NFS 295
Sustainable Food Purchasing: What is the Future for Foodservices?
Spring 2017

Professor: Sylvia M. Geiger, MS, RD
TA: Alana Chriest. Alana.chriest@uvm.edu; 802-540-5573
Office: 255 Marsh Life Sciences Building
Phone: 922-1460 (cell)
E-mail: sylvia.geiger@uvm.edu

Office Hours: Tuesday & Wednesday 3:00 to 4:15 pm or by appointment
Class Time: 4:35 to 7:35 pm
Location: 357 Marsh Life Sciences
Course Credits: 3 hours

Required Textbooks:

See required reading list on Blackboard (not purchased)

Pre/co-requisites: none

Course Summary:
This service-learning based course provides an overview of the distribution channel in which institutions and foodservices purchase food. The course focuses on the detailed mechanics of large-scale food purchasing and the strategies institutions use to increase their local and sustainable foods purchasing. Through working with the UVM Real Food Challenge and Sodexo’s Vermont First commitment, students will gain an in-depth understanding of the complexity of such purchasing, including the importance of defining sustainability criteria and the metrics used to evaluate progress and success.

Students will learn the role various food movements and organizations such as Health Care Without Harm, Farm to Institution, Vermont First, Farm-to-Plate, The Real Food Challenge (and others) have in effecting change in institutional food purchasing practices.

Through structured discussions of guided readings, the course explores how individual and institutional food choices relate to sustainability and health.

Overview of Service Learning Component

Students will assist the UVM Real Food Working Group in evaluating UVM’s progress towards its commitment to purchase 20% of Real Food by 2020 and its progress towards the Vermont First commitment. This work will include inputting
invoice data from UVM Dining to calculate UVM’s Real Food and VT First percentages. Students will do product and producer research to determine a product’s Real Food status. Students will also write a social media marketing piece for UVM RFC website. Time permitting, students will research potential new food products increase RFC purchases.

Course Objectives/Outcomes
After completing this course...

- Students will develop a personal reflection on how their food choices relate to the modern food system, the global food marketplace and issues of food sustainability.
- Students will have a detailed understanding of institutional food purchasing and the opportunities and barriers for increasing sustainable food purchases.
- Students will have detailed knowledge about the complexity of sustainability issues relating to food purchasing decisions.
- Students will be able to think critically about sustainability across a diversity of cultural values both locally and globally.
- Students will be able to write a comprehensive sustainable food purchasing policy.

After course completion students will have working knowledge of:

- How to develop a plan for increasing local and sustainable foods for a large volume foodservice operation.
- How sustainable food purchasing decisions and menu strategies improve dietary quality and health.
- How food choices and purchases impact the health of local economies and social welfare.
- How legislation and politics influence food-purchasing decisions. This will be explored through a case study of the development of the 2015 US Dietary Guidelines.
- The need to develop sustainability criteria and metrics to evaluate program success.

Grading/ Points:

<table>
<thead>
<tr>
<th>Item</th>
<th>Points</th>
<th>Final Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Learning Project</td>
<td>75 social media project</td>
<td>475</td>
</tr>
<tr>
<td></td>
<td>100 interim data entry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>300 final presentation and report</td>
<td></td>
</tr>
<tr>
<td>Assignment (8)</td>
<td>Various</td>
<td>225</td>
</tr>
<tr>
<td>Purchasing Policy Paper</td>
<td>250</td>
<td>250</td>
</tr>
<tr>
<td>In-class Discussion</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td>Instructor discretion</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td><strong>Final Points</strong></td>
<td></td>
<td><strong>1000</strong></td>
</tr>
</tbody>
</table>
Course Expectations

- Regular attendance at every class is required. 1 point for each class.
- Students will not be late; classroom door closes at 4:35 pm sharp. Points will be deducted for every late arrival.
- This is a discussion-based course; students must come to class prepared to discuss the assigned readings and must contribute to BB discussion group.
- Students will be responsible for obtaining power point presentations, written assignments directions, readings etc. from Blackboard or other sources.
- If you miss a class, it is your responsibility to obtain notes, handouts, etc. from fellow students.

Individual Assignments (225)
Additional readings and specific write-up assignments will be given for some topics. Grading and points provided with each assignment directions.

Assignment 1: Defining Sustainable Food. Due 1/24 (20 pts.)
Assignment 2: Is this a Real Food? Due 1/31 (30 pts.)
Assignment 3: Core Knowledge Foodservice Purchasing Due 2/7 (25 pts.)
Assignment 4: Core Knowledge Local/Community Purchasing Due 2/21 (25 pts.)
Assignment 5: Core Knowledge Fair & Just Due 2/28 (25 pts.)
Assignment 6: Food Waste Presentation Due 3/28 (50 pts.)
Assignment 7: Core Knowledge Ecologically Sound/Humane Due 4/21 (25 pts.)
Assignment 8: Defining Sustainable Food Due (25 pts.)

Discussion Course (25 points)
The required readings will serve as the framework for the required in-class discussions. The reading for each session are designed to be controversial and thought provoking. Students will learn about their own food choices, and how their values and beliefs govern their personal food decisions and purchases. All readings are to be completed prior to class, the key concepts sheets should be completed during your readings. These worksheets highlight the important themes of the reading and the enduring understanding for each reading & topic.

General Guidelines for assignments and in-class discussions
- These will be listed under “Individual Assignments” in Black board.
- All assignments are individual work to be completed prior to class; the group work/discussion will take place during class.
- When a written assignment is due, it must be typed single-spaced, size 11 or 12 fonts with numbered pages.
- Both content and writing style will be considered in grading.
- Plagiarism is unacceptable and will not be tolerated. Suspect work will be investigated and the university disciplinary policy will be followed.
**Instructor Discretion (25 points)**
The instructor and TA reserve the right to assign 25 discretionary points. Attendance and punctually points are included in discretionary points.

**Purchasing Policy Paper (250 points)**
Using the “Guide to Developing a Sustainable Food Purchasing Policy” as a resource guide, each student will create a sustainable food purchasing policy for an imaginary food service that is a self-op (non-contract foodservice management) small hospital, nursing home or residential college.

**Service Learning Evaluation (475 points)**
A rubric will be used to evaluate work based on specific guidelines that include input from the Real Food Working Group facilitators.

**Summary of Important Dates for SL Project**

Step 1 A & B: Understand the Real Food Challenge and VT First – Before 1/24/17.
Step 1: C. Understanding Program Marketing
Step 2: Understanding Your Subcontractor – between 1/31-2/7
**Step 3: Meet Your Partner – Before 2/7/17**
Step 4: Writing a Marketing Blog about your subcontractor and the UVM RFC - (75 pts) Due 2/14/17
Step 5: Tracking Real Food (35 hours) (2/7-3/7)
Step 6: Participate in an Initial Quality Control Data Checks (as needed) – In Class on **Interim data (check- (100 pts) Due 2/28/17**
Step 7: Calculate Your Results and Check Your Work! – In class on 4/11/17
Step 8: Meet with vendor prior to presentation week of April 10-14
**Step 9: Share Results– Presentation 4/25/17 (150 pts)**
**Step 10: Typed Summary and Report – Due 5/2/17 (150 pts.)**
Step 11: Email typed Summary Report to Vendor (after final review by Sylvia) – 5/7/17