Charlie Hoffs

Third-Year Student

Major in Chemical Engineering

Charlie Hoffs is a junior studying Chemical Engineering, a field she chose seeking an enriched technical understanding of our world’s greatest sustainability and food systems challenges. She currently works in Dr. Elizabeth Sattely’s lab to engineer plant metabolic pathways for increased dietary nutrient yield and crop resilience.

Beyond the lab, Charlie is committed to advancing sustainability, food equity, and social justice through policy advocacy and systems change. This passion brought her to R&DE Stanford Dining, where her work as a Sustainable Dining Intern offered her hands-on opportunities to work on projects impacting thousands of students and hundreds of thousands of meals.

She was particularly enriched by the opportunity to bridge her interests in research and study design with broad-reaching, impactful university program changes. Through her internship and her role as a Menus of Change University Research Collaborative (MCURC) Fellow, she co-teaches a 1-unit course (HUMBIO 14: Understanding Connections Between Food and the Environment) alongside Professor Christopher Gardner and fellow intern Benji Reade Malagueño. The course was originally part of a research study by the MCURC (co-founded and jointly led by Stanford and The Culinary Institute of America) assessing the impact of a food sustainability course on students' diet behaviors, which was published in the academic, peer-reviewed journal Nutrients in 2020. The course continues, in its fifth iteration!
Her experiences in the HUMBIO 14 classroom and research project imparted invaluable lessons in leadership, teaching, and mentorship. Charlie is honored to continue to be part of the MCURC and the R&DE community, and help advance its commitment to fueling our student body through delicious, nutritious, sustainable meals, and its mission to model and scale evidence-based sustainability and nutrition programming to campuses worldwide.