Food Justice Workshop

BEET THE SYSTEM
• A good place to begin any discussion about food justice is to look at definitions and terms used in discussing the issue.

• What follows are definitions and commentary for the terms food insecurity, food desert, food justice and food sovereignty.

• It is important to be clear about what food justice is in order to truly practice it in our communities.
Food Insecurity

- Food insecurity is the inability to meet your daily food intake, which includes good nutrition, access to food and the ability to prepare and store food - as a result of the current food system and other systems of oppression. The fact that we live in a for-profit food system means that some people will not have access to healthy food, since the nature of the current food system is to focus on profits and not the rights of people. Also, cheap food (junk food and fast food) is highly subsidized in the current food system, which means that those who cannot afford healthy food will more likely consume junk or fast food.
Food Desert

A food desert is a district with little or no access to large grocery stores that offer fresh and affordable foods needed to maintain a healthy diet. A term first used in the 1970s by sociologists to name an urban phenomenon. This term is problematic on several levels. First, a desert is a vibrant ecosystem, so calling it a food desert is inaccurate. Secondly, this definition limits food access to grocery stores, but it also should include a lack of farmers markets or land that could be used for growing food. Lastly, it is problematic because it ignores the historical factors which have determined the limited availability of healthy food in certain neighborhoods. A more accurate term might be Food Apartheid.
Food Justice

• Food justice seeks to ensure that the benefits and risks of where, what, and how food is grown, produced, transported, distributed, accessed and eaten are shared fairly. Food justice represents a transformation of the current food system, including but not limited to eliminating disparities and inequities. One example of food justice would be where migrant workers made a livable wage and have safe and decent housing conditions. Food banks and food charity is not food justice. While it is important to have food banks or soup kitchens, if we do not address the causes of food insecurity, then these actions are nothing more than food charity.
7 Pillars of Food Justice

• Eating Healthy Food is a Right.
• The current global food system must be resisted and dismantled.
• Food Justice recognizes that the causes of food disparity are the result of multiple systems of oppression (White Supremacy, Capitalism, Patriarchy, Ablism, Heterosexism, Anthropocentrism), which means that 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, which are 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.
• Provide resources and skill sharing so that people can be collectively more food self-sufficient.
Food Sovereignty

• "Food sovereignty", a term coined by members of Via Campesina in 1996, is about the right of peoples to define their own food systems. Advocates of food sovereignty put the people who produce, distribute and consume food at the centre of decisions on food systems and policies, rather than the demands of markets and corporations that they believe have come to dominate the global food system. Food sovereignty is practiced when everyone has the opportunity to determine the kind of food system they want, as long as it operates within an ecologically sustainable manner. 
Watch the Via Campesina video on Food Sovereignty
https://vimeo.com/27473286
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 farms using conventional agricultural practices (i.e. genetically modified seeds, pesticides and herbicides derived from fossil fuels, etc.).

Graphic: Kitchen Gardeners International - KGI.org
How we got the food system we have?

• Industrial capitalism moved people from rural areas to urban spaces, which diminished the number of people growing their own food and led to greater monopolization of food production. Upton Sinclair’s *The Jungle* - see graphics on pages 10 & 11. The Industrial Food System has required the exploitation of workers and the brutalization of animals. See images on page 12 & 13.

• Food Policy

• Food preservation changed from home-canned and seasonal eating to industrial food processing/preserving and refrigeration allowed people to store some foods longer.


