

## How You Can Engage with Food Studies at Middlebury

The Food Studies Program at Middlebury covers all the ways that students can study food, ranging from production through diverse diets and waste management. Middlebury has courses on hunger and food security, sustainable production practices through agroecology, food power and justice, gender and food, and cultural aspects of food (e.g., Asian-American, Italian, Brazilian, Middle Eastern). The Food Studies Program coordinates with extra-curricular opportunities such as internships and programs at The Knoll, career counseling through the Center for Careers & Internships, student organizations, and opportunities for service learning or volunteer work with organizations outside the College through the Center for Community Engagement.

As a student, you can engage with Food Studies in three ways:

- 1) **Take a course!** Most of the Food Studies courses don't have prerequisites, but sign up early because they often have long wait-lists. You might also design an **Independent Study or thesis project** that deals with food issues. Students can create Independent Studies in the fall and spring after completing at least 17 credits (not including pre-college testing credits) or in the winter term or summer after completing 8 credits. You will need to find a faculty member (two for a thesis project) who is willing and able to supervise your Independent Study and develop a proposal with her/him. Students have produced great Independent Studies in the past on topics such as sustainable aquaculture in Vermont; designs for an aquaponics facility on campus; intersections of homelessness, poverty and hunger; gut microbiome health; and connections of maternal diet and children's cognitive development.
- 2) **Enroll in the Food Studies Minor!** The Minor consists of 5 Food Studies courses plus an immersive learning experience, such as an internship or service-learning. Details about the Minor are on the "Academics" page. You will need to submit a Minor Declaration (linked on the Food Studies Minor page) and a description of your immersive learning experience. There is a lot of flexibility in how you complete the Minor; we set this up to give you many options that meet your particular interests.
- 3) **Be an Independent Food Scholar!** This option is for students who are passionate about Food Studies, want to dig deeply into some facet, and don't think that any of the existing majors/departments at Middlebury will fit those interests. You design your own curriculum as an Independent Scholar, drawing from several different departments. You still need to fulfill the all-campus distributional requirements, but this option allows you the most freedom to take courses that interest you most. If you want to pursue the Independent Scholar option, meet with the Director of the Food Studies Program. S/he will recommend that you meet with the Dean of Curriculum as well. You will select an advisor and develop a proposal that you present to the Curriculum Committee, explaining why you want to be an Independent Scholar and how you intend to meet the requirements.

If you would like to be informed about events and opportunities related to Food Studies, sign up for the **AllThingsFood listserv** by contacting the Food Studies Program Director. And let her/him know if you are interested in serving on the Student Advisory Committee for the Program!

### **Some extra-curricular organizations and activities you might want to check out:**

**The Knoll** – This beautiful garden near campus is a great place to meditate or just enjoy being outdoors. Summer internships are available, and Megan Brakeley (Food & Garden Educator) organizes regular events. A student organization, Middlebury College Organic Farm (MCOF) works with The Knoll.

Other student organizations:

- **Charter House Coalition Student Organization:** helps to cook meals and provide friendly contact for people in Middlebury coping with food insecurity and homelessness – [chc@middlebury.edu](mailto:chc@middlebury.edu)
- **Dolci:** fabulous campus pop-up restaurant (may be on hold because of COVID)
- **Juntos:** works with farmworkers in Vermont, in collaboration with the state-wide organization Migrant Justice – [juntos@middlebury.edu](mailto:juntos@middlebury.edu)
- **Innovation Hub:** if you have an idea for a food business you'd like to design and start
- **Middlebury Alternative Breaks:** if you'd like to design a domestic or international trip to engage with communities, provide service where needed, and learn about the systems that shape community realities around the world
- **Middlebury College Tea Enthusiasts Association:** share tea and learn about tea-steeping practices with other students on a weekly basis, while chatting and reflecting on your week – [mctea@middlebury.edu](mailto:mctea@middlebury.edu)
- **Nutrition Outreach and Mentoring:** run events and classes at local schools to encourage young people to establish healthy eating and cooking habits and raise awareness about nutrition and current food issues – [nom@middlebury.edu](mailto:nom@middlebury.edu)
- **Student Government Association:** if there's a food-related campaign or issue that you'd like to advance. SGA ran an "eat less meat" campaign a couple of years ago, for example – [sga@middlebury.edu](mailto:sga@middlebury.edu)
- **Weybridge House:** residence for students with an interest in local foods and providing community meals each week made with ingredients sourced within 50 miles of campus – [Weybridge@middlebury.edu](mailto:Weybridge@middlebury.edu)

### **For more information:**

- Academic options and the AllThingsFood listserv - Molly Anderson, Director of Food Studies ([MollyA@middlebury.edu](mailto:MollyA@middlebury.edu)).
- The Knoll and internships - Megan Brakeley ([MBrakeley@middlebury.edu](mailto:MBrakeley@middlebury.edu))
- Careers and internships - Tracey Himmel-Isham at the Center for Careers & Internships ([thimmeli@middlebury.edu](mailto:thimmeli@middlebury.edu))
- Student Organizations – Presence page (<https://middlebury.presence.io/organizations>)