

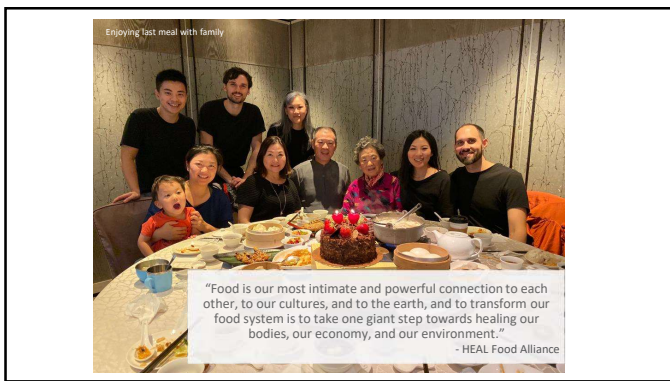


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Learning objectives

- 1 Identify two current issues involving food system equity.
- 2 Describe how fair labor practices impact food system resilience.
- 3 Name two ways dietitians can promote a more inclusive food system.

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4 Dimensions of Sustainable Diets

Socio-cultural

- Gender equity
- Culturally appropriate
- Indigenous peoples
- Animal welfare

Economic

- Profits & revenue
- Jobs
- Fair wages
- Affordability

Planetary Health

- Food loss and waste
- Greenhouse gas emissions (GHGe)
- Biodiversity loss
- Land use change

Nutrition

- Food security
- Malnutrition
- Diverse, nutrient-rich foods
- Food safety

World health organization, 2019; BCFN 2015

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"Though the need for food unites us all, access to healthy food and the ability to fully participate in the food system is often divided along racial and ethnic lines."

(Burke, J. D., & Spiller, K. A., 2015)

Photo by: Sherene Chou

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Photo by: Sherene Chou

production > farm workers
processing > food, meat & poultry
warehouse > distribution
> retail grocery workers
> service restaurant & food service

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21.5 million people— that's 14% of the nation's workforce, making the food industry the largest private sector employer in the country




83 percent of US farmworkers are Hispanic, of which 69 percent were born in Mexico and 24 percent were born in the US



(US Department of Labor, 2018)

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Turnover in poultry plants can reach as high as 100% every year.

Industry exploits vulnerable people who have few other options: minorities, immigrants, and refugees—even prisoners.

Most workers are afraid to speak out or do anything that might jeopardize their jobs.

Poisoning events impact 54 farm workers compared to 1 for non-farm workers.

About one-third of the affected workers were pesticide handlers and the rest were farm workers exposed to off-target drift of pesticide.



(National Academies Press, 2015, Oxfam, 2015)

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In the United States, CAFOs produce an estimated 500 million tons of waste a year.

Nitrates, most commonly found contaminant in drinking water wells affect 4.5 million people in the U.S. exposed to high levels of nitrates from well sources.

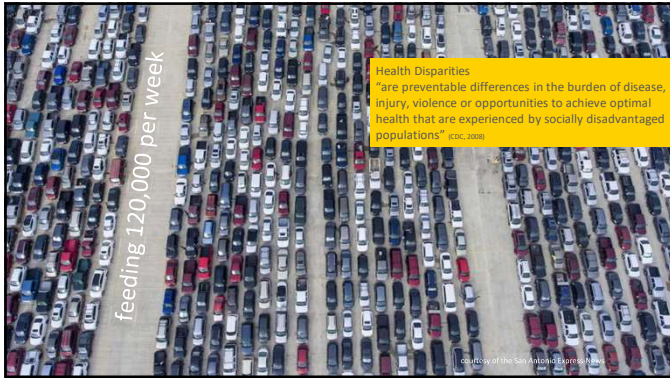
(CDC, 2016)

As many as 30 percent of industrial livestock farmworkers experience occupation-related asthma and chronic bronchitis.

(NRDC, 2019)

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Food Insecurity and Health

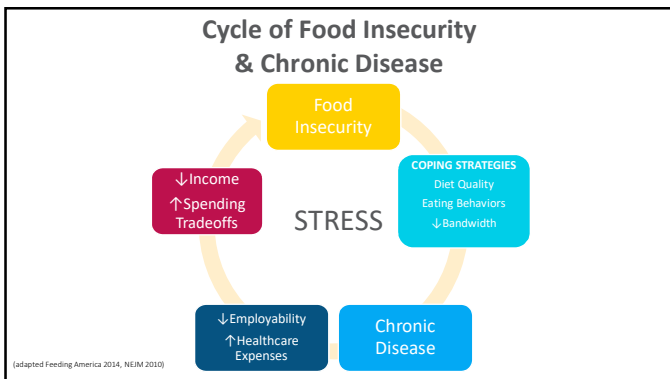
The cycle of food insecurity and chronic disease begins when an individual or family cannot afford enough nutritious food

% of Households choosing between

- Food and medical care (66%)
- Food and utilities (69%)
- Food and transportation (67%)
- Food and housing (57%)

(Feeding America 2014, NEJM 2010)
Image by: Sagarika Chow

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Tradeoffs and Hidden Consequences of Food Insecurity

Child Have increased risk of asthma, cognitive impairment, and behavioral problems; have lower math scores, and are twice as likely to repeat a grade and three times as likely to be suspended from school as children who are food secure

