

# FOOD JUSTICE COMMUNITY CONVERSATION GUIDE *for* BALTIMORE CITY



*prepared by the*  
Baltimore Food Justice  
Committee



# FOOD JUSTICE COMMUNITY CONVERSATION GUIDE

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# HOW TO USE THIS GUIDE

## Goals

This guide is designed to help neighbors, resident groups, and organizations have a “mini Food Justice Forum.” It guides conversation through the connection between food and social justice, a critical look at your own food environment, and strategies to advance social justice through food in your own area.

It is our goal to have 25 Community Food Justice Conversations in Baltimore City in 2016.

## How to Plan a Community Food Justice Conversation

### Time and Space

Give yourself two hours for the full meeting. If you can, provide some food and drink or make the meeting potluck style. These conversations could take place in your living room, place of worship, community association meeting, school, or more. Make sure that you have enough chairs for everyone and enough room for the group to sit in a circle or several small circles.

### Number of Participants

Your conversation could be big or small. It could be three neighbors getting together or a community meeting of 60. If you’re having a bigger conversation, give yourself more time for small group work and large group share-outs.

### How and Where to Promote

Once you’ve figured out where you will have your conversation and how big it will be, start promoting it. If you’re having something small in your house, knock on your neighbors’ doors and invite them. If you’re adding onto another meeting or event, invite people that may not come otherwise. There is a flyer (Resource 3: Flyer Template) that you can print and fill in. Find some willing community volunteers to help get the word about the conversation. Tailor your language to your audience whether you are speaking with young adults or seniors.

### Materials and Preparation

Familiarize yourself with each section of the conversation guide and the materials you’ll need to prepare. Make copies of the maps relevant to your conversation, or arrange to project maps on a screen from your computer. Note that the community or communities represented in your conversation may not align with a single council district. Copy whatever maps you need. If you would like to have color copies of the map printed and mailed to you or would like additional support, email [info.baltimarket@baltimorecity.gov](mailto:info.baltimarket@baltimorecity.gov).

## What to Do When You've Finished Your Conversation

### Let Us Know How It Went

It is our goal to have 25 Community Food Justice Conversations in Baltimore City by the 2017 Baltimore Food Justice Forum. We don't just want to know that conversations happen though; we want to know how it went and how we can help you to take action in your community. When you're done, email [info.baltimarket@baltimorecity.gov](mailto:info.baltimarket@baltimorecity.gov) and let us know when and where the conversation happened, how many people attended, and what your next steps are.

### Join the Food Justice Committee

If this is something that interests you, we'd love for you to join the Food Justice Committee. With leadership from the Baltimore City Health Department's Baltimarket program, the Baltimore Food Justice Committee aims to recognize and uplift grassroots leaders that advance social justice in Baltimore through food. The Baltimore Food Justice Committee is composed of people that grow, sell, teach about, advocate for, and eat healthy food in Baltimore City. We welcome all that value accessibility, dialogue, respect, openness, dismantling racism, connecting resources, and good food. We meet regularly to plan the annual Food Justice Forum, learn about and discuss food justice, and create tools and initiatives like this guide. If you're interested in joining, email [info.baltimarket@baltimorecity.gov](mailto:info.baltimarket@baltimorecity.gov).

## Acknowledgements

This guide was developed by the Baltimore Food Justice Committee, with leadership of the Baltimore City Health Department's Baltimarket program. A special thank you to Noora Kanfash for leading the development of the guide.

The annual Baltimore Food Justice Forum equips Baltimore City residents with practical tools and information needed to get healthy, affordable food in their neighborhoods. The Food Justice Forum is planned by the Baltimore Food Justice Committee, with leadership from the Baltimore City Health Department's Baltimarket program. During the Forum, attendees engage in dialogue about food injustice in Baltimore, discuss the significant role that race and place play in access to healthy food, and uplift community solutions that are working in Baltimore. During the 2015 Food Justice Forum, attendees asked what they could do in their own area to spark similar conversations.

# SECTION OVERVIEWS FOR FACILITATORS

## SECTION 1: INTRODUCTIONS (20 minutes)

Mixer and Introductions  
Goals and Ground Rules

materials needed:  
• None

## SECTION 2: MAPPING YOUR FOOD ENVIRONMENT (20 minutes)

Introduction: Where Do You Get Food?  
Mapping Your Food Environment

materials needed:  
• Blank paper for each person  
• Pens/pencils/markers for each person  
• Hard surface for writing for each person

## SECTION 3: COUNCIL DISTRICT FOOD DESERT MAPS (20 minutes)

What are Food Deserts?  
Discussion: The Food Environment in Your Council District

materials needed:  
• One copy for each person of your Council District(s) Map(s) from *Hand Out 1: Baltimore City Council District Food Environment Maps*

## SECTION 4: SOCIAL JUSTICE AND FOOD (30 minutes)

Race, Place, and Food  
Discussion: Why Do Food Deserts Exist?

materials needed:  
• One copy for each person of *Hand Out 2: Food Deserts and Life Expectancy*  
• One copy for each person of *Hand Out 3: Baltimore City Food Deserts and Race*

## SECTION 5: YOUR COMMUNITY'S FOOD ENVIRONMENT & NEXT STEPS (30 minutes)

Discussion: How Can We Address Food Justice in Our Community?  
Goal Setting  
Conclusion

materials needed:  
• One copy for each person of *Hand Out 4: Pledge Sheet*

If you need copies of any materials, please contact [info.baltimarket@baltimorecity.gov](mailto:info.baltimarket@baltimorecity.gov).

