

Food Studies

Learning Goals

1. To understand the complex contemporary and historical factors that affect food supply and food security.
2. To consider food system options and compare their environmental, sociocultural, economic, and health impacts.
3. To understand the practices and politics of food and eating in a range of historical and contemporary cultural settings and social settings and analyze how eating connects to social and cultural identities.
4. To learn how food systems are linked to local, national, and international politics and economies.
5. To think critically about food and agricultural challenges and recommendations for addressing them.
6. To learn how to use a political ecology frame that emphasizes who/what benefits where, and at what cost.
7. To develop ideas about how individuals can contribute to food system solutions and explore multiple pathways to transformation.

About the minor

The Food Studies Program integrates courses and cocurricular activities into a cohesive program of study. The curriculum addresses the interconnections of food issues with environmental, social, health, and cultural issues in a systems framework. The program 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).

Reasons you might choose this minor

- You like to exercise critical thinking skills, including analysis and evaluation.
- You have an interest in examining food in all its dimensions, including culture, economy, health policy, and the environment.
- You care deeply about social problems and want to find solutions.
- You are interested in the relationship between food and culture.
- You want to explore why people still go hungry in the 21st century.
- You are interested in how our dietary choices relate to issues of health, social justice, and sustainability.

“The strength of studying food and social justice through the analytical tools of data science and feminist methodologies directly led me to my current job as a Senior Analyst with Planned Parenthood Federation of America.”

—Grace Weissman



Translating Learning into Professional Competencies

Throughout your time at Middlebury, you will develop and enhance the following core professional competencies, skills, and dispositions highly valued by employers that will prepare you for leadership and success in any given field:

Critical Thinking: Exercise sound reasoning to analyze issues, make decisions, and overcome problems.

Oral/Written Communications: Articulate thoughts and ideas clearly and effectively in written and oral forms.

Teamwork/Collaboration: Build collaborative relationships with colleagues and customers from diverse backgrounds.

Leadership: Leverage the strengths of others to achieve common goals and use interpersonal skills to coach and develop others.

Professionalism/Work Ethic: Demonstrate personal accountability and effective work habits.

Global/Intercultural Fluency: Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations, and religions.

Digital Technology: Leverage existing digital technologies ethically and efficiently to solve problems, complete tasks, and accomplish goals.

Career Management: Identify and articulate one's skills, strengths, knowledge, and experiences relevant to career goals, and identify areas necessary for professional development.

Where food studies minors go

Applying your learning through internships . . .

Students pursue internships and research in a variety of fields, enabling them to apply their liberal arts learning in real-world settings. Internships, research, and self-directed projects enrich your academic experience and help prepare you for life after Middlebury. Students have interned or done research at the following:

Andean Alliance for Sustainable Development

Boundbrook Farm

Golden Well Apiaries

Northeast Organic Farming Association of Vermont

HOPE (Helping Overcome Poverty's Effects)

Food First

Meeting Place Pastures

CitySprouts

La Cooperativa de Consumo
Responsible la Manzana

GrowFood Northampton

Middlebury College Knoll

Vermont Agency of Agriculture

Vermont Farmers Food Center

Gray Street Farmers Market

Food Literacy Program Oxmoor Farms

Cape Eleuthra Institute

Omaha Permaculture

Gardens for Health International

ACORN (Addison County
Relocalization Network)

Forager

Kent Ridge Orchard

. . . leading to meaningful, dynamic, and engaging career paths.

See just some of the many interesting ways our graduates have applied their liberal arts learning to engage the world. If you want to see what other Middlebury alumni are doing now, log into Midd2Midd and search by major. [go/midd2midd](#)

Culinary Institute of America,
Director, CIA Consulting

Edible Boston, *Managing Editor*

Christopher Kimball's Milk Street,
Cooking School Manager

Okemo Mountain Resort,
Director of Culinary Services

Stone Barns Center for Food and
Agriculture, *Deputy Chief of Staff*

Emergin Ag, *Regional Coordinator/
Partnerships*

Bread and Butter Farm, *Owner*

Sodexo, *Vermont First Coordinator*

Maine Organic Farmer and Gardener
Certification Services, *Dairy Certification
Specialist*

The Hunger Project, *Global Programs
Manager*

U.S. Customs and Border Protection,
Agriculture Specialist

Tradecraft Coffee and Tea Outfitters,
VP of Sales

Alabama Sustainable Agriculture Network,
Manager

Fresh Start Food Gardens,
Project Manager

Slocum-Gibbs Cranberry Company,
Director

High Mowing Organic Seeds,
General Manager

Shacksbury Cider/Lost Apple Project,
Cofounder

Peak Organic Brewing Co., *Founder*

King Arthur Flour Company,
Director, Baking Education Center

Winefathers, *U.S. Business Representative*

Center for Strategic and International
Studies, *Senior Fellow, Global Food
Security Project*