



OUR **KITCHEN** TABLE



Food Justice Primer

1

OKTjustice.org

2 Definitions:



Food Justice

seeks to ensure that the benefits and risks of where, what, and how food is grown, produced, transported, distributed, accessed and eaten are shared fairly.

3 Definitions:



Food Justice

represents a transformation of the current food system, including eliminating disparities and inequities.

4 Definitions:



Food Justice?

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

OUR KITCHEN TABLE



Definitions:



Food Insecurity

You cannot get healthy foods.

Definitions:



Food Insecurity

You cannot store or prepare healthy foods.

Definitions:



Food Insecurity

As depicted foods available in your neighborhood are junk foods or fast foods.

Definitions:

Food Sovereignty

People determine the kind of food system they want, as long as it is ecologically sustainable.

<http://viacampesina.org/en/index.php/main-issues-mainmenu-27/food-sovereignty-and-trade-mainmenu-38>

<https://vimeo.com/27473286>



9 Definitions:



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.
- Grocery stores are not a measure of food security.
- Intentional political and historical factors limit availability of healthy food in certain neighborhoods.

Definitions:



Food Desert?

No.

A more accurate term:
Food Apartheid.

Definitions:

Food Apartheid:

The intentional, systematic marketing and distribution of profitable, nutrient-poor, disease-causing foods to neighborhoods experiencing income challenges, 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.

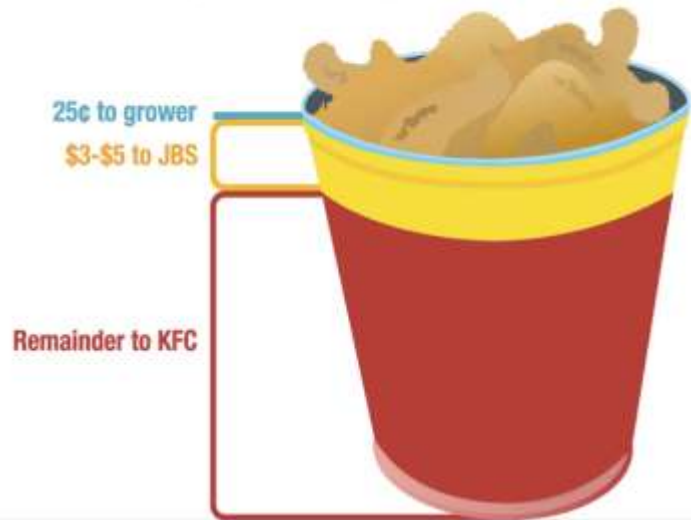




How we got the food system we have.

Industrial capitalism moved people from rural to urban spaces. As fewer people grew their own food, the industrial food system gained control of food production.

**FOR EVERY KFC 12-PIECE CHICKEN BUCKET
\$19.09 in Manhattan**



How we got the food system we have.

To increase profit, the Industrial Food System has historically exploited workers and brutalized animals.



How we got the food system we have.

Instead of relying on home-preserved and seasonal foods, people began to rely on industrial preserved foods and refrigeration.



How we got the food system we have.

Transportation systems and refrigeration allowed food to travel thousands of miles from where it is grown and/or processed. Chemicals extend shelf-life.



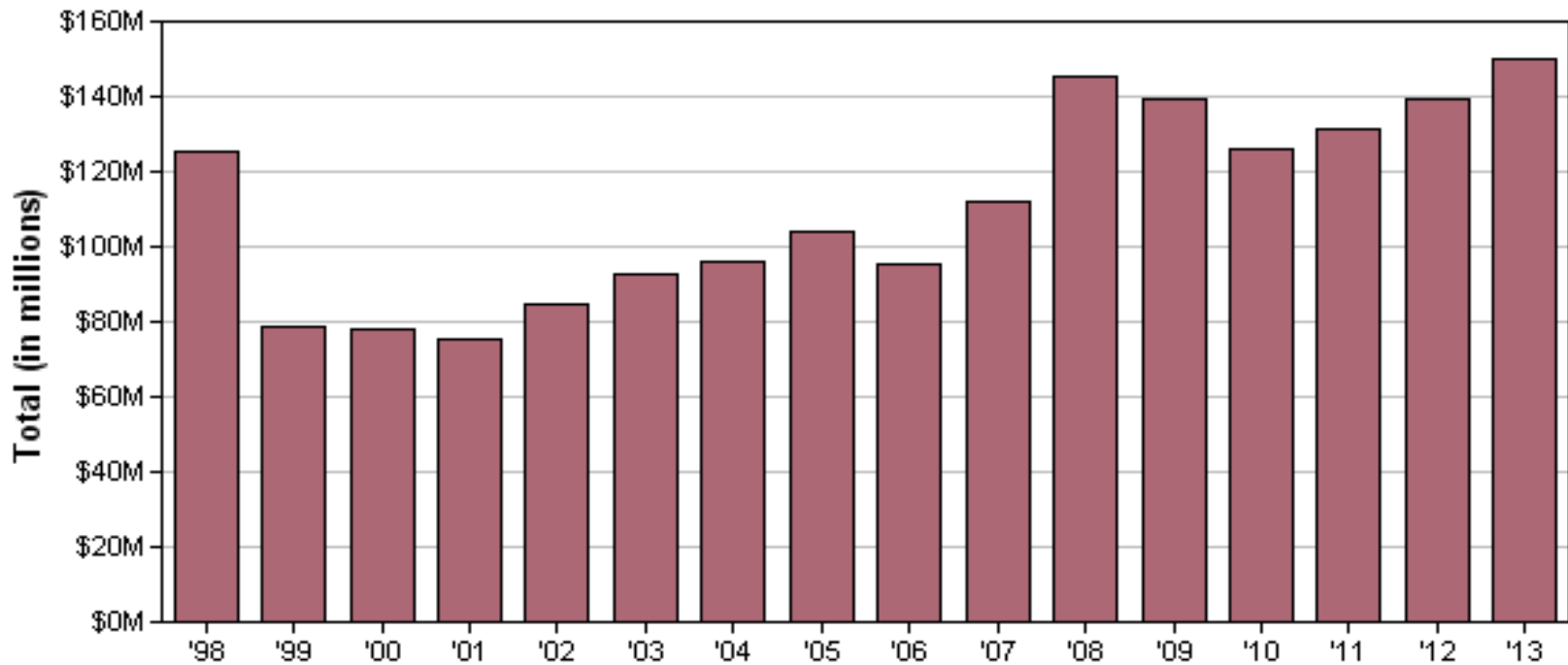
How we got the food system we have.

