



BACHELOR OF ARTS IN

Food Studies



Imagine an English course that explores regional literature through cookbooks. Studying history through oral recounts of foodways of West Virginia workers. Learning microbiology by focusing on the fermentation of soil and food. Discovering the psychology of eating.

Welcome to Chatham University's **BACHELOR OF ARTS IN FOOD STUDIES (BAFS)**, part of Chatham's Falk School of Sustainability & Environment.

The BAFS allows students to gain mastery of experiential liberal arts through the lens of food. Students accumulate applied agricultural and culinary knowledge. Classroom learning is rounded out through our signature Food Fellows Experience—a term of cooperative learning and professional development supported by in person and online guidance from faculty and practitioners.



CURRICULUM

BAFS students typically begin with two years of general education and major-specific core courses.

Spring of year two includes preparatory and online courses for the Food Fellows Experience, which is typically done in year three.

During year four, students take electives and complete the Integrated Capstone Seminar, which builds off of and expands the entirety of their undergraduate experience.

REQUIRED CORE COURSES IN FOOD STUDIES (27 CREDITS)

| | |
|----------|---------------------------------|
| FST 150 | Food, Farm, and Field (3) |
| FST 315 | Food Access and Food Policy (3) |
| FST 420 | Agroecology (plus lab) (4) |
| FST 215W | Global Foodways (3) |
| FST 240 | Global Food Chains (3) |
| FST 321W | Food Narratives (3) |
| FST 342 | Sustainable Production (3) |
| FST 490 | Capstone (3) |
| FST 417 | Safe Food (1) |
| FST 418 | Field Work Preparation (1) |

REQUIRED COURSES OUTSIDE FOOD STUDIES (12 CREDITS)

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|-----------|--|
| BUS 105 | Foundations of Business (3) |
| BIO 123/L | Nutrition and Nutrition Lab (2+1) |
| BUS 217 | Introduction to Project Management (3) |
| BUS 310 | Introduction to Six Sigma (3) |

ELECTIVE COURSES INCLUDE

| | |
|---------|---|
| FST 234 | Asian Foodways |
| FST 250 | International Cuisine |
| FST 302 | Nutrition and Community |
| FST 365 | Coffee: History, Policy, Practices |
| FST 428 | Tree Care |
| FST XXX | Mediterranean Diet: Myths, Realities, Practices |
| BIO 303 | Applied and Environmental Microbiology |
| COM 415 | Environmental Communication |
| ECN 262 | Global Environmental Economics |
| ENG 313 | Food and Identity |
| ENG 400 | The Literary Cookbook |
| ENV 451 | Soil Science |
| HIS 215 | Industrialization and the Working Class |
| HIS 402 | Gender and Family in America |
| PSY 213 | Psychology of Eating |
| PSY 340 | Psychopharmacology |
| SUS 203 | Global Environmental Health |
| SUS 302 | Social Justice and Sustainability |
| SUS 304 | Environment and Culture |
| SUS 315 | Ecotoxicology |
| SUS 426 | Aquaculture |

CURRICULUM continued

FEATURED COURSES

FST 315 Food Access and Policy

If food is a basic human right, how do societies create universal access to food? This course explores the ethical basis for making citizens food secure despite global inequality. Major topics include private versus public solutions and the relationship between food access, gender, cultural appropriateness, nutrition, sustainability, and justice.

FST 215W Global Foodways

A strategic survey of regional or global food ways in historical and contemporary contexts. Emphasis on anthropological understanding of food ways, cultural studies critique of class, gender, and family dynamics articulated via food, and historical transformations of food culture in response to migration and globalization. Areas of global emphasis will vary but may include Asia, Africa, Regional North America, and Amazonia.

FST 342 Sustainable Production

Course explores specific modes of production, agricultural and culinary, with a focus on applied and experiential learning through practical application in a group project. Students focus on farm to kitchen and develop problem solving skills for practical applications

FST 365 Coffee: History, Politics, Practices

This applied course includes hands-on and practical experiences at local coffee roasters with different business models. Participants will train in the Eden Hall student cooperative café at Eden Hall including cupping, barista, and tasting skills. The correlated readings, discussions, and assignments address challenging issues surrounding coffee, including labor, global procurement, and labeling.

For more information, visit falk.chatham.edu/bafs

FOOD FELLOWS EXPERIENCE

Chatham's BAFS degree is distinguished by the Food Fellows term. This is a 15-credit experience, preferably undertaken during students' third year, that allows them to choose a site for hands-on learning while potentially earning income as well as credit.

