



Food for Thought Initiative

STUDENTS FROM ALL DISCIPLINES ARE ENCOURAGED TO APPLY

The Food for Thought Initiative was established with the purpose of supporting projects put forward by members of the University of Lethbridge community that support initiatives related to accessibility of healthy food for students.

Purpose:

The purpose of this class is to expose students to projects relevant to their degree, promote access to healthy food, as well as increasing education and awareness about healthy foods and nutrition. Students will:

- Conduct research tailored to their interests
- Work directly with a faculty supervisor in their research
- Learn from industry experts
- Complete a practical component that will change access to healthy foods for the better across campus

You will work towards a final presentation to showcase your research, which will be accessible to the public. Your research will help supplement the future phases of this initiative.

Qualifications & Pre-Requisites:

- Successful completion of at least two years of University before the semester of application
- Mature, self-directed and able to work both independently and as a team
- Minimum GPA of 2.5
- A definite commitment to impacting the community
- Passion for health and nutrition

Project Selection:

Examples of projects that need to be completed include:

- Forming a student group to lead the initiative
- Building relationships with food service providers on campus
- Developing a food charter for the institute
- Creating educational resources around healthy foods and nutrition
- Engaging with the Campus Food Bank and community food banks
- Research into resources currently available for students and institutes for this directive

If you need assistance identifying a faculty supervisor(s) or a research project, arrange a meeting with Brandy Old, brandy.old@uleth.ca.

Participants must be prepared to register this for course credit through the Applied Studies Program. Visit the Career Bridge office (AH151) for more information and to speak with an Applied Studies Coordinator.