

What is Food Justice?

Context: Building off concepts learned in the first workshop, this discussion will explore what social justice work means, and how promoting food justice can affect the self.

Objectives: Youth learn key terms such as social justice, food justice, a right vs. a privilege, and leave with knowledge about why it is important for them as youth to be engaged in social justice work.

Introduction to Social + Food Justice:

Write the words Justice, Privilege, and Rights on a board or big paper. Have participants write under each of them what comes to mind when they hear them.

ASK: What are some thoughts that come to mind when you hear the word justice?

ASK: What comes to mind when you think of privilege?

ASK: What comes to mind when you think of rights?

ASK: How would you define social justice?

ASK: How would you define food justice?

STATE DEFINITION OF SOCIAL JUSTICE: justice in terms of the distribution of wealth, opportunities, and **privileges** within a society.

CONGRESSIONAL HUNGER CENTER DEFINITION OF FOOD JUSTICE: 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.

ASK: Why is that important?

Food Desert vs. Food Apartheid

ASK: What do you think of with the word desert?

ASK: What do you know about apartheid?

Apartheid definition: a policy or system of segregation or discrimination on grounds of race

 Why These Activists Use the Term 'Food Apartheid' Instead of 'Food Desert' | NBCLX

USDA DEFINITION OF FOOD DESERT: a low-income tract where a substantial number or substantial share of residents does not have easy access to a supermarket or a large grocery store.


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DARA COOPER, FOOD ACTIVIST, DEFINITION OF FOOD APARTHEID: (1) The systematic destruction of black self-determination to control food (2) A hyper-saturation of destructive foods and predatory marketing (3) A blatantly discriminatory corporate controlled food system that results in our communities suffering from some of the highest rates of heart disease and diabetes of all time.

JR definition: food apartheid communicates that the current food system we are living through in Bridgeport is a result of a continued history of racially discriminatory political decisions that increased the barriers of food access in primarily non-white communities.

Food Justice vs. Food Injustice Exercise

Prepare two signs that read Food Justice + Food Injustice. Have facilitators prep the audience to look for signs of food justice + injustice in the following video and we'll list the examples after watching.

 Trying to Eat Healthy in a Food Desert

ASK: From this video what are some examples you see of food justice vs food injustice?

ASK: From living in Bridgeport what are some examples you see of food justice vs food injustice?

Justice vs. Injustice Examples

Facilitator(s) will explain to the participants the following. First we are going to ask you all to line up on the tape. We are going to read a series of statements and depending on your interpretation or relationship to the statement you will either run to the "Food Justice" or "Food Injustice" side of the room or you can run to the middle if your interpretation is neutral or if you are not sure. At least one representative from each side will have the opportunity to respond to

why they chose to run to the “food justice,” “food injustice” side or remain neutral in the middle.

Statements/facts: Injustice or Justice? You be the judge

Food Justice/Injustice (could be either depending on response) - Bridgeport public school lunches

Food Injustice - School meals being closely related to prison food

Food Justice - Increasing amount of urban farmers gaining resources & access to trainings

Food Justice - high school students being paid to work and learn on a farm for the summer

Food Injustice - Farm workers being treated as unskilled labor

Food Justice (could be either depending on response) - Fighting to secure a farm lease for RCF

Food Injustice - fairfield county food insecurity rates are at 2-3%, in Bridgeport it's 25.5%

Food Justice/Injustice (could be either depending on response) - 10 total grocery stores in Bridgeport

Food Justice/Injustice (could be either depending on response) - 12 community gardens in Bridgeport

Food Injustice: Corner stores outnumber community gardens in Bridgeport.

Food Justice/Injustice (could be either depending on response) - knowing how to grow your own food

Food Justice/Injustice (could be either depending on response) - needing to grow your own food

Food Injustice: Houses with children in them are more likely to be food insecure

Food Injustice (Monsanto): Monsanto (large GMO Corporation) owns 90% of the world's seeds and sells 90% of genetically engineered seeds to the world.

