



OUR **KITCHEN** TABLE



**Food Justice**

**&**

*How to  
Grow It*

**OKTjustice.org**



OUR KITCHEN TABLE



Thank you!

Our Kitchen Table

[www.OKTjustice.org](http://www.OKTjustice.org)

[media@OKTjustice.org](mailto:media@OKTjustice.org)

616.206.3641





**What is  
Food Justice?**



## Food Justice

The **benefits** and **risks** of where, what, and how food is:

- grown,
- produced,
- transported,
- distributed,
- accessed and
- eaten

**are shared fairly.**



## **Food Justice**

*transforms the current food system to eliminate disparities and inequities.*





## Food Justice

focuses on issues of gender class and race.



# FEEDING AMERICA®

West Michigan Food Bank

Formerly Second Harvest Gleaners  
Food Bank of West Michigan, Inc.

FeedingAmericaWestMichigan.org  
616.784.3250



**Food charity is not  
food justice.**

Food banks and food  
charity are important but  
do not address the causes  
of food insecurity.



## **La Donna Redmond**

Food + Justice =  
Democracy

<https://www.youtube.com/watch?v=ydZfSuz-Hu8>





Food Justice ensures food security.



## Food Insecurity

1. You cannot get healthy foods.

# Definitions:

## Food Insecurity

2. You cannot store or prepare healthy foods.





## Food Insecurity

3. Only junk and fast foods are available in your neighborhood.



## Food Desert

Neighborhoods with little or no access to large grocery stores that offer fresh and affordable foods.

**Is this a good term?**



## Food Desert?

- A desert is a vibrant ecosystem.



## Food Desert?

- Grocery stores are not a measure of food security.



Intentional political, historical and corporate influences limit availability of healthy food in certain neighborhoods.





## Food Desert?

Nope – it's  
Food Apartheid.



## Food Apartheid:

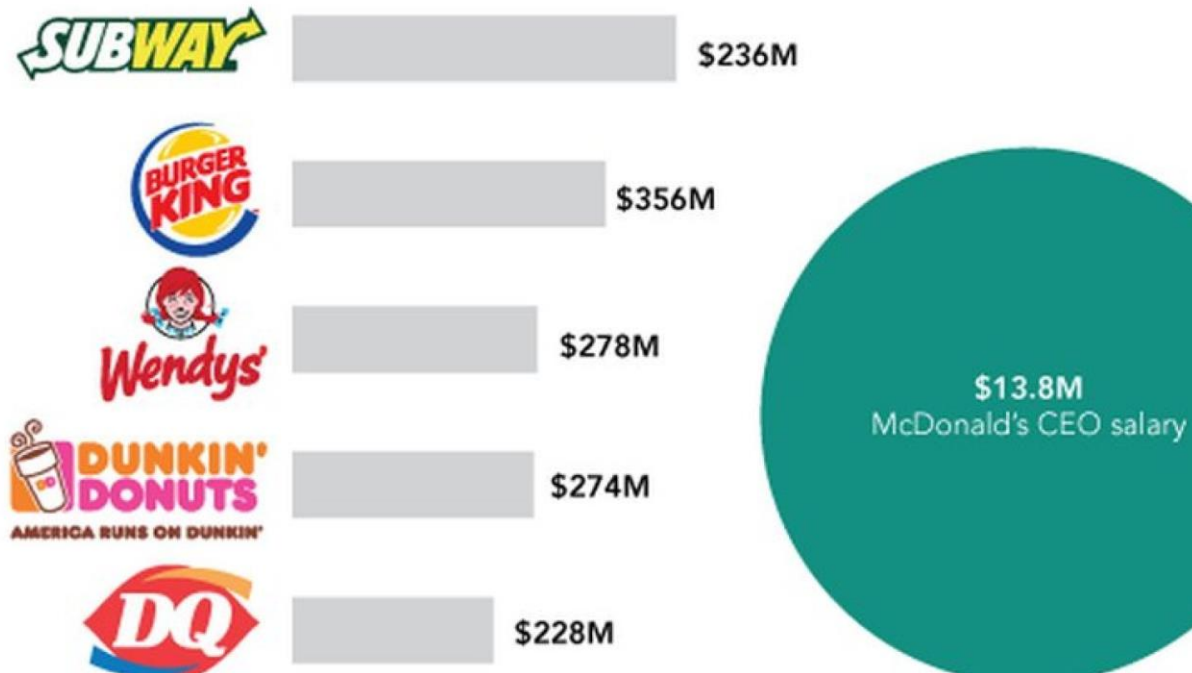
The intentional, systemic marketing and distribution of:

- profitable,
- nutrient-poor,
- disease-causing

foods to income-challenged neighborhoods, mainly, communities of color (i.e. communities receiving the most food assistance dollars).

## Why Do Our Neighborhoods Experience Food Apartheid?

**IT'S PROFITABLE FOR THE FOOD INDUSTRY.**





## **Ron Finley** Guerilla Gardening

[http://www.ted.com/talks/ron\\_finley\\_a\\_guerilla\\_gardener\\_in\\_south\\_central\\_la?language=en](http://www.ted.com/talks/ron_finley_a_guerilla_gardener_in_south_central_la?language=en)



**How did we get the food system that we have?.**

# History



## Industrial Capitalism

People moved to cities and stopped growing their own food.



# This Is What The Fast Food Industry Costs Taxpayers

Estimated Average Annual Cost Of Low-Wage Workers' Public Assistance



Sources: National Employment Law Project, Reuters

## Profits valued over people (and animals)





## Industrial preservation.

Advertising taught us to trust factory-made food.

