



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**



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:

Educate the public about how their tax dollars are used to support an unjust and unhealthy food system.

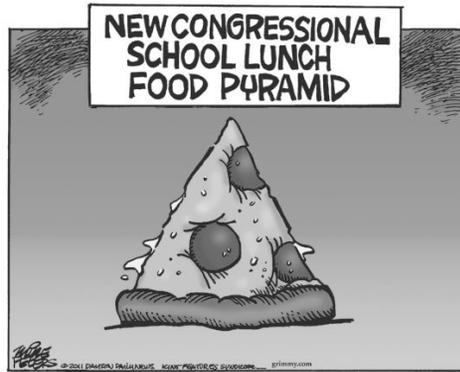
Challenge the public to view government food assistance programs as beneficial and warranting increased funding.

Illustrate that government food assistance programs give public money back to the public. It's their own money!

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.)

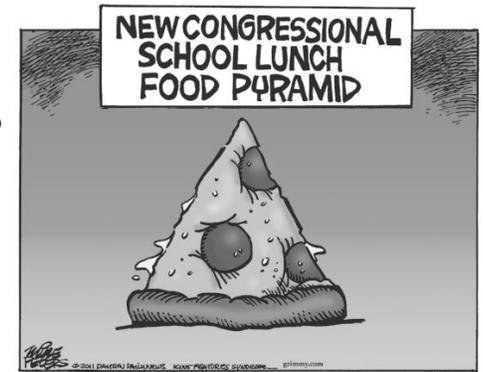
Encourage people to support the local food system by patronizing the South East Area Farmers Market, participating in OKT's Food Growing Program and attending workshops and food sharing opportunities so that we can build a movement that creates food justice and food sovereignty.

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. 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.



- Agri-business costs us billions of dollars in public health care costs every year. Those who have the least healthcare insurance and or no insurance are the ones most negatively impacted by these health care costs.

The bottom line? The current food system profits by making us all sick.



What can we do about this?

1. Stop solely blaming individuals for unhealthy eating habits and instead realize that the current food system is the root of poor health.
2. Educate ourselves and organize campaigns that frame public health through a Food Justice lens.
3. Find allies working on public health issues and build our own power base in order to confront the current food system and create community-based options for eating healthier.
4. See that poor public health is connected to racism, sexism, economic exploitation and other forms of oppression.
5. Support local farms, organizations and retailers that provide nutritious, healthy food that the most marginalized can access.
6. Expand urban growing opportunities for communities experiencing poor health
7. Create greater access to neighborhood-based farmers markets and provide more food sharing and community kitchen opportunities— the people most negatively impacted by the unhealthy food system have fewer resources (and time) to prepare and preserve food that is not processed.
8. Pressure public health officials to acknowledge that many of the major health issues we face are caused by the food system and ensure that those same health institutions develop new strategies that challenge the current food system.
9. Grow some of our own food as an opportunity to eat better and develop greater awareness of how food impacts our health.

- I. www.opensecrets.org/industries/indus.php?ind=A
- II. *Salt Sugar Fat: How the Food Giants Hooked Us*, by Michael Moss
- III. http://case-studies.digitalads.org/wp-content/uploads/2011/10/digitalads_brief_report.pdf

For information on the resources that Our Kitchen Table offers, contact us!

OKTjustice.org
oktable1@gmail.com
616-206-3641



OKTjustice.org
oktable1@gmail.com
616-206-3641

