Virtual Community Food Systems (CFS) Course Syllabus

The Iowa State University Community Food Systems (CFS) certification is intended for intermediate levels of food system practitioners. It is a process-based certification that increases capacity for food system practitioners to work within community and develop food systems.

Assistance Contacts

Curriculum Assistance: For questions regarding content in workshops and Moodle, please contact Kaley Hohenshell.

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515-745-2401   515-460-3227

Technical Assistance: For questions regarding technology used to support coursework, please see contacts below.

Moodle (username and password)	kaleyh@iastate.edu 515-745-2401 eihotline@iastate.edu 515-249-1725
Zoom	https://support.zoom.us/hc/en-us 1-888-799-9666
CyBox	eihotline@iastate.edu 515-294-1725
QGIS	QGIS workbook kaleyh@iastate.edu 515-745-2401

IOWA STATE UNIVERSITY
Extension and Outreach

Part 1: Course Information

Course Description

The certification includes virtual workshops and optional online modules that are used to teach the Community Food Systems certification. Participants will receive a binder, slides, and example tools for conducting various activities relevant to local food system work.

CFS 101: Virtual workshop series (Tutorial and Common Language; Community Food Systems and Equity; Vision, Mission and Core Values; Research; Project Prioritization; Phase 2; Project Development; Project Implementation)

Virtual workshops are taught using Zoom and incorporate individual and small group discussions.

Course Learning Outcomes

- Understand community food systems and how they relate to larger community and economic development goals
- Engage and empower community partners to work collectively toward a community food system
- Discern the different sectors of the food system and their impact on community
- Utilize Collective Impact and Strategic Doing methods
- Develop coalitions working toward collective community goals
- Increase strategic partnerships with organizations for creative collaborations
- Execute community processes including facilitation, project management, partnership, and building successful teams
- Improved ability to develop community food systems assessments through mapping, interviews, and public input sessions
- Identify primary and secondary data sources for community food systems assessment and priority projects
- Utilize community food system assessments to determine priority projects
- Understand evaluation methods for determining collective community projects
- Acknowledge the importance of design in community food systems and where it fits within project development
- Become aware of new tools and resources for various food systems sectors: production, transformation, distribution, consumption, and resource management
- Able to apply concepts and skills learned to develop a place-based Community Food Systems Program in your own university or organization
- Create evaluation methods to understand whether projects developed are successful

Part 2: Course Methods and Delivery

Technical Requirements	CFS 101
Internet connection (DSL, LAN, or cable connection desirable)	X
Zoom	X
Audio out and audio in	X
CyBox (sign-up following course registration)	X

This course uses Zoom and CyBox for virtual workshops. If you need technical assistance at any time during the course, or to report a problem, please email kaleyh@iastate.edu. See **Assistance Contacts** on page 1 for further technical assistance contacts.

Part 3: Course Requirements and Grading

CFS 101: You must complete all workshop homework to receive a certificate of completion. Please notify the instructor of known absences. Missed workshops can be watched via recorded presentations in CyBox.

Completing Assignments

CFS 101: All assignments for the workshops will be submitted electronically through CyBox.

Part 4: Course Outline

(*CFS 101/201 workshops are noted in blue italics;* Moodle is noted in black, regular text)

Workshop 1: Tutorial + Common Language

Workshop Goal: Individuals will understand technical components used throughout the certification. Participants will understand community food systems common language and the sectors and assets they work within.

Objectives:
Improve awareness of new partners in the room
Understand common language for community food systems
Confirm process for certification
Identify primary sector and asset areas

Required Activities:
Introductions
Network Map

Homework:
Ensure access to Zoom, CyBox and Moodle
Make sure ISU has your mailing address for receiving your binder
Take Pre-Test in Module 1

Workshop 2: Community Food Systems + Equity

Workshop Goal: Participants will understand the history of the Community Food Systems program at Iowa State and the general framework that is used for this multi-faceted process.

Objectives:
Understand history of the program and the Community Food System Process
Assess opportunities and limitations of sectors and assets
Acknowledge equity and intersectionality in food systems

Required Activities:
Introductions
Equity Definitions
Wheel of Difference
Participate in sector and asset breakout groups
Develop a 5-year and 20-year headline for a national coalition

Homework:
Brainstorm and write a Coalition Name in CyBox

Workshop 3: Vision, Mission and Core Values
Workshop Goal: Participants will understand basics to Strategic Doing and Collective Impact and understand practices for community engagement.

Objectives:
Acknowledge the use of vision, mission and core values for coalitions
Learn about Strategic Doing and Collective Impact frameworks
Consider relevant partners for food system sectors and assets

Required Activities:
Write vision, mission and core value statements
Brainstorm partners for food system sectors and assets

Homework: N/A

Workshop 4: Research
Workshop Goal: Participants will confirm the vision, mission and core values for their national coalition and understand research components related to secondary data sets, mapping and primary data gathering.

Objectives:
Understand components of research: manual, assessment, snapshot and mapping

Required Activities:
Confirm vision, mission, and core values
Discuss mapping ideas and needed data sets for community food system assessment process

Homework:
Participate in a digital survey for priority projects

Workshop 5: Project Prioritization
Workshop Goal: Participants will understand the complexity of Phase 1 of the Community Food Systems process and learn tools for prioritizing projects in their own communities. Participants will also understand evaluation practices for coalitions.

Objectives:
Understand Phase 1 process and techniques for facilitating prioritization
Identify appropriate evaluation techniques for a coalition

Required Activities:
Prioritize coalition projects
Select a primary project for Phase 2
Develop a logic model for the coalition

Homework: N/A

Workshop 6: Phase 2
Workshop Goal: Participants will learn about project management and roles of a team and develop a logic model for individual projects.

Objectives:
Understand Phase 2 process and techniques for coordinating projects
Identify appropriate goals, outcomes and inputs for projects as they relate to the overarching coalition goals

Required Activities:
Develop project logic model

Homework: N/A

Workshop 7: Project Development
Workshop Goal: Participants will continue to develop their projects and learn skills for conducting research and analysis for implementation.

Objectives:
Identify different areas for data collection regarding feasibility of projects
Understand need for further analysis on project components

Required Activities:
Create a research plan for priority project
Conduct research for project to share with other coalition members

Homework: N/A

Workshop 8: Project Implementation
Workshop Goal: Participants will discuss successes and challenges related to implementing projects at various scales and appropriate tools to consider the scope and financial constraints of projects. Participants will also understand how to transition out of a community when the Community Food Systems process is completed.

Objectives:
Consider different challenges related to project implementation
Think through role as a CFS practitioner and community transition

Required Activities:
Participate in discussions related to project implementation and transition

Homework: N/A