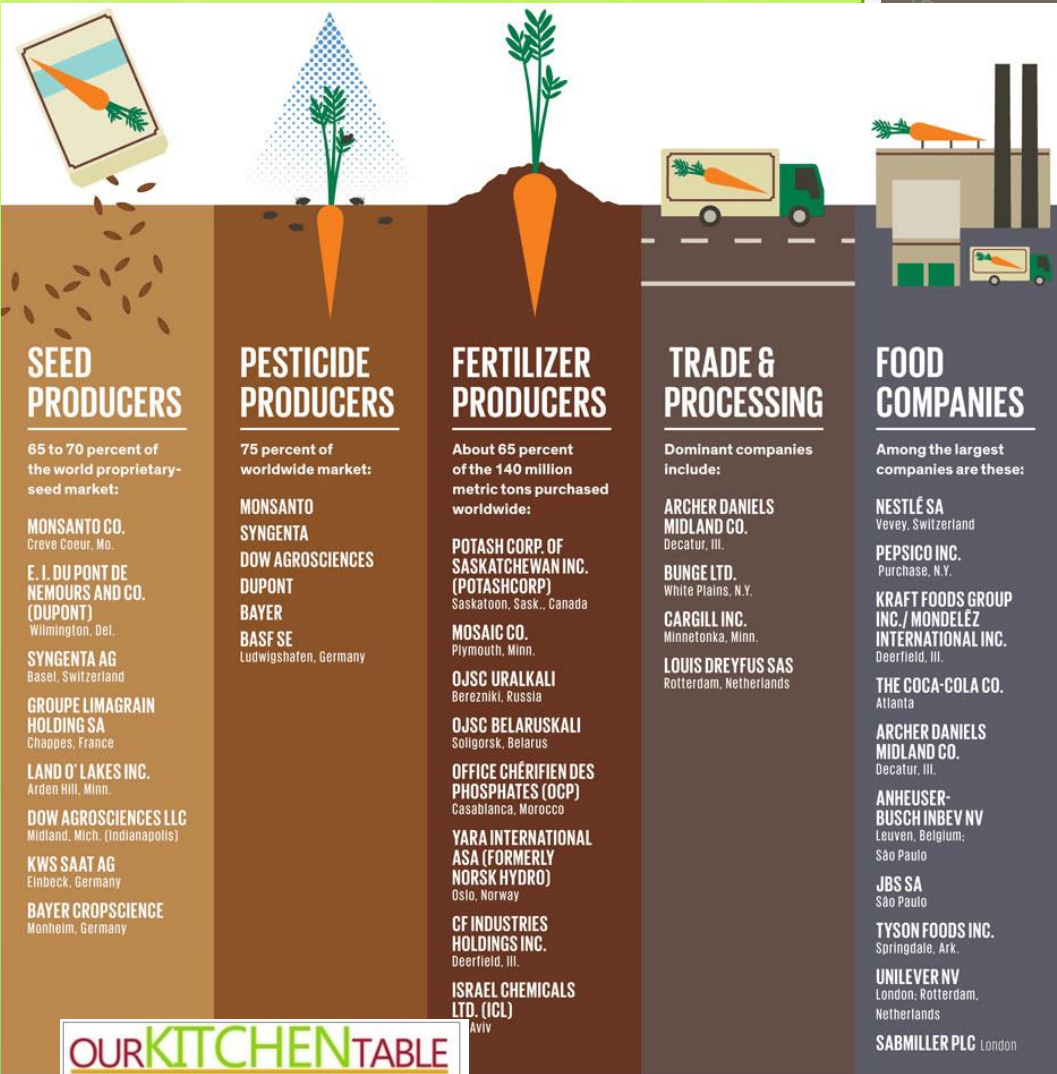




## Refrigeration & transportation.

“In-season” changed from local to national to global.





## SEED PRODUCERS

65 to 70 percent of the world proprietary-seed market:

**MONSANTO CO.**  
Creve Coeur, Mo.

**E. I. DU PONT DE NEMOURS AND CO. (DUPONT)**  
Wilmington, Del.

**SYNGENTA AG**  
Basel, Switzerland

**GROUPE LIMAGRAIN HOLDING SA**  
Chagnes, France

**LAND O' LAKES INC.**  
Arden Hill, Minn.

**DOW AGROSCIENCES LLC**  
Midland, Mich. (Indianapolis)

**KWS SAAT AG**  
Einbeck, Germany

**BAYER CROPSCIENCE**  
Monheim, Germany

## PESTICIDE PRODUCERS

75 percent of worldwide market:

**MONSANTO**  
**SYNGENTA**  
**DOW AGROSCIENCES**  
**DUPONT**  
**BAYER**  
**BASF SE**  
Ludwigshafen, Germany

## FERTILIZER PRODUCERS

About 65 percent of the 140 million metric tons purchased worldwide:

**POTASH CORP. OF SASKATCHEWAN INC. (POTASHCORP)**  
Saskatoon, Sask., Canada

**MOSAIC CO.**  
Plymouth, Minn.

**OJSC URALKALI**  
Berezniki, Russia

**OJSC BELARUSKALI**  
Solligorsk, Belarus

**OFFICE CHÉRIFIEN DES PHOSPHATES (OCP)**  
Casablanca, Morocco

**YARA INTERNATIONAL ASA (FORMERLY NORSK HYDRO)**  
Oslo, Norway

**CF INDUSTRIES HOLDINGS INC.**  
Deerfield, Ill.

**ISRAEL CHEMICALS LTD. (ICL)**  
Aviv

## TRADE & PROCESSING

Dominant companies include:

**ARCHER DANIELS MIDLAND CO.**  
Decatur, Ill.

**BUNGE LTD.**  
White Plains, N.Y.

**CARGILL INC.**  
Minnetonka, Minn.

**LOUIS DREYFUS SAS**  
Rotterdam, Netherlands

## FOOD COMPANIES

Among the largest companies are these:

