
Food Production

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Growing Crops

Draw a picture of what you think farming looks like?

- People?
- Tools?
- Crops?



Monoculture



Fertilizers and Pesticides



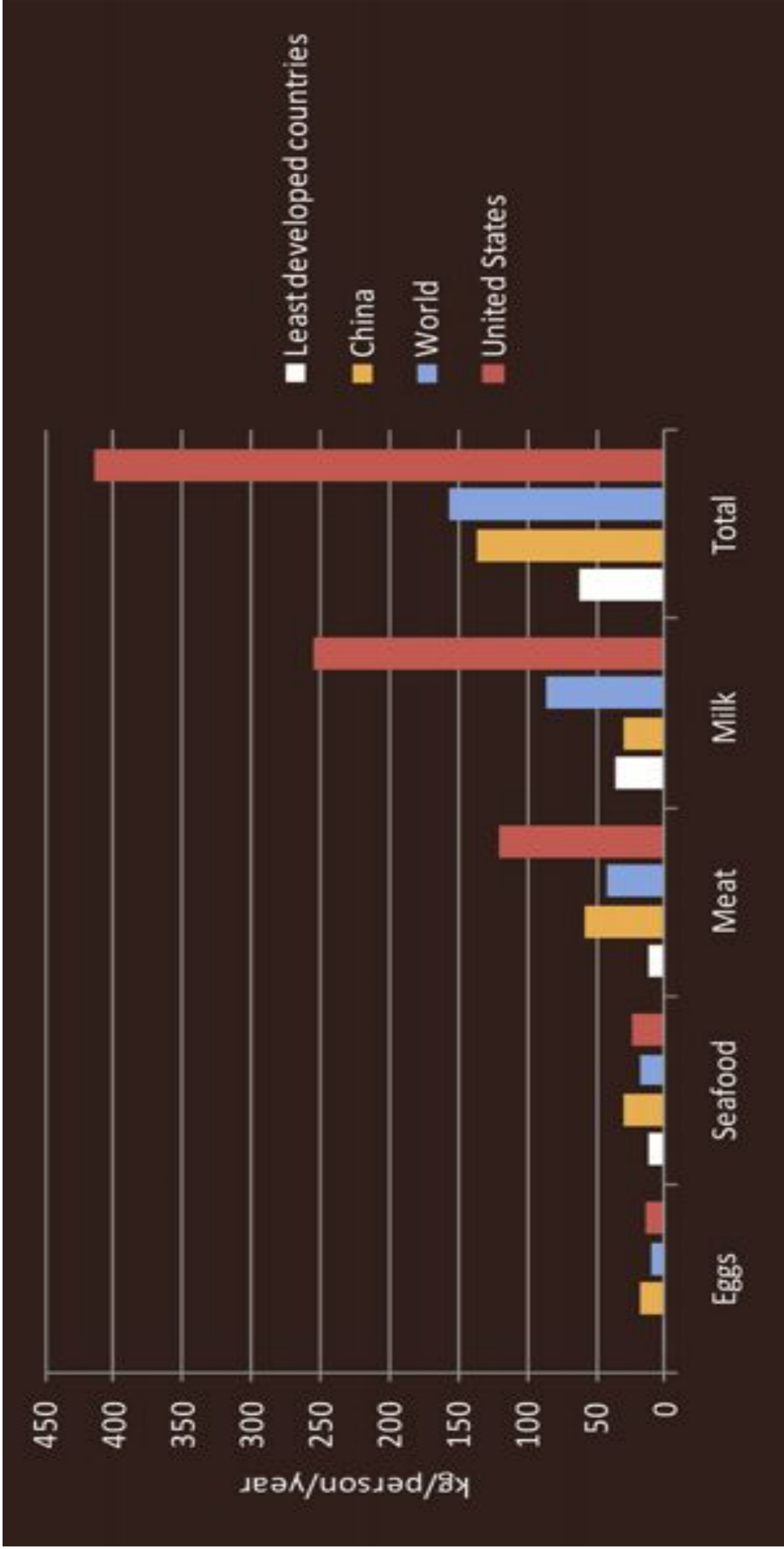
Animal Products

Write down the foods you ate yesterday.

