



Cook, Eat & Talk



Welcome!

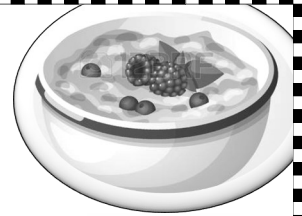
OKT's food coaches are meeting with you so we all can have a conversation about food policies that affect our health and share healthy recipes that are affordable, easy to prepare and taste good.

We'll also talk about why it's not always easy to feed ourselves and our kids the healthy foods we all need — and figure out some solutions to this problem together. These problems are part of a bigger problem. The bigger solution is food justice. We'll talk about that, too.

Baked Oatmeal from DBC, Natural Holistic Health Center

Ingredients:

- 2 cups rolled oats
- 1-2 Tbs brown sugar
- 1 tsp baking powder
- 3 TBS roasted sunflower seeds
- 3 TBS crushed walnuts
- 3 TBS unsweetened, shredded coconut
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 cup milk or milk substitute
- ½ cup unsweetened applesauce
- 2 TBS neutral oil
- 1 tsp vanilla extract



Instructions:

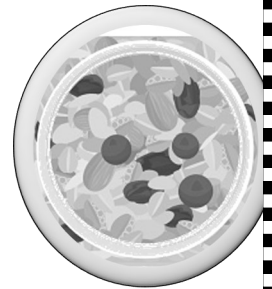
- 1) Preheat oven to 375 degrees F. In a large bowl, combine all the dry ingredients and mix well.
- 2) In separate, smaller bowl, combine wet ingredients. Pour wet ingredients in with dry ones. Mix well.
- 3) Pour into an oiled 9-inch pie pan. Bake 30 minutes until bottom begins to brown and top looks lightly crispy. Let cool. Serve with milk and fresh fruit or applesauce.

Granola with Currants, Walnuts & Orange Zest

from Super Natural Everyday by Heidi Swanson

Ingredients:

- 4 cups rolled oats
- 1 ½ cups walnut halves
- 1 cup unsweetened shredded large-flake coconut
- ½ tsp salt
- 2/3 cup dried currants
- Grated zest of 2 oranges
- 1/3 cup unsalted butter
- ½ cup maple syrup



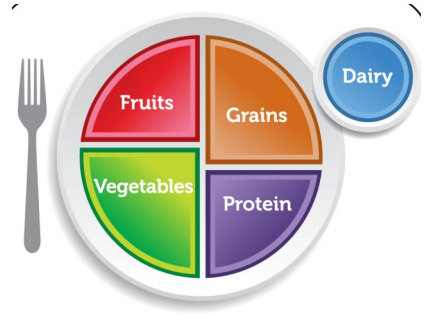
Instructions:

1. Preheat the oven to 350 degrees F with racks in the top and bottom thirds of the oven. Set out two rimmed baking sheets.
2. Combine the oats, walnuts, coconut, salt, currants and orange zest in a large mixing bowl. Heat the butter in a small saucepan over low heat and stir in the maple syrup. Whisk until thoroughly combined, then pour the maple mixture over the oat mixture and stir until everything is well coated, at least 30 seconds. Divide the mixture equally between the two baking sheets and spread into a thin layer.
3. Bake, stirring a couple times along the way, for 40 to 50 minutes, or until the granola is toasty and deeply golden. You may want to rotate the pans once, top to bottom, to ensure even baking.
4. Remove from the oven and press down on the granola with a metal spatula—you'll get more clumps this way. Let cool completely, then store in an airtight container at room temp. Makes about 8 cups.

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Bring It to the Table:

What are your thoughts on good food and where can you get it?



Do you feel like you have a good idea of what healthy food is?

What are your favorite healthy foods?

What roadblocks are in the way of you and your family eating healthy?

Where can you get healthy food? (grocery store, pantry, farmers' market)

Is there one thing you think you might be able to do this week to improve the foods you and your family are eating?



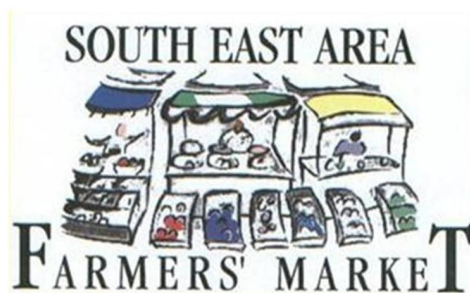
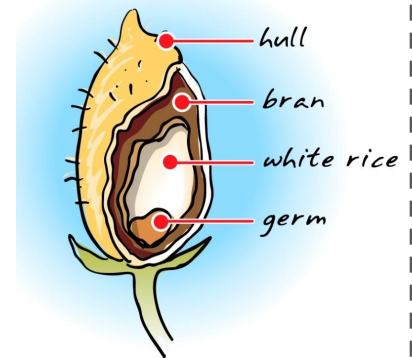
Healthy Food Heritage:

Rice? Choose Brown!