**NESTLÉ SA**  
Vevey, Switzerland

**PEPSICO INC.**  
Purchase, N.Y.

**KRAFT FOODS GROUP INC./ MONDELÉZ INTERNATIONAL INC.**  
Deerfield, Ill.

**THE COCA-COLA CO.**  
Atlanta

**ARCHER DANIELS MIDLAND CO.**  
Decatur, Ill.

**ANHEUSER-BUSCH INBEV NV**  
Leuven, Belgium;  
São Paulo

**JBS SA**  
São Paulo

**TYSON FOODS INC.**  
Springdale, Ark.

**UNILEVER NV**  
London; Rotterdam,  
Netherlands

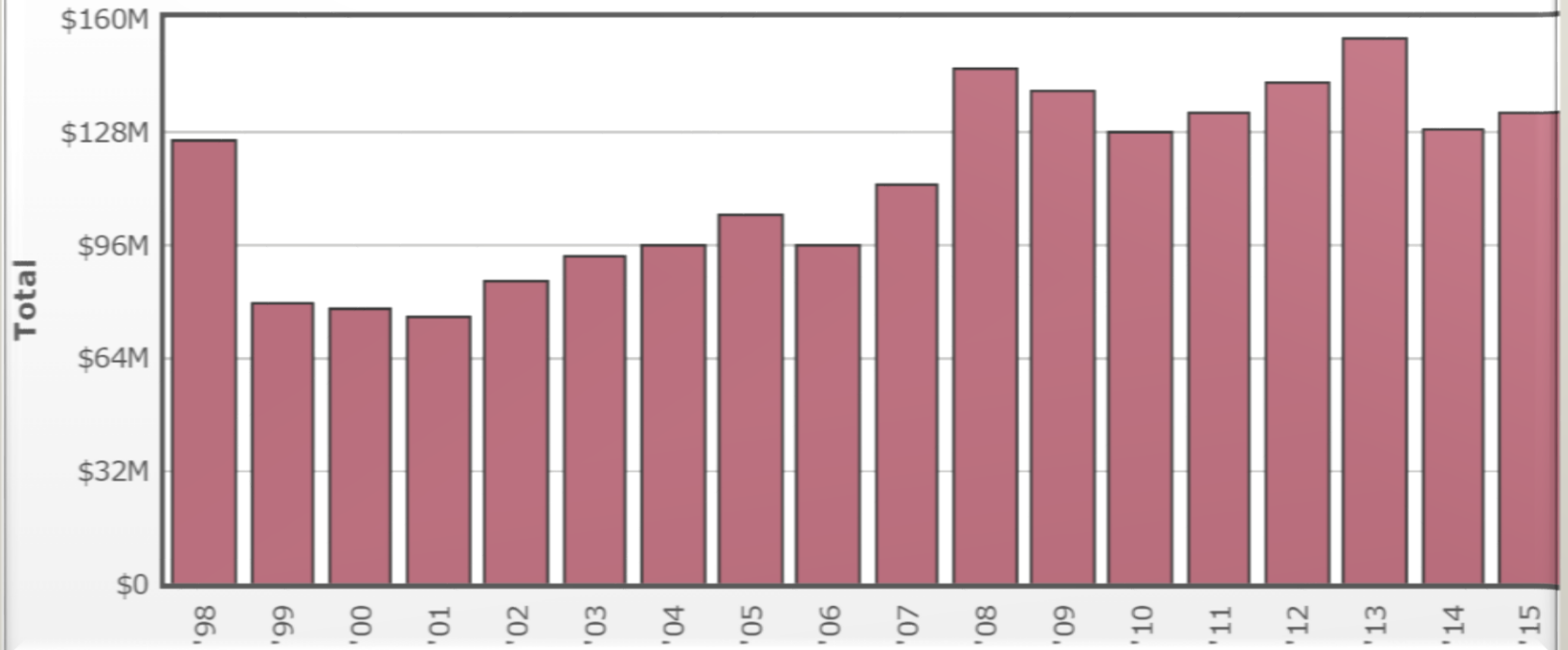
**SABMILLER PLC** London

Corporate control of the food system.

