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GLOSSARY OF TERMS AND ADDITIONAL INFORMATION



FOOD SYSTEM

A food system involves the entire process of how food gets to your plate. Includes all processes involved in keeping us fed: growing, harvesting, production, processing, packaging, transporting, distribution, marketing, preparation, consuming and disposing of food and food packages. The food system operates within and is influenced by social, political, economic and natural environments.

COMMUNITY FOOD SECURITY

Food security means that people are assured stable access at all times to enough food for an active, healthy life. Food security focuses on building resources within communities to provide for their own needs. Communities should be able to access local, healthy foods in self-reliant ways. This reduces hunger, improving individual health.

People who are food secure are worry-free when it comes to food. They do not need emergency food sources such as food pantries or soup kitchens, nor do they have to resort to scavenging, stealing, or other coping strategies.²⁸ Those who are food secure are also guaranteed access to foods that are culturally appropriate.

At a basic level, Community Food Security is about making healthy food accessible to all. But, as the definition above suggests, it's about much more than that.

Community Food Security is about:

- a. supporting local, regional, family-scale, and sustainable food production
- b. building and revitalizing local communities and economies
- c. providing fair wages and decent working conditions for farmers and food system workers
- d. promoting social justice and more equitable access to resources
- e. empowering diverse people to work together to create positive changes in the food system and their communities by promoting self-reliance.²⁹



Other useful terms and concepts concerning community food security and food systems:

Ken Dahlberg and other food system researchers have described some of the stages of building community food security in the USA: terms such as food democracy, sustainability, self-reliance, food sovereignty, and food systems awareness.

FOOD DEMOCRACY

Food Democracy is the process of ordinary people coming together as citizens to devise ways to improve their communities and society. Through trial and error they also expand their knowledge, skills, and political and moral awareness. They recognize that food and farming systems at all levels are accountable to people, responsible to communities and the environment, and socially just.

SUSTAINABILITY

Sustainability as it applies to food means that societies pass on to future generations all the elements required to provide healthy food on a regular basis: healthy and diverse environments (soil, water, air, and habitats); healthy, diverse, and freely reproducing seeds, crops, and livestock; and the values, creativity, knowledge, skills, and local institutions that enable societies to adapt effectively to environmental and social changes. Self-reliance is the process whereby communities, regions, and states build, maintain, enhance, and largely control their social and economic capabilities and resources. It is based on cooperation and a sense of belonging “ both to place and community.”³⁰

FOOD DESERT

A food desert is generally described as a low-income area, where there is little or no access to healthy, affordable foods, often accompanied by a glut of fast food restaurants and convenience stores and a high percentage of residents who do not own a vehicle.³¹ Food deserts are also typically in areas with high concentrations of poverty and high concentration of single-parent, female-headed families. Food deserts also have many residents who suffer the effects of hunger, heart disease, diabetes, and obesity.

OBESITY

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health and lead to reduced

life expectancy. An adult is considered obese when his/her body mass index (BMI), a weight and height ratio, is greater than 30 (or roughly 20 percent over ideal weight). Obesity increases risk of many diseases including heart disease, type 2 diabetes, and certain types of cancer.

DIABETES

Diabetes is a chronic (lifelong) disease marked by high levels of sugar in the blood. Type 2 diabetes, one form of this condition, is directly linked to obesity. A diet of refined carbohydrates (i.e. most processed foods) can lead to insulin spikes in the bloodstream and is a common cause of diabetes. Type 2 diabetes used to be called adult-onset diabetes until the recent dramatic increase of diagnoses among children.³²

REFERENCES

1. What would it take for all members of your community to have access to safe and nutritious food at all times?
2. What was the last thing you ate? Do you know where it came from? Or how far it traveled?
3. From what you just heard, do you think buying food that is locally grown is important? Why?
4. What are some of the barriers faced by you or others you know to accessing safe and healthy food?
5. What are some of the limitations of the current food system? What are some of the benefits of the current food system?
6. From what you just heard, what are the barriers and challenges to promoting community food security? Barriers and challenged to developing a more local food system?
7. What are the opportunities for promoting community food security in your community?
8. What are some action steps that you can take?³³