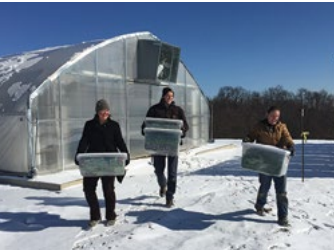
The Food Fellows term and the other core experiential components of the program use resources at Eden Hall and Shadyside campuses, Pittsburgh at large, and other areas in the US and internationally that provide students with the opportunity for field-based learning.

The City of Pittsburgh is home to a number of organizations and individuals within Chatham's network making a difference in areas touched by food studies, including:

- The Heinz History Center and its collection of historical documents about food production and consumption
- Global and local food businesses including DeLallo's, Starkist, Giant Eagle, and Parkhurst
- Small scale regional and artisanal producers
- Multiple nonprofits engaged in social change such as anti-hunger and urban agriculture work at the Greater Pittsburgh Community Food Bank, Just Harvest, and Grow Pittsburgh
- City, state, and county officials interested in community-based food systems, land preservation, and economic development
- An enormous healthcare system and workforce
- Civic action groups and policymakers who work directly with local food producers and food advocates



EDEN HALL CAMPUS



UNPARALLELED ACCESS TO AN UNPARALLELED SPACE

Located on 388 acres in the North Hills of Pittsburgh, Chatham's Eden Hall Campus (EHC) is the world's first academic community built for the study of sustainability.

It encompasses a certified organic farm, demonstration garden, orchards, a 30+-acre crop area, greenhouses (one heated year-round by solar-thermal panels), and demonstration kitchens. Faculty and students research sustainable agricultural practices and produce food for EHC and for the Shadyside Campus. Initiatives include nutrient recycling and soil building from compost; aquaculture and aquaponics; mushroom farming; and edible landscaping around buildings.

At Eden Hall Campus, students can study the botanical and biological properties of staple plants; explore the social and cultural significance of these plants as "crops" or foodstuffs; and create historically significant culinary dishes or products, all by using EHC's gardens, greenhouses, woodlands, kitchens, and classrooms.



Students have the opportunity to work in campus-based businesses, including Café Ann, which will have a coffee lab; the Kitchen Lab, which will provide product development in collaboration with scaled food businesses as well as pop-up restaurant training; campus food service; the Grains project wood-fired oven (developing bread, pizza, and other event-based opportunities).



The **Center for Regional Agriculture, Food, and Transformation (CRAFT)** at Chatham University works to transform the future of food and agriculture in Western Pennsylvania and beyond.

CRAFT offers many opportunities for students to get involved with all aspects of food studies, from research to production.

Current projects include:

- Workshops on bread baking, fermentation, bean-to-bar chocolate, and heritage grains
- Product development with food businesses and farms to create regionally sourced pizza, pancake mix, and more
- GIS and open source data mapping of regional agricultural capacity, food businesses, retail restaurants, and economic capacity
- Developing sustainably sourced fish food for aquaculture
- Creating an archive of regional stories and oral histories, including regional bread and grains; immigrant foodways; and historic food businesses
- Kitchen Lab for culinary and experiential skills such as food safety; cheese mongering; coffee tasting and barista training; cooperative marketing and sales

Learn more at craft.chatham.edu.



Shadyside



HOUSING



Esther Barazzone Center



To make the most out of your experience at Chatham, we require that students live and study on-campus for at least two years:

- Year 1: Shadyside Campus (Most first-year BAFS classes will take place here)
- Year 2: Student's choice (SC, EHC, or off campus)
- Year 3: Eden Hall Campus
- Year 4: Student's choice (EHC, SC, or off campus)

| | Year 1 | Year 2 | Year 3 | Year 4 |
|------------------------|--------|--------|--------|--------|
| Shadyside Campus (SC) | ✓ | ○ | ✗ | ○ |
| Eden Hall Campus (EHC) | ✗ | ○ | ✓ | ○ |
| Off Campus/Commuter | ✗ | ○ | ✗ | ○ |

Chatham was ranked 7th in the nation for best food grown and sourced locally by *Sierra Magazine's* 2015 "Cool Schools" report.