OUR KITCHEN TABLE



## Annual Lobbying on Agribusiness



# 2014 FARM BILL



**Gave \$956 billion**  
to agribusiness.

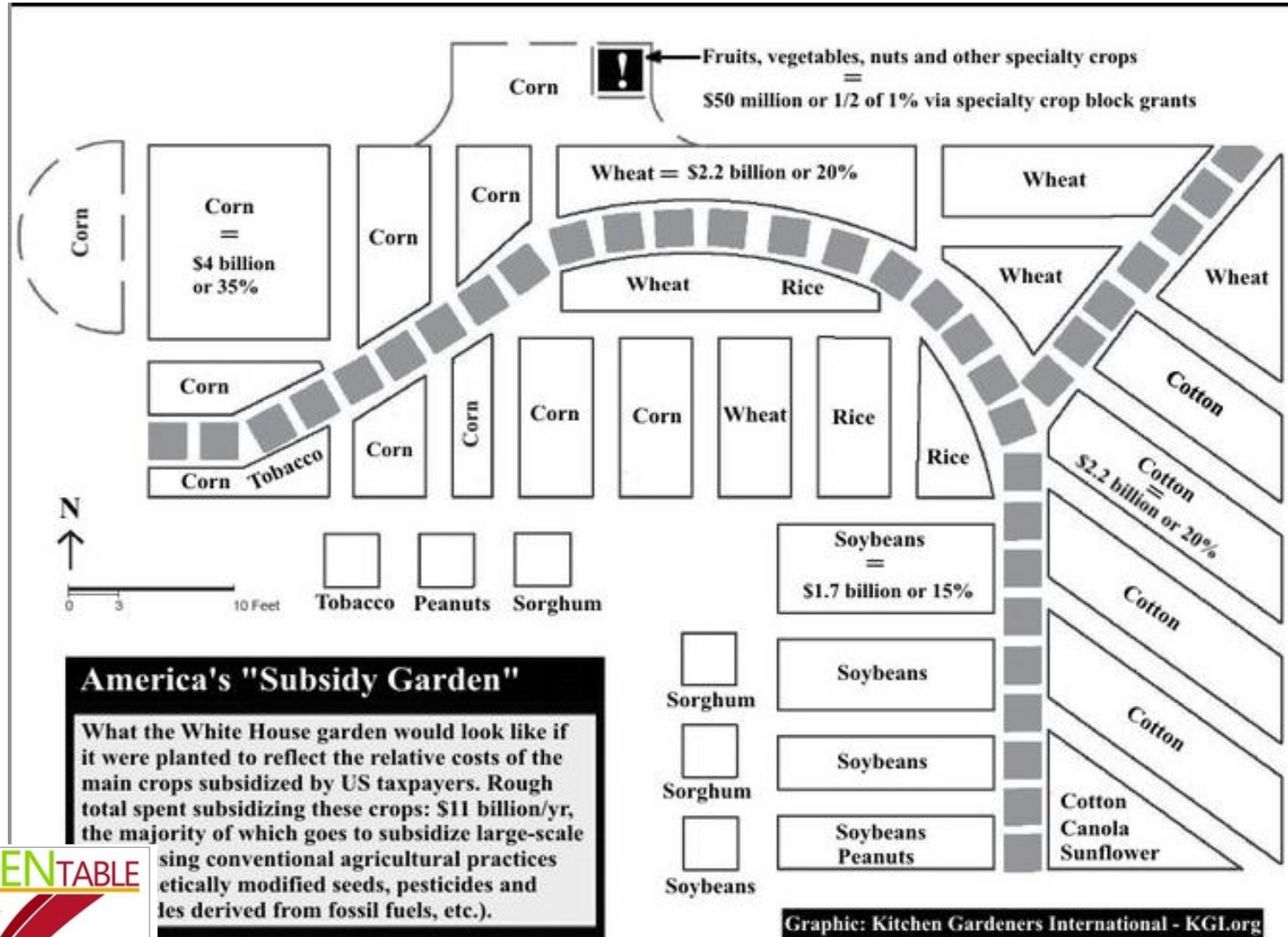
# 2014 FARM BILL



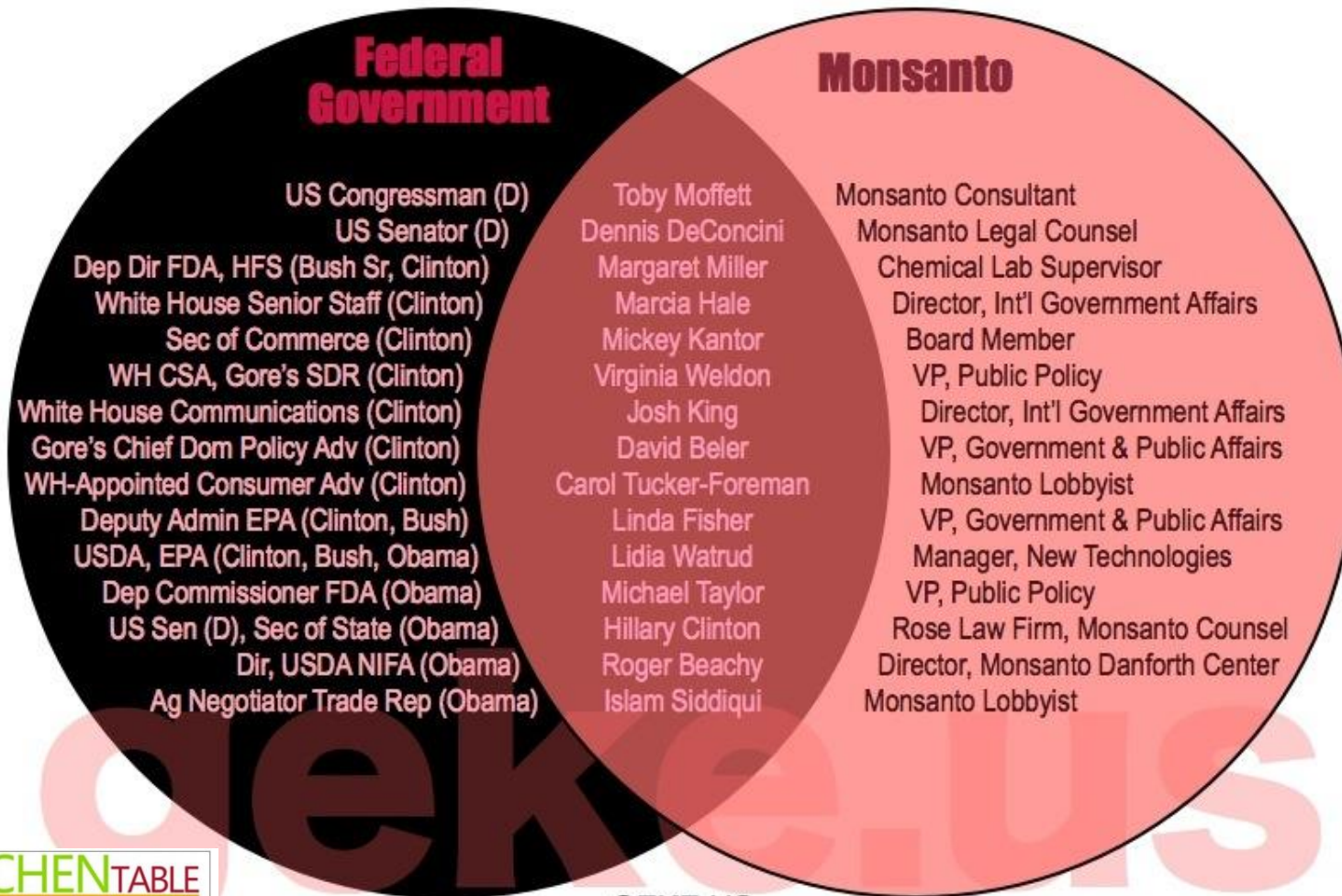
**Cut \$8.6 billion**  
from  
food assistance  
programs.

# Corporate Influencers

## In Government



# Revolving doors



GEKE.US



## Prop. 37: Genetically Engineered Foods

Requires labeling of food products made from genetically modified organisms.

Outcome: **✗ FAILED**

✓ YES

Funding ⓘ

✗ NO


*Download all contributions*

RANK	CONTRIBUTOR NAME	TOTAL
1	MERCOLA.COM HEALTH RESOURCES LLC	\$1,199,000
2	KENT WHEALY	\$1,000,000
3	NATURE'S PATH FOODS U.S.A. INC. FINE NATURAL FOOD PRODUCTS	\$660,709
4	DR. BRONNER'S MAGIC SOAPS ALL-ONE-GOD-FAITH INC.	\$620,883
5	ORGANIC CONSUMERS FUND	\$605,667
6	ALI PARTOVI	\$288,975
7	MARK SQUIRE	\$258,000
8	WEHAH FARM, INC., DBA LUNDBERG FAMILY FARMS	\$251,500
9	AMY'S KITCHEN	\$200,000
10	THE STILLONGER TRUST, MARK SQUIRE TRUSTEE	\$190,000

  
\$9.2 million  
raised in total

Last updated: 11/6/2012

RANK	CONTRIBUTOR NAME	TOTAL
1	MONSANTO COMPANY	\$8,112,867
2	E.I. DUPONT DE NEMOURS & CO.	\$5,400,000
3	PEPSICO, INC.	\$2,485,400
4	GROCERY MANUFACTURERS ASSOCIATION	\$2,002,000
5	KRAFT FOODS GLOBAL, INC.	\$2,000,500
6	BAYER CROPSCIENCE	\$2,000,000
7	DOW AGROSCIENCES LLC	\$2,000,000
8	BASF PLANT SCIENCE	\$2,000,000
9	SYNGENTA CORPORATION	\$2,000,000
10	COCA-COLA COMPANY	\$1,700,500

