



# REGENERATIVE AGRICULTURE

A New Micro-Credential in  
**FOOD SOVEREIGNTY**

## Interested in building food sovereignty in your community?

Check out this new TRU Micro-credential in **Food Sovereignty** New Start Date: September 2025

NEW  
SEPTEMBER  
START DATE  
2025

### Micro-credential Consists of Three Courses:

- **Practicum—RGEN 1010** (3 credits)  
4 days at Williams Lake campus Sept 2–5, 2025. Classroom in morning, field trips in afternoon. Followed by 488 hours of practicum learning within community to be completed by August 2026. Students with the support of their instructor, develop their own individualized learning plan. The practicum can be completed within their community or at a farm or organization of their choice.
- **Theory—RGEN 1060** (3 credits)  
3 week vegetables, berries, preserving and farm store diversification course Sept 8–28, 2025. Delivered remotely and through field trips in Thompson Cariboo region (field trip dates Sept 8, 15, 22). Students are introduced to gross margin and return on investment analysis, best management practices and evaluating strategic fit of each enterprise of their choice.
- **Theory—RGEN 2080** (3 credits)  
3 week food sovereignty course, delivered remotely through zoom and moodle learning platform (seminar dates March 30, April 6, April 13).



For more information or help with registration contact  
**Gillian Watt, Program Coordinator**  
[gwatt@tru.ca](mailto:gwatt@tru.ca) or call 250 319 2367





## Work plan for your community?

### RGEN 1010 Practicum

Students will work with the instructor to develop **an individualized learning plan** based on their own needs and the needs of their community.

Students will develop the plan with milestones and timelines and once approved, they will meet with the instructor via video conference biweekly to report on their milestones and for mentorship in overcoming obstacles.

**Instructors:**

Fred Fortier and Karen Raven



### RGEN 1060

In addition to all the community planning, students will develop **practical and business skills** in vegetable and greenhouse production using regenerative agriculture practices.

They will also learn to develop enterprises in foods preserving and distribution through a box program or farm store.

**Instructor:** Gillian Watt



### RGEN 2080

This course will give you the skills to build a Food Sovereignty program using the **community development approach**. You will learn about hosting successful food action projects, develop a proposal, work plan, secure funding while understanding the importance of partnerships and communications.

**Instructors:**

Fred Fortier and Laura Kalina



Many of us have lost our traditional ways around food. **Food Sovereignty** and our ability to take control over our food, is so important to make sure our children do not lose the traditions of the past. We are hoping this course will build capacity in our communities because we have always known that **Food is Medicine**.

—Elder



**For more information contact**  
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**To Register contact**  
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