Circle the foods that are animal products

-meat, dairy, fish, eggs





Industrial Food Animal Production

Animals are raised in factory conditions



Pasture Based Production

Animals are given more space.



Compare

What is different about industrial vs pasture based methods?

What is good and bad about each one?

	Industrial	Pasture
Good	Cheaper Less Land	Better for the environment Healthier
Bad	Bad for the environment Not healthy to eat	More expensive More land



Farm Workers

Has anyone ever worked on a farm?

Do you know someone who has worked on a farm?



85% of farm workers are immigrants

Issues for Farm Workers

- Injuries
- No healthcare
- Pesticides
- Bad Housing
- Low wages
- Unstable job
- Cannot join unions
- Loneliness



Processed Foods

Processing- adding chemicals to foods to make it last longer

Order the foods from least processed to most processed.

What is the relationship between processed and healthy?

Are there more processed foods in the US compared to your home country?



Is Food Processing Good or Bad?

<p>Good:</p> <ul style="list-style-type: none">-food can be transported farther-food can be eaten all year-short time to prepare food-better tasting	<p>Bad:</p> <ul style="list-style-type: none">-diseases from chemicals-more sugar and fat-more packaging and plastic trash-food loses nutrients
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Ending questions

What does monoculture mean?

What are the problems with industrial food animal production?

What are some issues that farm workers have?

Do you think food processing is good?



Food Distribution and Waste

A Workshop on Food Justice

Warm Up

1. Your Name
2. Where are you from
3. Your favorite place to shop for food
4. Your least favorite food



Key Learning Outcomes

- Demonstrate to students the energy, resources, and extensive steps it takes to produce food, to transport food, and to dispose of food waste
- Discuss how the environment is being harmed through excessive food waste

