

# **Nutrition 245: *Sustainable, Local Food Systems - Intersection of local foods and public health***

## **Syllabus**

Department of Nutrition, Gillings School of Global Public Health  
University of North Carolina at Chapel Hill

**Spring 2015**

**Instructors:** Dr. Alice Ammerman and Dr. Molly De Marco

**Section number:** 001

**Credit hours:** 3

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**Class Meeting Time and Place:** Fridays 10:10 a.m. - 11:00 a.m. (recitation) and Fridays 11:10 a.m – 1:00 a.m. (lecture), both in McGavran-Greenberg 1304 (and Rosenau 241(kitchen) on certain dates, check schedule below)

**Office Hours:** By appointment (contact Joan Kavanagh: joan\_kavanagh@unc.edu for a face-to-face appointment with Dr. Ammerman), or via email

**Teaching Assistants:** Beth Hopping beth\_hopping@unc.edu, Linden Thayer:

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\*available via email and by appointment

**Course Description:** This course examines the health, economic, and environmental impacts of our current food system with a focus on current efforts to build a more local, equitable, and sustainable food system.

### **Objectives:**

- Learn about the health, economic, and environmental impacts of our current food system and how a more local and sustainable approach might address current concerns.
- Assist community partners/organizations in their work to increase economic opportunities for small and mid-sized farmers and food entrepreneurs and to increase access to healthy food among lower income populations.
- Inspire and build capacity among students to appreciate the reciprocal benefits of service learning, understand how academia and community engagement can be integrated through community-based participatory research, and to make it a lifelong commitment to service learning.

**Prerequisites:** none

**Required texts:**

Hesterman, O. (2011), Fair Food. New York, NY: Public Affairs

Winne, M. (2008). Closing the Food Gap: Resetting the Table in the Land of Plenty. Boston, MA: BeaconCharles. (2012).

On the Future of Food. Emmaus, PA: Rodale Books.

Weekly required readings will be posted on Sakai

**Ground Rules:** The University of North Carolina at Chapel Hill has had a student-administered honor system and judicial system for over 100 years. The system is the responsibility of students and is regulated and governed by them, but faculty share the responsibility. If you have questions about your responsibility under the honor code, please bring them to my attention or consult with the office of the Dean of Students or the Instrument of Student Judicial Governance. Your full participation and observance of the honor code is expected. See <http://honor.unc.edu/> for information for students regarding UNC Honor code.

**Disabilities:** We are happy to accommodate students with documented disabilities. Please let us know about your situation within the first two weeks of our class meetings so that we can make appropriate arrangements.

**Cell Phones and Laptops:** Please refrain from cell phone use in class and use laptops only for class-related purposes.

We expect that you will invest substantial time preparing prior to class and keep up with blogging assignments weekly.

**Assignments and Grading**

Class participation and attendance (15%)

Community Placement Reflection Blogs (10%)

Service Learning Hours (25%)

Community Partner Service Learning Agreement (**due January 30th in recitation**)

Food Systems Organization Interview (10%)

Food System Issue Paper (20%)

Final Group Presentation (20%)

**Class participation and Attendance**

- Posting ½ page response to the readings on Sakai by **Thursday at 5 pm**;
- Posting two questions for each speaker on Sakai by **Thursday at 5 pm**; and
- Attendance at recitation is mandatory. Attendance will be taken every time. You will lose participation points for missing recitation.

## **Community Placement Reflection Blogs**

Each week, you will be required to post on Sakai a ½ to 1-page reflection on your community placement. For some of the weeks, particular questions will be posed to you. At the end of each reflection, you must include the number of service hours you completed that week plus a total of the number completed to date. This will also be due weekly by **Thursday at 5 pm.**

## **Service Learning**

Students will meet the expectation of service for an APPLES course of a minimum of 30 hours during the semester. This is estimated at 3-5 hours a week for 10-14 weeks with their community host.

## **Partnership Grants**

One way to deepen your service-learning experience is to apply for a Partnership Grant. These grants fund supplementary materials for enhancement projects related to your community partner. Ten partnership grants of up to \$100 each are awarded each semester. Applications must be submitted with both the approval of the community partner and faculty member. For more information, visit <http://ccps.unc.edu/apples/service-learning-courses/service-learning-resources/funding-opportunities/>.

