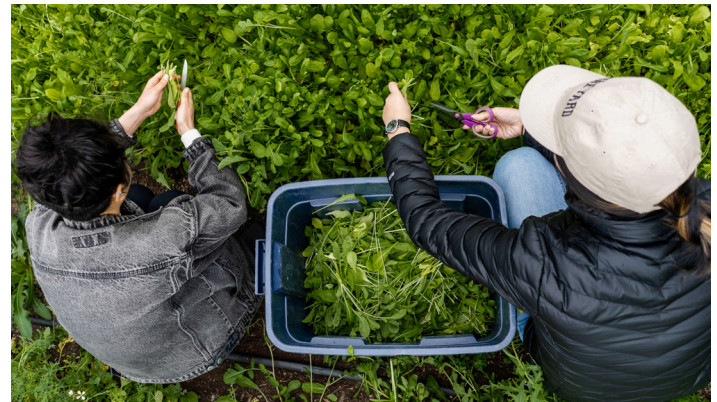


## FOOD SYSTEMS, NUTRITION, AND HEALTH MAJOR

In the Bachelor of Arts in Food Systems, Nutrition, and Health, students are exposed to the complex intersections and relationships among food, policy, labor, social justice, economics, the environment, culture, and population health. Graduates will have competency in food systems, nutrition, public health, social and economic equity, and sustainability, as well as strong liberal arts preparation in intellectual and practical skills like inquiry, analysis, communication, critical thinking, and problem-solving, all of which enable them to address issues such as domestic and global food and nutrition security.



### SUGGESTED FIRST- AND SECOND-YEAR COURSES

Biology, chemistry, composition or writing, economics, statistics, and courses that satisfy the interdisciplinary breadth requirement.

### OUR VALUES

The Food Systems, Nutrition, and Health Program and its collaborators strive to shape food systems that are resilient, sustainable, and equitable to have a positive impact on personal, population, and planetary health. Diversity, equity, and inclusion are priorities in advising, our curriculum, and student programming. We value and honor diverse experiences and perspectives, endeavor to create welcoming and respectful learning environments, and promote access and opportunity for all.

### DECLARE THE MAJOR

This is a minimum requirement major. All students must complete the following in order to declare the major:

- > 45 college credits with a minimum 2.0 GPA
- > NUTR 200 Nutrition for Today or equivalent
- > English Composition, 5 credits

Applications are reviewed on a rolling basis to confirm minimum requirements are met and to ensure the degree can be completed within the University's satisfactory progress policies.

### CONTACT

Food Systems, Nutrition, and Health Program  
 Student and Academic Services  
[ugnutr@uw.edu](mailto:ugnutr@uw.edu) | 305 Raitt Hall  
[foodsystems.uw.edu](http://foodsystems.uw.edu)

## **DEGREE REQUIREMENTS** 180 credits

### **A. Science Literacy** 10 credits

5 credits from biology: BIOL 118 (preferred) or BIOL 180

5 credits from chemistry: CHEM 120, CHEM 142, or CHEM 145

### **B. Interdisciplinary Breadth** 15 credits

5 credits from economics: ECON 200, FISH/ECON 230, or ESRM/ENVIR/ECON 235

10 credits from approved courses that represent the breadth of areas that influence food systems; see website for current approved list

### **C. Research Methods & Technologies** 9-10 credits

4-5 credits from statistics: BIOST 310, QMETH 201, Q SCI 381, STAT 220, STAT/CS&SS/SOC 221, or STAT 311

5 credits from qualitative methods: NUTR 202 (preferred), SOC 300, or GEOG 425

### **D. Food Systems Core** 30 credits

NUTR 200 Nutrition for Today (4)  
NUTR 302 Food Systems: Harvest to Health (5)  
NUTR 303 Food Systems: Individual to Population Health (5)  
NUTR 402 Food Systems Modeling & Analysis (5)  
NUTR 412 US Food Systems Policy (5) *Writing*  
NUTR 493 Food Systems Capstone (6)

### **E. Upper-Division Electives** 20 credits

Choose 20 credits from among 300- and 400-level courses organized around four concentration areas:

- Business, Economics, & Marketing
- Environment & Sustainability
- Social & Economic Equity
- Nutrition & Health Equity

See website for current approved list.

*In addition to major requirements above, students complete general education requirements for the School of Public Health.*

## **INTERDISCIPLINARY BREADTH**

Choose courses to explore a range of areas including anthropology, built environments, business, communication, community planning, environmental health, environmental science and studies, geology, geography, global health, gender and sexuality studies, oceanography, philosophy, political sciences, and sociology.

## **FOOD SYSTEMS CAPSTONE**

The Food Systems Capstone, NUTR 493, is a culminating academic endeavor for majors, and provides an opportunity to apply knowledge and skills acquired in courses to a specific food systems problem or issue. The course emphasizes systems thinking, community engaged scholarship, anti-racism and equity, and opportunities to grapple with real world, complex issues across the food system. Teams of students work with direction from the instructor and in partnership with community leaders, who identify an area of interest for students to address.

**For more information, visit our website  
or scan the QR code below.**

