

Food Systems & Sustainability

Course
Guide

ulleo
Industry-led
short courses

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Course Overview

Love what you learn

Improving the health of our planet starts with one simple question: “Where does our food come from?”

Our Food Systems & Sustainability course is for activists, businesses and everyday individuals alike. As we work to combat the climate crisis, food is one of the most accessible areas in which we can drive positive change.



Learn from inspiring industry leaders

Watch in-depth case studies featuring individuals and businesses who are committed to creating a better future for our planet and its people.



Learn strategies to drive positive change

Master practical skills and strategies to generate a more environmentally, socially and economically sustainable food system.

Why Choose Ulleo?

Short courses are a fantastic way to up-skill or unlock a new career path without the time and cost commitments of a full-time degree.

Learning directly from a number of high-profile industry professionals, our short course in Food Systems & Sustainability equips you with up-to-date knowledge and skills. Once completed, you might move directly into the industry or pursue further study.



Digital Badge & Certificate of Completion

At the end of your course, you will receive a Certificate of Completion and a Digital Badge (issued by Credly). This is a fantastic way to verify your knowledge and skills and stand out from the crowd to potential employers - simply add them to your socials, personal website or resume!

You can read our Terms & Conditions at ulleo.com/terms

Industry-Led Insights



Jade Miles

Jade is a local food advocate and educator, business builder, food co-op founder, author, podcaster and regenerative heritage fruit farmer. Together with her husband and three kids, Jade runs Black Barn Farm, a biodiverse orchard, nursery and workshop space in Northeast Victoria. She's an active presence in the regenerative space, hosting school programs, permaculture and homesteading workshops while sitting on multiple boards – all in the name of reconnecting people to nature, food and a simpler existence. Jade is also the author of 'Futuresteading - Live Like Tomorrow Matters', a practical and inspirational guide to living in a way that values tomorrow: a slower, simpler, steadier existence that is healthier for you, your home and the environment.



Hanna Guy

Hanna Guy is a curious, creative and passionate advocate for systems that are kinder to our land and the people it holds. With experience in community development and social business across rural Australia, The US, and then building a sustainable fashion company in Cambodia, Hanna isn't shy to the complexities of our current environmental and climate emergency. Hanna's green thumb and love of food result from growing up in a backyard to table family. She is driven to play her part in growing more regenerative food systems and a greater connection to the positive impact our food choices can make.



Will Brook

CEO of Brookfarm



Phoebe Gardner

CEO & Co-Founder of Bardee



Rachel Rubenstein

Urban Farmer at CERES



Charlie Showers

Researcher & Holistic Orchardist at Black Barn Farm



Carolyn Suggate

Founder & Director of ORICoop and Regenerative Farmer at Eat Local, Eat Wild



Erik Suggate

Regenerative Farmer at Eat Local, Eat Wild



What You'll Learn

1 Systems: Looking at the Big Picture

You may have heard the phrase 'from farm to table', well, this lesson explores every step in-between! Production, distribution, processing, marketing, purchase, consumption, waste: for every part of the process, there are both challenges and opportunities in creating a more sustainable future.

- What Is the Food System?
- Adapting to Global Challenges

2 Localisation: Where Does Our Food Come From?

Before the hyper-convenience of modern-day living, food didn't have to travel long distances to get to our plate. In this lesson, learn about the knock-on effects of the different types of supply chains, such as carbon emissions, mental disconnect, and the livelihood of local farmers.

- Why is Local Food Important?
- Case Study: Eat Local Eat Wild

3 Seasonality: Reconnecting With Food

Living with the seasons means re-connecting with nature and its important rituals. In this lesson, explore the myriad of benefits that come from eating with the seasons, from enhanced nutrition to food literacy, community and beyond.

- Supply & Demand
- Why Eat Seasonally?

4 Regeneration: Changing Practices in Our Food System

Going one step further than sustainability, regenerative agriculture is a way to rehabilitate and protect the Earth's precious resources. These amazing practices not only pull carbon from the atmosphere but provide huge benefits to the farmers and their crops themselves.

- Opportunities & Challenges
- Soil Health
- Regenerative Practices
- Case Study: Brookfarm

5 Land: Where It All Begins

For farmers and producers, the land is at the heart of everything they do. In this lesson, learn about the challenges and opportunities of land within the food system, including access and use, urban sprawl and cultural land management.

- Land Access
- Cultural Land & Ownership

6 Education: Building Awareness & Collective Action

To tackle any challenge, the first step is awareness. In this lesson, explore the importance of a collective-action mindset in creating a better future for the planet and its people.

- Creating Meaningful Change
- Case Study: CERES

About Ulleo

At Ulleo, we offer flexible and affordable online short courses co-created with Australia's leading industry experts.

Whether you're looking to start a new career path or explore a new passion, our engaging learning experience provides skills for now and into the future. As a Ulleo student, you'll receive support and advice from industry mentors — practising professionals eager to share their knowledge.

As a profit-with-purpose company, sustainability is at the heart of what we do. As of 2024, we've planted over 7,000 trees on behalf of our students!

Unlock your future with Ulleo.



Acknowledgement of Country



At Ulleo, we recognise the traditional custodians of the lands where we work, live and learn. We pay our respects to Elders, past, present and emerging, and celebrate the First Peoples' relationship to Country and the significance of Aboriginal cultures in Australia.



Plant trees while you learn

We plant trees to celebrate your learning milestones. Our partnership with Carbon Neutral funds the planting of native species in the Yarra Yarra Biodiversity Corridor in Western Australia. As of March 2024, we've planted over 7000 trees for our students!



Need more info?

We're here to help. Call us on **+61 3 9961 4365** and chat with one of our friendly course advisors today.



Ready to enrol?

Enrol via our website ulleo.com/food-systems-sustainability/ and start working toward your dream career today!