## **Food Systems Interview**

Choose an organization, agency, business, or other food systems-related entity to interview (this should NOT be your community placement). Interview a person associated with that entity about how the entity got it's start, it's mission, it's place within the food system.

Some ideas include:

Scratch Bakery

Monut's Donuts

\*\*\*\*(remove if he comes to speak) Snap Pea Underground Dining - Jacob Boehm

Brooks Composting

The Farmery

Left Bank Butchery

Ninth Street Bakery

Food trucks (Chirba Chirba, Kokyu, Only Burger, Great American Meltdown, Piepushers)

Midway Community Kitchen

St. Joseph's CME Church Bread Ministry

Weaver Street Market

TABLE

PORCH

\*other organizations with approval of your recitation leader

**You should summarize the interview into a 2-page document (12-point font, 1-inch margins, 1.5-line spacing). Your interview summary is due to your recitation leader on March 6th. Unexcused late papers lose 5% per day late.**

**Food System Issue Paper**

You will choose a somewhat controversial topic related to the food system (suggestions are below), present an overview of the issue, all sides of the argument, then choose one side and defend it. The paper should be between 6 and 8 pages in length (12-point font, 1-inch margins, 1.5-line spacing). Your paper should include a minimum of 10 citations. Citations must be drawn from a variety of sources including a minimum of 6 from the scientific literature. References should be formatted consistently using a common citation format.

\*Graduate student papers should be 10 pages in length and the topic should be approved prior to commencing the paper.

**Due to your recitation leader on April 10th. Unexcused late papers lose 5% per day late.**

### **Potential Local Food Topic**

Conventional versus sustainable agricultural

Fair trade

Food Safety regulations and GAP certification for small farms

Use of the term 'food desert'

Confined Animal Feeding Operations (CAFOs)

Funding of federal nutrition assistance programs (SNAP, WIC...)

The sale of reclaimed food to the poor

Genetically modified organisms

Public Food Procurement Policies

Happy Meal Ban/Big Gulp Ban

Sugar Sweetened beverage vending in schools

Nutrition standards in food banks

Farm Bill

Weight bias

Food marketing

The American diet versus other cultures

Farm workers, wages and the price of food

\*other topics with approval from your recitation leader

### **Final Presentation**

Will consist of a group presentation in which you will prepare and present, as a group, the work you have done with your community partner and pitch an idea or activity that they would like micro-funding for. Your task:

- Relate the history, mission, and activities of your community partner as it relates to the food system.
- Describe your activities with your community partner including any deliverables for final products for the community partner.
- Relate your activities back to our readings, presentations, and discussions.
- Provide a persuasive 'pitch' of the activity or opportunity that your host would like funded.

The final presentation will be in compliance with the UNC final exam regulations and according to the UNC final exam schedule. Presentations will be given in a community location with

community members in attendance on **Friday, May 1st from 4 to 7 pm**. *You must be present for the final presentations or you will lose 20% of your grade.*

The professor reserves the right to make changes to the syllabus, including project due dates, when unforeseen circumstances occur. These changes will be announced as early as possible so that students can adjust their calendars.

### Lecture Schedule

Week	Topic	Speakers	Readings
1. January 9 (no discussion section)	<p><b>Overview of current industrial food system and public health-related problems</b></p> <p>Compare sustainable, local food systems with conventional systems including associated benefits, problems, and influences on public health.</p>	<p><b>Dr. Molly De Marco</b></p> <p><b>Class Organization and Host Placements</b></p>	<p><b>On the Future of Food</b></p> <p><b>Fair Food</b> Intro &amp; Ch. 1</p> <p><b>Closing the Food Gap</b> Intro</p>
2. January 16	<p><b>What do we mean by local, sustainable food systems?</b></p> <p>Compare sustainable, local farming systems with conventional systems, discuss consolidation in the food system and local food supply chains.</p> <p><b>Obesity and Nutrition:</b> The health connection</p>	<p><b>Dr. Rebecca Dunning,</b> <b>Center for Environmental Farming Systems (NCSU)</b> <i>~Our Daily Bread~</i></p> <p><b>Dr. Alice Ammerman</b></p>	<p><b>Closing the Food Gap</b> Ch.7</p>
3. January 23 (no discussion)	<p><b>Southern issues related to food and culture</b></p> <p>The role of culture in local food</p>	<p><b>Dr. Marcie Cohen Ferris,</b> <b>UNC Chapel Hill</b></p> <p><b>Healthy Southern Cooking</b></p>	<p>[all on Sakai] <i>The Edible South</i> The Power of Food and the Making of an American Region Chapters 1 and 2</p> <p>Tracy N. Poe's "The Origins of Soul Food in Black Urban Identity,"</p>