Chemicals and fossil fuel fertilizers came to dominate agriculture production after WWII.

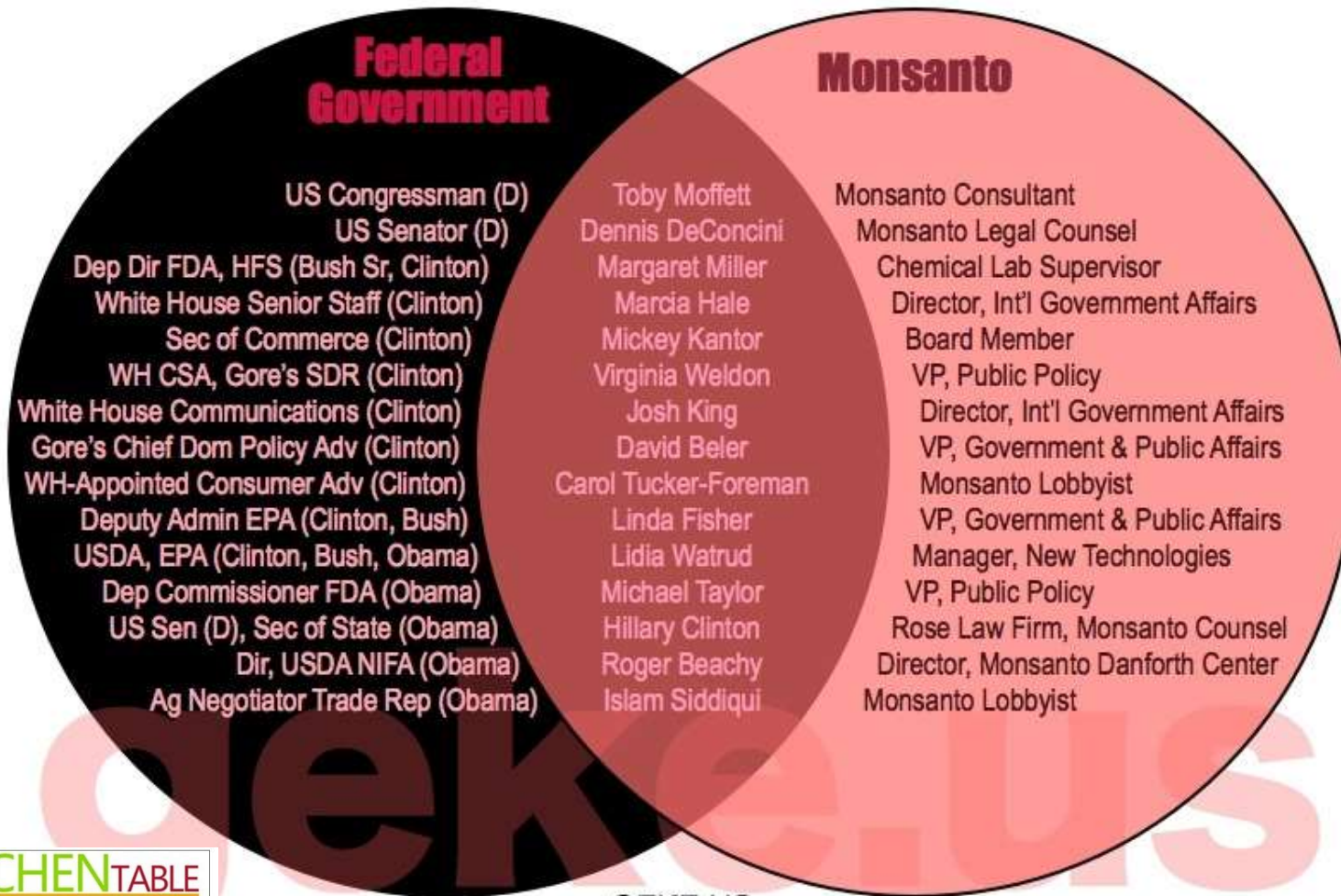
<http://www.texascenter.org/almanac/Land/PESTICIDESP1.HTML>

In Government

Annual Lobbying on Agribusiness



In Government



GEKE.US



In Government

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
	LONGER TRUST, 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



In Government



2014
FARM BILL

The logo features the year '2014' in large green numbers. A brown tractor is positioned behind the '1'. Below the numbers is a green graphic of a fork with a handle that forms a plow, set against a background of green diagonal lines representing a field. The words 'FARM BILL' are written in large, bold, brown letters below the graphic.

