

# Food Justice

▶ A Claremont College Student Guide

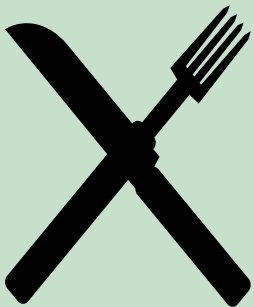
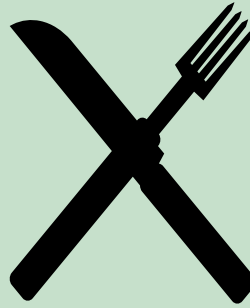


“Food Justice is communities exercising their right to grow, sell, and eat healthy food. Healthy food is fresh, nutritious, affordable, culturally-appropriate, and grown locally with care for the well-being of the land, workers, and animals.”  
-Just Food, NYC

# Race + Class

Food justice has sought to tackle inequality from its inception. The food justice movement arose to combat economic and systematic forces that prohibit people from accessing healthy food (Alkon, 2011). The movement was focused on racial equity: Culturally and economically accessible food was deemed to be a necessary part of healthy food from the start. The focus on the movement was to provide affordable, relevant, nutrition to those who had limited access, particularly people of color. In many instances, formal food justice movements have fallen short of demonstrating racial equity.

"Racial and class disparities are a structurally integrated part of the present food system" (Holt-Gimenez and Wang, 2010, 91) because capitalism in its "freest" form involves the rich benefiting exponentially in the face of another group's suffering.



"Race is the foundational structural reality of the United States" (Billings, Cabbil, 2011, p.110), and food is the foundational structural reality of the human body. The two necessarily act together.



## Sources:

Alkon AH, Agyeman J (2011). *Cultivating Food Justice: Race, Class, and Sustainability*. Cambridge, Massachusetts: MIT Press.

Billings, D., & Cabbil, L. (2011). Food Justice: Whats Race Got to Do with It? *Race/Ethnicity: Multidisciplinary Global Contexts*, 5(1), 103-112. doi:10.2979/racethmulglocon.5.1.103

Curtis, A. (2016, April 06). Black Panthers White Lies | Curtis Austin | TEDxOhioStateUniversity. Retrieved from <https://www.youtube.com/watch?v=KPN8LHVeFYA&t=404s>

Holt-Gimeenez, Eric, and Yi Wang. "Reform or Transformation? The Pivotal Role of Food Justice in the U.S. Food Movement." *Race/Ethnicity: Multidisciplinary Global Contexts*, vol. 5, no. 1, 2011, pp. 83-102., doi:10.2979/racethmulglocon.5.1.83.

Talks, T. (2013, March 04). Food Justice - Democracy: LaDonna Redmond at TEDxManhattan 2013. Retrieved from <https://www.youtube.com/watch?v=ydZfSuz-Hu8>

# History



Many non-profit organizations which arose in the 60s and 70s to provide equitable, culturally relevant food were run entirely by white people. Many such practices persist today: For example, food banks are often criticized for providing low-income people with food with little nutrition (Billings, Cabbil, 2011 p.110), even acting as a means of appeasing white guilt without providing sustainable solutions (my opinion).

Although they are not always formally labeled as acts of “food justice”, movements for food sovereignty have long been a part of African-American culture. In her TedX talk, LaDonna Redmond, founder and executive director of The Campaign for Food Justice Now, mentions the civil rights-era Woolworth sit-in as part of the struggle for food justice.

The Black Panthers were also advocates of food and health rights. Despite the commonplace notion that the Black Panthers were “just a group of black men killing white people” (Austin, 2016), as Curtis Austin describes in his TedX talk, the organization primarily sought to remedy issues within their communities.



When Panther members noticed that children were having trouble focusing in school because they were hungry, they started a free breakfast program. They asked for food donations from local grocery stores. There were about 40 of these programs around the country (Austin, 2016).



## Everyday Actions:

• **VOLUNTEER YOUR TIME** - check out some of the places on the next page, or to hold yourself accountable, create an independent study. There's also the Pitzer In Ontario Program- where you can get LOTS of class credit to learn from and give time to a community internship of your choice.



• **PITZER IN ONTARIO** is a justice-oriented, interdisciplinary program in urban studies and community-based research. It is informed by long-standing relationships with community organizations, city agencies, non-profits, and Ontario's community organizing wing, which works with local youth organizers to identify and address pressing community issues.



• **GROW YOUR OWN** - Start your own garden or help someone else with theirs. Check out Pitzer garden club, Pomona Organic Farm, and/or The Living History Garden with Tonva Elder Barbara Drake..



• **PURCHASING POWER** - If you have the funds, go to Uncommon Good (see map), the farmers market (every Sunday in the Claremont village from 8am-1pm), and buy locally and pesticide free. (If your food has seen pesticides, the hands that grew it had to as well). Don't shop at Whole Foods, Jeff Bezos does not treat warehouse workers well (who are predominantly poor people of color).



# Resources:



## Huerta del Valle

"We envision one garden every mile in our city. We envision a city where all people can eat delicious, nutritious, fresh, local, sustainably produced and just food... Our mission is to cultivate an organization of community members to grow our own organic crops. Through growing our food we work toward sustainable community empowerment and health: creating meaningful work, building lasting skills and developing strong relationships within the city of Ontario."

## LA Green Grounds

"LA Green Grounds is a grassroots organization of volunteers dedicated to working with residents of South Los Angeles, California to convert their front lawns and parkways into edible landscapes and urban farms...Our mission is to empower South LA's communities and beyond, one garden at a time."

For more in la: <https://foodoasis.la/organizations/>

## Uncommon Good

"Empowering families through education, medicine, and the environment"

"The mission of Uncommon Good is to break the intergenerational cycle of poverty and to work for the restoration of our planet. These two goals are intertwined, since the alleviation of poverty depends upon having a healthy earth with enough resources to support everyone."

## CSA: Community Supported Agriculture

Consumers purchase a share of a farm's produce and in return receive a box of seasonal produce from the farm each week. A fairly affordable way to eat fresh and support local farmers!

## Notes/Questions:

---



---



---



---



# Resources: (Books, films, etc.)

Monoculture of the mind- by Vandana Shiva

The Energetics of Food - by Steve Gagne

The World According to Monsanto

Wasted - The Story of Food Waste

We Feed the World

IMF and World Bank - <http://johnpilger.com/videos/war-by-other-means>

The Earth from Above - Yann Arthus-Bertrand

Healing with Whole Foods - Paul Pitchford

Food Chains

-<http://www.foodchainsfilm.com/take-action#what-you-can-do> -

Workers' Rights

-<https://ampglobalyouth.org/students/promoting-food-justice-community/>

---

---

---

---

(Add Your Own and Share!)



# What Will You Do?



Choose a food system problem to address



---

---

---

---



What factors contribute to  
★ this problem?

---

---

---

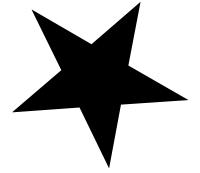
---

---

---



Set a goal and identify the steps you'll take in order to complete it



1.

---

---

---

2.

---

---

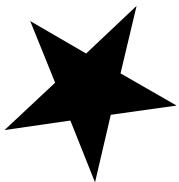
---

3.

---

---

---



Identify potential allies & challenges you might face



---

---

---

---



## Notes:

[illegible]

## Notes:

[illegible]













