Course Title: Food Literacy 101: The Key to Eating Healthy and Sustainable Food
Course Code: WSP 90
Instructor: Dara Silverstein
Date: Saturday, December 12, 10:00 am - 4:00 pm

Course Summary:
Food is central to our lives, yet the myriad of choices in the grocery stores and influence of big business has made something that should be so easy to understand, quite complex. This class will help you untangle the web of our current food system and learn how to make decisions that not only benefit your health, but also the environment.

*Please see course page for full description and additional details.

Grade Options and Requirements:
Due to its short format, this workshop may not be taken for Credit or a Letter Grade.

Tentative Class Outline:

An Overview of our Food System
How does our food system work?
Who owns what companies?
What are the major problems with our current food system?

Food, Climate Change, and the Drought
Which foods have the biggest environmental impact in terms of water and greenhouse gases?

Food Policy and Food Advocacy
The Farm Bill
How a national food policy could help
Who is working on food advocacy?
What are the current hot topics in food policy and advocacy?
Organics
What is organic food?
Can you trust the organic label?
Why are organics better for the environment and people?

Antibiotics and Hormones
Why are antibiotics used in food production and how is that a public health nightmare?
Why should you care (hint: do you or your family members ever take antibiotics?)

Meat, Dairy, Eggs, and Fisheries
The meat and dairy industry in the U.S and better options
Sustainable fisheries, oceans, and collapse
Americans current fish choices and better options

Food Justice
What is food justice?
Who grows, picks, and makes your food?
How can we have a more just food system?

GMOs
Overview of genetically modified organisms in food

Decoding Food Labels
What do all these food labels actually mean? (ie Help! Which eggs should I buy?)
Which ones are most useful and which ones are marketing hype?

Food Waste
Overview of food waste and food insecurity in America
Innovative solutions- what you can do at home and work

Nutrition with dietician Jackie Armstrong
How does health and sustainability tie together?

Putting it All Together and Making Changes
What do you currently buy and how can you use what you’ve learned today to make more sustainable and healthy choices at the market?
How can we each contribute to a more sustainable food system?