Farm Subsidies
1995-2011

- Nationally
\$277.3 billion
- Michigan
\$4.61 billion

<http://farm.ewg.org/region.php?fips=26000>

In Government

2014 FARM BILL

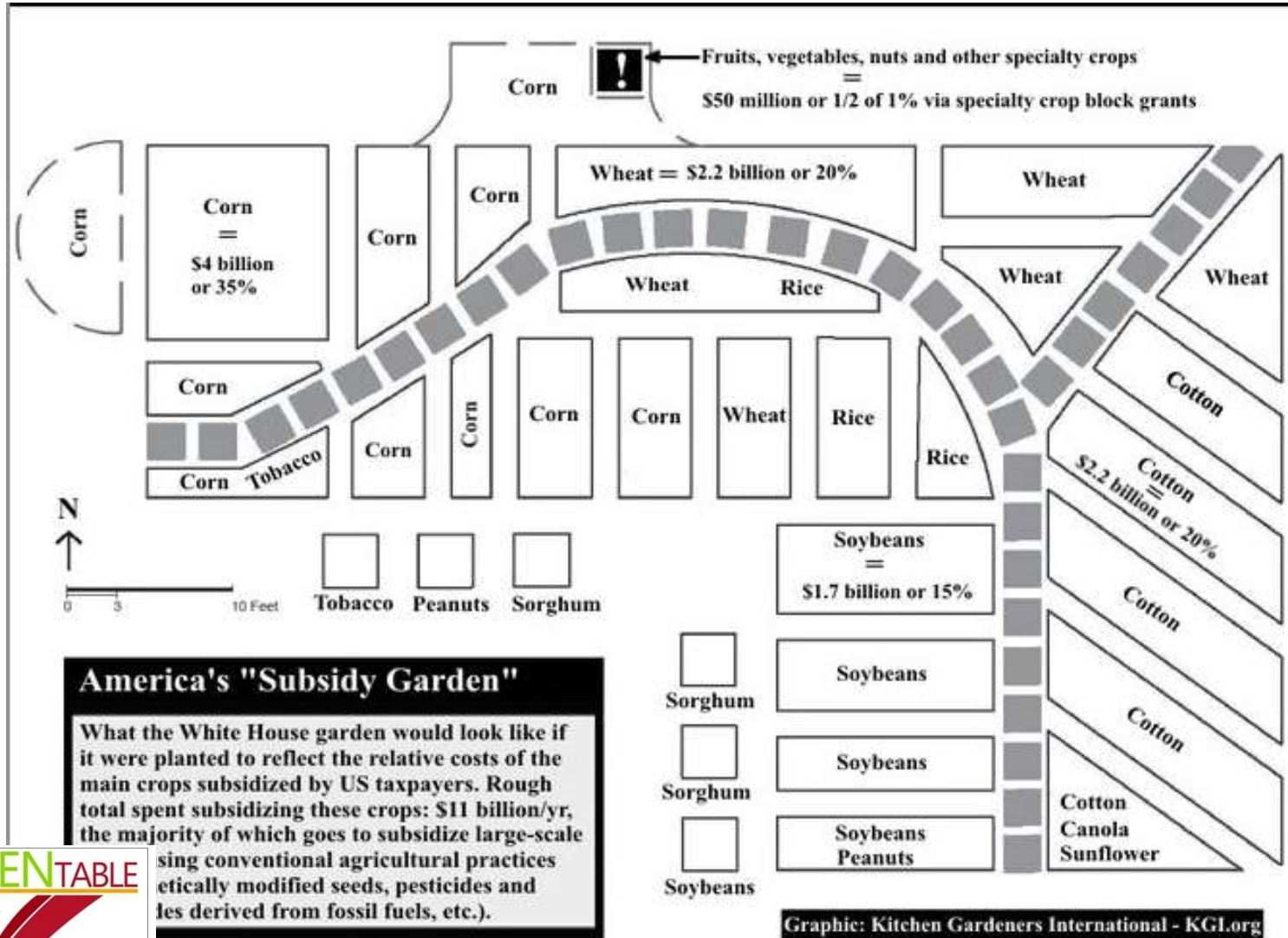


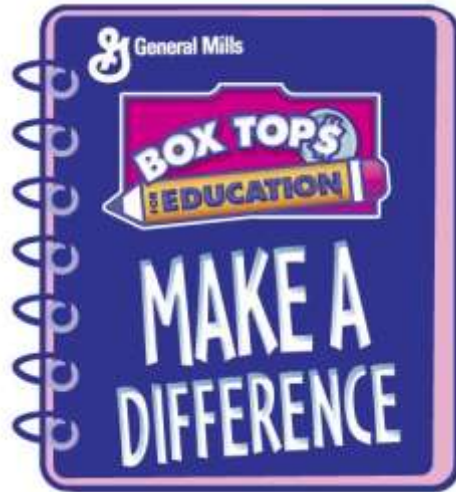
2014 Farm Bill

- Gave \$956 billion to agribusiness.
- *Cut \$8.6 billion from food assistance programs.*



Corporate Influencers In Government





In the Media

\$100 Billion+ in advertising dollars spent in the US annually.