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Lee, M. (2008). **The Neglected Link Between Food Marketing and Childhood Obesity in Poor Neighborhoods.** Population Reference Bureau. Retrieved from www.prb.org/Articles/2006/TheNeglectedLinkFoodMarketingandChildhoodObesityinPoorNeighborhoods.aspx

New Orleans Food Policy Advisory Committee (2007). **Building Healthy Communities: Expanding Access to Fresh Food Retail.** Retrieved from www.thefoodtrust.org/pdf/Final%20New%20Orleans%20Supermarket%20Report.pdf

The Need for More Supermarkets in Philadelphia (2008). Retrieved from www.thefoodtrust.org/pdf/supermar.pdf

Tennessee Coordinated School Health Report 2006. Retrieved from www.state.tn.us/education/schoolhealth/doc/2006FinalReport.pdf

Trust for America’s Health (2007). The State of Your Health: Tennessee

[1] www.whyhunger.org/programs/fslc/topics/race-a-the-food-system/glossary.html

[2] **Food Research and Action Center**, www.frac.org

[3] **Powell, Lisa, et al. (2007).** **Food Store Availability and Neighborhood Characteristics in the United States.** Preventative Medicine. 44(3): 189-195.

- [4] **Metro Chicago Information Center (2005). Chain Reaction; Income, Race, and Access to Chicago's Major Player Grocers.** Retrieved from www.info.mcfol.org/web/Datainfo/hottopics/communitydevelopment/pdf/CHAINREACTION.pdf.
- [5] **Giang, Tracey, et al. (2008). Closing the Grocery Gap in Underserved Communities: The Creation of the Pennsylvania Fresh Food Financing Initiatives.** Journal of Public Health Management Practice. 14(3): 272-279.
- [6] **Shaffer, Amanda (2002). The Persistence of L.A.'s Grocery Gap: The Need for a New Food Policy and Approach to Market Development.** Center for Food and Justice, Urban and Environmental Policy Institute, Occidental College.
- [7] Gaing et al, op. cit. note 3, p. 272
- [8] Shaffer, op. cit. note 4, p. 22-23
- [9] Ibid
- [10] Zneck, Shannon, et al (2005).
- [11] Powell, op. cit. note 1, p. 189
- [12] **Katznelson, Ira (2005). When Affirmative Action Was White. History and Policy Website.** Retrieved from www.historyandpolicy.org/papers/policy-paper-36.html#new.
- [13] www.whyhunger.org/programs/fslc/topics/community-food-security.html
- [14] **Nord, Mark, Margaret Andrews, and Steven Carlson. Household Food Security in the United States,** 2008. ERR-83, U.S. Dept. of Agriculture, Econ. Res. Serv. November 2009.
- [15] **Paker, Lynn, Annina Catherine Burns, Eduardo Sanchez, eds. Local Government Actions to Prevent Childhood Obesity.** Institute of Medicine. Washington, DC: The National Academies Press (2009).
- [16] **Crawford, Patricia, et al. How Can Californians be Overweight and Hungry?** California Agriculture, 58:1 (2004).

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[18] www.whyhunger.org/programs/fslc/topics/nutrition/glossary.html

[19] www.fao.org/righttofood/kc/glossary_en.htm

[20] Food, Inc. p12

[21] Guide on Legislating for the Right to Food, FAO 2008.

[22] www.web.archive.org/web/20041209111131/http://www.pbs.org/weta/forcemorepowerful/nashville/interview.html

[23] www.web.archive.org/web/20041209111131/http://www.pbs.org/weta/forcemorepowerful/nashville/interview.html

[24] www.un.org/en/documents/udhr/index.shtml, November 24, 2009. I adapted the language with a concern for gender inclusivity.

