

**Hunger and Food Insecurity in New Brunswick: Service Learning and Alternative Spring Break  
Spring 2020  
11:090:101**

**Time:** Tuesdays, 11:30am-12:50pm

**Dates:** January 21, 2020 - March 31, 2020

**Location:** Rutgers Academic Building East

Room 2250

15 Seminary Place, College Avenue Campus

**Instructors:**

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Office hours by appointment

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**Seminar Description**

This course will introduce students to the problem of hunger and food insecurity in New Brunswick, how it is measured, and programs designed to address it. Students will have the opportunity to visit and work at food pantries and a soup kitchen, all located in downtown New Brunswick. The importance of civic engagement will be discussed throughout the semester. Enrolled students are required to participate in a week-long, immersive service-learning experience during the Rutgers spring break (March 15-21, 2020). This alternative spring break will take place in New Brunswick and allow students to volunteer at community organizations, connect and apply their classroom learning to the service sector, and reflect upon their experiences with their peers. Students will write a reflection of what they have learned over the semester. Students must be 18 years of age when the course begins. If students are unable to commit to participation in the immersive service learning over spring break, they should not enroll in this course. There is no additional cost to participating in this course and break trip.

**Learning Goals**

As a result of participation in this course, students should have a more complete understanding of hunger and food insecurity among different populations within the New Brunswick community. Student learning will be influenced by course readings and discussions as well as service learning trips and a week-long, immersive alternative spring break.

### **Requirements**

All students are required to actively participate in all class lectures, presentations, service learning trips, and the alternative spring break. Students should come to class prepared and ready to ask questions and engage in critical dialogue.

### **Grading**

This is a **Pass/No Credit** course. More than two class missed classes will result in a no credit grade. An “incomplete” grade will not be assigned in this course.

The following components will make up your grade:

25% class participation

35% participation on class-based service trips and alternative spring break

40% written and oral reflection on service over the course of the semester

### **Absence Policy**

Students are expected to attend all classes; if you expect to miss a class, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to the instructors.

### **Materials**

There is one required book: *Big Hunger: The Unholy Alliance between Corporate America and Anti-Hunger Groups*, by Andrew Fisher (2018)

Other assigned reading will be available in Sakai.

### **Academic Integrity**

Plagiarism is a major offense at Rutgers University. You are responsible for understanding the academic integrity policy and following these principles. Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld. The complete academic integrity policy can be found here: <http://academicintegrity.rutgers.edu/>.

### **Assignments**

1. Students are expected to complete all assigned readings.
2. Students are expected to complete a short reflection paper. The reflection paper should be between 3 and 5 double spaced pages. The following questions can be used to guide student reflection papers, but you are free to write about your experiences in a different way. Students should not attempt to answer all questions.
  - How have your perceptions of hunger and food insecurity changed or remained the same as a result of this course?

- Reflect on one of your experiences visiting Emmanuel Lutheran, Elijah's Promise, the Rutgers Student Food Pantry, or your week-long alternative spring break. What impact did you have on the community served and what was the most important lesson you learned?
- Reflecting on your service learning experience, how was your experience different than what you expected? What did you learn about the community or group that you served?
- What contributes to the success of hunger relief efforts such as food pantries, soup kitchens, and Meals on Wheels? What hinders success?
- What can you do with the knowledge and experience gained from this course to promote change in regards to hunger and food insecurity in your community?
- What difficulties did you experience when participating in the service learning components (both during the semester and the alternative spring break) of this course? What did you find to be rewarding? Explain.