			(on Sakai)
4. January 30 <i>*Service learning MOU due in recitation</i>	<b>The role of food enterprises in the local food system</b>	<b>Food Entrepreneurship Panel</b> <i>Erin White, Community Food Lab</i> <i>Roberto Copa Matos, Old Havana Sandwich Shop</i> <i>Ricky Moore, Saltbox</i> <i>Allison Norman, Made with Love Bakery</i> <i>Dorian Bolden, Beyu Caffè</i>  <i>Jacob Boehm, Snap Pea Underground - invited</i>	<b>Fair Food</b> Ch. 6  <b>Closing the Food Gap</b> Ch. 8  <b>Websites:</b> <a href="http://communityfoodlab.org/">http://communityfoodlab.org/</a>  <a href="http://www.saltboxseafoodjoint.com/">http://www.saltboxseafoodjoint.com/</a>  <a href="http://www.oldhavanaeats.com/oldhavana/index.php">http://www.oldhavanaeats.com/oldhavana/index.php</a>  <a href="http://madewithlovebakery.org/">http://madewithlovebakery.org/</a>
5. Feb. 6	<b>Economics of local food and community development</b>	<b>Steve Saltzman, Self Help Credit Union</b>  <b>Demetrius Hunter and Anita Wooley, Grocers On Wheels</b>	<a href="http://www.slate.com/articles/life/food/2014/11/whole_foods_detroit_can_a_grocery_store_really_fight_elitism_racism_and.html?wpsrc=sh_all_mob_tw_top">http://www.slate.com/articles/life/food/2014/11/whole_foods_detroit_can_a_grocery_store_really_fight_elitism_racism_and.html?wpsrc=sh_all_mob_tw_top</a>  TBD
6. Feb. 13 <i>*Submit nutrition questions for Beth and Linden</i>	<b>Health, Nutrition, and Access Food insecurity- is cheap food the only fix?</b> Identify traditional as well as more innovative ways to increase access to healthy food among lower income populations. Address issues of health disparities and inequity and how	<b>Dr. Molly De Marco</b>  <b><i>A Place at the Table</i></b>	<b>Fair Food</b> Chapter 3  <b>Closing the Food Gap</b> Ch. 2  DeVault and Pitts. (1984). <i>Surplus and Scarcity: Hunger and</i>

	they differ amongst local and conventional food systems.		<p><i>the Origins of the Food Stamp Program. Social Problems, 31(5), 545-557.</i></p> <p><i>"If-given a chance small scale farms could make a difference in solving hunger problem"</i> Washington Post</p> <p><a href="#">Photos of what the rich and poor eat</a></p>
7. Feb. 20 (no discussion)	<p><b>Policy</b> How public policy can be used to promote improved health and economics through a more local food system</p>	<p><b>Scott Marlow from Rural Advancement Foundation International (RAFI)</b></p> <p><b>Cooking on a Budget</b> (From SNAP Cook Book: GOOD and CHEAP)</p> <p><b>Nutrition Myths answered by Linden and Beth</b></p>	<p><b>Fair Food</b> Chapter 9</p> <p><b>Closing the Food Gap</b> Ch. 9</p> <p><a href="#">GOOD and CHEAP</a></p> <p>The Farm Bill (see links on Sakai, readings will be updated)</p>
8. Feb. 27	<p><b>Global Effects and Climate Change</b> What are the environmental and economic impacts of the food system on our climate and world?</p>	<p><b>Dr. Ryan Boyles</b> <i>Invited</i> (topic and speakers may change dates)</p>	<p>Readings to be determined</p>
9. March 6 <i>*Food System interview summary due in recitation</i>	<p><b>Food Safety</b> Is there a one size fits all for food safety issues for sustainable and conventional agriculture?</p> <p><b>Salvage Groceries</b> The art of selling ugly food</p>	<p><b>Dr. Benjamin Chapman, NC State</b></p> <p><b>Ashley Chaifetz, UNC Chapel Hill</b></p>	<p>Food Safety readings: The Burger that Shattered Her Life: <a href="http://www.nytimes.com/2009/10/04/health/04meat.html?pagewanted=all">http://www.nytimes.com/2009/10/04/health/04meat.html?pagewanted=all</a></p>