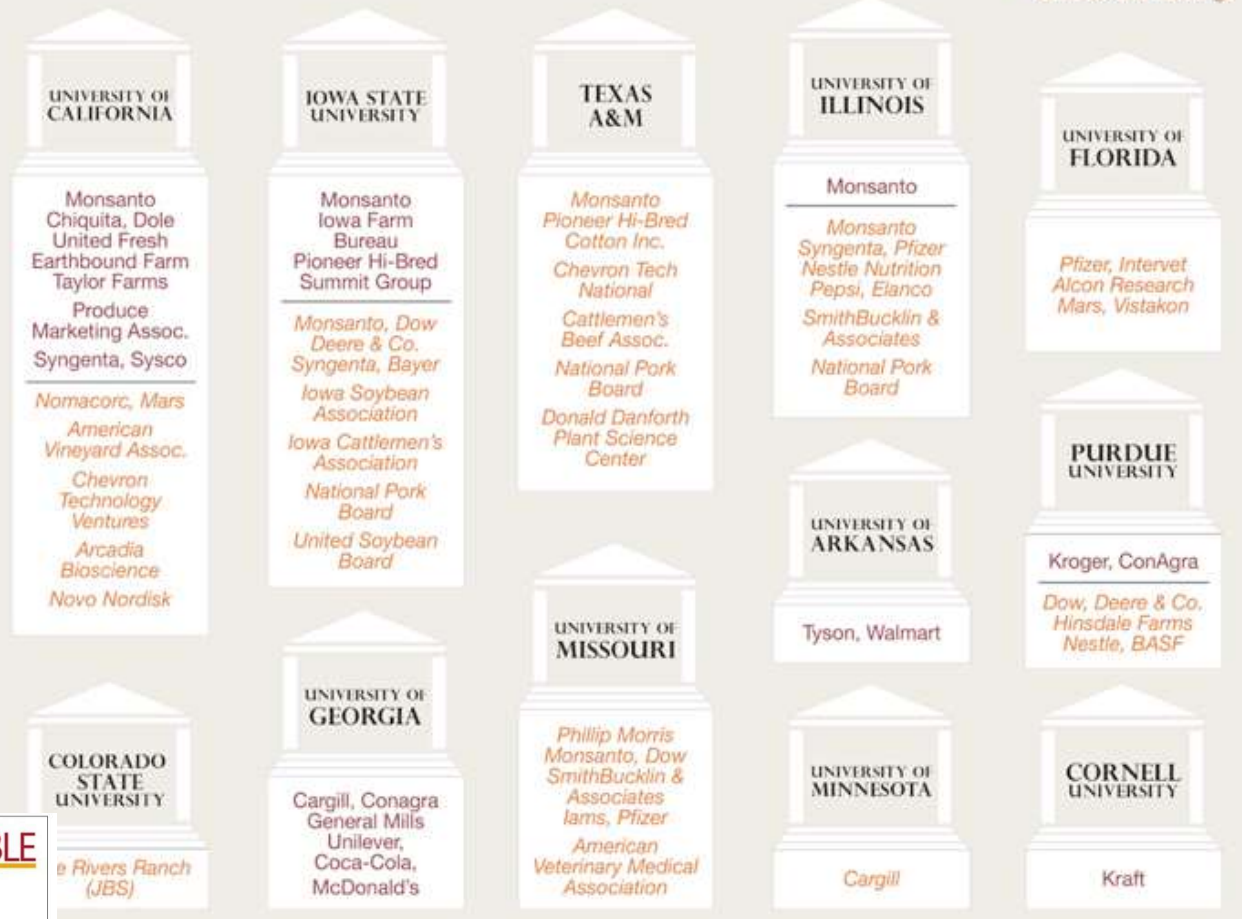
\$1.8 billion target children with unhealthy foods: TV, product placement, online, phones, school events & materials etc.