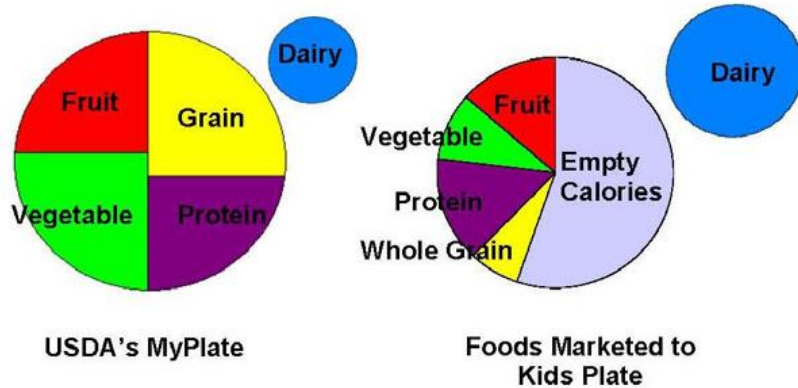
  
\$46.0 million  
raised in total

Last updated: 11/6/2012





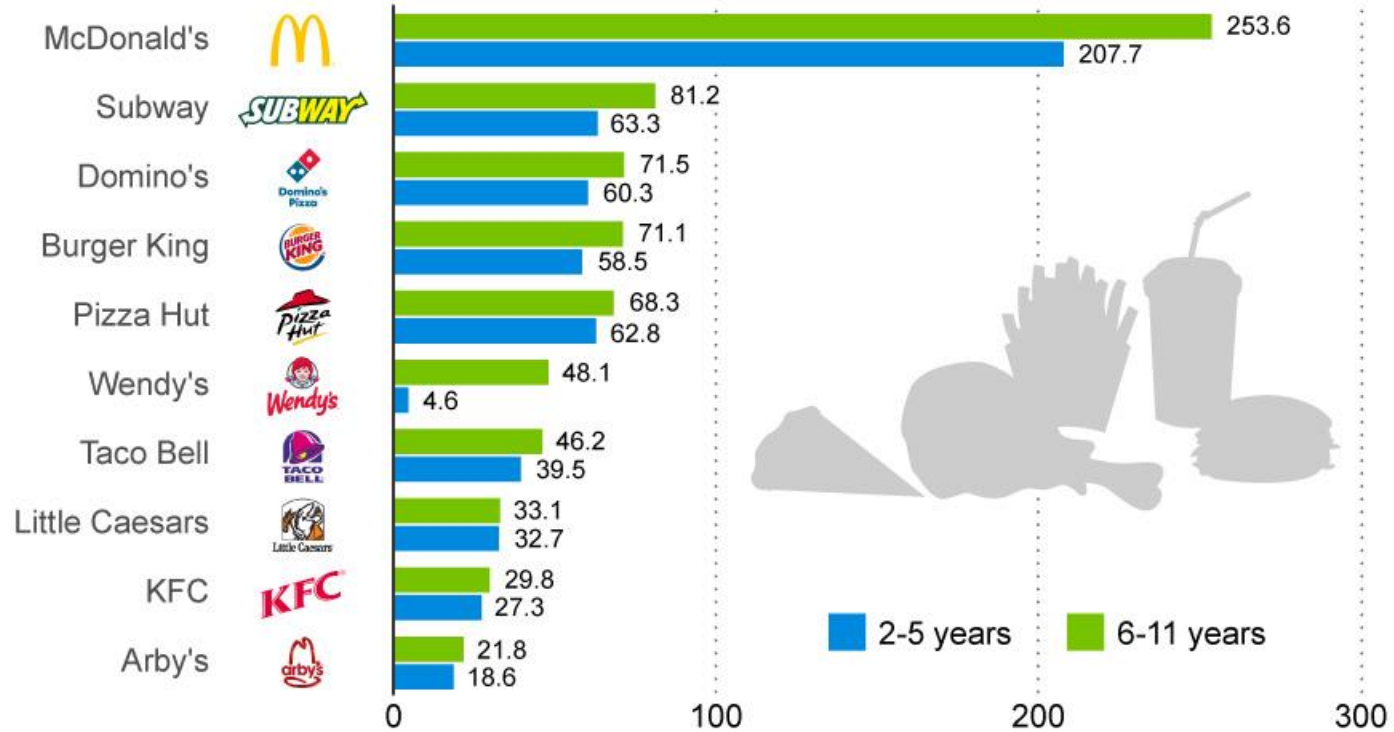
**Foods marketed to kids are out of balance.**



**\$1.8 billion in advertising target children** with unhealthy foods via TV, product placement, online, phones, school events & materials etc.

# U.S. Kids Watch Hundreds of Fast Food Ads Per Year

Fast food brands most advertised to U.S. children aged 2-11 (average # of ads viewed in 2012)



statista  
The Statistics Portal

Mashable

Sources: Nielsen, Yale Rudd Center for Food Policy

OUR KITCHEN TABLE



# a snapshot of corporate influence over university agricultural research 2012

corporate representative on university board

corporate funding for university departments, schools and buildings

**UNIVERSITY OF CALIFORNIA**

Monsanto  
Chiquita, Dole  
United Fresh  
Earthbound Farm  
Taylor Farms

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Produce Marketing Assoc.  
Syngenta, Sysco

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*Nomacorc, Mars  
American Vineyard Assoc.  
Chevron Technology Ventures  
Arcadia Bioscience  
Novo Nordisk*

**IOWA STATE UNIVERSITY**

Monsanto  
Iowa Farm Bureau  
Pioneer Hi-Bred  
Summit Group

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*Monsanto, Dow Deere & Co.  
Syngenta, Bayer  
Iowa Soybean Association  
Iowa Cattlemen's Association  
National Pork Board  
United Soybean Board*

**TEXAS A&M**

*Monsanto  
Pioneer Hi-Bred  
Cotton Inc.  
Chevron Tech National  
Cattlemen's Beef Assoc.  
National Pork Board  
Donald Danforth Plant Science Center*

**UNIVERSITY OF ILLINOIS**

Monsanto

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*Monsanto  
Syngenta, Pfizer  
Nestle Nutrition  
Pepsi, Eianco  
SmithBucklin & Associates  
National Pork Board*

**UNIVERSITY OF FLORIDA**

*Pfizer, Intervet  
Alcon Research  
Mars, Vistakon*

**PURDUE UNIVERSITY**

Kroger, ConAgra

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*Dow, Deere & Co.  
Hinsdale Farms  
Nestle, BASF*

**UNIVERSITY OF ARKANSAS**

Tyson, Walmart

**UNIVERSITY OF MISSOURI**

*Phillip Morris  
Monsanto, Dow  
SmithBucklin & Associates  
Iams, Pfizer  
American Veterinary Medical Association*

