

# *Metropolitan Food Systems*

CPLN 621

Spring 2020

Tuesday 9:00-11:50

Meyerson Hall B5

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Office Hours: by appointment (generally available Tues. afternoon and Wed. morning)

## Description and goals:

This course introduces students to the planning and development of community and regional food systems around the United States and the world. It focuses on strategies by which planning and allied professionals impact food systems through traditional and non-traditional planning and community economic development institutions.

The course aims to develop students' broad knowledge of food system planning, with an emphasis on community and economic development strategies for community food security.\* Major topics include foodshed planning; municipal food policy; hunger and food assistance; distribution and markets; enterprise and workforce development; urban agriculture; and food justice. The class includes a mix of lectures, discussion, guest speakers, and field trips, some of which involve hands-on work.

Upon completing this course, students will:

- Understand how food systems work at the local, regional, and global scales.
- Have broad knowledge of city, regional, and national food system planning, policy, and development in the global North and South.
- Have in-depth knowledge of community and economic development strategies for community food security.

\* *Community food security* is commonly defined as a “condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance, social justice, and democratic decision-making.” (Hamm & Bellows, 2003)

## Assignments and Grading

### **For Masters students**

Class participation 35%  
Participation grades are based on students' attendance, willingness to participate, and ability to critically engage assigned readings in class discussions. Strong participation consists of contributing to our full-class discussions (i.e., speaking up), ideally more than once each week, as well as to discussions in smaller groups. Students are expected to attend all class meetings, and should email the instructor in advance if they cannot attend, or email the instructor as soon as possible in cases of unexpected absence (reasons of health or household/family emergency are considered "excused" absences).

Five brunches essay 5%

\* Each student must choose (by February 14) one of the following two options:

#### **Option 1:**

Four (4) reflection papers *with associated activities* 60%  
~2,000-2,500 words each

Reflection papers engage with the assigned readings from selected dates and relate them to our trips, guest presentations, and discussions. In this option, for each reflection paper, students must complete (and discuss in the same paper) one additional activity outside of class – e.g., visiting markets, volunteering at a food pantry, soup kitchen, or urban farm.

#### **Option 2:**

Four (4) reflection papers (no extra activities) 30%  
~1,000-1,500 words each

Reflection papers engage with the assigned readings from selected dates and relate them to our trips, guest presentations, and discussions in class.

Group or individual project 30%  
Students may propose and develop a group or individual project of your own design. This may take many forms – paper, report, web site, video, photo essay, etc.; work with a community organization or alone. It must involve some original research related to food and cities, regions, or communities. The instructor can help you connect with an organization if you wish. \*Proposals for group or individual projects are due by February 14, and must be approved by the instructor.

### **For Ph.D. students**

Class participation 35%  
Written assignments for doctoral students will be negotiated with the instructor on an individual basis at the start of the semester. 65%

## **Reading**

Course readings provide the foundations for class discussion and are intended to introduce students to food systems, planning, policy, and community economic development around the world. All students are expected to come to class having thoroughly explored the material and well prepared to discuss it in detail. You should expect to spend an average of 2.5 to 3 hours per week reading (and watching) assigned material outside of our class meetings.

All readings are posted on or linked from the course **Canvas** site – see: [canvas.upenn.edu](https://canvas.upenn.edu)

## **Trips**

Two or three of our trips will be via SEPTA – students are responsible for purchasing fare cards and arriving to class with fares already purchased. On other trips, we will carpool. On all of our trips, students are expected to wear appropriate clothing (boots, clothes that can get dirty); and on some of our trips come prepared to work with your hands. We will always end in time for you to return to campus by 12:00pm. For at least one trip, we will meet and depart before 9:00am.

## **GENERAL POLICIES**

### Laptops, Tablets, and Smart Phones:

Students may not use laptops, tablets, smart phones, or other screens during class discussion (unless approved by Penn student services).

Students will be asked to use laptops and/or tablets occasionally during group exercises in the classroom, so please bring your laptop or tablet to class (not trips).

Students may use phones and cameras to take pictures and notes on our class trips.

### Academic Integrity:

All students are responsible for following the policies (in particular, regarding academic integrity, plagiarism, and original work) contained in the University of Pennsylvania's Code of Academic Integrity.

### Late Work and Extensions:

Unless you contact the instructor at least 24 hours in advance of the assignment deadline, or have a last-minute emergency, no written work will be accepted late. Please plan ahead and ask for an extension at least 5 days in advance if you need one.