• Chemicals and fossil fuel fertilizers became more common and eventually dominated agriculture production after WWII. [http://www.texascenter.org/almanac/Land/PESTICIDESP1.HTML](http://www.texascenter.org/almanac/Land/PESTICIDESP1.HTML)
The number of farmers reduced, which allowed for the consolidation of land and the monopolization of food production.
Top 4 US Beef Companies

Cargill
Tyson
JBS
National Beef

80% of all US cattle
Controlled Animal Feeding Operations (CAFOs)

Slaughterhouses
FOOD MILES

1886 miles
WATERMELON
MEXICO

5015 miles
KIWI
CHILE

456 miles
TOMATO
CANADA

2048 miles
BANANA
PANAMA

5216 miles
PEAR
ARGENTINA

2048 miles
PINEAPPLE
COSTA RICA

This calculation is merely an estimate and does not take into account many other factors. These numbers simply represent the distance between countries.
FIELD TO PLATE:
How 1/3rd of global food is lost or wasted

Food waste can be measured as a percentage of total food production (see apple) or in terms of the loss at each stage, see the food chain graphics below. Either way the numbers are sobering because in terms of overall global food production about 33% is lost or wasted in the various stages. (FAO, 2013)
PRODUCTION

Extreme weather events globally will have a considerable impact on this figure especially when 2012 figures are released. Developing countries lose more at this stage.

POST-HARVEST HANDLING, STORAGE & DISTRIBUTION

Up to 1/3 of crops are rejected because they are not deemed ‘saleable’ due to their shape or size.

PROCESSING

Processes vary enormously with best practice >1% waste and the worst in double figures.
MARKET SYSTEMS

Shrinkage can occur at point-of-sale and with goods that are past their use-by date or with damage to packaging or discontinuations.

CONSUMPTION

In developed countries waste can be as high as 33%.

6% loss of total food in market systems

11% loss of total amount of food at consumption level (e.g. home, restaurants)
FREE TRADE WEATHER NEWS
(A WIN-WIN SITUATION!)

1. Hurricane NAFTA strikes Mexico once again...

2. Unleashing a flood of cheap U.S. subsidized genetically modified corn...

3. Drowning a proud 5000-year-old maize-based civilization...

4. Triggering a reverse flood of millions of ruined small Mexican farmers into the USA...

5. Pot of gold at the end of the rainbow: billions in labor costs savings for U.S. big biz!

Silver lining: billions for U.S. agro-biz!
- Corn is grown
- sold to commodities broker
- who sells it to food processor
- who takes most of the nutrition out
- then adds sweetener and chemicals
- packages it
- sells it to retails stores
- spends millions advertising
or you could just eat corn
Transactional

Food Pantry

Relief-oriented

Need-based

Reactionary
Creative Tension Model

Focus on what we want to create → Creating

Creative Tension → Vision → Current Reality

Emotional Tension → Structural Tension

Gap → Problem Solving

Generative Orientation → Reactive Orientation

Focus on what we DON'T want → Structural Tension

NOTE: Daniel Kim now uses the term "anxious tension," to more accurately describe the sense of the tension.
Real Cost of Food/Hidden Cost of Food

http://www.youtube.com/watch?v=bO_XMq0bonA
Alphabet Branding

Identify the brand name for each letter....
Trump Cabinet
Top - left to right

Secretary of State Rex W. Tillerson
Secretary of the Treasury Steven T. Mnuchin
Secretary of Defense James Mattis
Attorney General Jeff Sessions
Secretary of Commerce Wilbur L. Ross, Jr.

Bottom - left to right

Secretary of Energy James Richard Perry
Secretary of Education Elisabeth Prince DeVos
Secretary of Homeland Security John F. Kelly
White House Chief of Staff Reince Priebus
Secretary of Agriculture Sonny Perdue
Food System Bell Curve

- Food Subsidies/Farm Bill
  - Financial Contributions to Candidates
  - Financial Investors & Speculators
- Agricultural Associations
- Food Research Facilities
- University Ag Programs
- Processed Food Distributors
- Food Packaging Companies
- Food Processors
- Food Brokers
- Unprocessed Food Distributors
- Pesticides & Fossil Fuel Fertilizers
- Seeds - GMO
- Farmers - mostly Agribusiness

- Lobbyists & Legislation
  - Foreign Food Aid
  - Large Retailers
  - Advertisers & PR
  - State Farm Bureau
- State Ag Departments
- Chain Fast Food Companies
  - Institutional Food Service - hospitals, schools, prisons
- Local Grocery Chains
  - Local News Agencies
  - Health Agency Professionals
- K-12 Education
- C-Stores & Gas Stations
- Locally owned Restaurants
- Food Waste Haulers commercial & govt.