In schools and universities

a snapshot of corporate influence over university agricultural research 2012

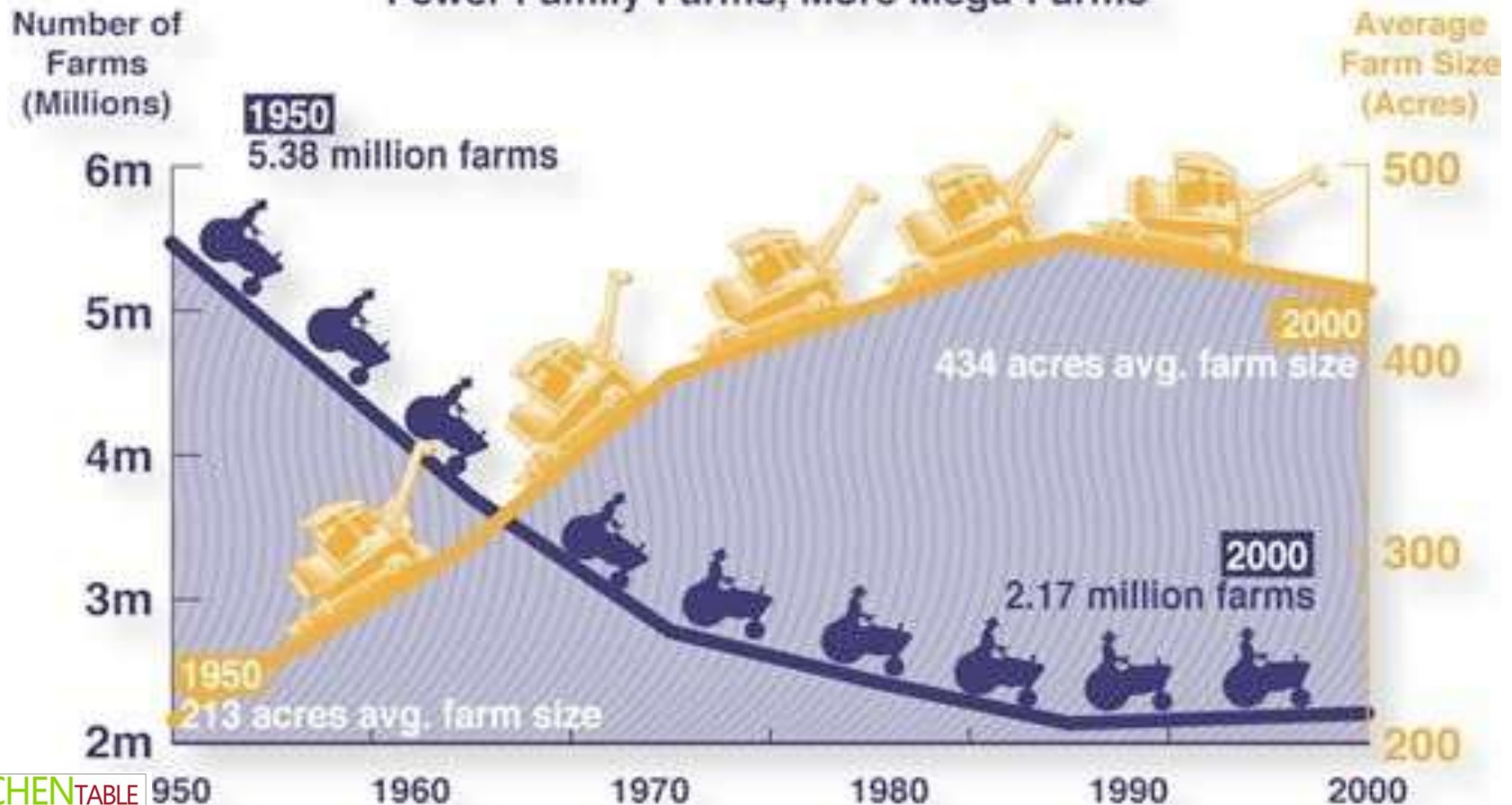
corporate representative
on university board

corporate funding for
university departments,
schools and buildings



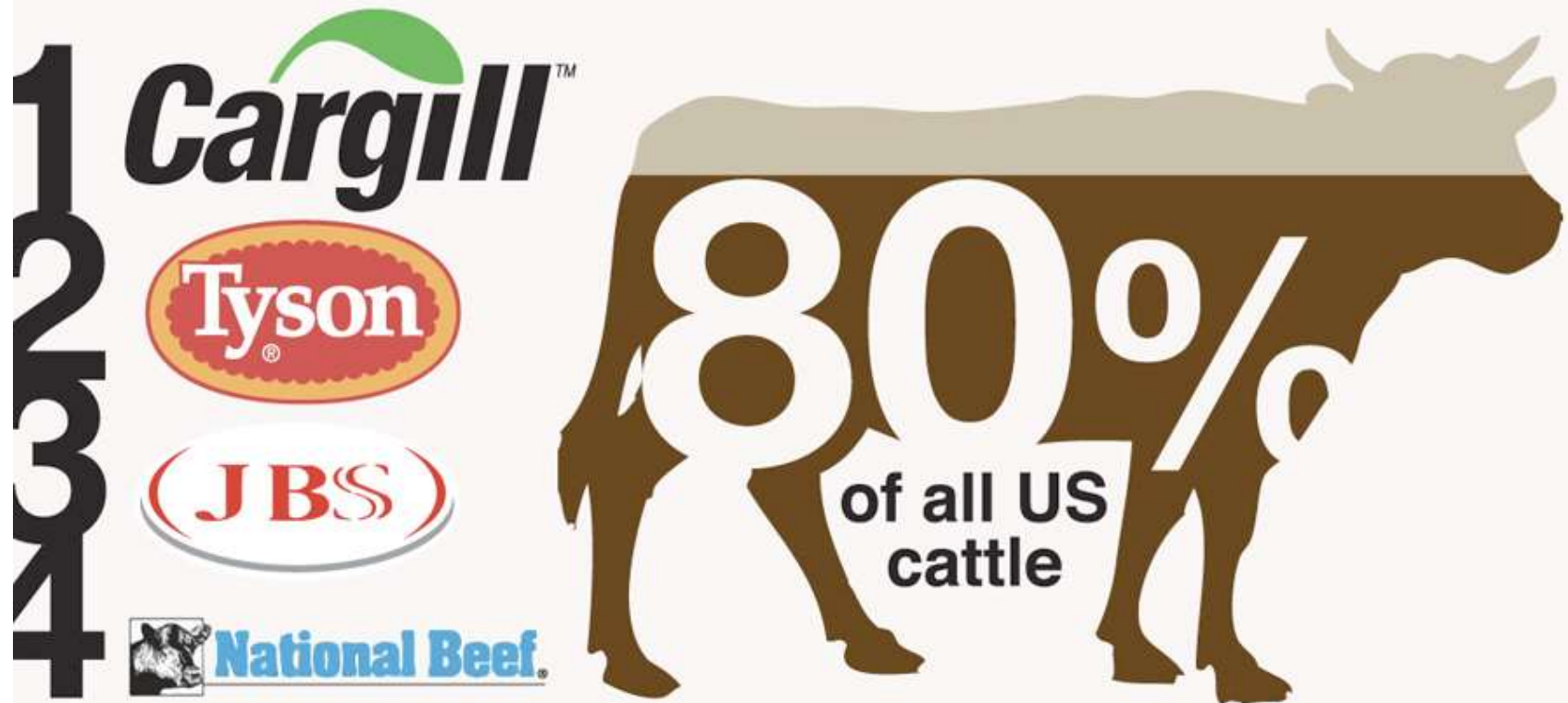
Monopolization of food production.

