

Workshop for Spring Kick Off - Food Justice in 35 Minutes

TIPS:

- Deep breath - we are not necessarily experts, but we are in community :)
- Coaching is asking people to get them to aha moment - you facilitate and ask questions, but don't need to be the expert
- Bring it back to food justice.
- We want to know:
 - What do people think about food justice? Do they see how important it is to grow their own food? Do they see the value of the gardens and injustice of not affording food at the store?
- Feel privileged we do this work - need in Bridgeport is great and every conversation matters
- Ideally - people feel empowered - taking back the power the system holds over Bridgeport
- Finding power in becoming gardeners or supporting local farmers or taking back space from grass and concrete
- Have folks leave feeling their power in this work!

INTRODUCTIONS/WARMING UP

- **Introductions**
 - (our name, pronouns, where in the city we're from, favorite ice cream)
- **GVI's mission** + talk about 4 programs - open up by asking if any one heard term FJ before?
 - Collect answers

DEFINING FOOD JUSTICE TOGETHER

- Have you heard of a **food desert**? I can go to a corners store and get food tell me why it's still a food desert
- What does that feel like? Was it always like this? Where do we see these most?
 - **A solution to a food desert is food justice.**
 - Food apartheid - deserts are natural, apartheid is man-made
 - Its doesn't say FJ in GVI mission but it is in our mission to solve food injustice like that :
 - **FJ defintion on the board** -
 - Food justice is big dream and goal but we are all a part to play in it
 - [[[[[board with definition on it]]]]]
- **Food Justice Questions to Create Storytelling Opportunities:**
 - Do you see yourself in this definition?
 - Do you know anyone who works in food? Who are they? What do they do?
 - Do they stay in Bridgeport to do that work?

POEM TIME! Poem here ([Naima Penniman](#))

- **Breathing moment** to let it settle
 - What part of the poem stayed with you the most and why do you think so?
 - What are emotions you noticed in yourself come up in the poem?

TIE IT ALL TOGETHER

- **Dream with us:**
 - how would YOU change the food system in Bridgeport if you had a magic wand?
 - how would YOU change the food system in Bridgeport if you didn't have a magic wand?