Food Distribution

Vocabulary

Distribution

Pollution / Carbon Emissions

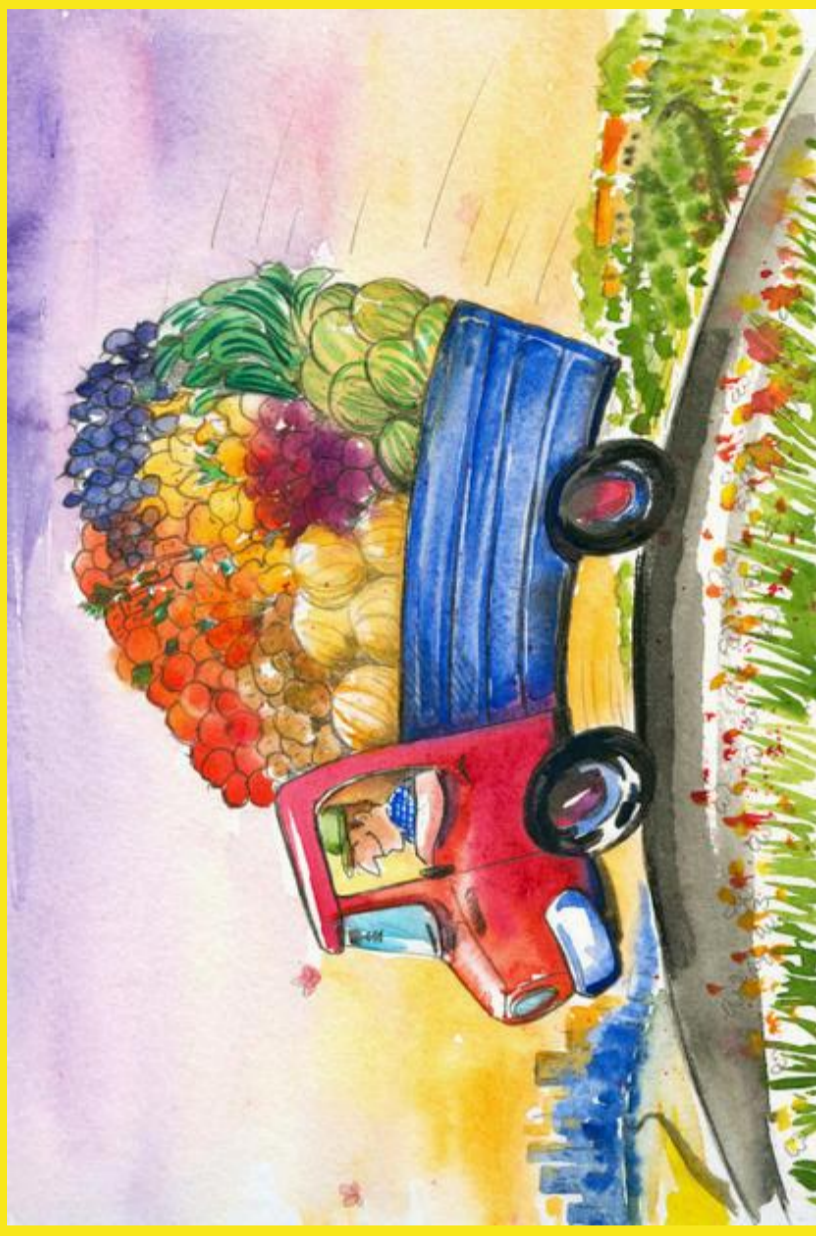
Resources

Production

Transport / Transportation

Where does your food come from?

