

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 2016

“Food Justice,” as defined by Gottlieb and Joshi (2010), “seeks to ensure that the benefits and risks of where, what, and how food is grown, produced, transported, distributed, accessed and eaten are shared fairly.”

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. - 12:00 p.m. (lecture) and Fridays 12:10 p.m. – 1:00 p.m. (recitation), 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: lmelder@mail.unc.edu , Daniella Uslan daniella.uslan@email.unc.edu, Maryka Lier: mlier@email.unc.edu

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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:

Weighing In by Julie Guthman; Additional 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.

Grading Scale

93-100%: A

90-92%: A-

87-89%: B+

83-86%: B

80-82%: B-

77-79%: C+

73-76%: C

70-72%: C-

67-69%: D+

60-66%: D

< 60%: F

Assignments and Grading

Class participation and attendance (15%)

Weekly Reflection Assignments (on readings and host site experiences – **must be posted on Sakai every Thursday at 5 pm**) (10%)

Service Learning Hours (25%)

10% of the grade is based on the group member evaluation forms

Community Partner Service Learning Agreement (**due January 29th in class**)

Note: This will include one mandatory 2-hour shift conducting interviews at the InterFaith Council food pantry (Carrboro) or community kitchen (Chapel Hill) during the first 2 weeks of February. Sign-ups will be taken during class in Week 2.

Food Systems Organization Interview (10%)

Food System Issue Paper (20%)

Final Group Presentation (20%)

Class Attendance

Attendance at recitation is mandatory. Attendance will be taken every time. You will lose participation points for missing recitation. Attendance will also be taken periodically in lecture.

Weekly Reflection Assignments

Each week, you will be required to post on Sakai a 1-page reflection on the assigned reading AND 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**.

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

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

Some ideas include (these are only ideas):

Scratch Bakery
Monut's Donuts
Snap Pea Underground Dining - Jacob Boehm
Brooks Composting
The Farmery
Left Bank Butchery
Food trucks (Chirba Chirba, Kokyu, Only Burger, Great American Meltdown, Pie Pushers)
Midway Community Kitchen
St. Joseph's CME Church Bread Ministry
Weaver Street Market
TABLE
PORCH
Sweeties Catering
Al's Burgers
Firsthand Foods
Farmers, fishers, ranchers

You should summarize the interview into a 2-page document (12-point font, 1-inch margins, 1.5-line spacing). Your interview summary in hardcopy is due to your recitation leader on March 11th. Unexcused late papers lose 5% per day late. Do not put your name on the assignment, only your PID.

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 in hardcopy to your recitation leader on April 8th. Unexcused late papers lose 5% per day late. Do not put your name on the assignment, only your PID.

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 Presentations and Pitches

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.
- Design your pitch to expect \$150-200 in funds.
- Make sure you cover how your host site would use those small funds.

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, April 29th from 5:30 to 7:30 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.

Week	Topic	Speakers	Readings
1. Jan 15 (No recitation)	Review Syllabus Overview of current industrial food system and public health-related	Molly De Marco	On the Future of Food Speech http://www.onthefutureoffood.org/the-speech

	<p>problems</p> <p>Compare sustainable, local food systems with conventional systems including associated benefits, problems, and influences on public health.</p> <p>Class Organization and Host Placements</p>		<p>Webinar on Structural Racism and Food Inequity https://learn.extension.org/events/1819#.VjA9xxCrQ_X</p> <p>Weighing In Ch. 5</p> <p>and/or</p> <p>Op Ed: 'There's no such thing as a chemical-free lunch, by Julie Guthman. Published 12/3/2009. http://www.sfgate.com/opinion/article/There-s-no-such-thing-as-a-chemical-free-lunch-3208594.php</p>
2. Jan 22	<p>Interviewing people experiencing food insecurity</p> <p>What do we mean by local, sustainable food systems? Compare sustainable, local farming systems with conventional systems, discuss consolidation in the food system and local food supply chains.</p> <p>Obesity and Nutrition: The health connection</p>	<p>Michael Reinke, InterFaith Council for Social Services</p> <p>Mike Ortosky (invited)</p> <p>Alice Ammerman</p>	<p>Local Food Systems: Concepts, Impacts, and Issues – Executive Summary http://www.ers.usda.gov/media/122864/err97_reportssummary_1.pdf</p> <p>Not All Industrial Food Is Evil http://opinionator.blogs.nytimes.com/2013/08/17/not-all-industrial-food-is-evil/?_r=0</p> <p>Weighing In Ch. 7</p>
3. Jan 29 *Community placement MOUs due	<p>Health, Nutrition, and Access Food insecurity- is cheap food the only fix? Identify traditional as well as more</p>	<p>Molly De Marco <i>A Place at the Table</i></p>	<p>Photos of what the rich and poor eat</p> <p>Suggested reading:</p>