## SECTION 1: INTRODUCTIONS

As people are entering, have them sign in so you can get in touch with them in the future. If you are serving food or drinks, encourage people to grab a snack and chat before beginning.

### *Mixer (10 minutes)*

Give the group a chance to get acquainted and learn about each other.

**Suggested introduction questions:** Take turns stating your name and your favorite meal growing up or the first thing you learned how to cook.

### *Goals and Ground Rules (10 minutes)*

**Create some goals for the conversation.** These can be the goals included and/or ones that the group comes up with. Open the conversation up for the group to suggest some goals.

Suggested goals:

- This workshop will empower our community to work towards real change in our food environment.
- This conversation will give us tools to analyze the food environment of our community. We can gain a better understanding of the factors that impact our community's health.

**Make a list of ground rules for the evening.** People will be sharing their opinions and experiences throughout the evening, and it is important to establish a safe and comfortable space to do so. Some examples of rules may include the following:

- Be respectful.
- Step up, step back – allow others to talk if you have been sharing often, challenge yourself to speak up if you have been quiet.
- Be comfortable with not coming to an agreement about everything.
- Be active listeners – pay attention to the speaker with your ears and eyes.

## SECTION 2: MAPPING YOUR FOOD ENVIRONMENT

(Adapted from *Johns Hopkins' Center for a Livable Future's Teaching the Food System - Food Environments lesson*.)

### *Introduction: Where do you get food? (5 minutes)*

**Ask participants:** What are some places that you get food from? (*share responses*)

Explain that all of the places you get food from are considered your “food environment.” Make sure to think about:

- convenience stores
- behind-glass stores
- corner stores
- covered markets/public markets
- supermarket
- farmers’ market
- community garden
- sit-down restaurant
- carry-out restaurant
- fast food restaurant
- mobile vending (food trucks, ice cream trucks)

### *Mapping Your Food Environment (15 minutes)*

Explain that we’re going to make maps of our food environments.

**Ask participants:** What kind of information do maps typically contain? (*share answers – ex. legend, directions, street names*)

**Explain:** In your map, you should include your house, streets, and the places where you get food. You could even include information about how you get to the store (by bus, walk, car, bike, etc.) and how long it takes. Remind participants to include non-retail assets in their community such as schools, churches, community centers, etc. that distribute food or serve meals.

**Activity:** Pass out blank paper and writing utensils. Give everyone about 10 minutes to complete their food maps. Walk around the room to check on progress and give encouragement or guidance.

**Share back:** After 10 minutes, ask for volunteers to present their food map in front of the group. Ask them to share what they drew and comment on how often they go there and how they typically get to the location.

**Healthy food rating:** Next ask everyone to look at their map and think about how they would rate their food environments in terms of how easily they can find healthy food on a scale of A-F. Ask everyone to share his or her rating.

## SECTION 3: COUNCIL DISTRICT FOOD DESERT MAPS

*Discussion: The food environment in your council district (20 minutes)*

**Read the definition of a food desert:** In Baltimore City a food desert is defined as an area that is more than ¼ of a mile from a supermarket, has high poverty, low vehicle availability, and low healthy food availability in area stores. It's a way to look at how hard or easy it is to get food if you have limited resources.<sup>1</sup>

**Pass out:** Copies of the Baltimore food environment map for your council district(s) from *Hand Out 1: Baltimore City Council District Food Environment Maps*.

**Remind participants:**

- Maps are the starting point for discussion. The maps alone can't explain how individual residents experience food access.
- Data is a "point in time" measure, meaning it can be outdated – some things may no longer be there while new things may be missing.

**Divide into groups:** Divide into three groups – food retail, locally grown, and food assistance - to review the food environment map for your council district. Ask groups to count the numbers of resources in their category and think about what is in their specific neighborhood.

**Share back:** Each group will share back their count of food retail, locally grown, and food assistance.

**Discuss the following questions:**

- Is your neighborhood considered a food desert? Is that a fair assessment of the food options? If not, would you consider your neighborhood a food desert?
- How does the map of the council district compare to what you drew? Is access to food in other parts of the district better or worse than what you experience?
- How does having or not having a car affect how easy it might be to find healthy food in your district?
- In your district, are there healthy foods available at corner stores?
- If you rated your food environment's health less than an "A," what changes would you suggest to improve the healthy rating?
- Where are some assets? (stores that carry healthy food, community associations or leaders that can help move strategies, untapped resources)

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<sup>1</sup> <http://archive.baltimorecity.gov/portals/0/agencies/planning/public%20downloads/Baltimore%20Food%20Environment%20Report%202015-v1.2.pdf>



## SECTION 4: SOCIAL JUSTICE AND FOOD

### *Race, place, and food (10 minutes)*

**Pass out:** Copies of *Hand Out 2: Baltimore City Food Deserts and Life Expectancy Map* and *Hand Out 3: Food Deserts and Race* (one of each to each participant).

