Course Objectives
(https://umich.instructure.com/courses/358525/pages/course-goals) **Syllabus**
(https://umich.instructure.com/courses/358525/pages/syllabus) **Instructors**
(https://umich.instructure.com/courses/358525/pages/instructors)

Hungry in America: Building Skills to Feed Communities

Food insecurity, or a lack of consistent access to enough food for an active, healthy life, affects 1 in 8 Americans, and nearly 1 in 3 University of Michigan students. Food insecurity is caused by the intersection of a wide range of factors, from personal cooking skills to neighborhood food access to federal food policies. For this reason, fighting food insecurity in the US requires advocates with diverse skills, knowledge, and perspectives working together. This course seeks to provide students at the University of Michigan with these skills, knowledge, and perspectives, allowing them to become leaders to improve their own health and wellbeing and that of their communities and nationwide. To accomplish this, the course will integrate community visits; in-classroom, hands-on

activities; and instructor-guided seminars to help students understand the experience and impacts of food insecurity across critical life stages of development (children, young adults, seniors).

Class resources, including food and transportation, have been generously provided by the University of Michigan's Poverty Solutions.

Course Schedule & Topics

I. Unit 1: Children

1/14: Course Introduction (https://umich.instructure.com/courses/358525/pages/1-slash-14-course-introduction)

1/21: Causes and Impacts of Food Insecurity (https://umich.instructure.com/courses/358525/pages/1-slash-21-causes-and-impacts-of-food-insecurity)

1/28: Resources to Alleviate Food Insecurity (https://umich.instructure.com/courses/358525/pages/1-slash-28-resources-to-alleviate-food-insecurity) (**Child Case Study - Part 1** (https://umich.instructure.com/courses/358525/assignments/905763) due today)

2/4: Food Planning and Access (https://umich.instructure.com/courses/358525/pages/2-slash-4-food-planning-and-access) (**Child Case Study - Part 2** (https://umich.instructure.com/courses/358525/assignments/905765) due today) (https://umich.instructure.com/courses/358525/pages/2-slash-4-food-planning-and-access)

2/11: Food Preparation (https://umich.instructure.com/courses/358525/pages/2-slash-11-food-preparation) (**Op-Ed** (https://umich.instructure.com/courses/358525/assignments/905769) due today)

II. Unit 2: Young Adults

2/18: Causes and Impacts of Food Insecurity (https://umich.instructure.com/courses/358525/pages/2-slash-18-causes-and-impacts-of-food-insecurity)

2/25: Resources to Alleviate Food Insecurity (https://umich.instructure.com/courses/358525/pages/2-slash-25-resources-to-alleviate-food-insecurity) (**Young Adult Case Study - Part 1** (https://umich.instructure.com/courses/358525/assignments/906053) due today) (https://umich.instructure.com/courses/358525/pages/2-slash-25-resources-to-alleviate-food-insecurity)

3/3: Spring Break (No class)

3/10: Food Planning and Access (https://umich.instructure.com/courses/358525/pages/3-slash-10-food-planning-and-access) (https://umich.instructure.com/courses/358525/pages/2-slash-25-

resources-to-alleviate-food-insecurity) **(Young Adult Case Study - Part 2
(https://umich.instructure.com/courses/358525/assignments/906054)** due today)

3/17: Food Preparation (https://umich.instructure.com/courses/358525/pages/3-slash-17-food-preparation) (https://umich.instructure.com/courses/358525/pages/2-slash-25-resources-to-alleviate-food-insecurity) **(Op-Ed (https://umich.instructure.com/courses/358525/assignments/906055)** due today) (https://umich.instructure.com/courses/358525/pages/3-slash-24-causes-and-impacts-of-food-insecurity)

III. Unit 3: Seniors

3/24: Causes and Impacts of Food Insecurity (https://umich.instructure.com/courses/358525/pages/3-slash-24-causes-and-impacts-of-food-insecurity)

3/31: Resources to Alleviate Food Insecurity (https://umich.instructure.com/courses/358525/pages/3-slash-31-resources-to-alleviate-food-insecurity) **(Seniors Case Study - Part 1 (https://umich.instructure.com/courses/358525/assignments/906056)** due today)

4/7: Food Planning and Access (https://umich.instructure.com/courses/358525/pages/4-slash-7-food-planning-and-access) (https://umich.instructure.com/courses/358525/pages/2-slash-25-resources-to-alleviate-food-insecurity) **(Seniors Case Study - Part 2 (https://umich.instructure.com/courses/358525/assignments/906057)** due today)

4/14: Food Preparation (https://umich.instructure.com/courses/358525/pages/4-slash-14-food-preparation) (https://umich.instructure.com/courses/358525/pages/week-14-overview-topic) **4/21: Final Class Wrap-Up** (https://umich.instructure.com/courses/358525/pages/4-slash-21-final-class-wrap-up)