

FOOD SYSTEMS, NUTRITION, AND HEALTH MAJORS

The **Food Systems, Nutrition, and Health** program offers **Bachelor of Arts** and **Bachelor of Science** degrees, both of which prepare students to understand the complex relationships among food, policy, labor, social justice, economics, the environment, culture, and population health.

Graduates develop competencies in food systems, nutrition, public health, social and economic equity, and sustainability, along with strong intellectual and practical skills in inquiry, analysis, communication, critical thinking, and problem-solving, preparing them to excel in professions within and beyond nutrition and food systems.

FSNH PATHWAYS

While both of our majors include the same core coursework, each program offers distinct advantages for students to consider.

- **Bachelor of Arts (BA):** Offers flexibility to explore the social, cultural, policy, and environmental impacts of food and health, with an emphasis on interdisciplinary breadth.
- **Bachelor of Science (BS):** Provides a strong foundation in the sciences, preparing students for clinical and research positions, and graduate programs in food systems, nutrition and dietetics, health sciences, and related fields.

TRANSFER STUDENTS

Transfer students can declare the BA or BS in Food Systems, Nutrition, and Health after they are admitted to the UW as a general transfer. FSNH advisers are happy to meet with transfer students to plan their transition to the UW and into the major.



DECLARE THE MAJOR

The BA and BS are minimum requirement majors. All students who meet the following requirements will be declared into the major of their choice:

- **NUTR 200 Nutrition for Today** *or equivalent*
- **English Composition**
- **Minimum 2.0 GPA**
- **(BS Only): One introductory biology or chemistry course**

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 timeline.

CONTACT

Food Systems, Nutrition, and Health
Student and Academic Services

ugnutr@uw.edu

foodsystems.uw.edu

DEGREE REQUIREMENTS

A. Science Literacy

- 5 credits from biology: BIOL 118 or BIOL 180
- 5 credits from chemistry: CHEM 120, CHEM 142, or CHEM 145.

B. Supporting Sciences or Breadth

- **BS ONLY - Supporting Sciences**
  - 25 credits from list of approved science courses
- **BA ONLY - Interdisciplinary Breadth**
  - 10 credits from approved courses that represent the breadth of areas that influence food systems

C. Economics

- 5 credits from economics: ECON 200, ECON 201, FISH/ECON 230, or ESRM/ENVIR/ECON 235

D. Research methods

- 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 among qualitative methods: NUTR 202 (preferred), SOC 300, or GEOG 425

E. Food Systems Core

- NUTR 200 Nutrition for Today (5)
- 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)
- NUTR 493 Food Systems Capstone (6)

F. Upper Division Electives

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

FOOD SYSTEMS CAPSTONE

The Food Systems Capstone, NUTR 493, is a culminating academic endeavor for majors, and provides and 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.

Examples of Past Capstone Projects:

- University of Washington Food Systems Working Group: Support for the Sustainability Action Plan
- Guide to Gleaning: Enhancing Food Recovery at the University of Washington
- Documenting Undergraduate Student Food Security Through Photovoice at the University of Washington

