Study of Food and Society

**2016** "Organics: Food, Fantasy or Fetish?"; paper presented at the annual meeting of the Association for the Study of Food and Society

- "Barriers to Feeding Ten Billion in 2050"; paper presented at the World Affairs Council in St. Petersburg, Florida
- 2015** "Alcohol: Drug or Food?"; paper presented at the annual meeting of the Association for the Study of Food and Society
- 2014** "Heritage Foods, Regional Cultures, and Place-Based Marketing"; paper presented at the annual meeting of the American Anthropological Association
- "Using Volunteer Service in Courses about Food"; paper presented at the annual meeting of the Association for the Study of Food and Society
- 2012** Session Organizer and Chair, American Anthropology Association. Session Title: New and Experimental Data Collection Methods in Food Studies and Food Anthropology. Paper presented: "Food Episodes/Social Events: Measuring the Nutritional and Social Value of Commensality"
- Session Organizer and Chair, Association for the Study of Food and Society. Paper presented: "Measuring Health Outcomes in Relation to Commensality".
- 2011** "So what is Daddy Doing? Male Provisioning of Pregnant Teen Partners"; paper presented at the annual meeting of the American Anthropological Association
- 2010** "College Drinking Culture: Bodies and Booze Marking Space and Identity"; paper presented at the annual meeting of the American Anthropological Association
- "My baby doesn't like pork, because her dad is Muslim": Beliefs about food intake, digestion and infant outcomes among African American teen gravidas; paper presented at the annual meeting of the Association for the Study of Food and Society
- 2009** "Meso-level Food Distribution Networks in the New Food Economy"; paper presented at the annual meeting of the American Anthropological Association
- "Philadelphia at the Precipice of the New Food Economy"; paper presented at the annual meeting of the Association for the Study of Food and Society
- "How to Keep Your Customers Alive and the Health Department Happy" and "Packing Them In and Picking their Pockets: How to Drive Farmers Market Sales to Ensure Profitability"; invited workshops conducted for the Annual Meeting of the Pennsylvania Association for Sustainable Agriculture
- 2008** Session Organizer and Chair, American Anthropology Association. Session title: Feminine Fluids: Drinks and Identity in the Female Life Cycle. Paper presented: "Female Identity and Alcohol Use on Campus"
- "The American Omnivore's Dilemma: Who Constructs 'Organic' Food?"; paper presented at the annual meeting of the Association for the Study of Food and Society
- 2007** Chair, American Anthropology Association, Invited Presidential Session. Session title: The Public Interest and the American Food Enterprise, U.S. Legislative

Issues. Paper presented: "The American Omnivore's Dilemma: Who Constructs 'Organic' Food?"

Session Organizer and Chair, Association for the Study of Food and Society. Session title: Feminine Fluids: Drinks and Identity in the Female Life Cycle. Paper presented: "Girls Gone Wild - Beer, Booze, and Boys in College Life"

"Modeling Social Support and Dietary Intake: Theory and Analysis"; poster presented at the Annual Meeting of the Human Biology Association

"Marketing for Farmers' Market Profits": Using Economic Theory to Build Your Business. Invited workshop conducted for the Annual Meeting of the Pennsylvania Association for Sustainable Agriculture

**2006**

Session Organizer and Chair, Invited Session American Anthropology Association. Session title: Social Support, Social Networks, and Dietary Intake. Paper presented: "Social Support and Dietary Intake: Measures and Metaphors, Methods and Mistakes"

Discussant and Speaker, Invited Plenary Session, American Anthropology Association. Session title: A Tribute to Christine Wilson: Nutritional Anthropology, a Biocultural Approach to the Study of Human Foodways, Diet, and Nutrition

"Culinary Tourism, Food Fantasies and Nutrition Education: Alliance or Discord?"; paper presented at the 16<sup>th</sup> International Food Research Conference, International Commission for Ethnological Food Research, Innsbruck September 2006