	<p style="text-align: center;"><b>Food Waste</b></p> <p style="text-align: center;">How much of our food goes to waste, and what can we do about it? A farmers' perspective</p>	<p style="text-align: center;"><b>Brett Evans of Piedmont Biofarm</b></p>	<p>Anatomy of a Burger  <a href="http://www.nytimes.com/interactive/2009/10/0s/20090917-meat.html">http://www.nytimes.com/interactive/2009/10/0s/20090917-meat.html</a></p> <p><a href="http://barfblog.com/">http://barfblog.com/</a></p> <p>Salvage groceries:  <a href="http://modernfarmer.com/2014/12/salvage-grocery-stores-next-big-thing-food-isnt-even-new/">http://modernfarmer.com/2014/12/salvage-grocery-stores-next-big-thing-food-isnt-even-new/</a></p> <p>Food Waste readings:  <a href="http://www.nrdc.org/food/files/wasted-food-ip.pdf">http://www.nrdc.org/food/files/wasted-food-ip.pdf</a></p> <p><a href="http://www.nrdc.org/food/files/dating-game-IB.pdf">http://www.nrdc.org/food/files/dating-game-IB.pdf</a></p>
<p><b>Spring Break</b>  March 9-13</p>			
10. March 20	<p><b>Community Food Design and Food Sovereignty</b>  Building food systems through community engagement</p>	<p style="text-align: center;"><b><i>The Garden</i> (documentary)</b></p>	<p><i>Farmers Feeding Families: Agroecology in South Central Los Angeles</i> - Devon G. Peña (on sakai)</p> <p style="text-align: center;"><b>Fair Food</b>  Ch. 5</p> <p style="text-align: center;"><b>Closing the Food Gap</b>  Ch. 6</p>
11. March 27 (no discussion)	<p><b>Food and Ethnic Identity</b>  Community gardens serving immigrant communities</p>	<p style="text-align: center;"><b>Kelly Owensby, Transplanting Traditions</b></p>	<p><i>Food, Foodways and Immigrant Experience</i>  Mustafa Koc and Jennifer Welsh</p>

		Burmese cooking with local ingredients	<b>Fair Food</b> Ch. 4  <b>Closing the Food Gap</b> Ch. 4
April 3- NO LECTURE (Good Friday)			<b>Fair Food</b> Ch. 8  <b>Closing the Food Gap</b> Ch. 1 and Ch. 10
12. April 10 <i>*Controversial Issues Paper due in recitation</i>	<b>Food Justice</b> Food system issues and racism historically and today	<b>Steve Wing, UNC Chapel Hill</b>  <b>Laura Richman, Duke University</b>  <b><i>Black Farm Land Loss</i> (documentary)</b>	Environmental Injustice Connects Local Food Environments with Global Food Production  <a href="https://www.youtube.com/watch?v=7ZW8-LQftnY">https://www.youtube.com/watch?v=7ZW8-LQftnY</a>  Identity-Based Motivation: Implications for Health and Health Disparities  Fitting In but Getting Fat
13. April 17 (no discussion)	Sustainable Farming Systems	Farm field trip - location TBD	<b>Fair Food</b> Ch. 7  <b>Closing the Food Gap</b> Ch. 3
15. April 24 (no discussion)	<b>Restaurants sourcing of local food, food justice, restaurant workers</b>	<b>Field Trip to Vimala's Curryblossom Café</b>	<b>Closing the Food Gap</b> Conclusion
Final: May 1 4-7pm	Fieldwork Team Presentations, Community Micro-funding Pitches, and meal	*Final presentations will be held at a community location and include an open-to-the-public community micro-funding event with simple meal	

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