A sampling of food from the kitchen in the Esther Barazzone Center:

- Korean barbecue
- Homemade soft pretzels
- Crostini bar (with mushroom and leek, artichoke and Asiago, and tomato and basil toppings)
- Homemade sun-dried tomato and rosemary bread
- Mac and cheese with brisket smoked on campus
- Artichoke-crustied tilapia from our Aquaculture Lab
- Sweet potato pancakes with smoked chipotle
- Daily vegetarian and vegan options



Orchard Hall

Orchard Hall, Eden Hall Campus's residence building, is constructed to the highest LEED (Leadership in Energy and Environment Design) standards. Here's what that looks like:

Rooms are heated and cooled through radiant panels on the ceiling that use the campus-wide geothermal heating.

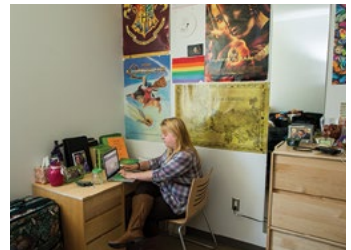
"Smart" rooms monitor temperature and humidity and tell the system how to respond.

All electricity—and heat for the hot water—is generated by solar panels on the roof.

The Importance of Eden Hall Campus Residency

For students' third year, unless they are participating in a Food Fellows experience that requires that they live elsewhere, students live at Eden Hall Campus. EHC is a living and learning laboratory that offers BAFS students cutting-edge agricultural spaces and practices, demonstration kitchens, an aquaculture lab, orchards, and other spaces conducive to the interdisciplinarity of food studies.

Although residency at Eden Hall is only required during Year 3, students can choose to live and study at Eden Hall during Years 2 and 4 to take advantage of the unlimited opportunities EHC presents to Bachelor of Arts in Food Studies students.



When not in class, residents (and visitors) have plenty to do, with yoga classes, karaoke, bowling, billiards, and game nights. EHC also hosts community-wide events such as the annual Hunger Banquet, and workshops including Leave No Trace, Back Country Backpacking, Soapmaking, Wilderness Survival and First Aid, and Community Create Nights that are open to all students.

CAREERS

Robust professional preparation, the cornerstone of a Chatham education, is woven throughout the BAFS degree:

- The Food Fellows Experience taps student into valuable hiring networks and social capital.
- Students graduate with business training that's transferable to a wide range of occupations.
- The required project management course offers the option of a certificate on completion of the course and an external exam, and the safe food course provides certification necessary for jobs in food service and agricultural production.

The Bachelor of Arts in Food Studies prepares graduates for careers in:

Science

- Environmental scientist (plants, seeds, animals)
- Soil/food microbiologist

Industry and Government

- Food industry, restaurant, or test kitchen development work
- School, hospital, and workplace sourcing and planning
- Sustainable supply chain management
- Food production and distribution
- Consulting firms
- Global and environmental politics around agriculture
- USDA, FDA, USAID, and other government agencies/policy making

Non-Profits and NGOs

- Fundraising/development for food philanthropy
- Community development for local/regional food
- Food labor and food justice advocacy
- Anti-hunger work
- Non-profit organizations (urban agriculture, living history museums, culinary heritage preservation, food waste, environmental health and well-being)

Media

- Food and agriculture media: journalism, filmmaking, oral history, and more
- Promotion and marketing for specialty foods, food writing, regional food
- Market research
- Culinary tourism
- Public education and outreach around food history, food systems, community food
- Public relations



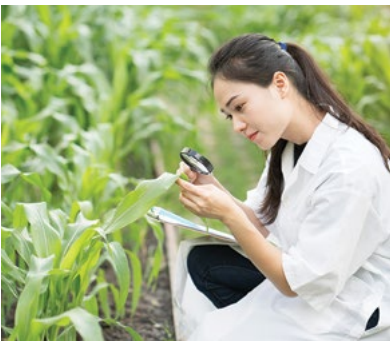
Chatham's **OFFICE OF CAREER DEVELOPMENT** staff is eager to help you develop and reach your goals from year one, day one. They'll:

Advise you in one-on-one appointments to maximize job search skills, develop dynamite resumes and cover letters, and ace job interviews

Help you find a mentor in your career field

Connect you with hundreds of employers through job fairs and ChathamCareerLink, our online job and internship posting database

More info at careers.chatham.edu



THE CHATHAM PLAN

The Chatham Plan is a 5-step approach to infusing the entirety of your undergraduate education with all the things you need to launch your career after you graduate.

- Steps 1 & 2: Assessment and Goals
- Step 3: Professional Preparation
- Step 4: Internships
- Step 5: The Graduation Checklist

More info at www.chatham.edu/chathamplan

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For more information, visit
falk.chatham.edu/bafs

The Falk School also offers
BA and BS degrees in sustainability.