Date	Topic	Guest Speaker/Service Learning Site/Assigned Reading
January 21	<b>Classroom Discussion</b> -Course overview & expectations -What is food insecurity? How do we measure food insecurity? What are SNAP, WIC, and the emergency food system? -Guidelines for trips	N/A
January 28	<b>Reading:</b> <u>unger</u> , Intro and Chapter 1  <b>Speaker</b> Service Learning Guidelines	Amy Michael from the Collaborative Center
February 4	<b>Reading:</b> <u>Big Hunger</u> , Chapter 2  <b>Service Learning Trip &amp; Guest Speaker</b> Trip to New Brunswick Choice Pantry	<b>Jennifer Apostol, Jennifer Hinton, and Vince Rifici</b> from New Brunswick Choice Pantry  <b>Meet at</b> <b>New Brunswick Choice Pantry</b> <i>Unity Square Community Center</i> <i>81 Remsen Avenue</i> <i>New Brunswick, NJ</i>
February 11	<b>Reading:</b> <u>Real College report (link in Canvas)</u>  <b>Service Learning Trip &amp; Guest Speaker</b> College Student Food Insecurity  <i>(Note: Half the class will go to the food pantry and the other half will remain in the classroom. We will switch halfway through the class).</i>	<b>Kerri Willson</b> from Rutgers Student Food Pantry  <b>Meet in classroom, then we will head to Rutgers Student Food Pantry</b> <i>39 Union Street</i> <i>New Brunswick, NJ</i>
February 18	<b>Reading:</b> <u>Big Hunger</u> , Chapter 4  <b>Classroom Discussion</b>	<i>Samantha and Alex to come to class.</i>
February 25		<b>Visit Five Loaves and the Cafe Space. Eat at Cafe if open.</b> <b><i>Lunch will be served</i></b>
March 3	<b>Reading:</b> <u>unger</u> , Chapter 7	

	Room Discussion	
March 10	<p><b>Guest Speaker</b> Food Insecurity Across the Lifespan: <i>Food Insecure Senior Citizens</i></p> <p><b>Classroom Discussion</b> Food Insecurity Across the Lifespan: <i>K-12 school food programs</i></p>	<p><b>Shareka Fitz</b> from Meals on Wheels in Greater New Brunswick</p> <p>Lunch will be served in the classroom.</p>
Week of March 17	<b>Alternative Spring Break Trip</b>	<p><b>We will provide details for Spring Break Trip throughout the semester, and we will have separate schedules and documentation for the trip!</b></p>
March 24	<p><b>Reading:</b> <u>Big Hunger</u>, Chapter 8</p> <p><b>Guest Speaker</b> The Dream Project</p>	Katie Parrish and other members of the Dream Team
March 31	<p><b>Classroom Discussion</b></p> <ul style="list-style-type: none"> <li>-Student presentations on course reflections</li> <li>-Opportunities to continue service</li> </ul>	

## **Student Wellness Services**

Rutgers University offers a variety of campus resources to aid students in their physical and mental well-being.

### **Food Resources**

Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to contact the Rutgers Student Food Pantry or the Dean of Students (contact below) for support. Furthermore, please notify the professors if you are comfortable in doing so. This will enable her to provide any resources that she may possess.

#### *Rutgers Student Food Pantry*

848-932-5500/ 39 Union Street, New Brunswick, NJ 08901/ <http://ruoffcampus.rutgers.edu/food/>  
Mon-Fri, 9:00am-4:00pm

The Rutgers Student Food Pantry is dedicated to helping all Rutgers students in need of food. No appointment is necessary, all you need to do is bring your RUID and fill out a brief identification form once you arrive. Students will be provided with groceries that typically last about one week.

#### *Dean of Students Office*

848-932-2300/ 88 College Avenue, New Brunswick, NJ 08901/ <http://deanofstudents.rutgers.edu/>  
Mon-Fri, 8:30am-5:00pm

The Dean of Students Office at Rutgers University-New Brunswick provides solutions, services, and support to help students navigate Rutgers University. The Office serves as a student support network by providing advocacy, problem resolution, and critical incident intervention for those times when additional assistance is needed. Please *call* to schedule an appointment to meet with a representative from the Dean's office.

### **Additional Resources**

#### *Counseling, ADAP & Psychiatric Services (CAPS)*

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/ [www.rhscaps.rutgers.edu/](http://www.rhscaps.rutgers.edu/)  
CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

#### *Violence Prevention & Victim Assistance (VPVA)*

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / [www.vpva.rutgers.edu/](http://www.vpva.rutgers.edu/)  
The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

*Disability Services*

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation:

<https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at:

<https://ods.rutgers.edu/students/registration-form>.

