

## **I. General Certificate Information**

### **How is the certificate structured?**

There are six required courses in the Sustainable Local Food (SLF) certificate, and you can take them in any order. It's recommended you begin with the course that most suits your interests and learning objectives. *Students often begin with Field to Fork as a survey course, but this is not mandatory.*

### **Do I have to do the certificate or can I just take one of the courses?**

You can feel free to take just one of the courses, or aim to complete the whole certificate. There is no enrollment procedure for the certificate, but it's helpful to let your instructors or the certificate coordinator know that's your goal.

### **Are the courses offered each semester?**

The certificate will run for three semesters throughout the year: Fall, Winter, and Spring/Summer. A minimum of three classes are offered each semester, check the website for details.

### **How many courses should I take at a time?**

It's recommended that students who are working full-time or have other full-time volunteer/school commitments take only one or two courses per semester. For those who wish to concentrate on their schooling, it's fine to take up to three courses. Anything higher should be discussed with the program coordinator.

### **How much time do I have to complete the certificate?**

The college formally allots 60 months (five years) for completion of part-time, distance education programs. We recommend that students aim for 3-4 years certificate completion time.

### **Can I register as an American or international student?**

Yes, you can register as an international student. It's \$100 extra per course. You will need to fax the registration in to the St. Lawrence office, as you can't complete the online application. Please visit [www.stlawrencecollege.ca/parttime/Register.HTM](http://www.stlawrencecollege.ca/parttime/Register.HTM) for registration options and information.

### **How do I get a transfer credit from another Canadian university or college?**

In order for a transfer to be considered, you need to first clarify which of the Sustainable Local Food courses you hope to be exempted from. Then, you will need to supply your transcript from the completed course(s) you wish to transfer, as well as the syllabus and any relevant assignments from these courses. For transfers, there is a cost of \$25.00/course, with a maximum of \$50.00 per year.

### **Who are the instructors?**

SLF has instructors and course developers from across the country: from the Maritimes, to Ontario; the prairies, to British Columbia. This geographic diversity aims to create a cross-Canadian experience, with instructors sharing their unique knowledge. All instructors have taught and worked within the academic system, as well as having outstanding hands-on experience in community food initiatives.

### **Who can I contact with additional questions?**

Please contact the certificate coordinator, Jessica Penner: [jpenner@sl.on.ca](mailto:jpenner@sl.on.ca)

## II. Course Details

### What is involved in an online, distance education course?

Each of the SLF courses is structured somewhat differently, but there are some commonalities across the certificate:

- **Self-directed course modules:** The course assignments and discussions have deadlines, but there aren't any real-time lectures or set times for being online (this is due to the fact we have students from Yukon to Cape Breton!). Instead, students follow the course modules, and complete the course notes and readings, with the discussion board as the forum where students interact.
- **Discussion Board:** Each course has a message board where students are required to post their thoughts/opinions/critical reflections on the readings. This is a lively forum for students to support, challenge, and augment one another's ideas. Many of our past graduates have spoken highly of what they've learned through sharing with other students from across the country.
- **Community-based research:** For most of the courses, there is a final research paper or project rather than a final exam. This is because we prefer students to dig into their local food system, explore an idea further, or elaborate on a local food project they'd like to initiate. The instructors provide research support, ideas on regional contacts and connections, and constructive feedback. Some of the courses, including *Between Farm and Table* and *Food Policy and Trends*, involve peer-sharing of research.

### How much time do the courses take each week?

The courses would run at 45 hours classroom/instructional time if a student was going to class. This does not include homework or assignments. Generally students have said they average between 4-5 hours per course per week, depending on due dates and deadlines.

### Is this certificate relevant to my local food system?

In all of the courses, we've endeavored to include materials that discuss local food systems across Canada. The community-based research component of the courses also allows for students to direct their focus into studying an organization, issue, or project in their region.

### Who takes these courses?

The caliber of SLF students is the best part of the courses! The certificate continuously attracts innovative, interesting, and passionate people who have a stake in our food system. We've had former home economic teachers; students returning to school from 30 years away; farmers; non-profit executive directors; chefs; recent graduates interested in specializing their knowledge; bankers; gardeners; consultants; public servants; free-lance writers; long-term foodies and those just beginning to learn about where their food comes from. It's a mixed bag, and always a great way to network.

### What types of research have students completed?

Here are some final project titles from past courses:

*The CSA Model in Ottawa: Reality and Potential*

*Social Capital and Food Security in Vancouver (with the Vancouver Food Policy Council)*

*Food Justice to All, in Parkdale Toronto*

*Food Production to Food Service: Helping to Strengthen the Connection*

*Lombardy Good Food Box Research Project*

*National Farmer's Union Local Food Directory: Revisions and Visions*

*Rossland Farmers' Market Research Project*

### **III. Registration**

#### **How and where do I register for courses?**

The easiest way to sign up for courses is through the SLF website:

[www.stlawrencecollege.ca/parttime/OnlineCredit-SustFood.htm](http://www.stlawrencecollege.ca/parttime/OnlineCredit-SustFood.htm).

For other options, please visit: [www.stlawrencecollege.ca/parttime/Register.HTM](http://www.stlawrencecollege.ca/parttime/Register.HTM).

As noted earlier, American and international students will need to fax their registration into the school.

If you have problems or difficulties with registration, please contact:

Yvonne Klassen

[yklaassen@sl.on.ca](mailto:yklaassen@sl.on.ca)

613-345-0660 ext. 3172

#### **Am I eligible for funding?**

There are not any scholarships or bursaries available through the part-time, distance education programs.

However, St. Lawrence is a community college, and strives to keep its course fees at a reasonable rate. For

full-time and beginning farmers there are some provincial cost-share programs for FOUR of our courses:

*CSSL 26 Field to Fork: Introduction to local and Global Food Systems.*

*CSSL 33 Food System Trends & Policy*

*CSSL 29 Understanding Sustainable Farming: Principles and Practices*

*CSSL 31 Between Farm and Table: Local Food Businesses and Cooperatives*

You can find more information on the Growing Forward program here:

[www.omafr.gov.on.ca/english/busdev/growfwd/agskillsdev.htm](http://www.omafr.gov.on.ca/english/busdev/growfwd/agskillsdev.htm)