2017

Syllabus: How to Recover a Truly Sustainable Food System: A Look at Food Waste and Recovery

Mary Bell
University of Massachusetts Amherst, mbell@cns.umass.edu

Angela Roell
University of Massachusetts Amherst, angela.roell@gmail.com

Follow this and additional works at: https://scholarworks.umass.edu/sustainableumass_educationresources

Part of the Agricultural and Resource Economics Commons, Agricultural Education Commons, Nutrition Commons, and the Social Work Commons

This work is licensed under a Creative Commons Attribution 4.0 License.

Retrieved from https://scholarworks.umass.edu/sustainableumass_educationresources/21

This Article is brought to you for free and open access by the Sustainable UMass at ScholarWorks@UMass Amherst. It has been accepted for inclusion in Sustainability Education Resources by an authorized administrator of ScholarWorks@UMass Amherst. For more information, please contact scholarworks@library.umass.edu.
STOCKSCH 197 W: How to Recover a Truly Sustainable Food System: A Look at Food Waste and Recovery

Instructor:
Mary Bell, B.S.
Angela Roell, M.Ed.

Class Meeting: Tuesday 4:00-5:15 pm. Tentative Location: Paige Conference Room
Office Hours: By appointment, Ag Engineering, Room TBD
Contact Information:
Angela Roell, angela.roell@gmail.com, 413.588.6977
Mary Bell, mbell@cns.umass.edu, 413.475.0633

Course Description:
This course is an introduction to food waste, and the impact waste has on our food system. We will introduces the current food recovery hierarchy, and examines how consumers, producers and distributors waste food. We will explore the environmental and social impact of food waste in our food system, and introduce social and policy initiatives employed to recover food. Students will read, reflect and discuss the actionable steps being taken to shift our local food system’s food waste into food recovery.

Prerequisites: none

Required Course Materials:
A blank notebook should be brought to every class. This notebook will be used for notes, reflections and homework assignments. It is a vital part of your grade. Laptops will be permitted as a note taking tool ONLY if students elect to create a digital journal.

There will be no formal text book for this course, readings will be distributed via .pdf

Grading:

<table>
<thead>
<tr>
<th>Project</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Course Self Assessment</td>
<td>10.00%</td>
</tr>
<tr>
<td>Reflection Journal:</td>
<td>40.00%</td>
</tr>
<tr>
<td>• Interview Project</td>
<td></td>
</tr>
<tr>
<td>• Case Study Notes</td>
<td></td>
</tr>
<tr>
<td>• Weekly Homework</td>
<td></td>
</tr>
<tr>
<td>• Technology Tools</td>
<td></td>
</tr>
<tr>
<td>Case Study Presentation</td>
<td>40.00%</td>
</tr>
<tr>
<td>Post-Course Self Reflection</td>
<td>10.00%</td>
</tr>
</tbody>
</table>

Course Schedule:
Week 1, 1/24/17, Course Introduction
In Class:
  Review Syllabus
  Based on current knowledge and assumptions students will build EPA Food Recovery Hierarchy in small
groups
Self Assessment Survey & Learning Styles Quiz
- Students will complete initial self assessment survey
- Students will complete a learning style quiz:
  http://www.learning-styles-online.com/inventory/

Homework:
Read:
- American Wasteland, by Jonathan Bloom: Chapter 4, A Culture of Waste: Our Fall from Thrift and Our Imminent Return
- Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill, by Dana Gunders, Natural Resources Defense Council

Do:
- Use your phone’s camera to document your own food waste. In one week take one photograph per day of the food that you throw out, discard due to spoilage, compost, etc. Share photos via UMass UDRIVE

Week 2, 1/31/17, How Does Food Waste Impact the Food System
In Class:
- A definition and discussion of the EPA Food Recovery Hierarchy
  - EPA Food Recovery Hierarchy and Three Reasons for a Growing Interest in Food Loss, Economic Research Service, USDA
- Review and discuss our class’s cumulative weekly food waste

Homework:
Read:
- Causes of Food Loss and Waste at the Farm, Farm-to-Retail, Retail, and Consumer Levels, Economic Research Service, USDA

Do:
- Reflect on the Food Recovery Hierarchy, how is it different than you assumed? How is it similar?

Week 3, 2/7/17, Why is there Food Waste?
In Class:
- Discuss readings from American Wasteland and the Economic Research Service
- Think/Pair/Share Activity

Homework:
Read/Do:
- Review the website: http://www.leanpath.com/
- Read one case study from the “case study” tab
  - How is Lean Path using technology to address food waste and recovery?
    - Record your thoughts in reflection journal

Week 4, 2/14/17, The Gap- Expiration Dates and Labeling
In Class:
- Facilitated discussion with student questions
- Experiential Activity
Case Study Overview and Distribution

**Homework:**
Review assigned Case Study, record brainstorm and any actionable steps in your journal

**Week 5, 2/21, The Value of Food vs. The Cost of Waste**

**In Class:**
Interview Questions Brainstorm
Discussion about Farm-Based Food Waste

**Homework:**
Read:
- *Closing the Food Gap: Resetting the Table in the Land of Plenty* by Mark Winne: Chapter 7: Growing Obese and Diabetic; Going Organic and Local