Session Organizer and Chair, Association for the Study of Food and Society. Session title: Culinary Tourism, Food Research and Dietary Change. Paper presented: "Rituals of Sacred Self-Transformation through Food Tourism: Imagined Traditions and Performance of Class Identity"

"Barriers to Farmers Market Use"; invited workshop conducted for the Annual Meeting of the Pennsylvania Association for Sustainable Agriculture

**2005**

Session Organizer and Chair, Council for Nutritional Anthropology Invited Session, American Anthropology Association. Session title: Culinary travel: Agent of Dietary and Nutritional Change. Paper presented: "Culinary Tourism, Food Fantasies and Nutrition Education"

**2004**

"Culinary Tourism"; invited paper presented to the Feast and Famine seminar, New York University

Session Organizer and Chair, Council for Nutritional Anthropology Invited Session, American Anthropology Association. Session title: Food Tourism – Identity, Social Change, and Dietary Colonialism in the Process of Doing Research. Paper presented: "Why Tuscany is the New Provence"

"The Family Meal as Culturally-Relevant Nutrition Teaching Aid"; paper presented at the annual meeting of the Association for the Study of Food and Society

“Setting the Table for Youth Activism”; paper presented at ‘Eating as a Moral Act: Ethics and Power from Agrarianism to Consumerism’ Symposium, University of New Hampshire

**2003** Session Organizer and Chair, Council for Nutritional Anthropology; Invited Session, American Anthropology Association. Session title: Conflict and Confluence in Food Studies and Nutritional Anthropology. Paper presented: “The Steak and the Sizzle: Methods and Theory in Food Studies and Nutritional Anthropology”

Invited Plenary Speaker for the Society for Nutrition Education Annual Meeting  
Paper presented: “The Slow Food Movement - Implications for Food Choice”

“Performing the Good Pregnancy: Teen Mothers and Diet in West Philadelphia”; paper presented at the Association for the Study of Food and Society annual meeting

**2002** Session Organizer and Chair, Society for Medical Anthropology, American Anthropology Association. Session title: The Four-Field Approach in Practice: The Imaginable Future of Medical Anthropology? Paper presented: “Biocultural Qualitative/Quantitative Methods and Public Interest Anthropology”

“Birthweight Outcomes in Relation to Nutrient Intake and Dietary Provisioning Among Teenage Gravidas in Philadelphia”; paper presented at the International Medical Anthropology Conference, Brunel University, Great Britain

“Birthweight outcomes in relation to nutrient intake and dietary provisioning among teenage gravidas in Philadelphia”; poster presented at the Annual Meeting of the Human Biology Association

**2001** “Nutrition education processes and normative eating habits among West Philadelphia Teenage Gravidas”; paper presented at the American Anthropology Association annual meeting

“Alcohol Use on Campus”; invited talk, University of Pennsylvania Health Education

**2000** Session Chair and Planning Committee: A Celebration of Food: France and America in the New Millennium; conference sponsored by the French Institute of Culture and Technology and the University of Pennsylvania. Paper presented: “The Anthropology of Food”

“Folate Intake in Teenaged Gravidas in Relation to Number of Social Eating Encounters and Adult Presence During Meals”; poster presented at the Annual Meeting of the Human Biology Association

**1999** “Uh-Oh, I Have to Get Consent Forms From ALL of These Subjects?”; paper presented at the 2<sup>nd</sup> Annual Anthropology Graduate Student Symposium of the University of Pennsylvania

**1996** “Dietary patterns and Fumonisin Intake in Beaufort County, South Carolina”; co-authored poster presented at the Annual Meeting of the Human Biology Association

**1995** "Growth of Children with Sickle Cell Disease in Different Environments"; poster presented at the Annual Meeting of the Human Biology Association