Teen Found to be twice as likely to suffer from depression and five times as likely to die of suicide as were food secure teens

Adult Increased risk of heart disease and depression or anxiety and the most severe levels of food insecurity, adults have more than twice the risk of diabetes compared to those who do not experience food insecurity

(USDA 2013, Weinreb et al., 2002, Gucciardi et al., 2014)

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Government Systems

SNAP	Supplemental Nutrition Assistance Program
WIC	Women, Infants, Children
Child Nutrition	SBP - School Breakfast Program CACFP - Child and Adult Care Food Program NSLP - National School Lunch Program SFSF - Summer Food Service Program SMP - Special Milk Program
Senior Nutrition	NSIP - Nutrition Services Incentive Program OAA - Older Americans Act Title III Senior Meals SFMNP - Senior Farmers' Market Nutrition Program
Food Distribution	CSFP - Commodity Supplemental Food Program FDIR - Food Distribution Program Indian Reserves TEFAP - The Emergency Food Assistance Program
Farmer's Market	SNAP/EBT - Increase spending power at market FMNP - WIC Farmers Market Program SFMNP - Senior Farmers Market Program

Photo by: Sherene Chow

(USDA)

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Bridging the Gap

Reclaimed Food

Photo by: Sherene Chow

Community Kitchens
Food Banks
Food Pantries
Coupons
Gleaning

Photo by: Sherene Chow

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World health organization, 2019; BCFN 2015

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Changing Good Food Cities

Representing 700+ million citizens and one quarter of the global economy, mayors committed to delivering on the most ambitious goals of the Paris Agreement at the local level

C40 Good Food Cities Declaration, cities commit to, by 2030:

- Align food procurement policies to the Planetary Health Diet
- Support an overall increase of healthy plant-based food
- Reduce food loss and waste by 50% from 2015 figures
- Work with citizens, businesses, public institutions and other organizations to develop a joint strategy into city's Climate Action Plan

C40
CITIES

Barcelona,
Copenhagen,
Guadalajara,
Lima,
London,
Los Angeles,
Milan,
Oslo,
Paris,
Quezon City,
Seoul,
Stockholm,
Tokyo and
Toronto

(C40, 2019)

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Farm-to-School

- USDA estimates that schools spent nearly \$800 million on local food
- Buying power of farm-to-school could result in an additional \$350 million for family farmers a full economic impact of \$1 billion
- Each dollar invested in farm to school stimulates an additional \$0.60-\$2.16 of local economic activity




Photo by: Michelle Chou

(USDA, 2015, 2017)

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Changing Industry



Food Alliance Certified

- Certified for sustainable agriculture practices and social responsibility
- Indicates employees have safe and fair working conditions, animals are treated humanely, no use of hormones or GMOs
- Emphasizes reduction of pesticide use and conservation of soil, water, and wildlife habitat
- Continual improvement necessary



Fair Trade Certified

- Certified by TransFair USA
- Ensures that farmers receive fair prices and workers receive fair wages; enables more direct access to global market
- Based on principles of fair prices, fair labor conditions, direct trade, community development, environmental sustainability



Rainforest Alliance Certified

- Certified annually by independent inspector
- Indicates that crops have been grown sustainably and workers were treated justly
- Based on standards of Sustainable Agriculture Network (SAN)
- Farms audited annually and with surprise visits

(Tufts, 2016)

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Photo by: Sherene Chou

Rooted in restorative justice and environmental stewardship, ALMA started in 2013 to reclaim lives, repurpose land and reimagine community. Creates opportunities for the previously incarcerated to become agents of health, safety and community.

Local Systems


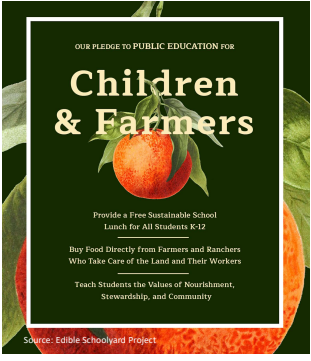


Photo by: Sherene Chou

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OUR PLEDGE TO PUBLIC EDUCATION FOR

Children & Farmers

Provide a Free Sustainable School Lunch for All Students K-12

Buy Food Directly From Farmers and Ranchers Who Take Care of the Land and Their Workers

Teach Students the Values of Nourishment, Stewardship, and Community

Source: Edible Schoolyard Project

Alice Waters' idea is known as edible education. Edible education is flourishing across the country and globe, evidenced by the nearly 6,000 member programs in our network.

School Supported Agriculture

- provide free, regeneratively-farmed meals for every child, K - 12
- supports the health and wellness of children, farmers, farmworkers, and school food service workers
- addresses climate change through carbon sequestering farming practices

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Celebrating Traditions

- Build local economies, communities
 - Small farms preserve indigenous wisdom and agricultural traditions
 - Diversify crops, diversify nutrients and food

(FAO, 2010)



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Food Sovereignty

“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.”

Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007 (US Food Sovereignty Alliance)



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3 Ways to Make Change

- 1 Build a systems perspective to encompass health, environment and economy for all.
- 2 Advocate for a food system that is sustainable, fair, healthy, local and humane through local food policy councils, community integrated programs, food purchases.
- 3 Celebrate cultural traditions, practice cultural humility and seek diverse colleagues to provide appropriate practices to include all that you serve.

Super Blue 19

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Resources



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