- Chain Restaurants
  - Government Food Assistance Programs
  - Non-Profit Organizations
- Food Banks/Food Charity Distributors
- County Health Departments
- Retail Food Workers
- Food Charity Drives
- Soup Kitchens

- Consumers

- Migrant Workers
- Heavy Machinery
- Water - Diverted & contaminated
- Soil - depleted & contaminated
Vandana Shiva on GMO Seeds

http://www.youtube.com/watch?v=vi1FTCzDSck
Causes of Soil Degradation


Note: Categories not shown in regions represent less than 1 percent.
Water Diversion in Agriculture

Agriculture is the largest user of water in the United States. More importantly, The United States Department of Agriculture reports that agriculture accounts for approximately 80 percent of the United States’ consumptive water use. Irrigation alone is the largest consumer of water. As much as 50% of water used in irrigation evaporates; this is a diversion because the water is leaving the watershed in gas form. In Dave Dempsey’s book, On the Brink, it is said that two billion gallons of water are used per day to produce food, beer, milk, vegetables, fruit, grain, feed and livestock. When these products are produced in the Great Lakes Basin and shipped to other regions, water leaves the basin which is termed “virtual” or “embedded” water. This is also considered a diversion. [http://flowforwater.org/issues/diversions-and-exports/](http://flowforwater.org/issues/diversions-and-exports/)
A Report on the Conditions of Migrant and Seasonal Farmworkers in Michigan

Michigan Civil Rights Commission
March, 2010
Fossil Fuel-based Synthetic Fertilizer

• A relatively small amount of the nitrogen contained in fertilizers applied to the soil is actually absorbed by plants. The rest runs off into waterways, where it creates massive "algal blooms." The overgrown nitrate-fed algae starve water of oxygen, suffocating fish and other aquatic life and creating huge “dead zones” in lakes and oceans. The number of identified oceanic dead zones has grown from 60 in 1995 to 405 in 2008.2 The Mississippi River fertilizes a dead zone in the Gulf of Mexico that fluctuates in size from 3,000 to 8,000 square miles.3

Food Brokers

- A food broker is an independent sales agent that works in negotiating sales for food producers and manufacturers. Food brokers work for both producers and buyers of food as they help sell food products to chain wholesalers, retail stores, independent wholesalers and more.

- In most cases food brokers only sell their clients products within a local geographic area. However in many cases the products that they are selling have been produced or manufactured overseas or outside of their geographic region.

- Food brokers have additional responsibilities stemming from negotiating sales. In many cases they will also help keep producers and manufacturers up-to-date on the local market situation. This can help increase the sales volume of the producers and manufacturers - those producing more work and income for the food broker. [http://www.foodbrokers.org/](http://www.foodbrokers.org/)
Food Processing Companies

- http://www.foodprocessing.com/top100/top-100-2013/
Food Packaging Companies

- http://www.profilefilms.com/

Processed Food Distributors

http://www.fooddistribution.net/processed-foods-distributors-group/
A snapshot of corporate influence over university agricultural research 2012

University of California:
- Monsanto
- Chiquita, Dole
- United Fresh Earthbound Farm
- 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

Colorado State University:
- Five Rivers Ranch (JBS)

University of Georgia:
- Cargill, Conagra
- General Mills
- Unilever
- Coca-Cola
- McDonald’s

Cornell University:
- Kraft
Food Research Facilities

• Natural and artificial flavors are defined for the consumer in the Code of Federal Regulations. A key line from this definition is the following: “a natural flavor is the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.” So the flavor has no other function but to fool the brain into thinking it is consuming the real thing. Just as their artificial counterparts, all natural flavors are created in labs with chemicals.
Nutritionists & Nutrition Associations

And Now a Word From Our Sponsors

Are America’s Nutrition Professionals in the Pocket of Big Food?

