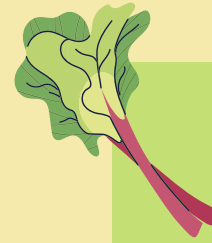


# Food Justice Handbook

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**ROSE**  
FOUNDATION  
FOR COMMUNITIES &  
THE ENVIRONMENT



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## Food Justice



The food justice movement advocates for measures that make healthy food more accessible to everyone, regardless of where they come from, how much money they make, or where they reside. It includes all aspects of food, including cultivation, distribution, and selling, as well as educating people to make healthier food choices. Also, it protects the rights of workers, farmers, and landowners.



## History

The food justice movement was first popularized in 1962 when the Black Panther Party launched a Free Breakfast for Children program at a church in Oakland. The program was created in response to areas experiencing poverty and hunger that made it difficult for students to focus in school.

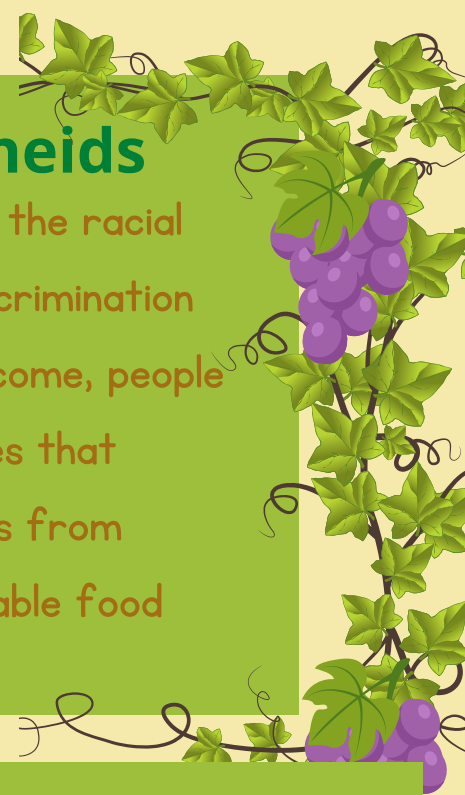
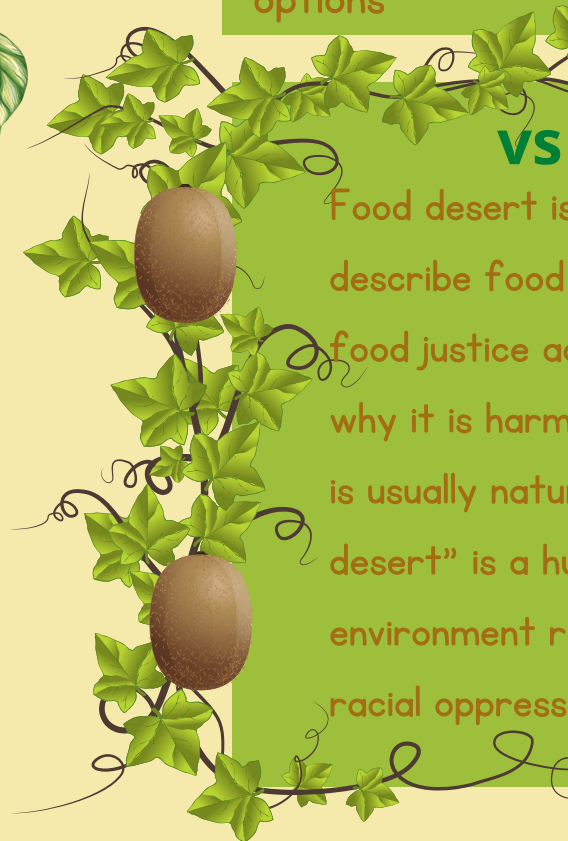


## Food Apartheids

Is used to describe the racial segregation and discrimination used against low-income, people of color communities that separates individuals from healthy and sustainable food options

## vs Food Deserts

Food desert is an inaccurate term to describe food apartheids, according to food justice advocates. The reason why it is harmful is because a “desert” is usually naturally made, while a “food desert” is a human-created environment rooted in systems of racial oppression.



## Food Sovereignty

Food sovereignty is the right of people to have healthy, culturally appropriate food produced sustainably and ecologically by establishing their own food and agriculture systems.



## How we can practice Food Sovereignty?

- Grow your own food
- Support local farmers
- Utilize community gardens
- Reduce food waste/Compost
- Raise awareness

## Food Justice Principles

- Focuses on food for people
- Localize food systems
- Value food providers
- Make decisions locally
- Build knowledge and skills
- Work with nature



## Environmental Impacts of Food

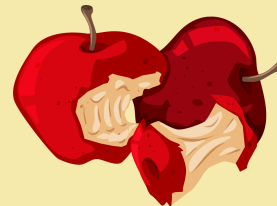
### Food Production

How we produce our food can significantly impact our environment. For example, agricultural livestock, such as cows and pigs generate large amounts of greenhouse gases and contribute to deforestation.



### Food Waste

When food waste ends up in the landfills, it causes methane emissions, a potent greenhouse gas. When food scraps and waste are not properly disposed of, they can attract pests, and contribute to air and water pollution.



# Community Gardens in Oakland

## Temescal Community Garden

876 47th Street 2nd Saturday at  
10:00am

## Bushrod Community Garden

584 59th Street 1st Saturday at  
10:00 am

## City Slicker Farm West Oakland

2847 Peralta St, Oakland, CA 94608  
1st and 3rd Saturday

## Homies Empowerment Community Garden

110451 MacArthur Blvd, Oakland, CA 94605  
Email: [volunteerathomies@gmail.com](mailto:volunteerathomies@gmail.com) for  
updated events

# DIY Compost Bag

## Materials:

- Browns: You can compost dry leaves, sawdust, dryer lint, coffee filters, or paper. You can also use twigs, bark, pine needles, or straw, but be careful about materials that may poke a hole in the compost garbage bag.
- Greens: Materials such as tea bags, coffee grounds, eggshells, trimmings from houseplants, and fruit or vegetable scraps are all great for compost in a bag.



## Instructions:

- Garbage Bag
- Soil
- In a large garbage bag, layer one part "brown" material, one part "green" material, and one part soil in the bag. Add enough water to moisten the mixture.
- Tie the top of the garbage bag securely, then put it in a second garbage bag, and tie it. (Double-bagging will help to prevent the bag from splitting). Put the compost garbage bag in a sunny spot and give it a good shake every couple of weeks.
- Open the bag after a couple of months. If the compost is crumbly and dark with a fresh, earthy odor, it's ready to use.