[25] www.whyhunger.org/programs/fslc/topics/race-a-the-food-system/glossary.html

[26] www.fao.org/righttofood/community_en.htm

[27] www.whyhunger.org/programs/fslc/topics/race-a-the-food-system/glossary.html

[28] **Food Research and Action Center**, www.frac.org

[29] www.whyhunger.org/programs/fslc/topics/community-food-security/what-is-community-food-security.html

[30] www.whyhunger.org/programs/fslc/topics/race-a-the-food-system/glossary.html

[31] **Community Food Security 101**: An interactive educational tool

[32] **Food, Inc. Ingredients for Change**: Community Action Guide

[33] **Community Food Security 101**: An interactive educational tool

RECOMMENDED RESOURCES

NASHVILLE

- **Community Food Advocates:** www.communityfoodadvocates.org
- **Re/Storing Nashville:** www.restoringnashville.org
- **Bethlehem Centers:** www.bethlehemcenters.org
- **Bordeaux Family Resource Center:** www.bordeaux.mnps.org
- **EarthMatters:** www.earthmattersnetworks.com
- **East Nashville Cooperative Ministries:** www.encm.org
- **Edgehill Family Resource Center:** www.uwtn.org
- **Food Not Bombs: Nashville Chapter:**
www.myspace.com/nashvillefnb, Erik Maggosh 615-480-2898;
nashvillefnb@yahoo.com.
Sundays 2:00p at War Memorial Plaza on 6th and Union (downtown).
- **Interdenominational Ministers' Fellowship:** www.penielineinitiative.org
- **Martha O'Bryan Center:** www.marthaobryan.org
- **Mobile Loaves & Fishes:** www.mlfnow.org
- **Neighborhoods Resource Center:** www.tnrc.net
- **Organized Neighbors of Edgehill:** www.edgehill.org
- **People of God Organized:** www.eastminsternashville.org
- **Second Harvest Food Bank:** www.secondharvestmidtn.org
- **St. Luke's:** www.stlukescommunityhouse.org

RELIGIOUS RESOURCES ON FOOD AND FAITH AND FAITH-BASED INITIATIVES ←-----

CHRISTIAN

- **Bread for the World:** www.bread.org
- **Earth Ministry, Seattle, WA:** www.earthministry.org/resources/publications
- **Ecumenical Ministries of Oregon:** www.emoregon.org
- **National Council of Churches:** www.nccecojustice.org/resources
- **National Farm Worker Ministry:** www.nfwm.org
- **Presbyterian Hunger Program:**
Open Source: an online library of workshop presentations and handouts:
www.pcusa.org/hunger/resources
www.pcusa.org/foodcrisis/resources



INTERFAITH/ UNITARIAN

- **Interfaith Alliance, Washington, D.C.:** www.interfaithalliance.org
- **Interfaith Center of Greater Philadelphia:** www.interfaithcenterpa.org
- **Interfaith Council for Peace and Justice, Ann Arbor, MI:** www.icpj.net
- **Interfaith Worker Justice:** www.iwj.org/template/index
- **Interfaith Youth Core's Outreach, Education, and Training Program:**
www.ifyc.org/programs
- **Elijah Interfaith Institute:** www.elijah-interfaith.org
- **Forum on Religion and Ecology, Yale U, 2004:**
www.fore.research.yale.edu/religion/christianity/projects/interfaith_network.html
- **Harvard Pluralism Project:** www.pluralism.org/original

- **Sharon Interfaith Action:** www.ifaction.org
- **Unitarian Universalist:** www.uuministryforearth.org/cgi/news
- **Civil Eats: Blog Archive: “Breaking Bread: When Churches Join the Good Food Movement”:** www.civileats.com/2009/06/09/when-churches-join-the-good-food-movement
- **Foody Faith:** www.foodyfaith.wordpress.com

JEWISH

- **ALEPH Alliance for Jewish Renewal:** www.aleph.org/sacredfoods
- **American Jewish World Service:** www.ajws.org/assets/uploaded_documents/ftgu_high_holidays_packet.pdf. <http://ajws.org/hunger/community>
- **Coalition on Environment and Jewish Life:** www.coejl.org/resources
- **Hazon: Jewish Food Movement:** www.hazon.org/go.php?q=/food/jewishFoodMovement.html
- **Mazon: A Jewish Response to Hunger:** www.mazon.org