“Get Big or Get Out” Fewer Family Farms, More Mega-Farms



Monopolization of food production.

Top 4 US Beef Companies

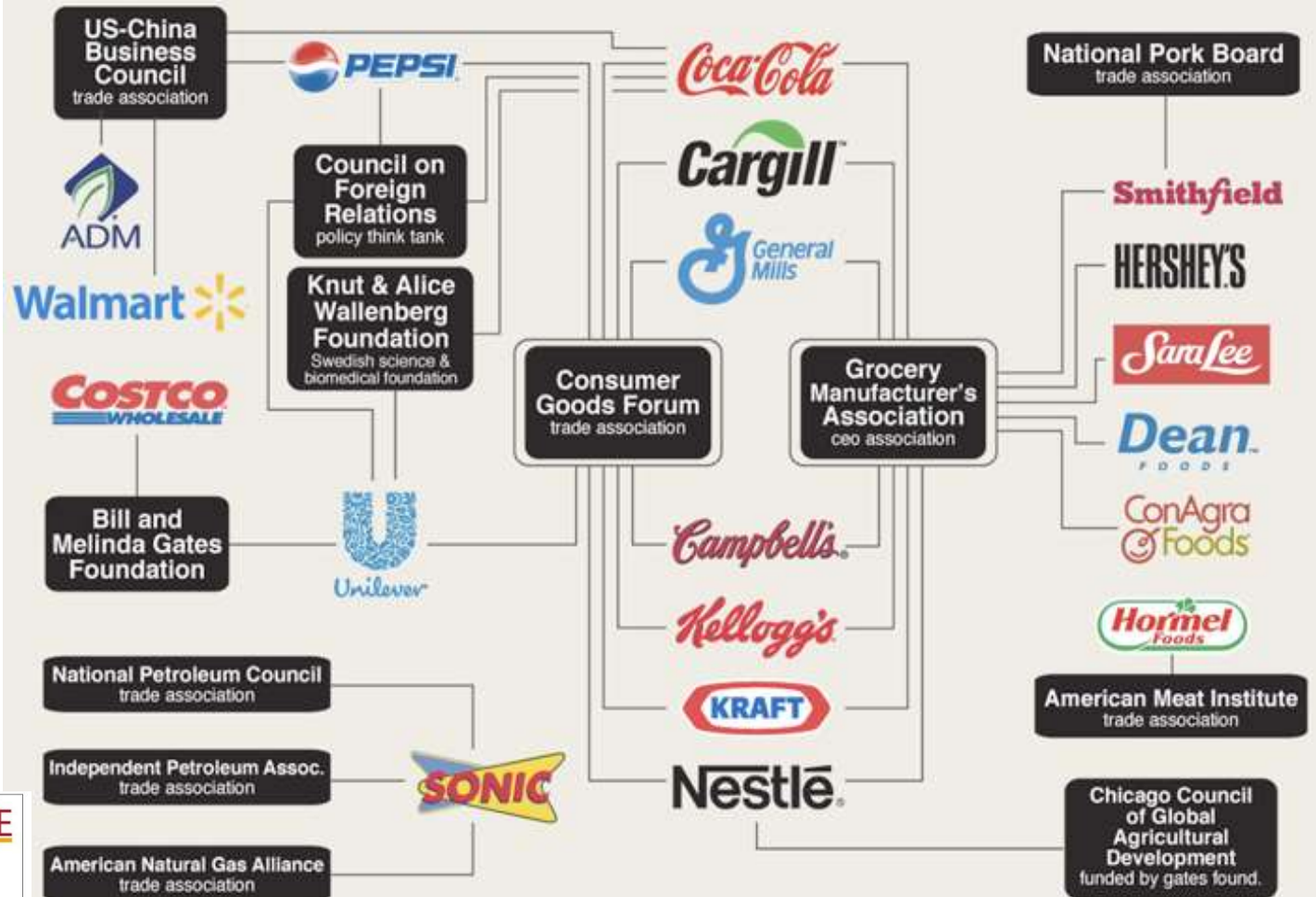


Corporate Influencers

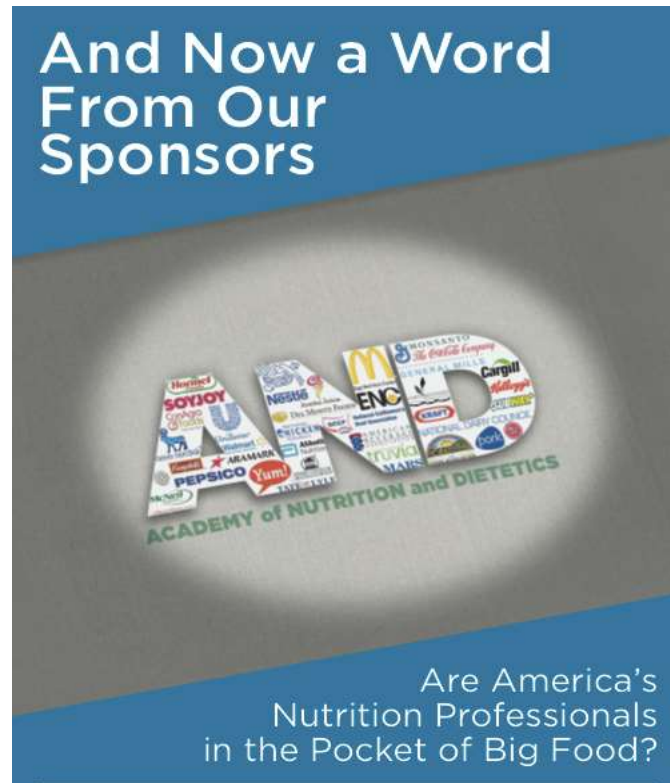
On Non-profits.

food company directors on non-profit boards

each line represents a shared board member



On Healthcare.



[http://www.eatdrinkpolitics.com/wp-content/uploads/AND Corporate Sponsorship Report.pdf](http://www.eatdrinkpolitics.com/wp-content/uploads/AND_Corporate_Sponsorship_Report.pdf)

"Clinicians should not implicitly promote infant formula by providing venues for its advertisement."
— The US Surgeon General's Call to Action to Support Breastfeeding (2011)



in Health Care Facilities



