

## **Session #13: Food Justice and How to Grow It**

Moderator: Kathryn Colasanti

Speakers: Stelle Sloomaker, Lisa Oliver-King and JoAnna Brown

1. Introductions of speakers
2. Panel Presentation
  - a. Growing In an Alternative Food Model
    - i. Believe that the current food system is working against Food Justice
  - b. What is Food Justice
    - i. The benefits and risks of where, what and how food is grown, produced, transported, distributed, accessed and eaten are shared fairly
    - ii. Focuses on issues of gender, class and race
    - iii. Food charity is not food justice→ they don't address root causes
    - iv. Food justice ensures food security "knowing where your next meal is coming from" "having a means to access food" "maintaining good health"
    - v. Definitions to "food insecurity"
    - vi. Food Apartheid instead of Food Desert
      1. food apartheid as our food system offers healthy, whole foods in predominantly white, income-secure areas and nutrient-poor foods in income-challenged communities of color.
  - c. OKT Model: building an alternative food system in Grand Rapids
    - i. FJ asserts that healthy food is a human right
    - ii. Food justice is not done through programming
      1. Can't be grown in a garden, in a CSA, farmers market
      2. Put the blame on them, not on "us"
    - iii. The solution is grow your own food because you're not disconnected from your food
    - iv. Cook, Eat and Talk
      1. People already know how to eat, we need to learn from them and sneak in
      2. Show us what you do, and we'll fill in the nutrition bits as we go
  - d. South East Grand Rapids Farmers Market
    - i. Meet people where they are
  - e. Questions and Answers

- i. What support exists for people who are not SNAP eligible but are still food insecure?
  1. Participate in policy change
  2. Inform about alternative food programming