### **PROFESSIONAL SERVICE**

**2007-2018** Board of Trustees, Haverford Township Farmers Market Association  
**2014-2018** Board of Trustees, Keystone Center for the Study of Regional Foods and Food Tourism  
**2014-2016** Board of Trustees and Green Tables Chair, Les Dames d'Escoffier International Philadelphia Chapter  
**2009-2011** President, Society for the Anthropology of Food and Nutrition  
**2008** Member, NIH Committee on Social Science Research and Obesity  
**2008-2012** Elected Member, Governing Council of Agriculture, Food, and Human Values Society  
**2007-2009** President-Elect of the Society for the Anthropology of Food and Nutrition  
**2007-2011** President, Haverford Township Farmers Market Association  
**2007-2009** Member, Consumer Advisory Board, Pennsylvania Association for Sustainable Agriculture  
**2001-2009** Elected Member, Executive Board of the Society for the Anthropology of Food and Nutrition  
**2003-2005** Member, National Slow Food Education Committee  
**1999-2001** Member, University of Pennsylvania/French Institute Conference Committee

### **HONORS, AWARDS, and APPOINTMENTS**

**2002-2003** Anthropology Department Dissertation Fellowship, University of Pennsylvania  
**1995-1998** Research Fellowship, University of Medicine and Dentistry of New Jersey  
**1993-1995** NSF Fellowship, Medical Anthropology  
**1993** Summer Pre-dissertation Research Grant, University of Pennsylvania  
**1992-1993** Physical Anthropology Fellowship, University of Pennsylvania

### **TEACHING and RESEARCH INTERESTS**

Nutritional Anthropology, Dietary Change and Education, Health and Nutrition Education, Food Studies, Nutritional Adaptation, Human Biology, Medical Anthropology, Ethnicity/Class and Health, Growth and Development of Children, Pregnant Teenagers, Consumption Theory, Culinary Tourism, Community and Participatory Education, United States, Italy, France

### **ADDITIONAL EXPERIENCE**

**2007-2021** Organizer, developer and manager of the Oakmont Farmers Market in Havertown Pennsylvania; President and founder of the Haverford Township Farmers Market Association, a registered educational not-for-profit organization  
**2014** Eastern Regional Manager, Pennsylvania Association for Sustainable Agriculture  
**2009 - 2016** Designed and led eight-day nutrition education retreat/food and culture tours in the Loire Valley, France  
**2006** Designed and led an eight-day food and culture tour in Tuscany to benefit the University of Pennsylvania Museum of Archeology and Anthropology  
**2004** Designed and led a two-day tour of Philadelphia food systems for the Association for the Study of Food and Society  
**2003-2009** Ward Leader, Democratic Party: Haverford Township, Pennsylvania



**1988-1992** Stockbroker: Dean Witter Reynolds, Inc. and Prudential Bache Securities, San Francisco, California. Developed and managed investment portfolios for individual and corporate accounts

### **MEMBERSHIPS**

American Anthropology Association (Biological Anthropology, Medical Anthropology, Society for the Anthropology of Food and Nutrition); Society for Applied Anthropology, Human Biology Association; Association for the Study of Food and Society; Agriculture, Food and Human Values Society; Society for Nutrition Education, Pennsylvania Association for Sustainable Agriculture; Les Dames d 'Escoffier; Philadelphia Women's Culinary Guild

### **REFERENCES**

Karen A. Ravin, MD, Chief, Pediatric Infectious Diseases  
Nemours/Alfred I. DuPont Hospital for Children  
1600 Rockland Road, Wilmington, DE 19803  
Telephone: 302-651-4422

Charlene Compher, Ph.D., Professor of Nutrition Science and Director of Nutrition Programs  
School of Nursing, University of Pennsylvania  
Telephone: 215-898-3619; Email address: [compher@nursing.upenn.edu](mailto:compher@nursing.upenn.edu)

Mary Hediger, Ph.D., Human Biologist, Epidemiology Branch/DESPR, National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, Maryland  
Telephone: 301-435-6897; Email address: [hedigerm@exchange.nih.gov](mailto:hedigerm@exchange.nih.gov)

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University of Colorado, Denver  
Telephone: 303-556-8497; Email address: [john.brett@ucdenver.edu](mailto:john.brett@ucdenver.edu)

Janet Monge, Ph.D., Associate Professor, Anthropology Department  
University of Pennsylvania  
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