**Do:**
- *Interview Questions Project* published/shared to begin

**Week 6, 2/28, Food Insecurity and Nutrition**

**In Class:**
An introduction to food insecurity with facilitated discussion and student questions

**Homework:**
Read:
- *How Food Made History* by BW Higman: Chapter Seven: Cooking, Class, and Consumption

**Do:**
- Review Rachel’s Table website: http://rachelstablespringfield.org/
- Generate two questions you have about Rachel’s Table’s gleaning programs and their community impact

**Week 7, 3/7, Gleaning as a Food Recovery Tool**

**In Class:**
Facilitated discussion with student questions

**Homework:**
Read:
- Review the Franklin County Community Development Center website:
  - http://www.fccdc.org/
- Watch their introduction video on YouTube:
  - https://www.youtube.com/watch?v=3hI3Fq9fx4

**Do:**
- Meet with your Case Study team, record brainstorm and actionable steps in your reflection journal

**Week 8, Spring Break**

**Week 9, 3/21, Redirecting Food Waste: Farm-Based Food Recovery**

**In Class:**
Panel Discussion, guests TBD

**Homework:**
Read:
- Review the website: http://www.foodtodonate.com/

**Do:**
STOCKSCH 197 W: How to Recover a Truly Sustainable Food System - A Look at Food Waste and Recovery Spring 2017

- How is Food Donation Connection using technology to address food waste? How could they do better?
  - Record your thoughts in reflection journal, 1-2 pages

Week 10, 3/28, Creative Community Initiatives Addressing Food Insecurity
In Class:
  How is food insecurity being addressed in our community?
  Facilitated discussion with student questions
  Facilitated review of results found in Interview Questions Project

Homework:
  Read:
  - *Closing the Food Gap: Resetting the Table in the Land of Plenty* by Mark Winne: Chapter 9: Public Policy; Food for the People

Week 11, 4/4, Bill Emerson Food Donation Act
In Class:
  Presentation by Mary Bell
  Facilitated discussion with student questions

Homework:
  Read:
  - Mass Local Food Action Plan: Processing
  - Mass Local Food Action Plan: Food Access, Security and Health
  Do:
  - Write about two new things you learned from the Mass Local Food Action Plan
    - How are these ideas actionable in your local or regional food system?
    - Are any of these ideas being implemented in your local food shed?

Week 12, 4/11, Mass Local Food Action Plan
In Class:
  Discuss Mass Local Food Action Plan
  Think/Pair/Share Activity

Homework:
  Review:

Week 13, Patriots Day: Monday Schedule

Week 14, 4/25, Self Assessment and Course Review
In Class:
  Students will complete a final self assessment
  Students will complete an exit survey

Homework:
  Meet with group to work on final presentations
**Week 15 & 16, 5/2-5/9, Final Presentations**

In Class:
- **Final Presentations of Case Studies**
  - *Attendance at all presentations is mandatory to receive a passing grade.*

### Assignments

<table>
<thead>
<tr>
<th>Project</th>
<th>Description</th>
<th>Due Date</th>
</tr>
</thead>
</table>
| Case Studies in Food Recovery        | 1. Students will review one of three case studies of a food recovery project in our local/regional food system assigned by instructors  
2. Case studies are designed to address our three themes: farm/environmental impact, food security/food justice, and food policy  
3. Students will record main ideas from the reading in their reflection journal  
4. Students will generate a list of 3-5 ideas for addressing the thematic nature of the case study and record them in the reflection journal  
5. Students will work in small groups assigned by instructors  
6. Using case studies students will generate an actionable idea for addressing food waste and recovery at a campus, local or regional level  
7. Students will prepare a presentation of their main ideas and actionable steps to address food waste using Prezi or Power Point | 5/2/17    |
|                                      |                                                                                                                                                                                                             | 5/9/17    |
| Interview Project                    | 1. As a class students will compile interview questions  
2. Instructors will generate a survey based on student input and distribute digitally via Google Forms  
3. Students will interview 3 people in their communities | 03/28/17  |
about their food system experience: one consumer, one producer, one retailer or distributor
4. Students will reflect on their findings in reflection journal
5. Findings will be shared in class and discussed

Reflection Journal
1. All weekly reflections and writing assignments MUST be kept in one reflection journal
2. The journal will be collected on the last day of class

Course Policies
1. The success of this course depends on student participation. Everyone is expected to arrive on time, ready to comment, answer questions, and actively contribute. Cell phones, iPads, etc should be turned off during class unless you have requested accommodations from the instructor prior to class. Please bring all reading materials to class. Laptops will be permitted as a note taking tool ONLY if students elect to create a digital journal.
2. Written work is to be handed in on time. *Late work will not be accepted.* We will make exceptions to this rule only in the case of serious emergency, and only if contacted via phone or email within 24 hours of missing the scheduled deadline.
3. Students are responsible for course information sent to their UMass email accounts. We will respond to your email within 24 hours, please plan accordingly.
4. Office hours will be by appointment, if a question or concerns arises
5. Academic dishonesty will not be tolerated. Use care in written work to avoid the appearance of cheating/plagiarism. Please discuss questions with us if you have a concern.
6. If you are in need of learning accommodations please come speak with one of us at the beginning of the semester so we can guarantee your needs are fully met throughout the course.