

**Hunger and Food Insecurity in New Brunswick: A Service Learning Perspective**  
**Fall 2018**  
11:090:101

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

**Dates:** September 4, 2018- November 6, 2018

**Location:** Campbell Hall, Room A2  
617 George Street, College Avenue Campus

**Instructors:**

Cara Cuite

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848-932-4544

Office hours by appointment

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Office hours by appointment

**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 two food pantries and one soup kitchen, all located in downtown New Brunswick. Five additional hours of service in a food-related community organization will be required. The importance of civic engagement and additional opportunities for service learning will be discussed throughout the semester. Students will write a reflection of what they've learned over the semester. Students must be 18 years of age when the course begins.

**Learning Goals**

As a result of participation in this course, students should be able to have more a complete understanding of hunger and food insecurity among different populations with the New Brunswick community. Student learning will be influenced by course readings and discussions as well as service learning trips to food pantries and soup kitchens. Students will have the opportunity to learn through service and further

**Requirements**

All students are required to be actively participate in all class lectures, presentations, and service learning trips. 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:

10% class participation

25% participation on class-based service trips

30% service learning hours on your own time

35% 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**

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 five additional hours of food-related community service work outside of class time. You must set this up independently, working with a local food pantry or soup kitchen. You can find a listing of New Brunswick food pantries at <https://www.feedingnewbrunswick.org/food-pantries>.
2. Students are expected to complete a short reflection paper. The reflection paper should be between 2 and 4 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, or the Rutgers Student Food Pantry, or your independent community service hours. 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 of this course? What did you find to be rewarding? Explain.

Date	Topic	Guest Speaker/Service Learning Site
September 4	<ul style="list-style-type: none"> <li>• Course overview &amp; expectations</li> <li>• What is food insecurity? How do we measure food insecurity? What are SNAP, WIC, and the emergency food system?</li> <li>• Guidelines for trips</li> </ul>	N/A
September 11	<b>Guest Speaker</b> Service Learning Guidelines	<b>Amy Michael</b> from the Collaborative Center
September 18	<ul style="list-style-type: none"> <li>• Federal, state, and local supports for pantries and soup kitchens</li> <li>• Finalize standards of behavior at service learning sites</li> </ul>	
September 25	<b>Service Learning Trip</b>	<ul style="list-style-type: none"> <li>• <b>Kerri Willson</b> from Rutgers Student Food Pantry  <b>Rutgers Student Food Pantry</b>  <i>39 Union Street</i>  <i>New Brunswick, NJ</i></li> </ul>
October 2	<b>Service Learning Trip &amp; Guest Speaker</b> <ul style="list-style-type: none"> <li>• Deadline for completion of additional 5 hours of community service</li> <li>• Food Insecurity across the lifespan: <i>K-12 school food programs</i></li> </ul>	<b>Emmanuel Lutheran Food Pantry</b> <i>1 Kirkpatrick St.</i> <i>New Brunswick, NJ 08901</i>
October 9	<b>Service Learning Trip</b> (*Students should try to arrive early to get acclimated before the lunchtime rush)	<b>Elijah's Promise Soup Kitchen</b> <i>18 Neilson St.</i> <i>New Brunswick, NJ 08901</i>
October 16	<b>Trip to World Food Day Celebration</b> Trip to Cook Campus to visit Institute for Food Nutrition and Health; Check in with instructors about independent service hours	IFNH, 66 Dudley Road on Cook Campus, will have tables for World Food Day during class time. Optional Science Café on World Hunger at 9:30 IFNH 205
October 23	<b>Guest Speaker</b> Food Insecurity across the lifespan: <i>Food insecure senior citizens</i>	<b>Shareka Fitz</b> from Meals on Wheels in Greater New Brunswick
October 30	<ul style="list-style-type: none"> <li>• <i>TBD</i></li> </ul>	
November 6	<ul style="list-style-type: none"> <li>• Student presentations on course reflections &amp; opportunities to continue service</li> </ul>	N/A



