



IFT Fun Run + Fitness Event Supports Feeding Tomorrow

August 5, 2022



On the first day of the 2022 Institute of Food Technologists (IFT) Food Improved by Research, Science and Technology (FIRST) conference at Chicago's McCormick Place, approximately 200 conference attendees, including 25 from Ingredion, took part in the annual Fun Run + Fitness event. The Fun Run raises funds for IFT's charitable foundation while providing participants an exciting and unique way to network. Ingredion has been a sponsor of the event for several years.

There was something for everyone, no matter their physical prowess. Participants could choose from three activities: a yoga session on the McCormick Square lawn, a one-mile walk to and from iconic Soldier Field, or a 5K run along the Chicago lakefront to and from the Shedd Aquarium.

The run supports Feeding Tomorrow, IFT's foundation, which provides academic scholarships to students pursuing careers in food science. The foundation is committed to actively addressing barriers to accessing education and science and works to raise awareness of and interest in food science as a career path.

"Participating in the IFT Fun Run + Fitness event is something we love," said Cori Cameron, global social media manager and Ingredion's point person for this year's fitness event. "Not only is it a great way for conference attendees to come together as a community to have fun, but it raises funds for educating tomorrow's food industry leaders. I can think of no better way to live our purpose to bring together the potential of people, nature and technology to make life better than by helping develop future food leaders."