



Food Justice Local Initiative Group Package:

How does this action group initiative help locals to make a difference in local food justice issues:

This action group is a way to gather people who are equally concerned about food justice in their community come together to share ideas, action, and solutions to implement as a community, with other citizens, local organizations, and municipalities

Issue & Solution Descriptions:

- I. Many foods found in grocery stores are highly subsidized by the government - travel thousands of miles using fossil fuels, and contribute to greenhouse gases before arriving in our communities. This is a large waste of fuel, and other resources and gives an unfair advantage to farmers in other places.
- II. Food Justice is communities exercising their right to grow, sell, and eat healthy food. Healthy food is fresh, nutritious, affordable, culturally appropriate, and grown locally with care for the well-being of the land, workers, and animals. People practicing food justice leads to a strong local food system, self-reliant communities, and a healthy environment.
- III. The current, mostly global food system, with its cheap, empty calories and fast food joints, leaves many in the US under-nourished and unhealthy. Most of these health results are happening more often to low-income communities of color. Nationally according to the US Census, the rate of food insecurity for African-American households is more than double that of white households, while one in five Latinos is food insecure — compared with one in ten whites and one in eight Americans overall.
- IV. Heart disease, cancer, diabetes, and stroke are among the most common causes of illness, disability, and death in the US. The factors that lead to these chronic conditions, including lack of access to healthy food, can be more common for minority groups. For example, Native Americans are 60 percent more likely to be obese than US whites, and the rate of diagnosed diabetes is 77 percent higher among African-Americans, 66 percent higher among Hispanics, and 18 percent higher among Asians than among whites.



SOURCE(S) of notes: "Food Justice"

by <https://foodprint.org/issues/food-justice/>

Suggested books, publications, or blogs

<https://foodprint.org/issues/food-justice/>-

<https://www.feedingamerica.org/hunger-in-america/facts>

<https://foodtank.com/news/2021/02/ways-to-fight-for-food-justice/>

ISSUES - short films that cover some of the issues

Name, link, length of time, produced by::

Food Justice: Fixing Our Broken Food System

Oxfam YouTube Channel

<https://youtu.be/xA6p0w2Xoqg>

4:42 minutes

Our Food System is Rigged Feat

Hot Mess YouTube Channel

<https://youtu.be/j80mWTQyjis>

12:07 minutes

ISSUES - longer documentaries that cover some of the issues

Name, link, length of time, produced by::

Food Justice: Economics, Ethics, Access

University of California YouTube Channel

<https://youtu.be/flPGWnlHgqU>

1 hr. 24 min.

SOLUTIONS - films that cover the concept of solutions

Name, link, length of time, produced by::



Food Justice

Produced by Social Justice YouTube Channel

<https://youtu.be/y4Ev9jneXfw>

4.5 minutes

Fighting for Food Justice with Small Farms

Produced by Heiffer USA YouTube Channel

https://youtu.be/0_DjqhVa4go

27 min

Use some movie questions for the film above video to use for a group discussion.

Fighting for Food Justice with Small Farms

- 1) The the name of their farm is
 - a) Solidarity Farm
 - b) Satisfaction Farm?
- 2) Local food systems don't include:
 - a) Grow food
 - b) Sell food
 - c) Eat food
 - d) Export food
- 3) They found that immigrants from Mexico and South America had similar health issues to the local tribes. They wanted to solve that by:
 - a) Opening a clinic
 - b) Growing herbs to create new pharmaceuticals
 - c) Growing foods that closely resemble their traditions and cultures
 - d) Growing GMO crops
- 4) How many incubator farm programs are they running?
 - a) 2
 - b) 3
 - c) 1
 - d) 4
- 5) They believe there are ways to build connections with local food needs, and new sales, they created a _____ to help do that:



- a) Food co-op
 - b) Soup kitchens
 - c) Local grocery store
 - d) Farmer owned, farmer-operated distribution model
- 6) What does Foodshed Small Farm Distro not allow them to do:
- a) 67% are owned by black, indigenous, and people of color and 50% are owned by women
 - b) Aggregating produce from small regenerative farms
 - c) Distributing to people that are fighting for food justice or are negatively affected by injustices in our local food systems.
 - d) Pay the middle man less money to help out their farmers
- 7) Food justice for the foodshed program is not giving:
- a) A living wage
 - b) A larger share of profits from selling to local gourmet food stores
 - c) People respect and dignity
 - d) An opportunity to be part of a food just system
 - e) Access to organic food
 - f) Access to a CSA that allows people to use a California equivalent of food stamps program with 50% more
 - g) Access to a fresh food subscription box system
- 8) They partnered with UC San Diego to create a new system that helps them distribute a food box system that helps people:
- a) Eat more local fast food
 - b) Eat foods that are given as a prescription for people with food-related illnesses
- 9) Their message to farmers is that we have to ask for what we need and we have to advocate to fill the gaps. Just because we are working with low-income communities does not mean that we can't ask for what we need. What are they referring to?
- a) Asking for more land
 - b) Asking for more customers
 - c) Asking for prices for their produce
- 10) What is not an example of regenerative farms healing the land and healing the people
- a) Carbon sequestration



- b) Land regeneration
- c) Selling globally for a better price on product
- d) Creating relationships as farmers with customers being people that you already know in the community
- e) Allowing a community to invest back into itself
- f) Farmers have to build up their importance in order to build partnerships

Trivia question answers

1) 1, a

2) 2, d

3) 3, c

4) 4, b

5) 5, d

6) 6, d

7) 7, b

8) 8, b

9) 9, c

10) 10, c