

Virtual Local Food Leader (LFL) 101 Course Syllabus

The Iowa State University Virtual Local Food Leader 101 certification teaches foundational competencies critical for successful food systems development.

Assistance Contacts

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

Kaley Hohenshell
kaleyh@iastate.edu
515-745-2401

Bre Miller
millerb@iastate.edu
515-291-8004

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

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

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

Part 1: Course Information

Course Description

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

LFL 101: Virtual workshop series (Common Language + Tutorial, Working in Food Systems, Equity + Personal Values, Leadership Styles + Facilitation Methods, Plans of Work + Professional Development, and Intro to Evaluation)

Course Learning Outcomes

- Understand global, local, and community food systems
- Organize coalitions that work toward collective community goals and assist in the development of a mission, vision and core values
- Manage and facilitate conversations effectively between dynamic groups of people
- Utilize an equity lens to food systems development
- Understand community processes that include facilitation, project management, partnership and building successful teams
- Provide partners with tools and resources in developing various food systems sectors: production, transformation, distribution, consumption and resource management (grants, best practices, research, etc.)
- Engage and empower community partners to work collectively toward a vibrant and healthy community food system that meets the needs of the participants and community members
- Know about tools that exist to create food systems reports
- Develop successful teams for successful project implementation
- Construct plans of work, project scopes, and budgets
- Understand the use and types of logic models
- Create evaluation tools that showcase project outcomes

Part 2: Course Methods and Delivery

Technical Requirements	LFL 101	LFL 201
Internet connection (DSL, LAN, or cable connection desirable)	X	X
Zoom	X	X
Audio out and audio in	X	X
CyBox (sign-up following course registration)	X	X

This course uses multiple methods of delivery; Zoom and CyBox for virtual workshops. If you need technical assistance at any time during the course, or to report a problem with Moodle, please email kaleyh@iastate.edu. See **Assistance Contacts** above for further technical assistance contacts.

Part 3: Course Requirements and Grading

LFL 101: You must attend 50 percent of the workshops to receive your certificate of completion. Please notify the instructor of known absences. Missed workshops can be watched via recorded presentations in CyBox.

Completing Assignments

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

Part 4: Course Outline

Required activities are completed during the workshops; homework is completed outside of workshops.

Workshop 1: Tutorial + Common Language

Workshop Goal: Individuals will understand the technical components used throughout the certification

Objectives:

*Improve awareness of new partners in the room
Understand common language for community food systems
Confirm process for certification*

Required Activities:

*Introductions (Chatbox and verbal discussion)
Networking Poster (facilitated in session; uploaded to CyBox)*

Homework:

Ensure access to Zoom and CyBox

Workshop 2: Working in Food Systems

Workshop Goal: Participants will understand community food systems and their role as a local food coordinator

Objectives:

*Understand how food systems connect across the community
Identify food system sectors and assets
Engage with cohort participants*

Required Activities:

*Local Food Leader connections (Chatbox)
Food System sector and asset breakout (CyBox and small group discussion)*

Homework:

Local Food Leader assignment (CyBox)

Workshop 3: Equity and Personal Values

Workshop Goal: Participants will understand equity and inclusion aspects of food systems and how their personal values connect to this work.

Objectives:

*Increase awareness of different perspectives
Develop skills for inclusive conversations
Discuss privilege and oppression and where it shows up in the food system
Understand the need for personal values and reflection*

Required Activities:

*Participate in partner "walk-about" (breakout rooms)
Four Dimensions of Difference- advantage and disadvantage (personal writing)
Polar line activity (virtual white board)
Personal values (facilitated worksheet)*

Workshop 4: Leadership Styles and Facilitation Techniques

Workshop Goal: Participants will learn about different leadership styles and their roles in food systems and consider facilitation methods and frameworks.

Objectives:

Understand different types of leadership styles

Identify facilitation methods for supporting group change

Improve understanding of collective action

Understand the difference between project management and facilitation

Required Activities:

Characteristics of a leader (Chatbox)

Sector and asset partner brainstorm (CyBox)

Facilitation strengths and weaknesses (individual reflection and small group)

Workshop 5: Plans of Work and Professional Development

Workshop Goal: Participants will realize the importance of logic models for projects and programming; and will consider professional development goals related to their work.

Objectives:

Understand how to create a logic model that reflects desired outcomes

Identify personal and professional development needs and desires

Required Activities:

Project logic model (CyBox)

Group discussion (breakout rooms)

Professional development plan (facilitated worksheet)

Workshop 6: Intro to Evaluation

Workshop Goal: Participants will learn how to develop evaluation logic models; and will understand how to determine appropriate metrics.

Objectives:

Understand the difference between project, program, and systems evaluation

Develop an evaluation logic model

Identify evaluation tools

Required Activities:

Evaluation logic model (CyBox)

Measurements and data collection (Small group and CyBox)