**UNIVERSITY OF MINNESOTA**

Cargill

**UNIVERSITY OF GEORGIA**

Cargill, Conagra  
General Mills  
Unilever,  
Coca-Cola,  
McDonald's

**CORNELL UNIVERSITY**

Kraft

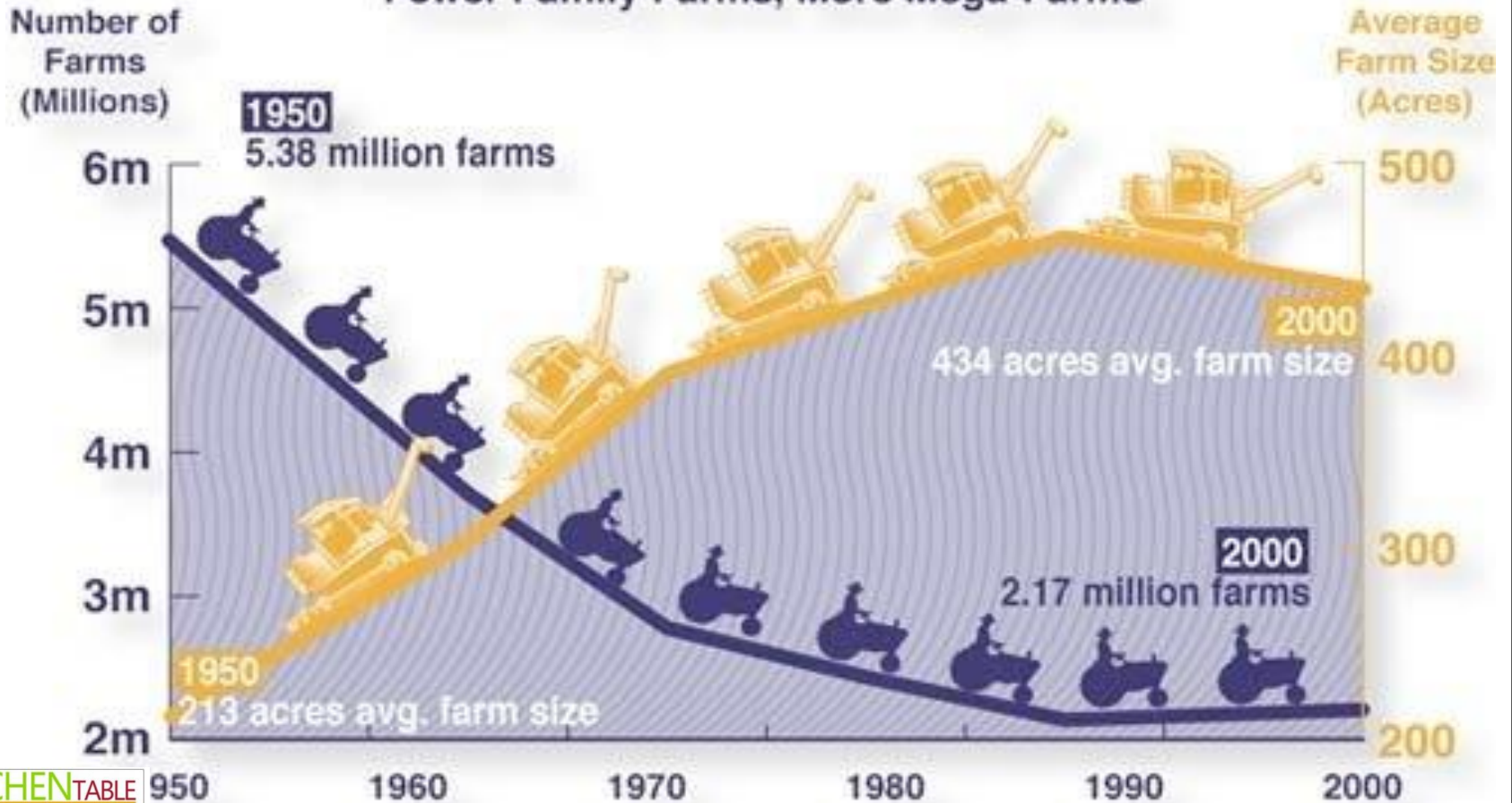
**COLORADO STATE UNIVERSITY**

*Fluor Danone Ranch*



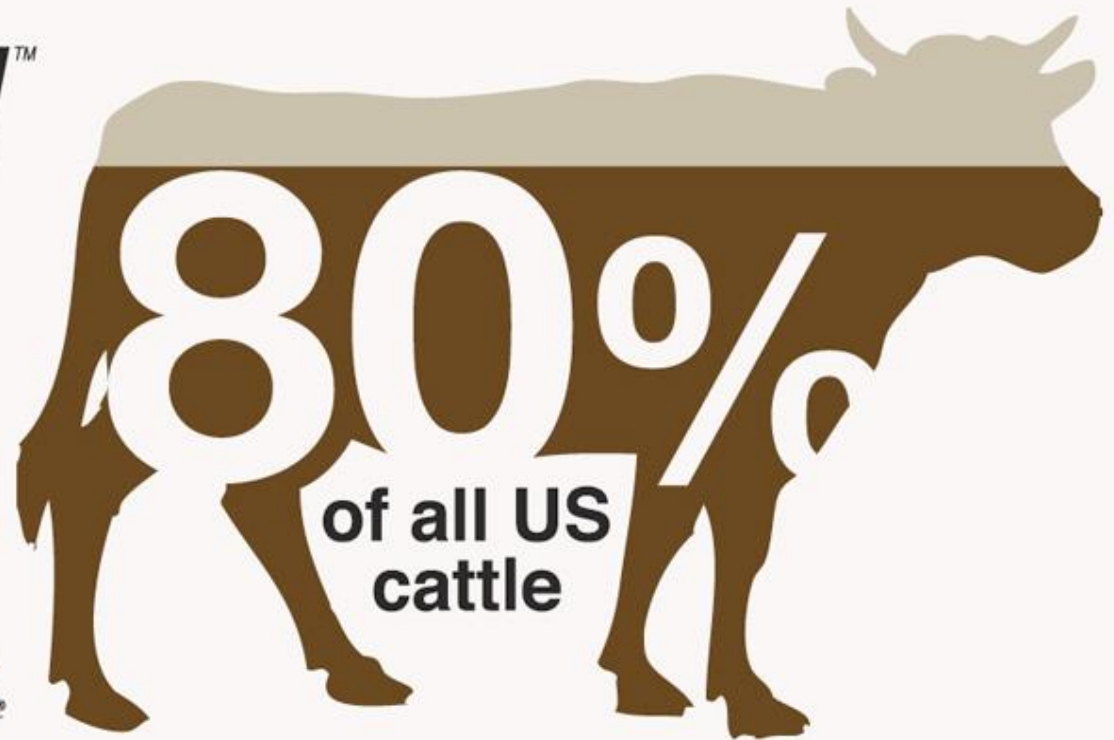
# “Get Big or Get Out”