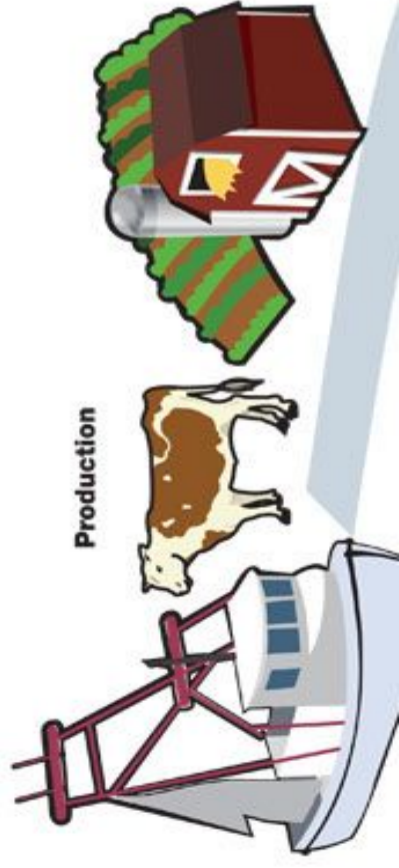
Examining food items for their
sources



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Mapping your food's journey

The Food Production Chain



Food Distribution

Production

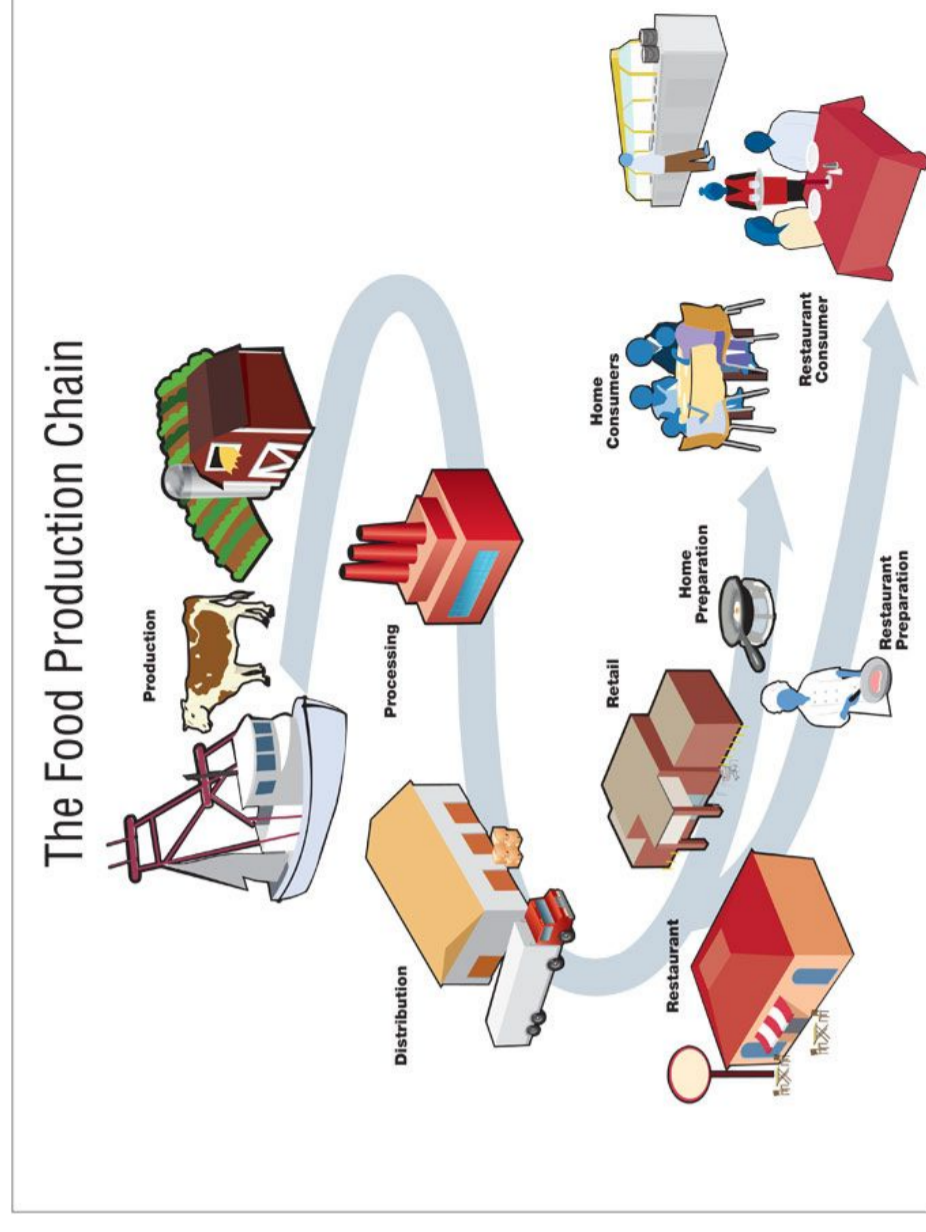
- Growing the plants we harvest or raising the animals we use for food

Processing

- Changing plants or animals into what we recognize and buy as food
- Fruits/Vegetables are washed, sorted, sliced, etc
- Prepared for distribution

Distribution

- Getting food from the farm or processing plant to the consumer or a food service facility like a restaurant, cafeteria, or hospital kitchen
- In between producers (farm/factory) and food service operators (stores, restaurants)
- Warehouses to store food for short periods of time
- Refrigerated vehicles to transport goods directly to food service operators



Positive and Negative Aspects of Food Distribution

Form groups of 3-4 people and discuss what you think could be good and bad consequences of food distribution

Distance

- Long distance distribution
 - Out of season produce
 - Specialty items
 - Can't be grown in climate
 - Need greater volume of food (ie to feed a densely populated city)
- Short distance distribution
 - Perishable items (baked goods, fresh produce)

Implications

- Transportation releases pollution and contributes to climate change
- Not distributed evenly
 - Wealth inequality translates into unequal distribution of food
 - Poor countries lack the resources to import food
- Sourcing food nearby can help boost local economy
- Access greater variety of foods

Food Waste

Vocab

Waste / Disposal

Environment

Compost / Composting

Expire / Expiration

Discard

Leftover

Excess

What is food waste?

Think of the last food item you
threw away.

