



# Regenerative Foodways Certificate

This program is helpful for individuals wanting to pursue careers in nutrition education, farming, urban farming, school nutrition/garden, restaurant or food service industry, and programs emphasizing plant-based nutrition and sustainable farm-to-fork campaign.

**Total Units: 9**

## First Year

### Semester 1

**6 Units**

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*
<b>NUTRI 303</b> <b>Z</b> Plant-Based Nutrition	3		F, S
<b>NUTRI 331</b> <b>Z</b> Plant-Based Food Principles and Preparation	3		F

**Z** At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

### Semester 2

**3 Units**

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*
<b>HORT 313</b> <b>Z</b> Sustainable Agriculture	3		S

**Z** At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

<sup>^</sup>You must have passed the prerequisite course(s) with a "C" or better; Corequisite must be taken during the same semester; Advisory means it is recommended but not required to enroll in the course.

\*(O) = online available (P) = partially online

## Career

### Options/Outlook:

Employers value the role that hands-on and field experiences play in educating and training potential employees in the area of the restaurant, agriculture, nutrition, and health education. The first-hand experience in building and maintaining sustainable agriculture allows students to pursue careers in small farms, school gardens, urban farms, and traditional farms. The demand for local, seasonal, and sustainable agriculture continues to grow.

### A sample of reported job titles:

School garden instructor, market gardener/garden or farm manager/farmer, sustainable agriculture consultant, researcher/extension agent/farm advisor, organic sales, marketing, and outreach, food manufacturer, processing, preparation, handling, packaging.

### About this map:

This program map represents one possible pathway to complete the program. Please see a counselor to create an education plan that is customized to meet your needs. This map is not a guarantee of course availability or financial aid applicability.

## **Zero Textbook Costs (ZTC):**

The Zero Textbook Costs designation and logo are added to any course that provides free access to all required instructional materials. These are typically shared with students through Canvas. Courses that are designated as ZTC may still require students to purchase supplemental materials such as lab coats, a calculator, art supplies, etc. See full definitions and searching tips on the [Zero Textbook Costs page](#) of the college website.

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