Women’s studies as a discipline is distinguished by a focus on social justice, origins in activism, and a trans/multi/inter-disciplinary approach that uses gender as a focus. In this course, we will explore these themes using the case study of food. Using food, we will explore the relationships among women, gender, activism, motherhood, body image, culture, ethnicity, nature, animals, science, and environmentalism, among other topics. We will look at global issues, and then consider how these issues play out locally. The course is project-based and collaborative, with an emphasis on helping students develop innovations, designs and entrepreneurial ideas.