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

Supermarket News: Top 75 Retailers & Wholesalers 2012 US Census

Monopolization of food distribution.

WAL★MART®

ALWAYS EVIL

Always.

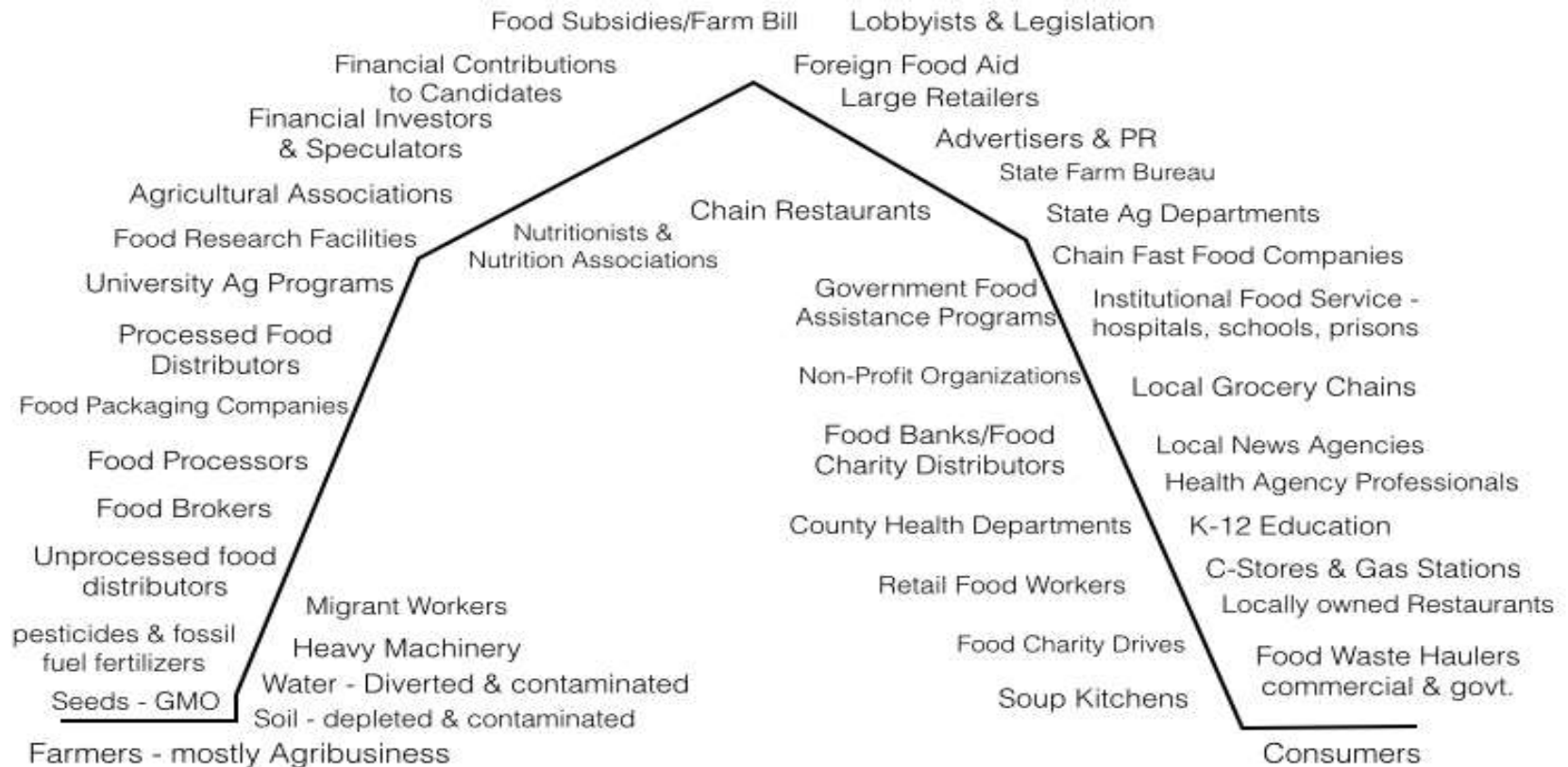


<http://www.walmartsubsidywatch.org/>

OUR KITCHEN TABLE



Food System Bell Curve





On our health:

- Obesity
- High blood pressure
- Heart disease
- Cancer
- Insurance costs
- Poor Health

Definitions:



Food Justice

“Food Justice asserts that **food is a right** and no one should live without enough food because of economic constraints or social inequalities. **Food justice reframes the lack of healthy food sources in poor communities as a human rights issue.**”

www.growingfoodandjustice.org

7 Pillars of Food Justice

1.