Agricultural Associations

• http://www.ncga.com/home
Food Speculators

- [http://www.wdm.org.uk/food-speculation](http://www.wdm.org.uk/food-speculation)
corporate interlock
food company directors on other corporate boards
Big Ag funds Political Candidates


### 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>
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<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>
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<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>
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<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>
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<table>
<thead>
<tr>
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<th>Contributor Name</th>
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<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>

_Last updated: 11/6/2012_
Farm Subsidies
Environmental Working Group

http://farm.ewg.org/region.php?fips=00000

• Nationally $277.3 billion in subsidies 1995-2011
• Michigan $4.61 billion in subsidies 1995-2011

http://farm.ewg.org/region.php?fips=26000
2014 Farm Bill

Gave $956 Billion to Agribusiness

THE GREAT (GRADUAL) LAND GRAB

BIG AGRIBUSINESS

SMALL FAMILY FARMS

© Monte Bowersox
www.montewrites.com
2014 Farm Bill

....at the same time the federal government cut $8.6 Billion in Food Assistance??
Lobbyists & Legislation

- Total for Agribusiness: $149,818,306
US Foreign Food Aid

• The United States is the world’s largest donor of food aid, supplying 60 percent of the total. Since the United States began its current food-aid programs in 1961, it has helped 3 billion people in 150 countries in Europe, Asia, Latin America, the Caribbean, and Africa. In fiscal year 2012, the U.S. government provided almost $2 billion in emergency and development food assistance around the world. In FY 2012:

• the top recipients of emergency food aid were all in Africa: Ethiopia, Sudan, South Sudan, Somalia, and Chad.
• the top recipients of development food aid were in Africa and Asia: Ethiopia, Bangladesh, Democratic Republic of Congo, Malawi, and South Sudan.
• In Latin America (and the Caribbean), the top food-aid recipients were: Haiti, Colombia, Guatemala, Mexico, and Honduras.
Top 4 US Food Retailers
US stores and net sales in billions of USD

1. Walmart
   stores 4750 sales $264.2

2. Kroger
   stores 3624 sales $90.4

3. Costco
   stores 592 sales $88.9

4. Target
   stores 1767 sales $70.0

50% of all grocery sales

SOURCE: Supermarket News: Top 75 Retailers & Wholesalers 2012 US Census
http://www.walmartsubsidywatch.org/
Food Advertising

• Over 100 Billion are spent in the US annually
• 10 billion to target children with unhealthy foods - TV commercials, product placement, online, events, in schools, stores, etc.

  • [http://www.youtube.com/watch?v=LQcxDmSYVRc](http://www.youtube.com/watch?v=LQcxDmSYVRc)
  • [http://www.youtube.com/watch?v=KTkfZMsCyHY](http://www.youtube.com/watch?v=KTkfZMsCyHY)
Michigan Farm Burea

- https://www.michfb.com/mi/

Chain Restaurants

Applebees
Cheers
Bagger Dave's
Noodles & Company
Fridays
Chili's
Qdoba
Bennigan's
Buffalo Wild Wings
IHop
Michigan Dept. of Agriculture

• [http://www.michigan.gov/mdard](http://www.michigan.gov/mdard)
# Top Ten Fast Food Companies