## SCHEDULE (overview)

### **Part 1: Food systems and planning**

- January 21 Introductions and history of food system planning
- January 28 Comparative food systems  
*Assignment due:* five brunches dish/meal (group) and essay (individual)
- February 4 Regional and land planning
- February 11 City planning and policy  
Guests: Amanda Wagner, Philadelphia Department of Public Health  
Ash Richards, Philadelphia Department of Parks and Recreation
- Friday, Feb. 14 *Assignment due:* reflection paper 1

### **Part 2: Food environments and access**

- February 18 Assessing food environments  
Trip: Upper Darby
- February 25 Food retail interventions  
Guest: Brian Lang, The Food Trust
- March 3 Hunger and food relief  
Trip: Philabundance, hosts: Jonathan Miller, Glenn Bergman

#### *Spring Break*

- March 17 School food and youth  
Guests: Mary Summers, Penn Fox Leadership Program  
Jarrett Stein, Rebel Ventures
- Friday, Mar. 20 *Assignment due:* reflection paper 2

### **Part 3: Labor and enterprise, distribution and waste**

- March 24 Food enterprise and workforce development  
Trip: Center for Culinary Enterprises, host: Val Cadet
- March 31 Wholesale distribution and waste  
Trip: Philadelphia Wholesale Produce Market (meet at 7:00am)
- April 7 Local value chains  
Trip: Common Market, Philly Good Food Lab, Mycopolitan Farms
- Friday, Apr. 10 *Assignment due:* reflection paper 3

### **Part 4: Urban agriculture**

- April 14 Economic and social impacts  
Trip: Southwest Philadelphia gardens and farms with Michael Nairn
- April 21 Politics and policies  
Trip: Upper Roxborough farms and gardens
- April 28 Ecology and design  
Work day: TBA
- Friday, May 1 *Assignment due:* reflection paper 4

## **I. Food Systems and Planning**

### January 21     **Introductions and history of food planning**

Reading: News and reports on food systems – links on Canvas.

### January 28     **Comparative food systems**

Reading:

- Sandor Katz, *The Revolution Will Not Be Microwaved* (2003), chapter 1.
- Deutsche Bank, “Agricultural investments” (2019).
- IFPRI, Global Food Policy Report (2013), chapter 9.
- See assignment for instructions on reading: selections of Michael Pollan, *The Omnivore’s Dilemma* (2006); or fair and just food articles.
- Continue reading news and reports on Canvas.

Assignment due: Five brunches exercise (distributed Jan. 21)

### February 4     **Regional and land planning**

Reading and listening:

- Karg et al., “Foodsheds and CRFS in Two West African Cities” (2016).
- Browse U.S. regions’ foodshed studies, plans, and visions.
- Tom Daniels, “Farmland Preservation Planning in Local Land Use Planning.”
- Matthew Mariola, “Losing Ground” (2005).
- Black farmer and farming subdivisions articles and radio story.
- Urban Land Institute, *Cultivating Development* (2016).
- Continue reading news and reports on Canvas.

### February 11     **City planning and policy**

Reading:

- Kevin Morgan, “Nourishing the City” (2015).
- Marielle Dubbelling et al., “Sustainable Urban Food Provisioning” (2015).
- Cecilia Rocha and Lara Lessa, “Urban Governance for Food Security” (2009).
- Elyssa Ludher and Thinesh Kumar, “Food and the City” (2018).
- Elizabeth Whitton et al., “Baltimore City, Maryland” (2015).

Guests:             Amanda Wagner, Philadelphia Department of Public Health  
                           Ash Richards, Philadelphia Department of Parks and Recreation

Friday, February 14: Assignment due – Reflection paper on part 1

## **II. Food Environments and Access**

### February 18 **Assessing food environments**

Reading:

- Food deserts and swamps articles.
- Story et al., “Creating Healthy Food and Eating Environments” (2008).
- Kameshwari Pothukuchi, “Community Food Assessment” (2004).
- Whole Measures reports (2009/2012).
- FAO/RUAF, City Region Food Systems Programme (2018).

Trip: Upper Darby

### February 25 **Food retail interventions**

Reading:

- Reardon et al., “Rise of Supermarkets in Africa, Asia, Latin America” (2003).
- Dhruv Khullar, “What Happens When New Supermarkets Open” (2019).
- Julie Guthman, “If they only knew” (2011).
- Morales and Kettles, “Zoning for Public Markets and Street Vendors” (2010).