**Situate:** Identify where the group is located as well as some major streets in order to understand the focus. Discuss the overlap between the two.

**Observe:** Allow participants to make observations about the maps. They may have comments about the relationship between food deserts, health outcomes, and race.

### *Discussion: Why do food deserts exist? (20 minutes)*

**Ask:** You may notice that there seems to be a relationship between food deserts, health outcomes, and race. Why do you think these relationships/distributions exist?

At this point in the conversation, there may be various opinions. Remind participants of the ground rules and goals. Be open and prepared to hold another conversation on a different day. Below are some talking points on complex factors that may come up in the conversation, with footnotes to resources that can help guide the conversation. Refer to *Resource 2* for a helpful glossary of terms.

- **Redlining:** Redlining was the practice of banks refusing to lend money for mortgages or home improvements in certain areas. Often, these were areas designated by the federal government as having older homes, high rates of rented homes, and “undesirable racial concentrations.” On the maps, they were outlined with red lines, hence the term redlining. Redlining often left black families out of the mortgage market and vulnerable to predatory lenders. This created a cycle of inequality and made it difficult for residents to fix up their homes, leading to crumbling structures and lower rates of development in those same neighborhoods today.<sup>2</sup>
- **Role of city, state, federal government:** Private stores operate based on market forces, however, city and state governments can also influence whether a certain location is desirable or not, such as:
  - Zoning and regulatory approval processes
  - The ability to find land sites large enough for stores
  - Environmental remediation and/or demolition of current structures
  - Higher construction and operating (e.g., rent, real estate taxes, security costs) costs in urban areas
  - Local politics, officials, and groups may have competing goals for development<sup>3</sup>

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<sup>2</sup> Bliss, Laura. *After Nearly a Century, Redlining Still Divides Baltimore*. <http://www.citylab.com/politics/2015/04/after-nearly-a-century-redlining-still-divides-baltimore/391982/>

<sup>3</sup> [http://www.ers.usda.gov/media/242614/ap036f\\_1\\_.pdf](http://www.ers.usda.gov/media/242614/ap036f_1_.pdf)

## SECTION 5: YOUR COMMUNITY'S FOOD ENVIRONMENT & NEXT STEPS

*Discussion: How can we address food justice in our community?*

*(10 minutes)*

**Discuss:**

- Considering all the factors, both those residents can control and those they can't, what are the best solutions for our community?
- Knowing that race plays a significant role in food access, how does that inform community solutions?
- What could be done to make sure that all Baltimore residents have equal access to healthy foods?
- What does your councilperson need to know?
- Are there any action steps you will (as individuals or as a group) take in response to this information and discussion?

*Goal Setting (15 minutes)*

**Pass out:** Copies of *Hand Out 4: Pledge Sheet*, one to each participant

- This sheet allows participants to set a variety of goals to act on regarding food justice. Each participant will set three goals; one personal goal around healthy eating, one for the health of their community, and one goal to engage local officials.
- Encourage attendees to create SMART Goals (Specific, Measurable, Attainable, Realistic, and Time-sensitive).

**Share back:** After 10 minutes, allow each attendee to share one goal. Goal sharing will encourage others to think about health from different perspectives. Hearing each others' goals creates the opportunity for collaboration.

*Conclusion (5 minutes)*

Suggestions for closing remarks:

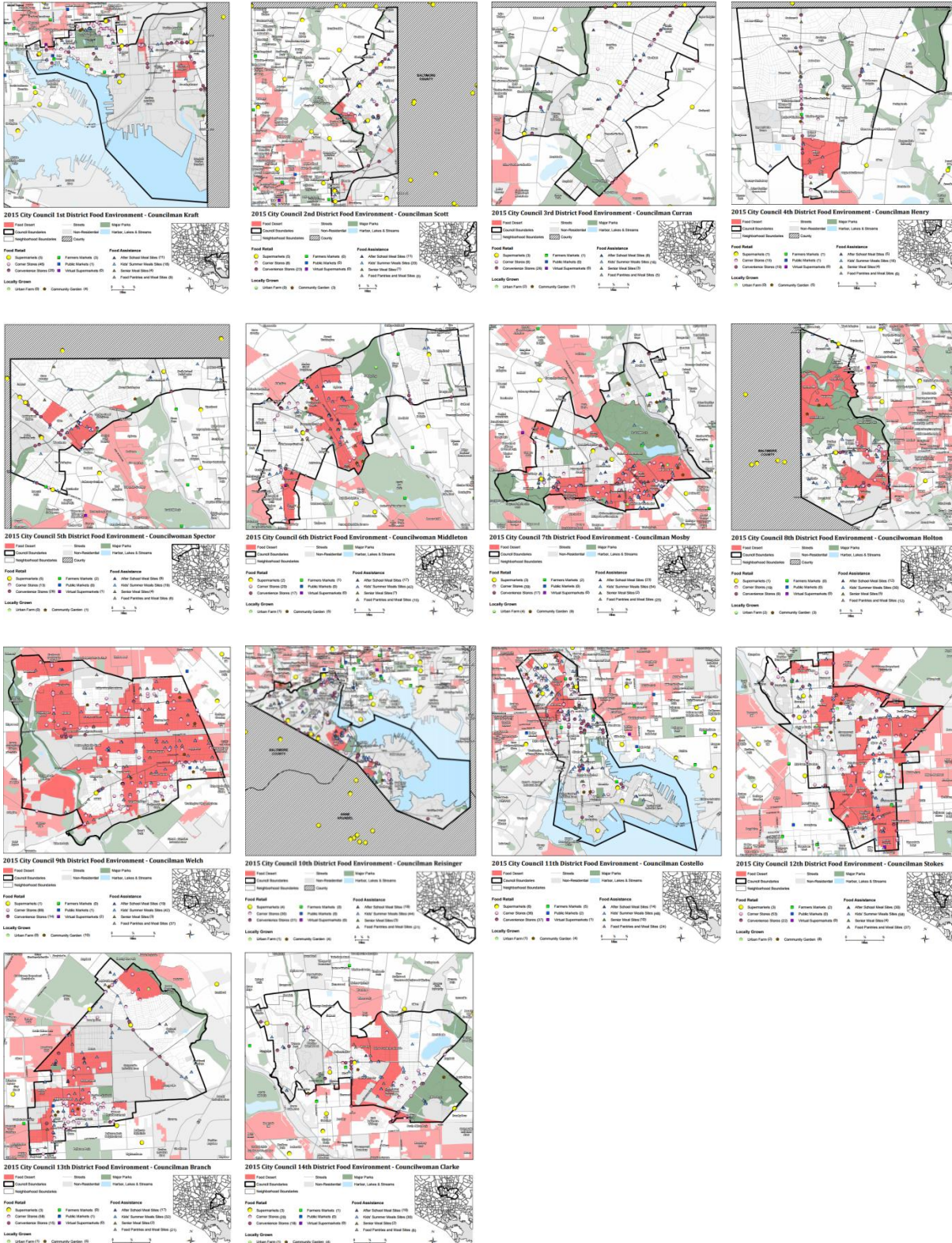
- Thank everyone for attending and sharing.
- Let everyone know that this conversation is one of many that will be taking place across the city.

If you identified any common goals or projects, set a date for a next planning meeting. A variety of resources can be found in *Resource 2* if you want to get started on a community project.

# HAND OUT 1: BALTIMORE CITY COUNCIL DISTRICT FOOD ENVIRONMENT MAPS

(Pairs with Section 3: Council District Food Desert Maps.  
 Print one copy of your City Council District(s) for each person.)

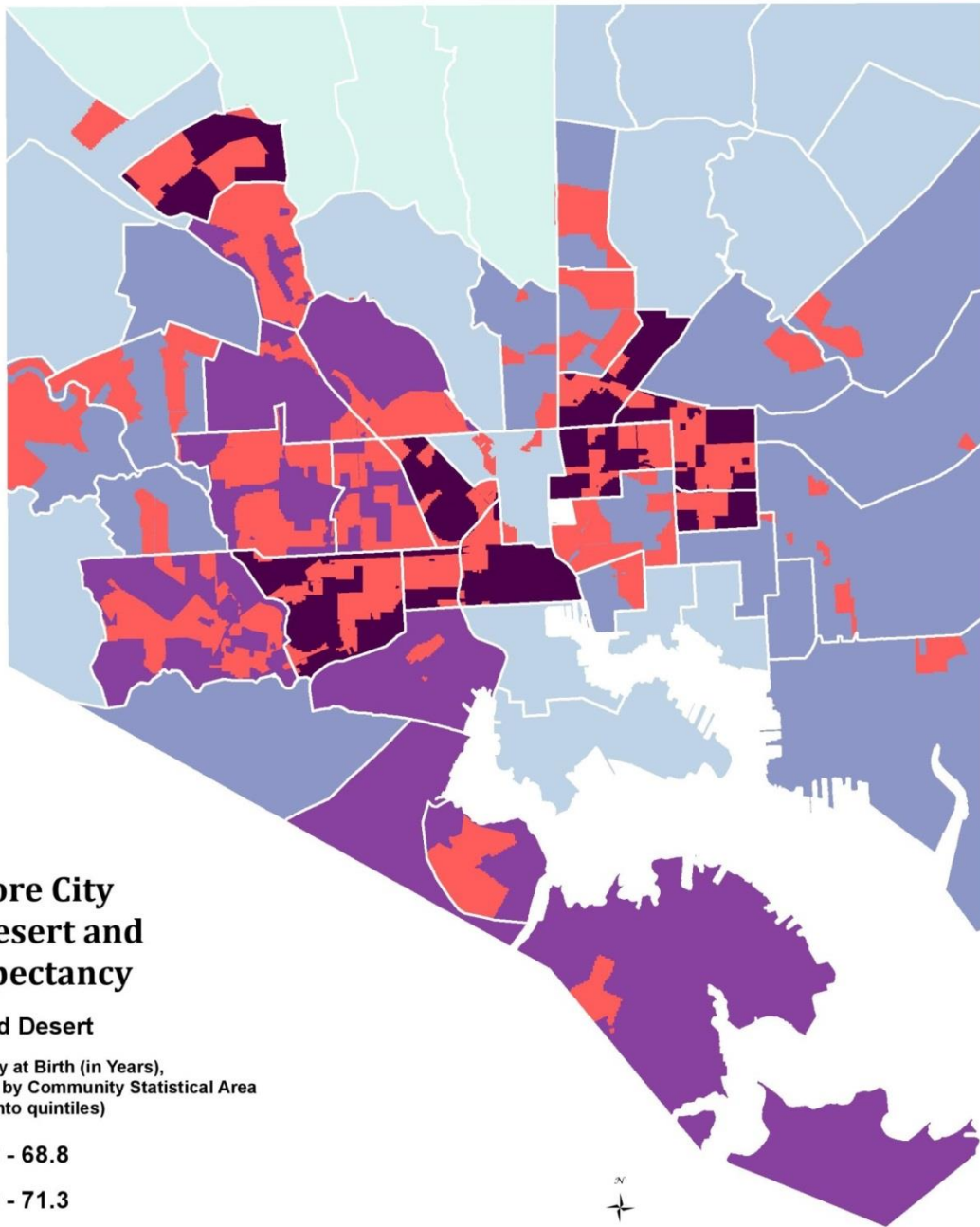
Maps are available for download and printing at <http://bit.ly/1OAPwgx>





