

UNIVERSITY of WASHINGTON  
STUDY ABROAD PROGRAM

# LA DOLCE VITA: Comparative Food Systems in Italy



## 4-week intensive program exploring sustainable food systems in Italy

*La Dolce Vita: Comparative Food Systems in Italy* is an interdisciplinary program exploring sustainable food systems using systems thinking and a variety of perspectives to understand how factors, such as culture, policy, diet, and market structure, interact to create environmental, economic, health, and social/equity outcomes.

The program begins in **Bologna**, considered Italy's "City of Gastronomy", followed by **sustainable farmstays in Tuscany**. Here we will learn about sustainable agriculture practices, explore how practices compare with U.S. systems, and will taste and cook sustainable foods. We will study artisanal Italian products and the role of labeling in preserving these, including understanding the advantages and limitations of such systems for both producers and consumers.

Then, students will move to Rome where we will access the **UW Rome Center** and will meet with individuals from international food agencies (e.g., Food and Agriculture Organization of the United Nations, based in Rome) focused on sustainability and food security. We will compare the Italian regional orientation with the more commodity-based food system that dominates in the United States. We will survey a variety of retail outlets, will shop for food and prepare meals, setting the stage for a discussion on how these factors influence human and planetary health.

Finally, the program will travel to two Italian islands, **Sicily and Sardinia**, to learn about how food supply chains, farming practices, and market structure differ in the Italian islands compared to the mainland, as well as make comparisons to the islands of the Pacific Northwest. Along the way, we will connect with locals to learn the role of food in Italian culture and health. Throughout, we will survey a variety of retail outlets, contrast production methods and policies in the E.U. and the U.S., and discuss how to evaluate the evidence to make sustainable personal and political choices.

### Earn credits while traveling in Bologna, Rome, Tuscany, Sardinia, and Sicily

#### Sustainable Food Systems in Italy - 4 credits

Jennifer J. Otten, PhD, RD

#### Health in the Context of Culture - 4 credits

Kerryn W. Reding, Ph.D., MPH, RN

*Sponsored by:* UW School of Public Health, UW School of Nursing, and UW Study Abroad.

## SUMMER 2023

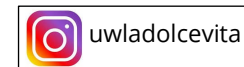
### INFORMATION SESSIONS

\*November 15, 3:30-4:30

Location: RAI 121

\*December 13, 10:30-11:30

Location: Health Sciences building  
T661



### DATES

Jun 23 - July 23, 2023

### TERM

Summer Term-A

### CREDITS

8-10 credits

### LOCATIONS

Bologna, Rome, Tuscany,  
Sardinia, and Sicily, Italy

Apply by Jan 31 // [www.washington.edu/studyabroad](http://www.washington.edu/studyabroad)