## **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

*Emmanuel Lutheran Food Pantry*

*1 Kirkpatrick St.*

*New Brunswick, NJ 08901*

*Elijah's Promise Soup Kitchen*

*18 Neilson St.*

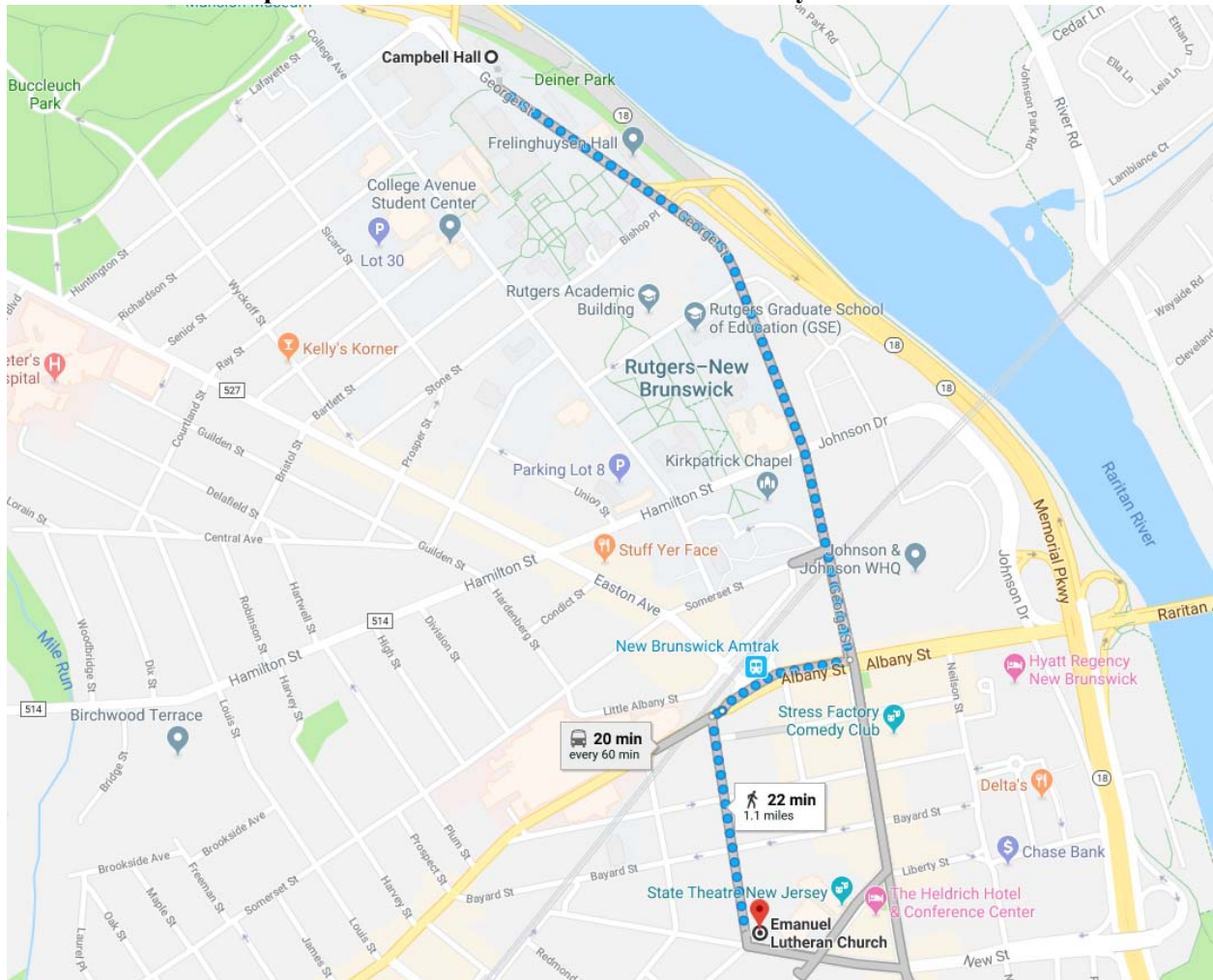
