

# School Nutrition and Food Equity in Madison, WI

## An Undergraduate Global Health Field Course

**Leaders:** Susan Nelson (Gender and Women's Studies)  
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**Dates:** Fridays 9am-12pm, February 23-April 13 (no meeting 3/30)

**Costs:** No additional tuition/course fee (as long as you are within 12-18 credits)

50% of children in Madison are eligible for free or reduced school lunch

**Description:** Children need nutritious food to grow and develop, both physically and mentally. As a global health student, you know that access to nutritious food is not a given in the US, even here in Madison. Such barriers can include physical access to grocery stores, financial access to purchase nutritious foods, and the knowledge and motivation to choose these foods. There are also inequities in access to resources, particularly among low-income residents of color in Madison. This 1 credit Global Health Certificate Field Course is designed to introduce you to the efforts to improve child nutrition and address inequities, from national school lunch policies to local activities in Madison, with global comparisons.

23% of Dane County youth are overweight or obese, and minority youth are at the highest risk

Did you know that the USDA once considered ketchup as a vegetable in school lunch?

### Learning Objectives:

1. Understand the history and basic concepts of school nutrition policy in the US and comparisons with other countries.
2. Become familiar with food systems in Madison, specifically stakeholders in school and community nutrition and examples of current interventions/initiatives.
3. Recognize the role that school nutrition programs play in children's nutrition and health, and identify and understand trends and inequities. Explore how these trends differ among groups in Madison according to social, cultural and environmental factors.
4. Recognize and appreciate cultural differences as they play out in school settings in Madison. Consider how these differences might influence behaviors and have potential implications for plans to improve community nutrition.
5. Learn more about local school lunch culture and engage children's ideas and perceptions around food while participating in a service learning project around school garden curriculum with 4th graders at Lowell Elementary school

**To Apply:** Visit [ghi.wisc.edu/education/undergraduate-certificate/field-experiences/#FieldCoursesSpring18](https://ghi.wisc.edu/education/undergraduate-certificate/field-experiences/#FieldCoursesSpring18) and apply by November 19<sup>th</sup>



UNDERGRADUATE CERTIFICATE IN  
**Global Health**  
UNIVERSITY OF WISCONSIN-MADISON