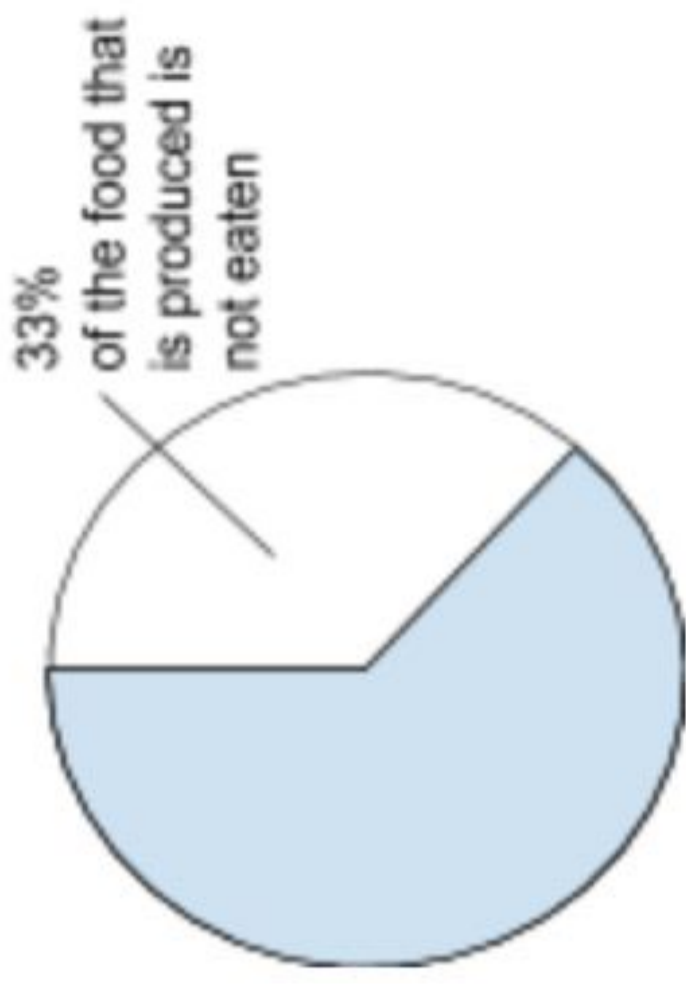
When was that?

Why did you throw it away?



What is Food Waste?

- Discarded food
- People do not eat around **33 percent** of the food that is produced
- Farmers, stores, and people throw away **1.3 billion tonnes** of food each year!



Where and why is food wasted?



- **At the farm:** If farmers grow more food than they sell, they discard the excess food.
- Sometimes, farmers discard ugly food because they think consumers won't buy it
- **At grocery stores:** Stores buy lots of food to keep the shelves full, but people don't buy all of the food. So, stores discard the extra food.
- **At home:** People discard leftover food or food that is bad
- People discard food if they don't eat the food by the expiration date ("best by" or before" date).

Why should we try to reduce food waste?

- Money, time, and resources (such as water) used to make the food is also wasted
- Food that is not eaten releases greenhouse gases, which contributes to climate change

But how?

Turn to a partner and come up with strategies on how to reduce food waste

How to lower food waste

- 1. Only buy the food that you will need**
 - Then you won't need to throw away leftovers
 - Look at the food you have, before you buy more
- 2. Eat leftovers**
- 3. Compost**
- 4. Expiration dates do not mean that food is bad**
 - These dates don't mean that the food is unsafe
- 5. Buy ugly fruits and vegetables**
 - They are still delicious
- 6. Use old or ugly food in new ways**
 - Ugly or bruised fruits can be put in a smoothie
 - Vegetables can be put in stews and soups
- 7. Donate extra food**
 - Stores, restaurants, and people can give extra food to people who need it

