Healthy and Sustainable Diets for All

Course Syllabus

2020-2021

\*This schedule is subject to change at any time, you will be notified if any changes are to occur.

**PERSONAL INFORMATION**

1. Instructor: Virgil Dupuis
2. Office: Extension
3. Telephone: Office: (406) 275-4899 (leave a message it will go to email)
4. Email: virgil\_dupuis@skc.edu

**Disclaimer: Be advised we are planning to record these sessions**

***Oct. 8-* Course Syllabus/Introductions**

***Oct 15-* Lesson 1. What Should I Eat**

***Oct 22****-* Online cooking demonstrations- Cutting Video/Creating Stock

***Oct 29-* Lesson 2. Mindful Eating**

***Nov 5-*** Online cooking demonstrations-Ham Hock Soup

***Nov 12-* Lesson 3. Making the Most of Your Time and Resources**

***Nov 19***- Online cooking demonstrations-Freezing Tomato sauce

***Dec 3-* Lesson 4. Celebratory Foods**

***Dec 10-*** Online cooking demonstrations-Canning/Pickling

***Dec 17-* Lesson 5. Harmony of a Whole**

***Jan 7-*** Online cooking demonstration- Shopping and Storing

**Jan-14- Lesson 6**. **Decolonizing Diets**

**Jan. 21-**Online cooking demonstrations. Butternut Squash Pie with Dave

**Jan. 28 Lesson 7. Food as a Medicine**

**Feb 4-** Online cooking demonstrations. Lentil Tacos, Beans, Rice, salsa

**Feb 11- Lesson 8. Plant and Animal Protein**

**Feb 18-** Online cooking demonstrations. Almond Trout and dark greens

**Feb 25- Lesson 9. Food Environments**

**Mar 11-** Online cooking demonstrations. Local wild meats and wild rice

**Mar 18- Lesson 10. Indigenous Systems**

**Mar 25-** Online cooking demonstrations. (planting your own seeds, if available)

**General Course Layout and Requirements**

It is a requirement to attend the 10 live Zoom classes. We will be recording these sessions for participants to access in future times. You will have the opportunity to post questions and comments on chat to interact with the team. If you cannot attend, please notify Ashley prior to absence if possible. (ashley\_gervais@skc.edu)

**Food pickup:**

• Thursdays and Fridays 11 to 4:15

(please call or email Ashley if you need to make other pick up time arrangements)

• We do not have the food storage facilities to assure freshness and proper storage, immediate pick up is required.

• These pickup days will also be used for distributing other information

• Practice social distancing, wear a mask, and keep children in the car

You will be provided a simple journal of your course activities. Make a record of your activities involving food, significant lessons learned, and make recommendations for course improvement and activities that can be done in today’s climate of COVID-19. Many of the food recommendations that will be coming from your course work are good recommendations for improving your health and bolstering your immune system to improve health outcomes in the event one becomes exposed and suffers from COVID-19.