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## **ASSIGNMENT GUIDELINES FOR FOOD JUSTICE WORK - Exploring Food Justice through Community Engagement at Guilford College Farm**

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## ASSIGNMENT GUIDELINES FOR FOOD JUSTICE WORK

# Exploring Food Justice through Community Engagement at Guilford College Farm

### PURPOSE

This multiweek project is designed to address food injustice by providing hands-on experience at Guilford College's farm while emphasizing the value of embodied knowledge.

The farm work and reflective activities will offer students an immersive understanding of the challenges and opportunities in creating a just and sustainable food system. Creative documentation of the experience through journals and a final paper will foster critical thinking about food justice issues.

### OVERVIEW

Students will work at the Guilford College Farm for 8-10 hours over the course of several weeks, engaging in various farm tasks and learning about sustainable agriculture practices. They will keep a reflective journal throughout the experience. At the end of the project, each student will write a final paper analyzing the farm's role in the food justice movement and connecting their experience to course readings.

### OUTCOMES

By contributing to the work at Guilford College Farm, students will gain firsthand perspective on the challenges of creating a just and sustainable food system while envisioning how college farms can be catalysts for positive change.

### GROUP SIZE

Entire class

### MATERIALS

Notebook and pens/pencils for journaling.

## Preparation

- Coordinate logistics and schedule with Guilford College Farm staff.
- Students will read and discuss texts about food justice, sustainable agriculture, and the role of college farms prior to starting their farm work.

## Farm Work and Reflective Journaling

- Engage in farm tasks as directed by farm staff, such as planting, weeding, harvesting, etc.
- Keep a journal reflecting on the experience, guided by prompts such as: What's going well and what isn't? What are you learning and how is it relevant to the course material? What were you hoping to learn?

## Final Paper

Write a 3–4 page paper that includes:

- Brief description of Guilford College Farm, its goals and/or mission, its activities, and the specific work you did there.
- Analysis of the farm's role in the food justice movement and how it addresses issues of race, gender, class, food access, food sovereignty, and climate change.
- Connection to at least 2–3 course readings.

A successful paper explicitly references food justice concepts and frameworks from class and provides thoughtful analysis of the farm experience in relation to these ideas.