<table>
<thead>
<tr>
<th>Company</th>
<th>2010 Sales (USD billions)</th>
<th>U.S. Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s</td>
<td>$32.40</td>
<td>14,027</td>
</tr>
<tr>
<td>YUM! Brands</td>
<td>$17.70</td>
<td>19,195</td>
</tr>
<tr>
<td>Pizza Hut, Taco Bell, KFC, Long John Silver’s (sold 2011)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wendy’s</td>
<td>$11.35</td>
<td>10,225</td>
</tr>
<tr>
<td>Arby’s (sold 2011)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subway</td>
<td>$10.60</td>
<td>23,850</td>
</tr>
<tr>
<td>Burger King</td>
<td>$8.60</td>
<td>7,253</td>
</tr>
<tr>
<td>Starbucks</td>
<td>$7.56</td>
<td>11,131</td>
</tr>
<tr>
<td>Dunkin Donuts</td>
<td>$6.00</td>
<td>6,772</td>
</tr>
<tr>
<td>Sonic</td>
<td>$3.62</td>
<td>3,572</td>
</tr>
<tr>
<td>Chick-fil-A</td>
<td>$3.58</td>
<td>1,537</td>
</tr>
<tr>
<td>Domino’s</td>
<td>$3.31</td>
<td>4,929</td>
</tr>
</tbody>
</table>

Value! Combine all ten and control 47% of all fast food sales.
Government Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)
Women, Infants & Children (WIC)
Child & Adult Care Food Programs (CACFP)
Head Start
School Lunch & Breakfast Programs
Summer Food Service Program
Elderly Nutrition Program
Emergency Food Assistance Program
Commodity Distribution Program
Food Distribution on Indian Reservations (FDIRP)

http://www.nutrition.gov/food-assistance-programs
Institutional Food Service

Schools - GRPS (Gordon Foods http://www.gfs.com/en) GVSU (Aramark )

Prisons - Kent County Jail (Aramark http://www.aramark.com/)

Nursing Homes and Hospitals
Food company directors on non-profit boards

Each line represents a shared board member.
Local Grocery Chains

Meijer - 190 stores

Spartan - also owns D&W, Family Fare and over a dozen other grocery stores brands. 177 total - https://www.spartannash.com/retail

Duthler and Plumbs
Local News Agencies & Food

• Local News relies heavily on advertising and food advertising is near the top, both on air and online.
Food Banks/Food Charity Distributors

Feeding American West Michigan  http://www.feedingamericawestmichigan.org/board/  

Access of West Michigan

Kids Food Basket  http://www.kidsfoodbasket.org/donate/current-community-partners
K - 12 School Food Programs

Grand Rapids Public Schools - primary source of food comes from Gordon Food Service.
Religious based schools
Charter Schools
Other Private or independent schools
C - Stores

Seven Eleven
Speedway and other c-stores that are also gas stations
Liquor stores
Party Stores

High End/Specialty C-Stores - Martha’s Vinyard
Locally Owned Restaurants

Greenwell
Gaia
San Chez
Pita House
Bartertown
Bistro Bella Vita
Marie Catrib’s
Anna’s
Chop House
Soul Food Cafe
The Winchester

Beijing Kitchen
Red Ball Jet
Rockwell’s
Taco Boy
Fat Boys
Grand Coney
Vitale’s
El Sombrero
Electric Cheetah
Bombay Cuisine
Little Africa
Soup Kitchens

God’s Kitchen

Dégagé

Food Not Bombs
Food Waster Haulers

Organic Cycle

Rosendall Disposal

Waste Management

Spurt Industries
Health Impact of Current Food System

• Heart Disease
• Cancer
• Obesity (adult & child)
• Diabetes
• Weakened Immune System

• Treatment for obesity alone runs a tab of $147 billion, and that doesn’t figure in diabetes ($116 billion) or cardiovascular disease. [http://organicconnectmag.com/healthcare-the-high-cost-of-the-american-diet/#.UytFXK1dVsU](http://organicconnectmag.com/healthcare-the-high-cost-of-the-american-diet/#.UytFXK1dVsU)
Processed Food – Health Risks

Food processing removes some of the nutrients, vitamins and fiber present in the food.

Cheap artificial sugars, salt and preservatives in processed foods have less fiber quantity & don’t add any nutrition benefits, it slows down digestion.

Processed foods are highly addictive and make you crave them frequently.