Exit Ticket

Social Change and the Food Justice System

Three Ps

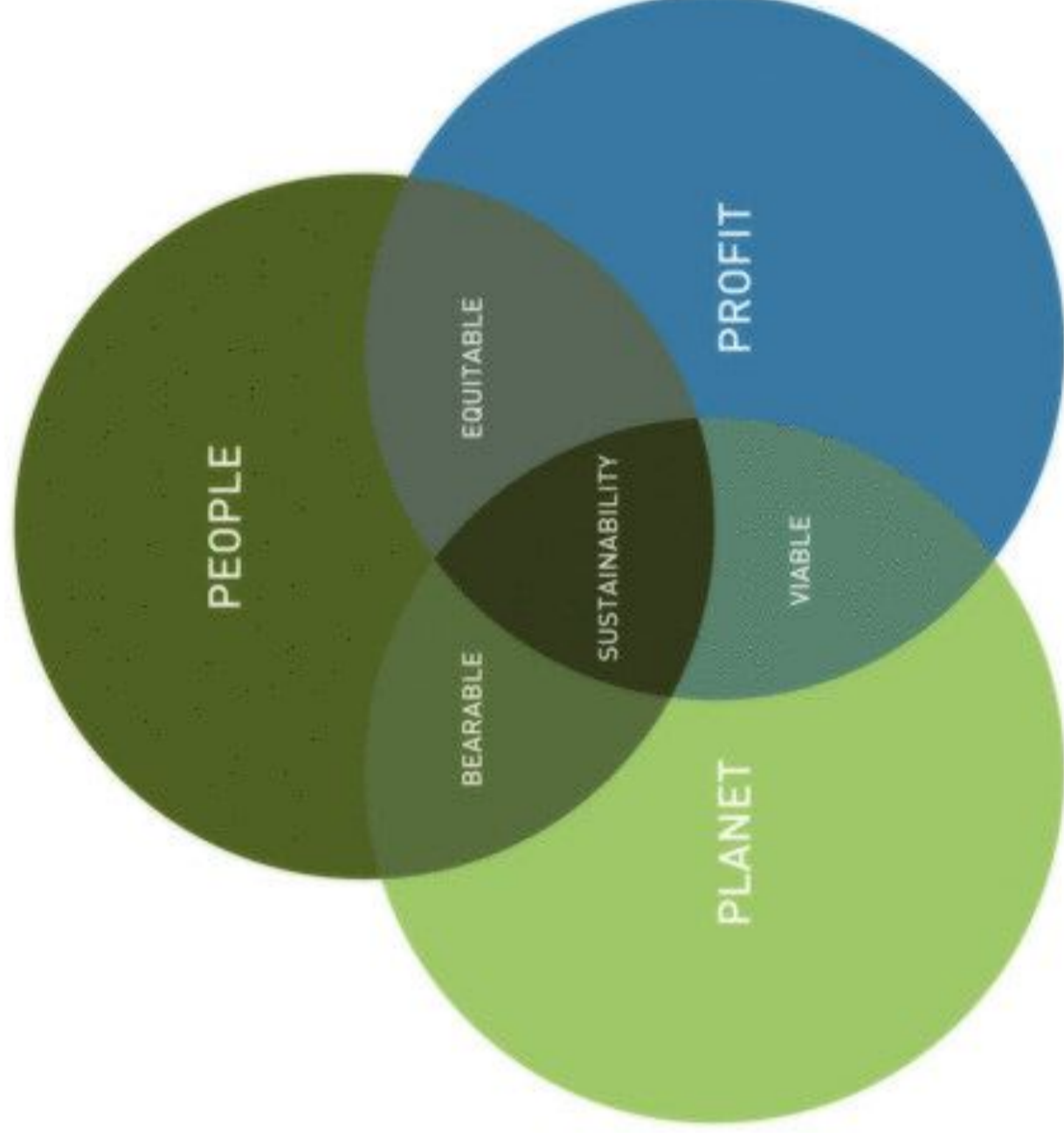
Sustainability: meeting the needs of the present without compromising the ability of future generations to meet their own needs

- ★ social, environmental, and economic factors

Bearable: able to be endured or tolerated

Equitable: fair

Viabile: able to work



Three Ps

People - Farmworker Injustice

- Job injury and illness
 - lack of access to healthcare
- Exposure to pesticides
- Exposure to sun
- Physically demanding
- Bad housing + hunger
- Women/children farmworkers
- Low wages, lack of stable employment (seasonal work)
- Immigrant and migrant labor

Planet - The Environment

- Use of pesticides
 - Chemicals put on plants to control pests
 - Can hurt humans who are around it too much
- Destruction of land

Profit - Making Money

- Industries work to make a profit without caring about the effects on people and planet
- Wealthy people have more access to healthy food options
 - Low economic class and minorities lack access

Social Change

How can we make a difference?

What can we do?



Some Things Happening Now

- ★ Organizations working on farmworker issues
- ★ Unions
- ★ Policy change
 - pesticide protection (EPA)
 - farmworker training programs
 - Programs to bring people from other countries to work legally (but only temporarily) → H-2A
- ★ Campaigns and Awareness Building
 - You can help make people aware!!
 - You could start or sign a petition
 - You could join a local food policy council