## HAND OUT 2: BALTIMORE CITY FOOD DESERTS AND LIFE EXPECTANCY MAP






(Pairs with Section 4: Social Justice and Food. Print one copy for each person.)



### 2015 Baltimore City Food Desert and Life Expectancy

 Food Desert

Life Expectancy at Birth (in Years),  
Baltimore City, by Community Statistical Area  
(Data divided into quintiles)

-  66.0 - 68.8
-  68.9 - 71.3
-  71.4 - 74.5
-  74.6 - 78.8
-  78.9 - 85.3



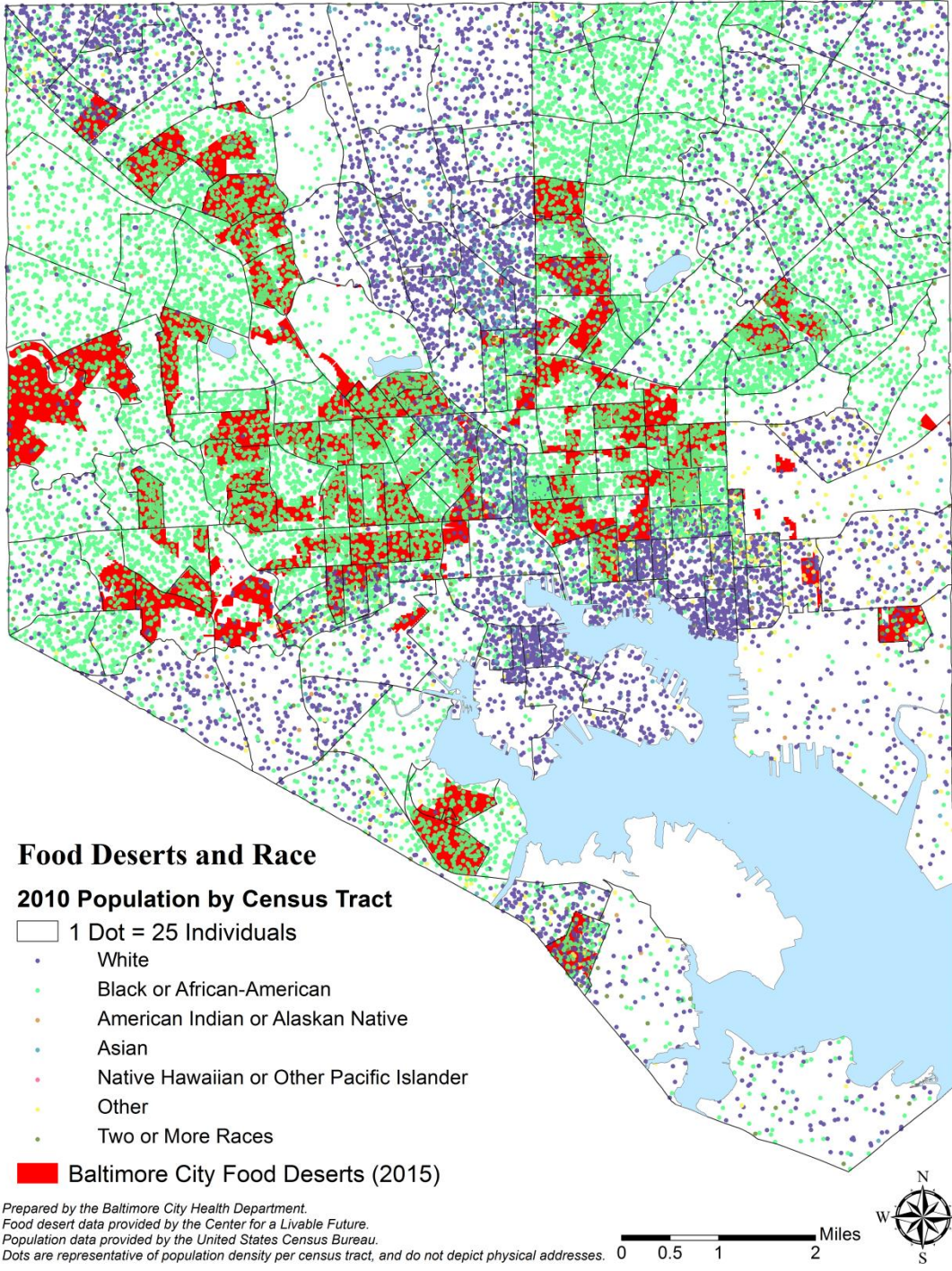
\*\*Data calculated using 2009-2013 deaths, and 2010 CSA Population Analyzed by the Baltimore City Health Department, using data provided by the Maryland Vital Statistics Administration.

Map created  
June 2015



# HAND OUT 3: BALTIMORE CITY FOOD DESERTS AND RACE

(Pairs with Section 4: Social Justice and Food. Print one copy for each person.)



# HAND OUT 4: PLEDGE SHEETS

*(Pairs with Section 5: Your Community's Food Environment and Next Steps. Print one copy for each person.)*

## Nutrition

I pledge to:

## Community

I pledge to:

## Civic Engagement

I pledge to:

# RESOURCE 1: RESOURCES FOR COMMUNITY FOOD JUSTICE

**Baltimore City Council District Look-Up:** Enter your address at <http://cityservices.baltimorecity.gov/citycouncil/> to find what district you live in.

## Baltimore City Council Members

- Council President: Bernard C. “Jack” Young  
410-396-4804  
410-539-0647 fax  
Room 400, City Hall  
[CouncilPresident@baltimorecity.gov](mailto:CouncilPresident@baltimorecity.gov)
- **District 1:** James B. Kraft  
410- 396-4821  
410-347-0547 fax  
Room 503, City Hall  
[James.Kraft@baltimorecity.gov](mailto:James.Kraft@baltimorecity.gov)
- **District 2:** Brandon M. Scott  
410-396-4808  
410-396-4414 fax  
Room 525, City Hall  
[James.Kraft@baltimorecity.gov](mailto:James.Kraft@baltimorecity.gov)
- **District 3:** Robert Curran  
4110-396-4812  
410-396-8621 fax  
Room 553, City Hall  
[Robert.Curran@baltimorecity.gov](mailto:Robert.Curran@baltimorecity.gov)
- **District 4:** Bill Henry  
410-396-4830  
410-659-1792 fax  
Room 502, City Hall  
[Bill.Henry@baltimorecity.gov](mailto:Bill.Henry@baltimorecity.gov)
- **District 5:** Rochelle “Rikki” Spector  
410-396-4819  
410-396-6800 fax  
Room 521, City Hall  
[Rochelle.Spector@baltimorecity.gov](mailto:Rochelle.Spector@baltimorecity.gov)
- **District 6:** Sharon Green Middleton  
410-396-4832  
410-244-5343 fax  
Room 516, City Hall  
[Sharon.Middleton@baltimorecity.gov](mailto:Sharon.Middleton@baltimorecity.gov)
- **District 7:** Nick Mosby  
410-396-4810  
410-347-0537 fax  
Room 513, City Hall  
[Nick.Mosby@baltimorecity.gov](mailto:Nick.Mosby@baltimorecity.gov)
- **District 8 :** Helen Holton  
410-396-4818  
410-396-4828 fax  
Room 518, City Hall  
[Helen.Holton@baltimorecity.gov](mailto:Helen.Holton@baltimorecity.gov)
- **District 9:** William “Pete” Welch  
410-396-4815  
410-545-3857 fax  
Room 532, City Hall  
[William.Welch@baltimorecity.gov](mailto:William.Welch@baltimorecity.gov)
- **District 10:** Edward Reisinger  
Council Vice-President  
410-396-4822  
410-545-7353 fax  
Room 511, City Hall  
[Edward.Reisinger@baltimorecity.gov](mailto:Edward.Reisinger@baltimorecity.gov)
- **District 11:** Eric T. Costello  
410-396-4816  
410-545-7464 fax  
Room 527, City Hall  
[Eric.Costello@baltimorecity.gov](mailto:Eric.Costello@baltimorecity.gov)
- **District 12:** Carl Stokes  
410-396-4811  
410-396-1594 fax  
Room 509, City Hall  
[carl.stokes@baltimorecity.gov](mailto:carl.stokes@baltimorecity.gov)
- **District 13:** Warren Branch  
410-396-4829  
410-347-0534 fax  
Room 505, City Hall  
[Warren.Branch@baltimorecity.gov](mailto:Warren.Branch@baltimorecity.gov)
- **District 14:** Mary Pat Clarke  
410-396-4814  
410-545-7585 fax  
Room 550, City Hall  
[MaryPat.Clarke@baltimorecity.gov](mailto:MaryPat.Clarke@baltimorecity.gov)



# RESOURCE 1: RESOURCES FOR COMMUNITY FOOD JUSTICE

## Farmers Markets in Baltimore - 2015

- [32nd Street/Waverly](#)  
400 E. 32nd Street  
Hours: Saturday 7am-12pm  
Dates: Year-round  
Accepts: SNAP, FMNP, FVC, MMM
- [Baltimore Farmers' Market & Bazaar](#)  
Saratoga and Holliday Streets  
Hours: Sunday 7am-12pm  
Dates: April 5-December 20, 2015  
Accepts: SNAP, FMNP, FVC, MMM
- [BMI Farmers' Market](#)  
1415 Key Highway, Baltimore Museum of Industry  
Hours: Saturday 9am-1pm  
Dates: May 30-October 31, 2015  
Accepts: FMNP, FVC
- [Druid Hill Farmers Market](#)  
3100 Swann Drive  
Hours: Wednesday 3:30-7:30pm  
Dates: June 3-September 30, 2015  
Accepts: SNAP, FMNP, FVC, MMM
- [Fells Point Farmers Market](#)  
800 S Broadway  
Hours: 7:30am-12:30pm  
Dates: Saturday May 3-November 21, 2015  
Accepts: FMNP, FVC
- [Govanstowne Farmers' Market](#)  
5104 York Road  
Hours: Wednesday 3-7pm  
Dates: June 3-September 30, 2015  
Accepts: SNAP, FMNP, FVC, MMM
- [Howard Park Community Farmers Market](#)  
3400 Block Woodbine Avenue  
Hours: Saturday 7am-1pm  
Dates: May 23-November 28, 2015  
Accepts: FMNP, FVC
- [Johns Hopkins Hospital Farmers Market](#)  
1650 Orleans Street  
Hours: Thursday 10am-2pm  
Dates: April 23-October 29, 2015  
Accepts: SNAP, FMNP, FVC, MMM
- [Park Heights Community Farmers Market](#)  
5201 Park Heights Avenue  
Hours: Wednesday 9am-2pm  
Dates: June 10-November 25, 2015  
Accepts: SNAP, FMNP, FVC, MMM
- [Pigtown Farmers Market](#)  
1798 Washington Boulevard  
Hours: Thursday 3pm-7pm  
Dates: June 4-October 1  
Accepts: FMNP, FVC, SNAP
- [Pratt St Farmers Market](#)  
100 Light Street  
Hours: Thursday 11am-2pm  
Dates: May 7-September 24, 2015  
Accepts: FMNP, FVC
- [State Center Community Farmers Market](#)  
201 West Preston Street  
Hours: Wednesday 10am-2pm  
Dates: May 6-November 18, 2015  
Accepts: SNAP, FMNP, FVC, MMM
- [Tuesday Market in Lauraville](#)  
4500 Harford Road  
Hours: Tuesday, 4-8pm  
Dates: June 2-September 29, 2015  
Accepts: FMNP, FVC
- [University Farmers Market](#)  
Corner of Paca Street & Baltimore Street, Plaza Park  
Hours: Tuesday 10-2:30  
Dates: May 19-November 24, 2015  
Accepts: SNAP, FMNP, FVC, MMM
- [Village of Cross Keys Farmers Market](#)  
5100 Falls Road  
Hours: Tuesday 10am-2pm  
Dates: June 9-October 27  
Accepts: FMNP, FVC
- [Village Farmers Market](#)  
4501 Edmondson Avenue  
Hours: Saturday 8am-12pm  
Dates: June 1-September 27  
Accepts: FMNP, FVC, SNAP
- [Westport Farmers Market](#)  
2500 Annapolis Road  
Hours: Thursday 5:30pm-8pm  
Dates: June 18-October 8  
Accepts: FMNP, FVC

**FMNP:** Farmers Market Nutrition Program checks for WIC participants and seniors for farmers markets

**FVC:** Fruit and Vegetable Checks WIC checks that can be redeemed at farmers markets and grocery stores

**SNAP:** Supplemental Nutrition Assistance Program formerly known as the Food Stamp Program

**MMM:** Maryland Market Money a bonus "double dollars" program for people shopping with benefits like SNAP, FVC, and FMNP at farmers markets



# RESOURCE 1: RESOURCES FOR COMMUNITY FOOD JUSTICE

## Accessing Services

- **2-1-1**  
For information about food programs, human services or housing in your community, 2-1-1 is the go-to source. 2-1-1 is a database of more than 7,000 health and human service programs in Maryland. You can search the database for needed services and find referrals to these programs on their websites. Dial 2-1-1 on any telephone to get more information. The 2-1-1 database is open 24 hours a day, 7 days a week.

## Community Organizations/Committees

See what is going on in your community!

- **Live Baltimore** serves as a resource to find community groups/organizations and neighborhood features.  
<http://livebaltimore.com/neighborhoods/>
- **Baltimore Neighborhood Indicators Alliance** provides quality of life indicators for Baltimore's neighborhoods.  
<http://bniajfi.org/>

## Food Justice Groups

- **Baltimore Food Justice Committee**  
Email [info.baltimarket@baltimorecity.gov](mailto:info.baltimarket@baltimorecity.gov) to get involved.
- **Pigtown Food for Thought**  
<https://www.facebook.com/PigtownFoodForThought>

## Food Retail

- **Baltimarket Program**  
[www.baltimarket.org](http://www.baltimarket.org)
- **Baltimore Development Corporation**  
<http://baltimoredevelopment.com/>
- **Baltimore Public Market Corporation**  
<http://www.bpmarkets.com/>
- **City Seeds**  
<http://www.cityseeds.org/>
- **Maryland Farmers Market Association**  
<http://www.marylandfma.org/>

## Growing Food

- **Accessing Land**
  - Adopt-a-Lot  
[http://www.baltimorehousing.org/vtov\\_adopt](http://www.baltimorehousing.org/vtov_adopt)
  - Baltimore Green Space  
<http://baltimoregreenspace.org/>

## RESOURCE 1: RESOURCES FOR COMMUNITY FOOD JUSTICE

- **Trainings**
  - Farm Alliance  
<http://www.farmalliancebaltimore.org/the-alliance/training/>  
<http://www.farmalliancebaltimore.org/the-alliance/how-to/>
  - Future Harvest  
<https://www.futureharvestcasa.org/field-school/beginner-farmer-training-program>

### Resources for Community Gardening

- **American Community Garden Association**  
<https://communitygarden.org/resources/>
- **Black Church Food Security Network**  
<http://www.blackchurchfoodsecurity.net/>  
<https://www.facebook.com/The-Black-Church-Food-Security-Network-604733332962497/>
- **Community Garden Resource Network**  
<http://www.parksandpeople.org/greening/resource-network/>  
**University of Maryland Extension**  
<http://extension.umd.edu/growit/community-gardens/baltimore-city-community-gardens>

### Meals for Children

- **Housing**  
<http://www.baltimorehousing.org/food/>
- **Family League**  
<http://familyleague.org/focus/food-access/summer-meals-program/>

### Meals for Seniors

- **Meals on Wheels**  
Delivers meals and provides grocery shopping, phone pals, and other support services for seniors. Apply with the link below or call (410) 558-0827.  
<https://www.mealsonwheelsmd.org/client-application>
- **Eating Together Program – Baltimore**  
Eating Together offers Baltimore City seniors nutritious meals in a friendly and social atmosphere and opportunities to explore different areas of interest, broaden horizons, make new friends, attend education events and socialize. There is no fee to join or for the meals. A confidential donation of \$1.25 is recommended. To view a list of Eating Together sites, click on the site below or call (443) 573-0161.  
<http://eatingtogether.com/SiteList.aspx>

## RESOURCE 1: RESOURCES FOR COMMUNITY FOOD JUSTICE

### Nutrition and Cooking Classes

- **B'more Fit for Healthy Babies Weight Loss Classes**  
<http://healthybabiesbaltimore.com/our-initiatives/bmore-fit>
- **Expanded Food & Nutrition Education Program – University of Maryland Extension**  
<http://extension.umd.edu/baltimore-city/expanded-food-nutrition-education-program-efnep>
- **Institute for Integrative Health**  
<http://tiih.org/>
- **Kids in the Kitchen**  
<http://kidsinthekitchen.ajli.org/>
- **Simple Cooking with Heart Healthy Kitchen**  
[http://www.heart.org/HEARTORG/Affiliate/BaltimoreKitchen UCM 453841 SubHomeP  
age.jsp](http://www.heart.org/HEARTORG/Affiliate/BaltimoreKitchen_UCM_453841_SubHomePage.jsp)  
<https://www.facebook.com/BaltimoreHeartKitchen>

## RESOURCE 2: GLOSSARY OF TERMS AND CONCEPTS\*

**Asset:** a useful or valuable thing, person, or quality

**Empowerment:** When groups refuse to accept the dominant ideology and take actions to redistribute social and political power more equitably.

**Food Desert:** An area where the distance to the supermarket or supermarket alternative is more than a ¼ mile away; the median household income is at or below 185% of the Federal Poverty Level; over 30% of households have no vehicle available; the average Healthy Food Availability Index (HFAI) score for all food stores is low. This is a definition made especially for Baltimore. Some areas define food deserts in different ways.

**Food Justice:** Asserts that food is a right and no one should live without enough food because of economic constraints or social inequalities. Food justice reframes the lack of healthy food sources in poor communities as a human rights issue. Food justice is inspired by historical grassroots movements and organizing traditions such as those developed by the civil rights movement and the environmental justice movement. The food justice movement advances self-reliance and social justice by acknowledging that community leadership is the way to authentic solutions.

**Food Security:** Often used as a proxy for hunger. Defined by United States Department of Agriculture as: access by all members at all times to enough food for an active, healthy life.

**Food System:** Includes all processes involved in keeping us fed: growing, harvesting, processing, packaging, transporting, marketing, consuming and disposing of food and food packages. The food system operates within and is influenced by social, political, economic and natural environments.

**Health Disparities:** Difference in the rate, incidence, prevalence, or impact of a disease or other health indicator as a result of a particular demographic characteristic

**Power:** The ability to exercise control. Having access to systems and resources as legitimated by individuals and societal institutions.

**Racial Disparities:** Gaps in services, rights, health care, access to healthy food, ownership of land, businesses and other economic models, based on race.

**Social Equity:** A social model where justice is achieved for all people no matter what their race, Class, or gender. Calls for an ideal where all aspects of a sustainable food system afford individuals and groups equality and their fair share.

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\* Growing Food and Justice for All – Glossary.

<http://growingfoodandjustice.org/race-and-the-food-system/glossary/>

# LET'S TALK ABOUT FOOD

## Community Food Justice Conversation

Date:

Time:

Location:

- Discuss healthy food in our neighborhood.
- Learn about the connection between food and social justice.
- Come up with plans for action!



Dr. Leana Wen  
Health Commissioner



Stephanie Rawlings-Blake  
Mayor

