

## A Journey Through Our Food System Syllabus

**Summer 2026, Tuesdays 9AM-10:30AM**

**OLLI Campus, MAB 2**

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### Course Description

Hello! And welcome to the Journey Through Our Food System. In this course, we will engage in hands-on activities that offer us more insight into something we all need: food! From growing, eating, and distributing it, the food system affects us more than we may realize. Join us for this food-focused series that offers practical skills and critical discussion of Nevada’s food system.

<b>Week</b>	<b>Topic</b>	<b>Notes</b>
Week 1 / 5-26	Week 1- What is a Food System: The Gyro’s Journey!	Using prior knowledge and group dialogue, participants will identify processes and actors in the food system, then become the actors in the food system.
Week 2 / 6-2	Week 2- Food Waste: A Worm Walks into a Bucket...	Participants will learn the basics of worm composting, then create their own home composting system. Optional: taking home their own compost bucket with worms.
Week 3 / 6-9	Week 3- Production: Attack of the Clones!	Participants will learn the differences between modern and regenerative farming, then use common grocery items to plant seeds, bulbs, and make mini hydroponic systems for their plant propagates
Week 4 / 6-16	Week 4- Processing: Butter? Smoothies? No Whey!	Participants will discuss different distinctions of food processing, then make their own butter. Using the leftover whey, participants will enrich their fruit smoothies with calcium and protein.
Week 5 / 6-23	Week 5- Consumption: Nutrition, Labels, and the Illusion of Choice.	Participants will create their own electrolyte drink, delving deeply into the body’s hydration needs and the reasons why consumers make certain choices.

Week 6 / 6-30	Week 6- Distribution: Taste the Rainbow (Salad)	Participants will prepare the elements of a rainbow salad using locally sourced ingredients. With an introduction to the Healthy Food Access Map, we will discuss the 4 A's of food security: Availability, Accessibility, Affordability, Appropriateness
Week 7 / 7-7	Week 7- Social Systems: The Hands that Feed Us!	Participants will act as different employees throughout the food system, weighing wages, the average cost of living, and whether there is room for change.
Week 8 / 7-14	Week 8-Environmental Systems: The Ninth Island or Urban Heat Island?	Participants will perform a scientific experiment using infrared thermometers and outdoor surfaces to assess our infrastructure, learning about the heat island effect and public planning.
Week 9 / 7-21	Week 9- Food Policy Landscape: Law and Order: Nevada Food Unit!	Participants analyze the language of different policies that affect food security in Southern Nevada, then decide how effective they will be based on three aspects of how policies are written.
Week 10 / 7-28	Week 10-Planning for Solutions: Show Me the Money!	Participants will become their own local legislators, deciding which sectors to fund. We will then discuss how local monies are spent and how it affects our food system.

**\*Content/order/classes/speakers subject to change if necessary.**

**It is OK to still be working on things when you turn your Syllabus in.** Please turn your Syllabus in **ON TIME**, with “TBA” for **ANYTHING** you are still working on setting up.