The salts, phosphates and other artificial ingredients in the processed food leads to kidney and other health problems.

Some processed dairy products, dried fruits etc contains Sulphite which causes a range of health diseases like headache, skin rashes, irritable bowel syndrome etc.

Processed food kills natural taste and colour of foods. In order to restore the natural flavour, manufacturers add cheap artificial sugar, salts, fats, colours and preservatives that create gastrointestinal problems, hormonal problems, nervous system problems etc.

Frequent consumption of processed foods can lead to hormonal problems like menstrual irregularities, premenstrual syndrome, infertility, thyroid dysfunction etc.

Frequent consumption of processed food can also lead to nervous system problems like depression, irritability and inability to concentrate.

CURRENTWEEK.COM
<table>
<thead>
<tr>
<th>Corporate Food Regime</th>
<th>Food Movements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Politics</strong></td>
<td><strong>Food Enterprises</strong></td>
</tr>
<tr>
<td><strong>Discourse</strong></td>
<td><strong>Food Security</strong></td>
</tr>
<tr>
<td><strong>Main Institutions</strong></td>
<td>International Bank for Reconstruction and Development (World Bank); FAO; UN Commission on Sustainable Development; USDA (Merrigan); mainstream fair trade; some Slow Food Chapters; some Food Policy Councils; most food banks &amp; food aid programs</td>
</tr>
<tr>
<td><strong>Orientation</strong></td>
<td><strong>Empowerment</strong></td>
</tr>
<tr>
<td><strong>Model</strong></td>
<td>Overproduction; corporate concentration; unregulated markets and monopolies; monocultures (including organic); GMOs; agrofuels; mass global consumption of industrial food; phasing out of peasant and family agriculture and local retail</td>
</tr>
<tr>
<td></td>
<td>Mainstreaming/certification of niche markets (e.g. organic, fair, local, sustainable); maintaining northern agricultural subsidies; “sustainable” roundtables for agrofuels, soy, forest products, etc.; market-led land reform</td>
</tr>
<tr>
<td></td>
<td>Agroecologically produced local food; investment in underserved communities; new business models and community benefit packages for production, processing, and retail; better wages for agriculture workers; solidarity economies; land &amp; food access</td>
</tr>
<tr>
<td></td>
<td>Dismantle corporate agrifoods monopoly power; parity; redistributive land reform; community rights to water and seed; regionally based food systems; democratization of food systems; sustainable livelihoods; protection from dumping/overproduction; revival of agroecologically managed peasant agriculture to distribute wealth and cool the planet; regulated markets and supply</td>
</tr>
<tr>
<td><strong>Approach to the food crisis</strong></td>
<td>Increased industrial production; unregulated corporate monopolies; land grabs; expansion of GMOs; public-private partnerships; liberal markets; international sourced food aid</td>
</tr>
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</tbody>
</table>
Resources

- Food First http://www.foodfirst.org/
- Food & Water Watch http://www.foodandwaterwatch.org/
- Organic Consumers Association http://www.organicconsumers.org/
- Via Campesina http://viacampesina.org/en/
- Navdanya http://www.navdanya.org/
- http://www.justfood.org/food-justice
- http://www.albafarmers.org/
- http://www.agriculturaljusticeproject.org/home.html
- http://casfs.ucsc.edu/
- http://www.ciw-online.org/
- http://www.growingpower.org/
- http://knowwhereyourfoodcomesfrom.com/
- http://immigrantfarming.org/
- http://www.nuestras-raices.org/
- http://www.panna.org/
- http://www.nativeharvest.com/
Moving into Action Questions

- How does this information affect you personally as a consumer of food?
- How does this information affect your work with food in your organization or community?
- Outside of your organization, what are ways that you can affect policy and structure to change the food system?

What is one goal for you personally and one goal for you organizationally to embed the justice narrative into your relationship with food?

1. Personal Goal:

2. Organizational Goal: