

Course Syllabus Fall 2025

University of Rhode Island Cooperative Extension

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Cooperative Extension Guiding Principles

Bringing science-based University resources to Rhode Island communities since 1914	We are committed to improving quality of life, livelihoods, and the health of our natural environment through our work.
We believe in social and environmental justice.	We strive to deepen our cultural understanding and proficiency while building capacity to create inclusive experiences that address diverse community needs.



Program Mission & Vision

The mission of Food Recovery for Rhode Island is to train people to amplify community-led wasted food solutions.

Our vision is a food literate Rhode Island where residents make food-related decisions that improve public health, strengthen the economy, and protect the environment.

How the Course Works

This online course is asynchronous, with suggested deadlines for all course components (see course schedule). You can work within your own time and life parameters, within the suggested deadlines to complete work, however all work can be submitted up until the course ends.

Each week opens Wednesday 8:00 am	Each week runs from Wednesday to the following Wednesday	Suggested due dates are the following Wednesday 11:59 pm
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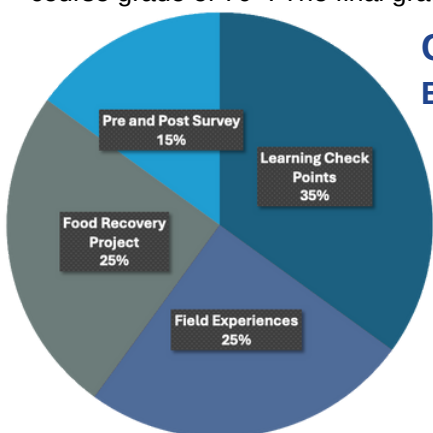
Learning Outcomes

Upon successful completion of this course, Food Recovery Volunteers will be able to:

1. Exhibit understanding of the EPA Wasted Food Scale concepts in order to apply to food recovery techniques and engage in community volunteer efforts
2. Examine the state of food waste, food insecurity and environmental concerns in Rhode Island
3. Describe food recovery efforts across Rhode Island
4. Demonstrate an understanding of a food recovery skill, such as food preservation, storage or composting
5. Implement knowledge of food recovery techniques in experiential settings
6. Create and present a project culminating from your personal interest and self-paced learning in at home food recovery in the kitchen, development of a personal compost program or a school-based food recovery program

Course Components and Evaluation

To demonstrate an understanding of class content and become a certified Food Recovery Volunteer, you must obtain a final course grade of 70+. The final grade is broken down into four grading categories for 100% of the final grade:



Course Structure

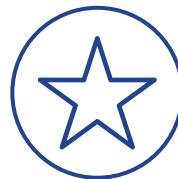
Each week the learning module will have the following for you to complete:



Learning Checkpoint:
to review previous content



Learn:
New course content (reading and videos)



Experience:
Preparatory information about the field experiences



Course Project:
Work on your chosen track (kitchen, composting or school)

Course Materials

- **Internet Access:** Computer access to the internet is required in order to successfully navigate this course. The course is delivered through the Brightspace Learning Management System (LMS) Engage platform. Recommended browsers are Google Chrome or Mozilla Firefox. The mobile versions of these browsers also work well with the majority of operations in Brightspace. Internet Explorer is not recommended.
- **Understanding Course Content via Learning Checkpoints (35%)** is the educational part of the course! Each week before the new information is available you will complete a learning checkpoint to review the previous week's information. This learning checkpoint is structured as a quiz and will require one attempt to move forward to the new information. However you are able to take the quiz as many times as you would like to get the grade you prefer.
- **Field Experiences (25%, 4/7 attended)** are weekly in person sessions that are composed of community and university experts, workshops or field-trip style experiences. It is required that you attend 4 of 7 (total amount offered). The field experiences are the application portion of the course (+the most fun!) where you get to put your knowledge to work in real life! Of the 7 sessions offered, you must attend 4 of your choosing, however we highly encourage you to participate in as many field experiences as you can!
 - Note: Please make every effort to attend the sessions for which you are registered. If you are unable to attend a session you registered for, we will have an extra online module for you to complete as a makeup.
- **Completion of Pre and Post Surveys (15%)** There will be a pre and post survey that measures how much knowledge was gained and how effective our course was. There are no right or wrong answers!
- **Food Recovery Project (25%)** It is a semester-long project that is designed to help you apply the information you're learning in class to your everyday life. You will select a track: kitchen, compost or school and develop a deeper knowledge in one of these areas. The project is a semester-long 'blog style' discussion post where you will share your progress, challenges, AND successes. Pictures are encouraged! Each week your blog will be assessed as:
 - Accepted (Pass) or Needs Revisions
 - Feedback and resources will be provided
 - Your Food Recovery Project Final Version will be due on the last day of class.
- Any assignment that receives a Needs Revisions can be resubmitted as many times as desired until the course concludes. You can expect feedback on a submitted assignment within 2 weeks of the due date.




Brightspace	Course Questions
<ul style="list-style-type: none"> • Drop into a Help Session - with URI Information Technology Services • Make sure you reference "Brightspace Engage" when working with the help desk • Call (401) 874-HELP or email helpdesk@uri.edu 	<ul style="list-style-type: none"> • Review the New Students Frequently Asked Questions (FAQs) document • Teaching Assistant: foodrecoveryri@gmail.com <ul style="list-style-type: none"> ◦ Office Hours: By appointment via zoom and before or after field experiences • Program Leader: vanessa@uri.edu

Course Policies

- **Accessibility.** To ensure that we are supporting the success of all participants, we will be making efforts to add closed captioning to all video recordings. If you need assistance or are struggling to meet course requirements please contact Vanessa @vanessa@uri.edu for accommodations.
- **Anti-Bias Statement.** We respect the rights and dignity of each individual and group. We reject prejudice and intolerance, and we work to understand differences. We believe that equity and inclusion are critical components for campus community members to thrive. If you are a target or a witness of a bias incident, you are encouraged to submit a report to the [URI Bias Resource Team](#). There you will also find people and resources to help.
- **In the event of a cancellation for emergencies,** there will be no change in due dates for the curriculum, unless communicated to you. Changes in the experiences will be communicated to you directly.
- Treating others, including the instructors, community experts and your fellow participants, with **respect** is expected from all participants. This includes, but is not limited to, responding to discussion forums respectfully and answering questions thoughtfully and without judgment.
- Any individual who has difficulty affording or **accessing enough food to eat**, is urged to contact the [Supplemental Nutrition Assistance Program](#) for support. If you are comfortable, please also contact me (amanda_missimer@uri.edu) so that I can provide assistance.

Learning Environment	Attendance
<p>Food Recovery for Rhode Island is committed to fostering a safe and inclusive learning environment. We stand firmly against discrimination, racism, homophobia, and transphobia and this will not be tolerated in any of our events. We welcome individuals from diverse backgrounds and are dedicated to creating a supportive environment that values and respects each person's identity. We encourage open dialogue, learning, and growth as we work together to create a truly inclusive community.</p>	<ul style="list-style-type: none"> • Field sessions: Attendance at 4/10 sessions is required to "pass" the course. • In an online environment, "attendance" is measured by your presence on the site as well as your contributions to the site. The importance of regular logins and active participation cannot be overstated! Engaging with the course and your fellow participants is what makes the best experience!!



Land Acknowledgement

The University of Rhode Island occupies the traditional stomping ground of the Narragansett Nation and the Niantic People. We honor and respect the enduring and continuing relationship between the Indigenous people and this land by teaching and learning more about their history and present-day communities, and by becoming stewards of the land we, too, inhabit.

 Volunteer Certification	Volunteer Internship
<p>In order to become a certified URI Extension Food Recovery volunteer, you must complete 40 hours of volunteer service on approved FRRI volunteer projects and enter your hours into Get Connected, our volunteer management system. You will learn about the approved projects and Get Connected during the course. You will have the option to choose one or multiple opportunities. We recommend that you complete your volunteer internship within 2 years. Review more in our Volunteer Opportunity Guide found on Brightspace Engage. Have an idea for a project or partnership? Email vanessa@uri.edu to discuss.</p>	<p>As you complete your internship and continue volunteering, we'll keep you engaged! We are always hosting follow-on sessions on topics such as fermentation and kimchi, chickens, and composting in the city! Sessions are often accompanied by "after hours" events where we gather with our community to enjoy food and beverages at locations across the state. There are lots of great opportunities to network and connect as you join our FRRI learning community! Join our Facebook group to stay updated and you'll also receive our bi-weekly newsletters!</p>

<p style="text-align: center;">Orientation</p>	<p style="text-align: center;">Week 3: Wasted Food Solutions II: Farms and Schools</p>
<p>Participants will be welcomed to the course and meet fellow participants and course instructors on the Kingston URI campus. Participants will then be introduced to our learning management system, read about the course structure, what to expect and complete an introductory Discussion post.</p>	<p>Participants learn what and how organizations across Rhode Island are working on solutions related to food waste, food insecurity and the environment. Participants learn and blog about their chosen food recovery project. Field Session: Inclusive Community Engagement & Food Recovery in Schools workshop to learn about community driven change, your fellow participants and upcoming volunteerism.</p>
<p style="text-align: center;">Week 0: Course Preparation</p>	<p style="text-align: center;">Week 4: Composting: Commercial and Residential</p>
<p>Participants will be introduced to the community partners that will be hosting their volunteer hours after graduation from the course. Explore and choose your 'track' or area of specialization for the course - personal behavior change in the kitchen, starting and maintaining a compost pile or learning and planning for a school-based food recovery project. <i>Complete the pre-survey for the course.</i></p>	<p>Participants will learn concepts and techniques of composting on commercial and residential and scales. Participants learn and blog about their chosen food recovery project. Field Session: Gleaning Trip with Hope's Harvest to local farms to learn about and collect (excess) local produce.</p>
<p style="text-align: center;">Week 1: The Challenge: Food Waste, Food Insecurity and the Environment</p>	<p style="text-align: center;">Week 5: Food Preservation and Nutrition</p>
<p>Participants learn about the current state of food waste, food insecurity and environmental concerns and their relationships, and apply these concepts to the Food Recovery Hierarchy. Participants engage in one new food recovery behavior. Field Session: Tour of Rhode Island Central Landfill. Overview of the Rhode Island Resource Recovery Corporation (RIRRC) and state of RI Landfill with RIRRC Education and Outreach Manager.</p>	<p>Participants learn food safety techniques to prepare for food preservation. Techniques around food preservation and related nutrition education components are described. Participants learn and blog about their chosen food recovery project. Field Session: Tour of Earth Care Farm, commercial composting facility in Charlestown, RI or tour Harvest Cycle, residential composting site in Providence, RI. Get real life experience working and turning compost in an actual facility!</p>
<p style="text-align: center;">Week 2: Wasted Food Solutions I: Communities and Businesses</p>	<p style="text-align: center;">Week 6: Volunteerism</p>
<p>Participants learn what and how organizations across Rhode Island are working on solutions related to food waste, food insecurity and the environment. Participants learn and blog about their chosen food recovery project. <i>Field Session: Tour of localized food system including a community farm, kitchen and Sankofa World Farmers Market.</i></p>	<p>Participants learn about volunteerism and prepare to head out to participate in community driven change in RI. Participants engage in two new food recovery behaviors, picking and canning. Participants learn and blog about their chosen food recovery project and present their final projects. <i>Field Session: Learn new skills in our pickling & canning hands-on laboratory. Complete the post-survey for the course.</i></p>

****These course descriptions by week and field sessions are subject to change***