	<p>innovative ways to increase access to healthy food among lower income populations.</p> <p>Address issues of health disparities and inequity and how they differ amongst local and conventional food systems.</p>		<p>Ch.6 rebuilding the foodshed (on sakai)</p> <p>Mark Winne (2008). <i>Closing the Food Gap Chapter 2 (21-34)</i> (on sakai)</p>
4. Feb 5	<p>Food Justice</p> <p>Food system issues and racism historically and today</p>	<p>Steve Wing, UNC Chapel Hill</p> <p><i>Black Farm Land Loss</i> (documentary)</p>	TBD
5. Feb 12	<p>Climate Change</p> <p>How does a warming world affect our food system?</p>	<p>Jeff Herrick & Chris Weaver EPA</p>	TBD
6. Feb 19	<p>Food Safety</p> <p>Is there a one size fits all for food safety issues for sustainable and conventional agriculture?</p> <p>Food Waste</p> <p>How much of our food goes to waste, and what can we do about it?</p>	<p>Dr. Benjamin Chapman, NC State</p> <p>Daniella Uslan</p>	<p>Food Safety readings: The Burger that Shattered Her Life: http://www.nytimes.com/2009/10/04/health/04meat.html?pagewanted=all</p> <p>Anatomy of a Burger http://www.nytimes.com/interactive/2009/10/04/us/20090917-meat.html</p> <p>http://barfblog.com/ http://www.nytimes.com/interactive/2009/10/04/us/20090917-meat.html</p> <p>Food Waste readings: http://www.nrdc.org/food/files/wasted-food-ip.pdf http://www.nrdc.org/f</p>

			ood/files/wasted-food-ip.pdf http://www.nrdc.org/files/dating-game-IB.pdf Food waste article: http://www.nytimes.com/2015/03/04/dining/efficiency-in-the-kitchen-to-reduce-food-waste.html
7. Feb 26	Food Sovereignty How do people define and protect their own food and agriculture systems? What threatens healthy and culturally appropriate and sustainable food and farming methods?	<i>The Garden</i> documentary	<i>Farmers Feeding Families: Agroecology in South Central Los Angeles</i> - Devon G. Peña (on sakai) Discourses on Farmers' Markets (Race, White Space) https://www.youtube.com/watch?t=210&v=bwT3wslXcuA suggested readings: pg.142 from rebuilding the food shed
8. March 4	Southern issues related to food and culture The role of culture in local food	Dr. Marcie Cohen Ferris, UNC Chapel Hill Cooking class 1 Healthy Southern Cooking	<i>The Edible South</i> The Power of Food and the Making of an American Region Chapters 1 and 2 Tracy N. Poe's "The Origins of Soul Food in Black Urban Identity," (on Sakai)
9. March 11 *interview assignment due in class	The role of food enterprises in the local food system How food entrepreneurs work within all levels of the food systems to innovate and address the challenges and	Food Entrepreneurship Panel <i>Roberto Copa Matos, Old Havana Sandwich Shop</i>	Websites: http://www.saltboxseafoodjoint.com/

	opportunities.	<p>Sera Cuni, Root Cellar Restaurant</p> <p><i>Jacob Boehm, Snap Pea Underground</i></p> <p><i>Patrick Mateer Seal the Seasons Produce</i></p> <p><i>Ricky Moore, Saltbox (invited)</i></p> <p>Sarah Blackin, NC Choices <i>(invited)</i></p>	<p>http://www.oldhavanaeats.com/oldhavana/index.php</p> <p>Suggested readings from madi: mama dips cookbooks</p>
Spring Break March 14-18			
NO LECTURE Good Friday			
10. April 1	Food and Neighborhood	<p>Leila Wolfrum, Durham Coop Market</p> <p>Ruffin Slater <i>(invited)</i></p>	<p>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</p> <p>Suggested readings: Weighing in, Ch. 4</p>
11. April 8 <i>*Controversial Issues Paper due in class</i>	<p>Policy</p> <p>How public policy can be used to promote improved health and economics through a more local food system</p>	<p>Scott Marlow from Rural Advancement Foundation International (RAFI)</p> <p>Cooking class 2 Cooking on a Budget <i>(From SNAP Cook Book: GOOD and CHEAP)</i></p> <p>Nutrition Myths answered by Linden and Beth</p>	<p>GOOD and CHEAP</p> <p>The Farm Bill (see links on Sakai, readings will be updated)</p> <p>Suggested readings: ch. 6 from Weighing In</p> <p>Ominvore's dilemma, history of the farm bill</p>

12. April 15	Sustainable Farming Systems	Perrywinkle Farm Field trip	TBD
13. April 22	<p>Food and Ethnic Identity Community gardens serving immigrant communities</p>	<p>Kelly Owensby, Transplanting Traditions</p> <p>Cooking class 3 Burmese cooking with local ingredients</p>	<p><i>Food, Foodways and Immigrant Experience</i> Mustafa Koc and Jennifer Welsh</p> <p>http://civileats.com/2015/01/19/this-urban-farmer-is-growing-jobs-in-her-community/</p> <p><i>Shining a Light in Dark Places: Raising up the Work of Southern Women of Color in the Food System</i>, Shorlette Ammons</p>
April 29 Final 5:30-7:30	Fieldwork Team Presentations, Community Micro-funding Pitches, and meal	Carrboro Town Hall Board Chambers	