Food Justice & How to Grow It
OKTjustice.org
Thank you!

Our Kitchen Table
www.OKTjustice.org
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.
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.
Grocery stores are not a measure of food security.

Food Desert?
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
How did we get the food system that we have?.
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

- McDonald's: $1.28B
- KFC: $648M
- Subway: $236M
- Burger King: $356M
- Wendy's: $278M
- Dunkin' Donuts: $274M
- Dairy Queen: $228M
- Sonic: $164M
- Domino's: $125M
- Little Caesars: $125M

Profits valued over people (and animals)

Sources: National Employment Law Project, Reuters

THE HUFFINGTON POST
Advertising taught us to trust factory-made food.

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

Refrigeration & transportation.
Corporate control of the food system.
Gave $956 billion to agribusiness.
Cut $8.6 billion from food assistance programs.
Corporate Influencers

In Government

America's "Subsidy Garden"

What the White House garden would look like if it were planted to reflect the relative costs of the main crops subsidized by US taxpayers. Rough total spent subsidizing these crops: $11 billion/yr, the majority of which goes to subsidize large-scale using conventional agricultural practices ethically modified seeds, pesticides and ies derived from fossil fuels, etc.).

Graphic: Kitchen Gardeners International - KGI.org
Revolving doors
### Prop. 37: Genetically Engineered Foods

Requires labeling of food products made from genetically modified organisms.

**Outcome: ** FAILED

#### Funding

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

**Total Raised: $9.2 million**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Contributor Name</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>MONSANTO COMPANY</td>
<td>$8,112,867</td>
</tr>
<tr>
<td>2</td>
<td>E.I. DUPONT DE NEMOURS &amp; CO.</td>
<td>$5,400,000</td>
</tr>
<tr>
<td>3</td>
<td>PEPSICO, INC.</td>
<td>$2,485,400</td>
</tr>
<tr>
<td>4</td>
<td>GROCERY MANUFACTURERS ASSOCIATION</td>
<td>$2,002,000</td>
</tr>
<tr>
<td>5</td>
<td>KRAFT FOODS GLOBAL, INC.</td>
<td>$2,000,500</td>
</tr>
<tr>
<td>6</td>
<td>BAYER CROPSCIENCE</td>
<td>$2,000,000</td>
</tr>
<tr>
<td>7</td>
<td>DOW AGROSCIENCES LLC</td>
<td>$2,000,000</td>
</tr>
<tr>
<td>8</td>
<td>BASF PLANT SCIENCE</td>
<td>$2,000,000</td>
</tr>
<tr>
<td>9</td>
<td>SYNGENTA CORPORATION</td>
<td>$2,000,000</td>
</tr>
<tr>
<td>10</td>
<td>COCA-COLA COMPANY</td>
<td>$1,700,500</td>
</tr>
</tbody>
</table>

**Total Raised: $46.0 million**

Last updated: 11/6/2012
$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)

- McDonald's: 253.6
- Subway: 207.7
- Domino's: 181.2
- Burger King: 171.5
- Pizza Hut: 168.3
- Wendy's: 148.1
- Taco Bell: 139.5
- Little Caesars: 123.1
- KFC: 112.9
- Arby's: 18.6

Sources: Nielsen, Yale Rudd Center for Food Policy
a snapshot of corporate influence over university agricultural research 2012

- **University of California**
  - Monsanto
  - Chiquita, Dole
  - United Fresh
  - Earthbound Farms
  - Taylor Farms
  - Produce Marketing Assoc.
  - Syngenta, Sysco
  - Nomacorc, Mars
  - American Vineyard Assoc.
  - Chevron
  - Technology Ventures
  - Arcadia Bioscience
  - Novo Nordisk

- **Iowa State University**
  - Monsanto
  - Iowa Farm Bureau
  - Pioneer Hi-Bred
  - Summit Group
  - 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
  - Syngenta, Pfizer
  - Nestle Nutrition
  - Pepsi, Elanco
  - SmithBucklin & Associates
  - National Pork Board

- **University of Florida**
  - Pfizer, Intervet
  - Alcon Research
  - Mars, Vistakon

- **Purdue University**
  - Kroger, ConAgra
  - 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
“Get Big or Get Out”
Fewer Family Farms, More Mega-Farms

Number of Farms (Millions)

1950: 5.38 million farms

Average Farm Size (Acres)

2000: 2.17 million farms

1950: 213 acres avg. farm size

1990: 434 acres avg. farm size
Top 4 US Beef Companies

Cargill
Tyson
JBS
National Beef

80% of all US cattle
### Top 4 US Food Retailers

<table>
<thead>
<tr>
<th>Retailer</th>
<th>Stores</th>
<th>Sales</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walmart</td>
<td>4,750</td>
<td>$264.2</td>
</tr>
<tr>
<td>Kroger</td>
<td>3,624</td>
<td>$90.4</td>
</tr>
<tr>
<td>Costco Wholesale</td>
<td>592</td>
<td>$88.9</td>
</tr>
<tr>
<td>Target</td>
<td>1,767</td>
<td>$70.0</td>
</tr>
</tbody>
</table>

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
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
Food Diversity Project:
Popular Education

Cook, Eat & Talk
Food Diversity Project: Popular Education

Women of Color Series
Food Diversity Project: Advocacy

Raising awareness about local, state and national policy.

City of Grand Rapids
Residential Composting

What is compost?
Most simply, compost is decomposed organic material 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 replenishes nutrients slowly.

What are the benefits of composting beyond garden?
- Reduces lawn and yard waste (approximates 20%)
- Reclaims lost soil nutrients
- Reduces use of chemical fertilizers that harm

Can I compost in the City of Grand Rapids?
Yes! You can compost on the premises of an app-approved facility. 
- Place composting materials in a fully enclosed area
- Place near tree roots if the rear yard only
- Place only materials identified below at 2014
- Keep bins tightly covered, except when

What is the goal of composting in my yard?
The City desires to encourage composting and composting services to reduce our neighborhoods, reduce unwanted odors, and improve air and water quality. Failure to follow outlined below is a violation of City Code. Your compost violations resulting in removal of your compost.

What materials are acceptable for composting?
To avoid animal husbandry, nuisance odors, and other problems, materials to be composted must be selected carefully. Items under “YES” can be placed in your compost bin. Items under “NO” are prohibited.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Food, vegetable, and fruit scraps</td>
<td>1. Cooked foods</td>
</tr>
<tr>
<td>2. Green leaves, grass clippings</td>
<td>3. Bones, meat, or fish scraps</td>
</tr>
<tr>
<td>3. Coffee grounds, tea leaves, etc.</td>
<td>4. Dairy products, including cheese</td>
</tr>
<tr>
<td>4. Animal manure, etc.</td>
<td>5. Diseased plants</td>
</tr>
<tr>
<td>6. Diseased trees, shrubs, etc.</td>
<td>7. Fungi, mock mortars, etc.</td>
</tr>
</tbody>
</table>

Farm Bill

2014
**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.

---

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

---

**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!*

---

**OKTjustice.org**

**oktable1@gmail.com**

**616-206-3641**
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….

________________________________
________________________________
________________________________