Rice provides as much as half of the daily calories for half of the world's population. The process that converts brown rice into white rice destroys up to 90% of its B vitamins; more than half its minerals (manganese, phosphorus and iron); and all of its dietary fiber.

Brown rice is a fiber-rich, whole-grain food that reduces risks for being overweight. Switching to brown rice also reduces your risks for cancer, type 2 diabetes and heart disease; decreases asthma and rheumatoid arthritis symptom; lowers cholesterol and slows build-up of plaque in your blood vessels. Try introducing your family to brown rice! The taste and preparation may be a little different than you are used to, but this one change to your diets can result in a lifetime of health benefits.

whole rice grain



THROUGH November 12!

Martin Luther King Jr. Park
900 Fuller Ave. SE 49506
Saturdays 11 a.m. - 3 p.m.



Fresh, local fruits & veggies! Community resources & fun activities!

We warmly welcome Bridge/EBT, Sr. Project Fresh, Cash, Debit, WIC & Double Up Food Bucks. **Ask about signing up for Double Up Food Bucks at the market!**



**Also Offering Healthy, Bulk, "Co-op" Foods
No mark-ups or membership fees!**



Our Southeast Area Farmers' Market buying group purchases staples from Country Life Foods on a regular basis. Browse the Country Life catalog at the market or online, www.clnf.org. No mark-ups or ordering fees! Some items also available for direct purchase at the market. Bridge Card accepted for purchases. See our market manager for more details! Or, email SEAFM@OKTjustice.org 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 More!

SEAFM@OKTjustice.org OKTjustice.org/farmers-market/ 616-206-3641



What Is Food Justice?

Food Justice is an idea, a set of principles and something we should all strive to practice. More importantly, Food Justice is a movement and, like most social justice movements, it was born out of the lived experience of people experiencing oppression.

In many ways Food Justice grew out of the Environmental Justice movement, where communities of color and poor working class people began to realize that their lack of access to healthy and affordable food was not the result of their own behavior, but of a food system that was motivated by profit.

It is fashionable for people to talk about how people who are living in poverty also live in a “food desert.” What they generally mean is that people don’t live close to a grocery store. Using the term “food desert” is problematic in many ways. First, a desert is a vibrant eco-system and not a barren wasteland, as is often associated with the term. Secondly, identifying neighborhoods as food deserts ignores history and fails to acknowledge that most of these neighborhoods once had small grocery stores, farmers markets, fruit & vegetable stands and lots of backyard gardens. However, economic and political decisions driven by the current industrial food system resulted in neighborhoods being both abandoned and undermined, often resulting in food insecurity.

Therefore, it would be more accurate to say that neighborhoods experiencing a lack of access to healthy, affordable food are communities experiencing Food Apartheid. Food Apartheid explains that a small number of people (agribusiness) determines the kind of food system that the masses can access. Like the Apartheid imposed on Black South Africans, Food Apartheid means that few of us have a say in the current food system.

The movement for Food Justice is changing Food Apartheid. Armed with the notion that everyone has the right to eat healthy, food justice advocates engage in more locally grown food projects, sharing skills on how to grow, prepare and preserve food, while exposing the current food system’s unjust nature.

The Food Justice Movement is an international movement that is ultimately fighting for Food Sovereignty, where everyone has say in the kind of food system they want. Food Sovereignty is Food Democracy, where healthy food is a right for everyone, not just for those who can afford it.

Here is a list of Food Justice principles that Our Kitchen Table supports and promotes:

- Food Justice recognizes that the causes of food disparity are the result of multiple systems of oppression. To practice food justice we must do the work through an intersectional lens.
- Food Justice advocates must focus on working with the most marginalized and vulnerable populations: communities of color, communities in poverty, immigrants, children, our elders, women, people who identify as LGBTQ, those with disabilities and people experiencing homelessness.
- Food Justice require us to work towards the elimination of exploitation in our food system, both exploitation of humans and animals.
- Food Justice demands that we grow food in such a way that preserves ecological biodiversity and promotes sustainability in all aspects.
- Food Justice activists provide resources and skill sharing so that people can be collectively more food self-sufficient.

Food is a Right! Together we can build a healthier, alternative food system that works for all. For more information on ways to practice Food Justice in your community, contact Our Kitchen Table.

www.OKTJustice.org