Source: “The World According to Monsanto”

Food Justice: Every animal on a farm should be treated with love and respect.

Food Injustice (Obesity): 300,000 deaths are caused each year due to poor diet and lack of physical activity and exercise.

Source: www.cbsnews.com/childhoodobesity

Food Injustice (Fast Food Advertisement): In 2006, the fast food industry spent \$1.6 billion on TV Advertisement. In 2009, they spent \$4.2 billion.

Source: foxnews.com/health

Food Justice: Increasing urban farms and farmers markets

Food Justice: Extra food from supermarkets being donated to food pantries

Food Injustice (Fast Food Advertisement): Due to the fast food industry 1 and 3 children, ages 4 to 19 who eat fast food regularly will gain an extra 6 pounds per year.

Source: foxnews.com

Food Injustice (Quote from advocate): “We live in a world where it’s easier to get a semi-automatic weapon than it is to get an organic tomato.”

Source: La Donna Redmond (Institute for Agriculture and Trade Policy)

Food Justice (Quote from advocate): “The recovery of the people is tied to the recovery of the food, since food itself is medicine: not only for the body, but for the soul, for the spiritual connection to history, ancestors and the land.”

Source: Winona La Duke/ PlantingJustice.org

Food Injustice: 23.5 million people live in food deserts in the United States and over 50% of them earn a low income. This means that healthy food is a privilege in this country.

Social Injustice: Poverty exists and it affects black populations and hispanic populations at a higher rate than white populations.

Food Injustice : Obesity rates are high in this country, and highest with black and hispanic communities. White 63.2% Black 72.7% Hispanic 70.0% Asian 37.7% Native American 68.6%
<http://kff.org/other/state-indicator/adult-overweightobesity-rate-by-re/>

Food Justice: Fresh produce is being delivered to Bridgeport food pantries so that those in hunger have access to fresh food.

Food Injustice: As of 2011 37% of Bridgeport residents are obese, compared to the Fairfield county average of 14.5%

<http://patch.com/connecticut/stamford/fairfield-county-obesity-rate-second-lowest-in-us-4af292cf>

https://www.bridgeportct.gov/filestorage/89019/95959/Complete_Care_Report.pdf

Food Justice: Food Justice is the next Civil Rights Movement

Source: La Donna Redmond (Institute for Agriculture and Trade Policy)

Food Justice: Healthy food should be “fresh, nutritious, affordable, culturally-appropriate and grown locally with care for the well-being of the land, workers and animals.”

Source: <http://www.justfood.org/food-justice>

Food Justice: Community gardeners are receiving cooking workshops and gardening workshops from Green Village Initiative.

Food Justice: Learning how to save your own seeds

Food Injustice: Public school food is for the most part not cooked from scratch in the cafeteria, but comes pre-packaged and frozen.

Food Justice: Together we are creating a community of food justice leaders by learning about important food systems topics and discussing them with each other!!

Creative Expression Exercise:

Explain to the participants the following: We would like to take this time for us to do an exercise with a focus upon creating messages, ideas and strategies you may have for resisting the food system while demanding REAL change in your communities. How will you know when there is a food injustice happening? How will you know what food justice looks like? Other questions to help generate thoughts/ideas

-What does Food Justice look like to you? What would Food Justice look like in Bridgeport?

-How will you bring this experience to your work, family or community?

-What do you want others to know?

-What change(s) are you demanding?

- What solutions would you like to see? What does that look or sound like?

Explain the following:

We have some materials for you to use and you can free-write, create a poem/spoken word piece, draw/ sketch your message, write a song, make a sign, team up and create a skit etc. Remember you are free to create whatever it is that comes to you. There is no wrong way to do it your way. We have some prompts you can choose from to help get you started (Pre-write the prompts or read them out loud). When you are done if we have time then you can share your creative expressions. If you all need any help FFC will be walking around to assist you. Don't forget to have fun and be creative!