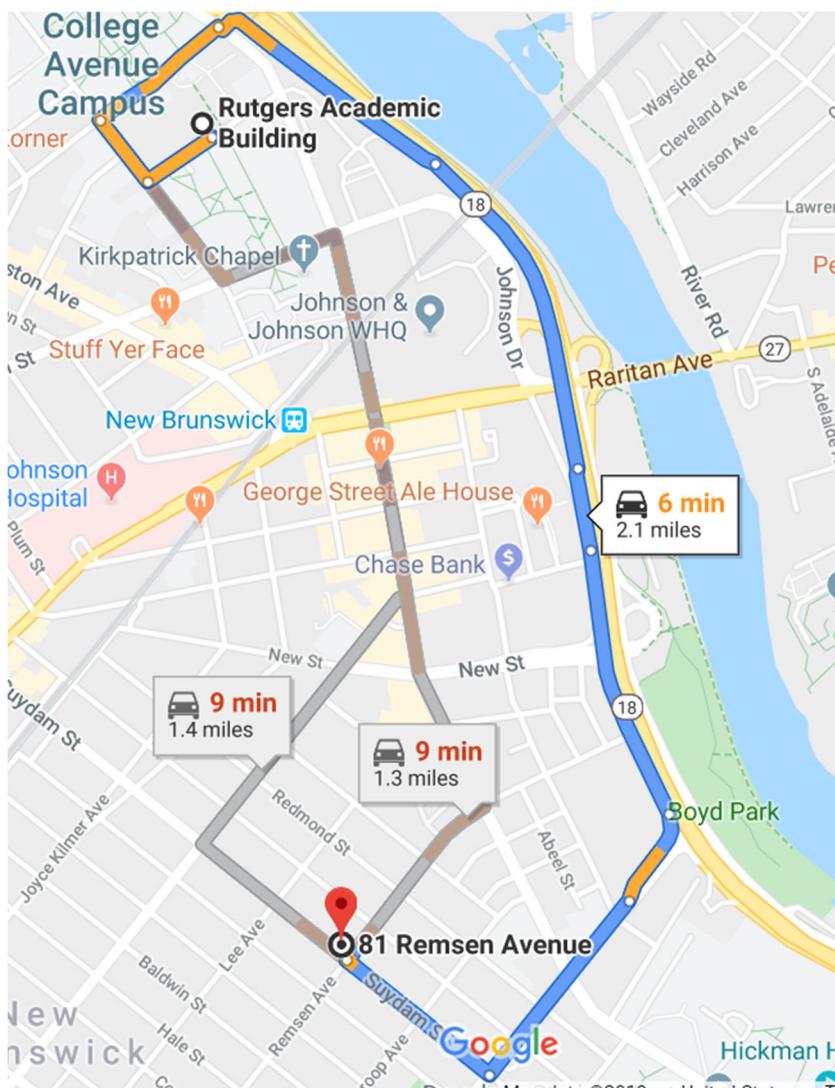
## Field Trips Addresses & Directions

**New Brunswick Choice Pantry**  
Unity Square Community Center  
81 Remsen Avenue  
New Brunswick, NJ

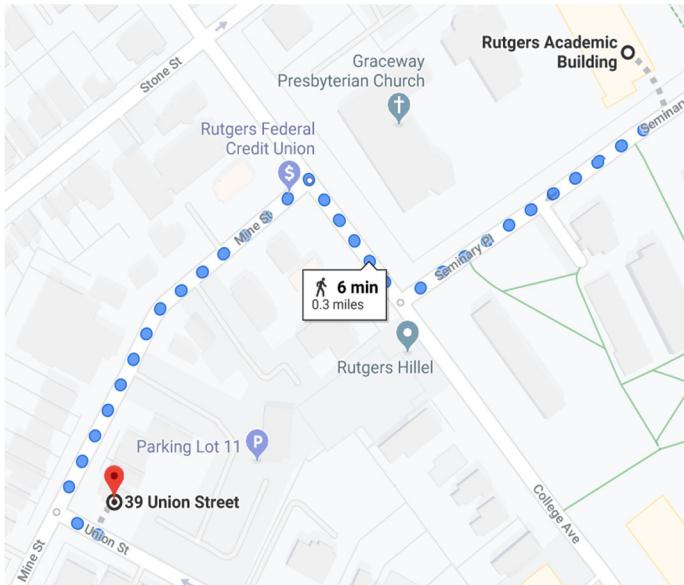
**Rutgers Student Food Pantry**  
39 Union Street  
New Brunswick, NJ 08901

**Elijah's Promise Soup Kitchen**  
18 Neilson St.  
New Brunswick, NJ 08901

### Directions from Rutgers Academic Building to New Brunswick Choice Pantry



### Directions from Rutgers Academic Building to Rutgers Student Food Pantry



### Directions from Rutgers Academic Building to Elijah's Promise Soup Kitchen