Guest: Brian Lang, The Food Trust

### March 3 **Hunger and food relief**

Reading:

- Lang, Barling, and Caraher, *Food Policy* (2009), chapter 2.
- Patricia Allen, “Reweaving the Food Security Safety Net” (1999).
- Janet Poppendieck, *Sweet Charity* (1998), chapter 7.
- Vitiello et al., “From Commodity Surplus to Food Justice” (2015).

Trip: Philabundance, hosts: Jonathan Miller; Glenn Bergman

### March 17 **School food and youth**

Reading:

- Janet Poppendieck, “The ABC’s of School Lunch” (2013).
- Food issue, *Philadelphia Public School Notebook* (2016).
- “School Meals Around the World,” *The Guardian* (2005).
- Alexina Cather, “Sixteen School Lunch Programs...” (2016).

Guests: Mary Summers, Penn Fox Leadership Program  
Jarrett Stein, Rebel Ventures

Friday, March 20: Assignment due – Reflection paper on part 2

### **III. Labor and Enterprise, Distribution and Waste**

#### March 24      **Food enterprise and workforce development**

Reading and listening:

- *Community Food Enterprise* – read at least five cases.
- Immigrant farming case studies – read at least two.
- Sarah Berry and Carrie Draper, “Community Kitchens” (2014).
- “Beyond Charity: Turning the Soup Kitchen Upside Down” (2014).
- Sobell and Agyeman, “From Loncheras to Lobsta Love” (2013).
- Browse enterprise and workforce development links on Canvas.

Trip: Center for Culinary Enterprises, host: Val Cadet

#### March 31      **Wholesale distribution and waste**

Reading and watching:

- Alexis Madrigal, “A Journey... Refrigerated Warehouse Archipelago” (2013).
- Corby Kummer, “The Great Grocery Smackdown” (2010).
- Wallace Center SYSCO case study.
- *Wasted! The Story of Food Waste* (2017), 67 minutes.
- Story Hinckley, “How France Became a Global Leader...” (2018).
- Stephanie Strom, “New Crop of Companies Reaping Profits...” (2016).

Trip: Philadelphia Wholesale Produce Market \*meet at 7:00am

#### April 7          **Value chains**

Reading:

- Dubbeling, Hoekstra, and van Veenhuizen, “From Seed to Table” (2010).
- Bernice Lee et al., “The Global Food Value Chain: A Snapshot” (2019).
- Adam Diamond et al, *Food Value Chains* (2014).
- National Good Food Network reports on processing; food hubs; value chains.
- Kate Kilpatrick, “The Corn Ultimatum” (2008).
- Catholic Relief Services, “Inclusive Value Chains” (2013-14).

Trip: The Common Market, Philadelphia Good Food Lab, Mycopolitan Farms

Friday, April 10: Assignment due – Reflection paper on part 3

## **IV. Urban Agriculture**

### **April 14      Economic and social impacts**

Reading and watching:

- World Bank, “Urban Agriculture” (2013).
- Moustier and Danso, “Local Economic Development and Marketing of Urban Produced Food” (2006).
- Pierrette Hondagneu-Sotelo, *Paradise Transplanted* (2014), 116-160.
- Patricia Klindienst, *The Earth Knows My Name* (2006), 103-132.
- RUAF videos.
- PBS, *Urban Farming* (2012), 24 minutes.

Trip: Southwest Philadelphia gardens and farms with Michael Nairn

### **April 21      Politics and policies**

Reading:

- Vandana Shiva, “Earth Democracy,” “Water Democracy,” “Seed Sovereignty,” “Food Sovereignty,” and “Land Sovereignty.”
- RFNW, *Alternatives and Resistance* (2013), 60-91.
- RUAF projects – see Canvas for instructions.
- Monica White, “D-Town” (2010).
- Leah Penniman, “Radical Farmers Use Fresh Food” (2015).
- Domenic Vitiello, “Urban Agriculture as a Public Good” (2019).

Trip: Upper Roxborough farms and gardens

### **April 28      Ecology and design**

Reading and watching:

- Miguel Altieri, “Agroecology” (1995).
- Dickson Despommier, “A Farm on Every Floor” (2009).
- Lauren Comiteau, “World's First Floating Dairy Farm...” (2019).
- *Seed: The Untold Story* (2016), first 50 minutes.
- *The Power of Community: How Cuba Survived Peak Oil* (2006), first 34 mins.
- Ron Finley, “Food Forest” (2012), 12 minutes.
- Browse links and videos.

Work day: TBA

Friday, May 1: Assignment due – Reflection paper on part 4