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Sarah Smith

RESEARCH DIRECTOR
INSTITUTE FOR THE FUTURE, FOOD FUTURES LAB

Sarah is a research director with Institute for the Future's Food Futures Lab. She works with many of the world's largest food, tech, health, and CPG companies to challenge assumptions and inspire new possibilities for the future of food. She uses creative visual and experience design to inspire food changemakers with the foresight necessary to understand complex systems and start making more resilient futures.

Sarah is a frequent public speaker and workshop facilitator with both multinational executive teams and emerging food innovation entrepreneurs. She has been featured in *National Geographic*, *The Washington Post*, *Vice*, *Business Insider*, *NPR*, and many food industry publications. She draws from her experience in a range of disciplines—international studies, graphic design, creative writing, permaculture and the food service industry—to explore how emerging technologies and social practices will change the way people and communities seek and create well-being.

Sarah holds a BA in international studies and visual communication from Loyola University Chicago.