



**SUSTAINABLE FOOD SYSTEMS MINOR**

**[comida.humboldt.edu](https://comida.humboldt.edu)**

For details about the program, contact an advisor at [comida@humboldt.edu](mailto:comida@humboldt.edu) or (707) 826-4124

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**CAL POLY HUMBOLDT**

**SUSTAINABLE  
FOOD SYSTEMS  
MINOR**

**COMMUNITY, CURRICULUM, AND  
CULTURE TO PREPARE FOR FOOD  
SYSTEMS CAREERS**



## Sustainable Food Systems Minor



Consider the tamale. A traditional Mesoamerican dish that predates European colonialism. Tamales are made from a corn flour dough called masa. How masa reaches our tables is a complex process—one that involves farming, agribusiness, social and environmental policies and controversies, and other factors that affect the supply chain.

Understanding how our food is produced, prepared, and distributed, and honoring our connections to food are at the heart of the Sustainable Food Systems minor at Cal Poly Humboldt. Through several disciplines in the sciences and liberal arts, explore how food relates to health, society, culture, and the sustainability of our planet; and apply this knowledge to an array of food systems careers.

### Program Features

- **HOLISTIC:** Examine food systems through an interdisciplinary lens. For example, courses examine Traditional Ecological Knowledge, community health and nutrition, aquaculture, and rangeland management.
- **CULTURAL ROOTS:** Engage with the diverse meanings, traditional roots, and intersections that food plays in our lives. Learn from Cal Poly Humboldt's national leaders in tribal food sovereignty.
- **LOCATION:** Learn in a unique rural region of California where microclimates support a high diversity of food production from the Pacific Ocean and inland river valleys to mountains.
- **PERSONAL ATTENTION:** Work closely with faculty and professionals, such as local farmers and ranchers, who will support your success in the program.
- **PRACTICAL EXPERIENCE:** Apply what you learn in the classroom to internships in the local community that address food system issues unique to this region and rural communities.



## Practical Experience & Careers

### HANDS-ON LEARNING

Practical experience is a cornerstone of the Sustainable Food Systems minor. Guided by faculty from across disciplines, you have the opportunity to apply what you learn in the classroom through internships with local and national experts. **Imagine:**

- » Interning with local food banks and pantries to learn hands-on skills for ending cycles of campus and community hunger; and for promoting food justice and food sovereignty.
- » Engaging on policy or research on farm labor and workers rights, food access, and water rights.
- » Gaining valuable hands-on experience in regenerative agriculture and the production, harvest, and postharvest handling of produce.
- » Engaging with community partners to address pressing issues, such as increasing access to fresh produce in rural communities.
- » Working with local producers to care for livestock and to plan sustainable grazing strategies.

### Related Careers

Combined with other majors, a Sustainable Food Systems minor can prepare you to address a wide variety of issues that affect our food systems today. Here are a few examples of the meaningful careers you can pursue after graduation.

**FOOD JOURNALIST**  
**FOOD OR**  
**AGRICULTURAL LAWYER**  
**FOOD OR**  
**AGRICULTURE INSPECTOR**  
**SMALL BUSINESS OWNER**  
**RANCH AND FARM MANAGER**

**AQUACULTURE**  
**MANAGER**  
**NUTRITIONIST**  
**COMMUNITY NURSE**  
**ORGANIC FARMER**  
**FOOD SYSTEM**  
**EDUCATOR**