



# Career Options after Food Studies

the study of food  
[www.utsc.utoronto.ca/hcs](http://www.utsc.utoronto.ca/hcs)  
Minor

## What is Food Studies?

**Food Studies** is an interdisciplinary field dedicated to understanding where our food comes from and how it shapes our bodies and identities. Students in this program will draw on a number of disciplinary methodologies, including anthropology, ecology, gender studies, geography, history, nutrition, and sociology. Courses will span all of human history, from our foraging ancestors to the contemporary industrial food system, and around the world, examining diverse cultural traditions of farming, cooking, and eating. Students will learn the importance of food in religion, society, the family, gender roles, the environment, urbanization, immigration, colonialism, and race and ethnicity.

## Skills of Food Studies Grads

- Understand how food shapes personal and collective identities of race, class, gender, and nation
- Recognize patterns and interpret historical events
- Conduct community based research, gathering cultural data through observation and interviews
- Research, analyse, and develop understanding from various scholarly literature
- Examine and critically analyze problems and questions from an interdisciplinary perspective
- Decipher relevant information from multiple sources, organize, and communicate complex ideas in both oral and written format

### What makes Food Studies at UTSC unique?

The program leverages the university's urban location to use Scarborough as a classroom to understand the rich traditions and special challenges involved in feeding diasporic communities. Food studies courses emphasize experiential learning, and many are taught in the Culineria Kitchen Laboratory and community-engaged learning, where students have the opportunity to taste and cook foods from around the world and throughout history.

## Entry-Level Jobs for Bachelor Grads

Common employment destinations include:

- Volunteer coordinator, Community agencies
- Program coordinator, Community agencies
- Community outreach coordinator, Food centres
- Food writer/ Blogger/Journalist, Media
- Community advocate, Non-profit/Food councils
- Junior policy advisor/Research analyst, Government
- Market Researcher, Business
- Foreign Service Officer, Federal Government
- Citizenship/Immigration officer, Citizenship Canada
- Communications assistant, Municipal government

*The Career Directory:* [www.canadastop100.com/tcd](http://www.canadastop100.com/tcd)  
*Charity Village:* [charityvillage.com](http://charityvillage.com)

## Graduate & Professional Studies

Popular further education opportunities include:

- Integrated Studies in Land & Food Systems – Master , PhD
- Food & Agribusiness Management – MBA
- International Development – Master/Graduate Certificate
- History – Master, PhD
- Public Policy/Public Administration – Master
- Law School – JD (Juris Doctor)
- Food & Media – Post-Graduate Certificate
- Social Service Worker –Post-Graduate Diploma
- Nutrition and Healthy Lifestyle Promotion – Diploma
- Brew master and Brewery Management - Diploma
- Marketing – Post-Graduate Certificate

### Use LinkedIn!

Food Studies graduates are working in Education, Business, Media, and Non-profit.

Attend our LinkedIn workshop to learn about the *Find Alumni* tool for networking!



## Examples of Fields that 'Fit' the Skills of Food Studies Grads

- Food education programs
- Food security councils
- Food writing (magazine, websites)
- Universities and Colleges
- Government (research, policy development)
- Media, public relations, advertising
- Non-profit organizations
- Business

## Your 4-Year Career Exploration Action Plan

### 1 Do Your Research

The databases below provide you with details about job prospects, nature of work, educational requirements, working conditions, pay and related career paths:

**Career Cruising:** Log into [cln.utoronto.ca](http://cln.utoronto.ca), click on Resources, and click on Career Cruising to be logged in automatically

**O\*Net:** [online.onetcenter.org](http://online.onetcenter.org) (U.S. site)

Attend our workshop **Discover Your Skills and Career Options**, meet with a Career Counsellor, and use our resources to get to know your skills, values, personality and interests:

[www.utsc.utoronto.ca/aacc/get-know-yourself](http://www.utsc.utoronto.ca/aacc/get-know-yourself)

Use the advice on our tip sheets for gathering info: [www.utsc.utoronto.ca/aacc/tipsheets](http://www.utsc.utoronto.ca/aacc/tipsheets)

- Information Interviews
- Working On-Campus
- Internships
- Volunteering

### 3 Build Your Network

Explore **Professional Associations** and get involved: volunteer for their events and conferences, and get to know people in your industry of interest. These are your future mentors, supervisors and colleagues!

Community Food Centres Canada – [cfccanada.ca](http://cfccanada.ca)

Food Secure Canada – [foodsecurecanada.org](http://foodsecurecanada.org)

Food Share – [foodshare.net](http://foodshare.net)

Good Food Jobs - [www.goodfoodjobs.com](http://www.goodfoodjobs.com)

Ontario Edible Education Network – [sustainontario.com](http://sustainontario.com)

The Canadian Association for Food Studies - [cafs.landfood.ubc.ca](http://cafs.landfood.ubc.ca)

The Stop Community Food Centre - [thestop.org](http://thestop.org)

*Other associations and websites for finding networking opportunities and experience include:*

Canadian Federation for the Humanities and Social Sciences – [ideas-ideas.ca](http://ideas-ideas.ca)

### 2 Explore Career Options & Get Experience

Gain exposure to your options in the world of work and make connections while you're a student via campus events and programs listed on [cln.utoronto.ca](http://cln.utoronto.ca) and [ccr.utoronto.ca](http://ccr.utoronto.ca):

- [Extern Job Shadowing](#)
- [In the Field](#)
- [Explore It!](#) (course-based)
- [Partners in Leadership](#) (4<sup>th</sup> year students)
- [iLead, uLead, weLead](#) (Dep't of Student Life)
- Employer Information Sessions
- Career & Volunteer Fairs
- [Departmental Student Association](#) Events

Apply for [Work Study](#) jobs in CLN in Fall and Spring! You might also find work via [www.scsu.ca/jobs](http://www.scsu.ca/jobs).

Find networking opportunities, internship programs and entry-level jobs via websites like [www.talentegg.ca](http://www.talentegg.ca) and [www.charityvillage.ca](http://www.charityvillage.ca).

As an upper year student (14+ credits), attend UTSC's [Get Hired Conference](#) and participate in [Jobs for Grads](#).

As a graduate, explore internships and other trainee programs like [www.careeredge.ca](http://www.careeredge.ca)