## Fewer Family Farms, More Mega-Farms



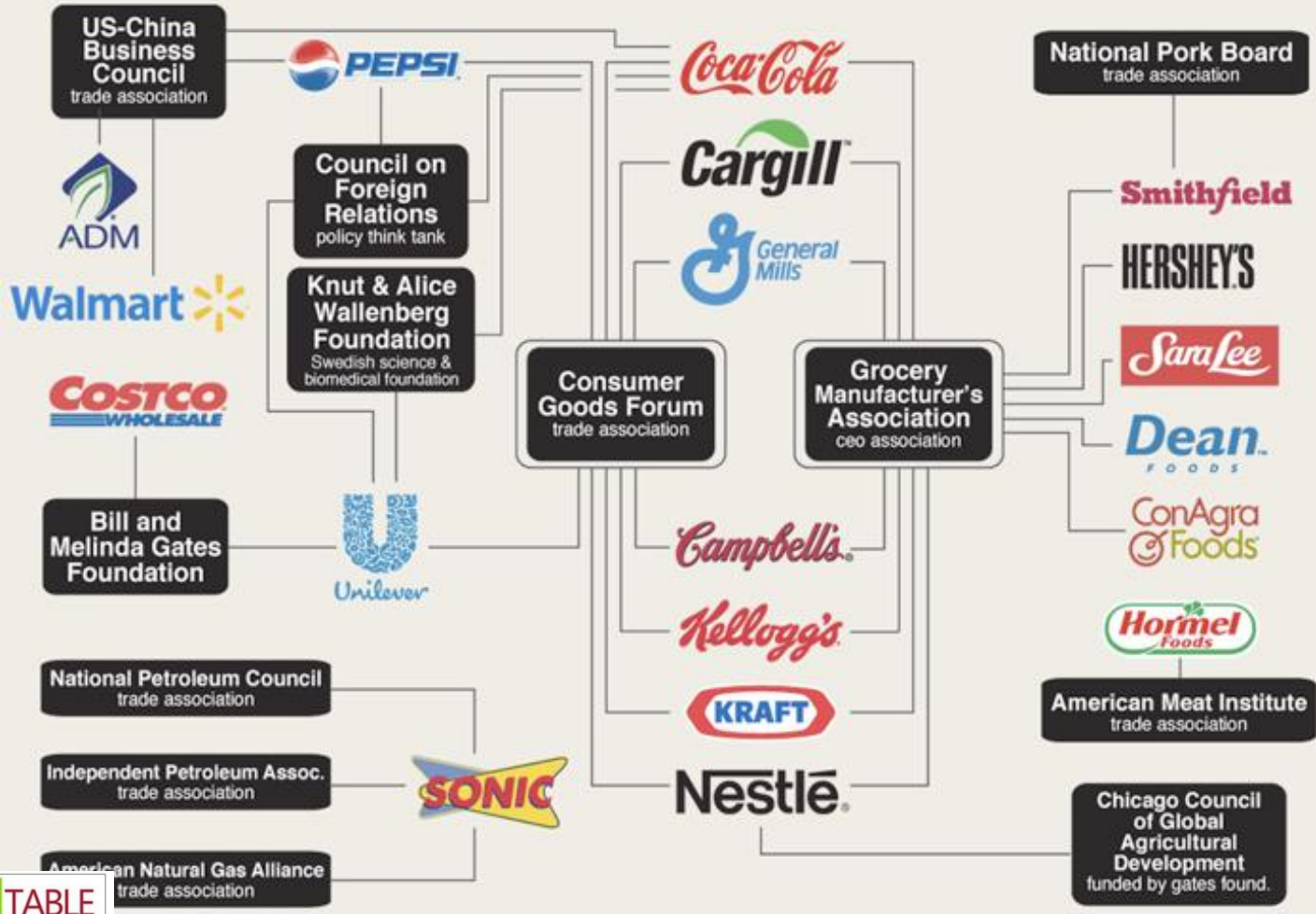
# Top 4 US Beef Companies

1 **Cargill**<sup>TM</sup>



# food company directors on non-profit boards

each line represents a shared board member






[http://www.eatdrinkpolitics.com/wp-content/uploads/AND\\_Corporate\\_Sponsorship\\_Report.pdf](http://www.eatdrinkpolitics.com/wp-content/uploads/AND_Corporate_Sponsorship_Report.pdf)



# Top 4 US Food Retailers

US stores and net sales in billions of USD

**Walmart**  **1**  
 stores 4750 sales \$ 264.2

 **2**  
 stores 3624 sales \$ 90.4

**COSTCO**  
 WHOLESALE **3**  
 stores 592 sales \$ 88.9

**TARGET.** **4**  
 stores 1767 sales \$ 70.0

**50%**  
of all grocery sales

**Monopolization of food distribution.**

[walmartsubsidywatch.org/](http://walmartsubsidywatch.org/)







## Food Justice

asserts that **healthy food is a human right**. No one should live without enough food because of income challenges or social inequalities.

[growingfoodandjustice.org](http://growingfoodandjustice.org)





## Food Diversity Project: Food Growing

OKT grows 1000s of organic  
starter food plants each spring.



# Food Diversity Project: Food Growing

## **Yard gardens**

OKT supplies:

- Plants and seeds
- Composted soil
- Containers
- Basic garden tools
- Garden Coach



# Food Diversity Project: Food Growing

## **GRPS school gardens – 2016**

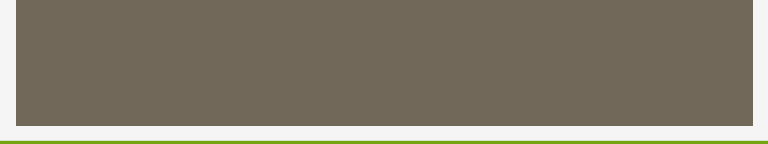
- MLK Jr. Leadership Academy
- GR Ford Academic Center



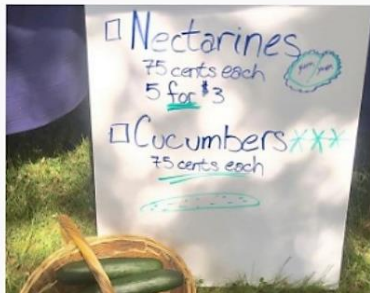
## Food Diversity Project: Food Growing

### Agency & Community Gardens

- Kent County Juvenile Detention Center
- KCHD WIC Garden
- And more



# Food Diversity Project: Southeast Area Farmers' Market





Food Diversity  
Project:  
Collective  
Whole Foods  
Purchase Group



Cook, Eat & Talk

# Food Diversity Project: Popular Education





Women of Color Series

## Food Diversity Project: Popular Education



**City of Grand Rapids  
Residential Composting**

**What is compost?**

Most simply, compost is decomposed organic materials used as a soil conditioner and fertilizer, also known as humus. Compost is known as "gardener's gold" because it improves soil structure, retains water, encourages root growth, and releases nutrients slowly.