*New Brunswick, NJ 08901*

*Rutgers Student Food Pantry*

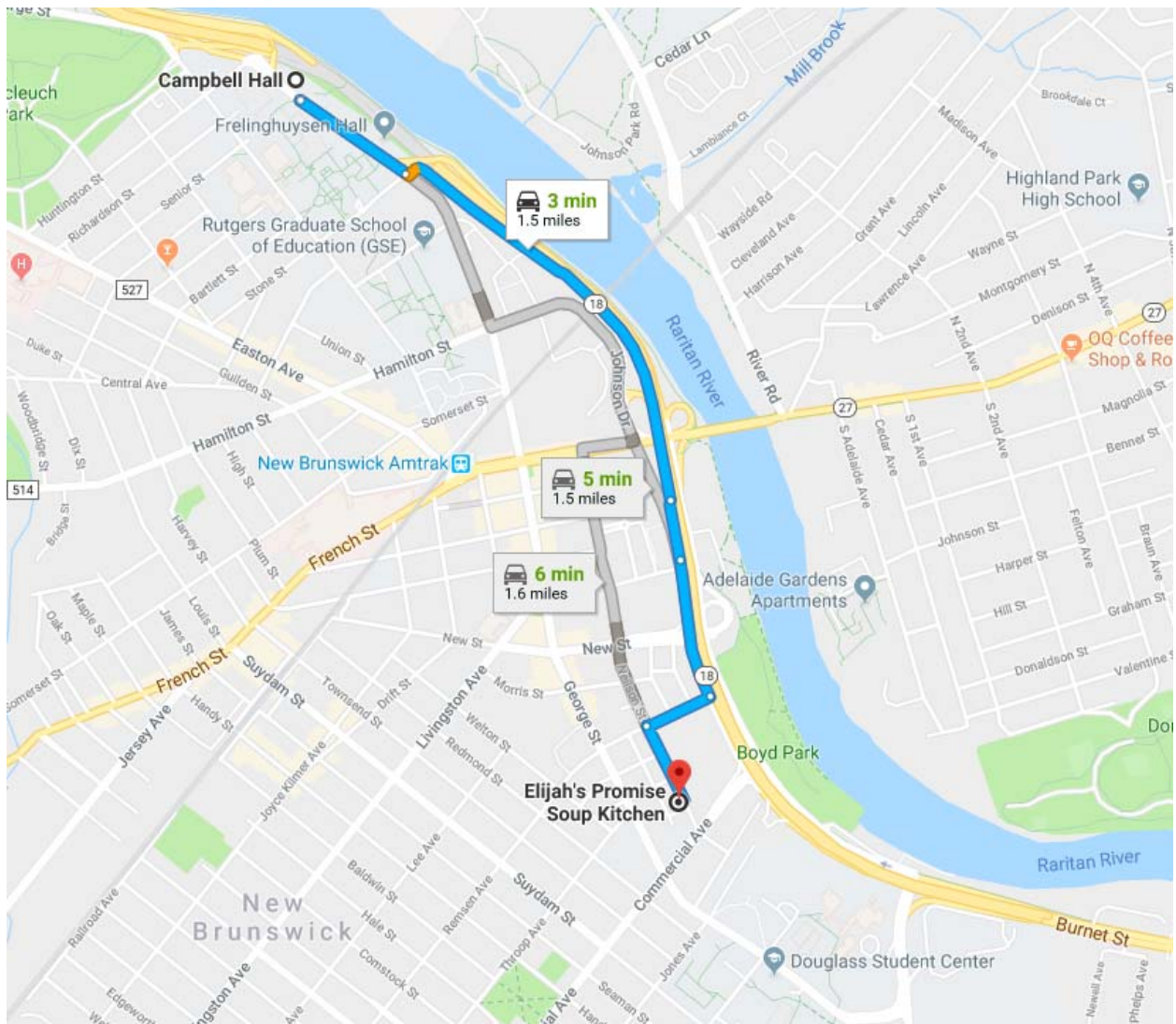
*39 Union Street*

*New Brunswick, NJ 08901*

## Directions from Campbell Hall to Emanuel Lutheran Food Pantry

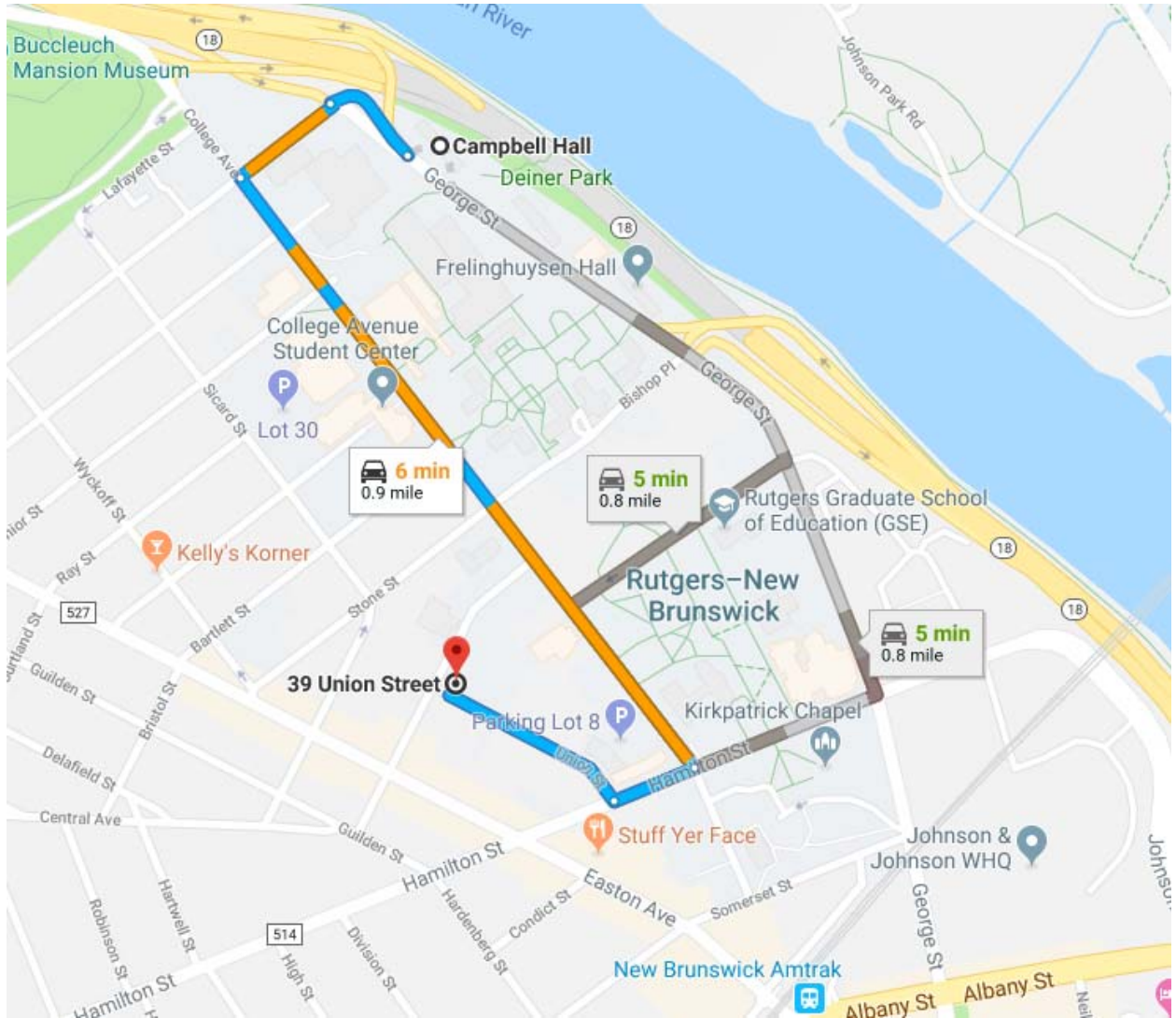


### Directions from Campbell Hall to Elijah's Promise Soup Kitchen





### Directions from Campbell Hall to Rutgers Student Food Pantry



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