Everyone has a **RIGHT** to healthy food.



7 Pillars of Food Justice



2.

We must **build a new** global food system and "hospice out" the old.

7 Pillars of Food Justice

3.

Because multiple systems of oppression prevent food justice, we must do the work through an **intersectional lens**.



7⁸ Pillars of Food Justice



4.

Food Justice work focuses on **marginalized and vulnerable** populations.



5.

Food Justice works to **eliminate exploitation** of humans and animals.



6.

Food Justice
preserves ecological
biodiversity and
promotes
sustainability.



7.

Food Justice means **sharing resources and skills** that empower people to be more food self-sufficient.

Practicing Food Justice

OKT Provides 1st year growers with containers, soil, plants, seeds and a garden coach.



Practicing Food Justice

OKT Provides 2nd year growers with a raised bed, with vertical growing capacity, if requested; soil, plants and seeds.



Practicing Food Justice

OKT offers free classes on preparing food, preserving food, composting, seed saving and many other skill sharing opportunities.





Bulk Food Buying Group

Southeast Area Farmers' Market

Gerald R Ford Academy on Saturdays, 11 a.m. - 3 p.m.

851 Madison Ave. SE at Franklin St.

Garfield Park on Fridays, 3 - 7 p.m.

334 Burton St. SE at Madison Ave.



**DOUBLE UP
FOOD BUCKS**



Buy Healthy, Bulk, "Co-op" Foods through OKT!



**No added cost!
No membership fee!**

Our buying group purchases staples from Country Life Foods on a regular basis.

See their catalog at:
www.clnf.org
or ask OKT for a paper catalog.

OKT may be able to arrange Bridge Card purchases. Email OKTable1@gmail.com or call 616-206-3641 if you are interested in ordering!



Nuts Seeds Rice Grains Flours Cereals Beans Peanut Butter Cooking Oil Milk Substitutes Meat Substitutes Spices & More!

Practicing Food Justice

Working on Food Policy at the Federal, State and Local level.



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, aerates soil, and releases nutrients slowly.

What are the benefits of composting beyond gardening?

Recycles kitchen and yard waste (approximately 30% of household waste)
Reduces landfill waste
Reduces use of chemical fertilizers that harm the environment

How do I compost in the City of Grand Rapids?

You can compost on the premises of an occupied residential dwelling if you follow simple rules.

Place composting materials in a fully enclosed, commercially manufactured bin. Place the bin(s) in the rear yard only. Place only materials identified below as acceptable for composting in the bin(s). Keep the bin(s) tightly covered, except when depositing and removing materials.

The "pile" method or having exposed materials is not allowed. Bin placement is limited to your rear yard. Placing animal waste, bones, meat, oils, fat, cooked foods, or other materials identified below under "NO" are strictly prohibited.

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

The City desires to encourage composting and promote sustainable living, while improving quality of life in our neighborhoods that is free from rodents, animal waste, and uncontrolled odors. Failure to follow the Residential Composting rules set above is a violation of City Code. Your property could be cited for such violations resulting in required removal of your compost materials and possible fines.

What materials are acceptable for composting?

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

YES	NO
Fruit and vegetable peelings Lettuce leaves, egg shells Coffee grounds, tea leaves/bags Grass and hedge trimmings Leaves (shredded, if possible) Spent flowers and garden clippings Young weeds without seeds	<ul style="list-style-type: none">• Cooked foods• Grease, oils, fats• Meat, fish, bones• Dairy products, breads• Animal waste, cat litter• Diseased plants• Invasive weeds, weeds with seeds



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



Resources



Food First <http://www.foodfirst.org/>

Food & Water Watch

<http://www.foodandwaterwatch.org/>

Organic Consumers Association

<http://www.organicconsumers.org/>

Via Campesina <http://viacampesina.org/en/>

Navdanya <http://www.navdanya.org/>

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

<http://www.albafarmers.org/>

<http://www.agriculturaljusticeproject.org/home.html>

<http://casfs.ucsc.edu/>

<http://www.ciw-online.org/>

<http://www.growingpower.org/>

<http://knowwhereyourfoodcomesfrom.com/>

<http://immigrantfarming.org/>

<http://www.nuestras-raices.org/>

<http://www.panna.org/>

<http://www.nativeharvest.com/>

OKT Food Justice Series

[The Farm Bill](#)

[What Is Food Justice?](#)

[Women of Color & Food Justice](#)

[Food Workers & a Living Wage](#)

[Food Justice & Climate Change](#)

[Food Justice & GMOs](#)

[Food Justice & Farmers' Markets](#)

[Food Justice & Public Health](#)

[How to Save Seeds](#)

[Politics of Food](#)

OKT offers these hand-outs copy-right free at no charge at <http://oktjustice.org/resources/okt-food-justice-series/>

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. Soon, 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 3,000 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.