**What are the benefits of composting beyond garden?**

- > Recycles kitchen and yard waste (approximately 25% of household waste)
- > Reduces landfill waste
- > Reduces use of chemical fertilizers that harm the environment

**Can I compost in the City of Grand Rapids?**

Yes! You can compost on the premises of an occupied residential property. There are a few simple rules:

- 1) Place composting materials in a fully enclosed bin.
- 2) Place the bin(s) in the rear yard only.
- 3) Place only materials identified below as acceptable.
- 4) Keep the bin(s) tightly covered, except when adding materials.

Using the "pile" method or having exposed materials is restricted to your rear yard. Placing animal waste, brush, and other materials identified below under "NO" are prohibited.

**What will happen if I don't comply with the City's rules?**

The City desires to encourage composting and promote the quality of life in our neighborhoods that is free of animal harborage, and uncontrolled odors. Failure to follow the rules outlined above is a violation of City Code. Your property may be subject to required removal of your composting materials.

**What materials are acceptable for composting?**

To avoid animal harborage, nuisances and odors, materials to be composted must be selected carefully. Items under "YES" can be placed in your compost bin, while items under "NO" are prohibited.

YES	NO
<ul style="list-style-type: none"> <li>• Fruit and vegetable peelings</li> <li>• Lettuce leaves, egg shells</li> <li>• Coffee grounds, tea leaves/bags</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked foods</li> <li>• Grease, oils, fats</li> <li>• Meat, fish, bones</li> <li>• Dairy products, breads</li> <li>• Animal waste, cat litter</li> <li>• Diseased plants</li> <li>• Invasive weeds, weeds with seeds</li> </ul>



# Food Diversity Project: Advocacy

Raising awareness about local, state and national policy.

**OUR KITCHEN TABLE**





**Just change how you feel about food assistance.**

With government food assistance comes social stigma. Many of us see food assistance as a handout—and a disgrace. Our Kitchen Table asks you to challenge that notion.

In 2014, the federal government passed a new Farm Bill. The Farm Bill dictates how tax payer money supports both food production and food assistance.

This new bill gives \$956 billion of taxpayer money (your money) to the agribusiness sector. These corporations that operating huge, environmentally destructive mono-crop farms and inhumane CAFOs (factory livestock farms), are the real welfare recipients. If a sector of society that should feel shame for receiving public food assistance, it's the agribusiness sector.

Not only does this agribusiness sector contribute significantly to ecological destruction through their farming practices, they also exploit

workers in the food industry and are at the root of the public health crisis—most of the food they manufacture is unhealthy.

While increasing agribusiness welfare to \$956 billion, the 2014 Farm Bill also cut \$8.6 billion from food assistance programs serving adults and children experiencing poverty.

*Imagine for a moment how \$956 billion of public money redirected to the public could impact our neighborhoods. Everyone could purchase healthy and whole food in their own communities!*



**Just imagine a just food system.**

OKT's Just Food Dollars Campaign also seeks to promote a more just food system by accomplishing the following:

- 1) Educate the public about how their tax dollars are used to support an unjust and unhealthy food system.
- 2) Challenge the public to view government food assistance programs as beneficial and warranting increased funding.
- 3) Illustrate that government food assistance programs give public money back to the public. It's our own money!
- 4) Invite more people experiencing poverty and food insecurity to sign up for any and all food assistance programs, especially the Double Up Food Bucks program. (Our Kitchen Table is signing people up for this program across the community and at the South East Area Farmers Market.)
- 5) Encourage people to support the local food system by patronizing the South East Area Farmers Market, participating in OKT's Food Growing Program and attending workshops and food sharing opportunities so that we can build a movement that creates food justice and food sovereignty.

*Monies funding food assistance programs are monies collected, in part, from taxes paid by the very people using the programs.*



OKT invites you and all community organizations to partner with us in our Just Food Dollars campaign.

First, rethink how you yourself view government assistance programs that enable your neighbors to exercise their right to healthy food.

Second, refer your friends and neighbors using Bridge Cards to us so we can sign them up for Double Up Food Bucks.

Last, and most important, join us by posting and sharing our Just Food Campaign information so we can inspire a larger community conversation about how our food system is funded and how we can make it more just.

**OKTjustice.org  
oktable1@gmail.com  
616-206-3641**



## Food Policy for Food Justice: # 5 Food Justice & Climate Change

August 2014

*"Wild weather and unpredictable seasons are changing what farmers can grow and is making people hungry. Food prices are going up. Food quality is going down. So, climate change will affect what all of us can eat."*

—OXFAM



This opening statement from the international organization OXFAM introduces its investigation into the connection between Food Justice and Climate Justice. According to the Inter-governmental Panel on Climate Change (IPCC), which is made up of thousands of the world's leading climate scientists, our current food system is one of the main contributors to climate change.

Driven by increasing profits, the current food system contributes to climate change in the following ways:

- 1) Agribusiness practices mono-cropping, where large portions of land are devoted to growing one kind of crop. This kind of land usage not only increases the need for additional water, it degrades the quality of the soil and causes soil erosion.
- 2) Agribusiness completely depends on fossil fuels to grow and harvest food, thus contributing significantly to warming the planet. In addition, most food grown does not stay local. The average food item travels 1,000 miles before it is consumed, increasing the current food system's dependence on fossil fuels even more.
- 3) The current food system promotes high levels of meat consumption, particularly in the US. Producing so much meat diverts large amounts of water, increases levels of methane gas and requires more land use to raise feed, resulting in deforestation and the release of more carbon dioxide into the atmosphere. All of these factors further contribute to climate change.
- 4) The current food system produces highly processed foods that cause the many health problems we currently face. The energy and resources used to manufacture and distribute the high volume of unhealthy processed foods are also contributing to climate change.

## Food Diversity Project: Food Justice Handout Series

- What Is Food Justice?
- Women of Color & Food Justice
- The Farm Bill
- Food Workers & a Living Wage
- Food Justice & Climate Change
- Food Justice & GMOs
- Food Justice & Farmers' Markets
- Food Justice & Public Health
- How to Save Seeds
- Food Justice & Oral Health
- Water Justice
- Politics of Food



## How can you join the food justice movement?

- Attend OKT events.
- Support the Southeast Area Farmers' Market (and others).
- Grow and share your own food.
- Join a CSA farm.
- Cook from scratch.
- Learn to can.
- Arm yourself and your kids against advertising lies.
- Save seeds.
- Eat local.

Fill in the blanks....

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