PRESBYTERIAN

- **Food and Faith:** www.presbyterian.typepad.com/foodandfaith
- **Presbyterian Church (USA) Food and Faith:** www.pcusa.org/food

FOOD SECURITY, HUNGER, AND HEALTH INITIATIVES ←

- **Active Living by Design: case studies of healthy communities:** www.activelivingbydesign.org/sites/default/files/HEbD_Lessons_from_communities_FINAL2.pdf

- **Center for Disease Control and Prevention:**
 map and racial disparities: www.cdc.gov/obesity/data/trends.html
 BMI calculator for adults and youth: www.cdc.gov/healthyweight/assessing/bmi
 guide to eating fresh fruits and veggies: www.fruitsandveggiesmatter.gov
 recommended community strategies and case studies:
www.cdc.gov/obesity/downloads/community_strategies_guide.pdf
- **Center for Science in the Public Interest: childhood obesity rates fact sheet:** [www.cspinet.org/new/pdf/kids diet and health 2009.pdf](http://www.cspinet.org/new/pdf/kids_diet_and_health_2009.pdf)
- **COMFOOD** (national listserv): www.foodsecurity.org/list.html
- **Coalition on Human Needs, Washington, D.C.:** www.chn.org
- **Community Alliance for Global Justice, Seattle, WA:**
www.seattleglobaljustice.org/food-justice/food-justice-resources
- **Community to Community Development:** www.foodjustice.org
- **Community Food Security Coalition:** www.foodsecurity.org
- **Community, Food and Agriculture Program; Cornell University:**
www.cfap.org/afs.ld.cfm
- **District of Columbia Environmental Education Consortium:**
www.dcnaturally.org/cgi-bin/dceec.cgi
- **Drake University: The State and Local Food Policy Project:**
www.statefoodpolicy.org
- **Eat-Ins.org:** [www.eat-ins.org/files/
 Eat-In-Organizer-Toolkit.pdf](http://www.eat-ins.org/files/Eat-In-Organizer-Toolkit.pdf)
- **F as in Fat 2009: A state-by-state obesity analysis and policy recommendations:** www.healthyamericans.org/reports/obesity2009
- **Food and Agriculture Organization of the United Nations:** www.fao.org
- **Food, Inc. film:** www.foodincmovie.com
- **Food Not Bombs:** www.foodnotbombs.net
- **The Food Project, Boston, MA:** www.thefoodproject.org
- **Food Research and Action Center, Washington, D.C.:** www.frac.org
- **FoodRoutes:** www.foodroutes.org

- **Food Security Learning Center; World Hunger Year:**
www.worldhungeryear.org/fslc
- **Grassroots International, Boston, MA:** www.grassrootsonline.org
- **Haley House, Boston, MA:** www.haleyhouse.org
- **Healthy Corner Store Initiative: The Food Trust:**
www.thefoodtrust.org/php/programs/corner.store.campaign.php
- **Healthy Corner Stores Network:** www.healthycornerstores.org
- **Healthy Eating Research, Bringing Healthy Foods Home: Examining Inequalities in Access to Food Stores, Research Brief:**
www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20bringing%20healthy%20foods%20home_7-2008.pdf
- **The Heritage Foundation:**
www.heritage.org/Press/Commentary/ed112107c.cfm
- **The Humane Society of the United States:**
www.hsus.org/religion/resources
- **International Society for Ecology and Culture:** www.isec.org/uk
- **Institute for Agriculture and Trade Policy:** www.iatp.org
- **John Hopkins School of Public Health, Baltimore, MD:**
www.jhsph.edu/clf/PDF_Files/foodnfaith/curriculum.pdf
- **Johns Hopkins Bloomberg School of Public Health, Center for Human Nutrition, Healthy Stores:** www.healthystores.org/index.html
- **Leadership for Healthy Communities Action Strategies Toolkit:**
www.leadershipforhealthycommunities.org/images/stories/toolkit/lhc_action_strategies_toolkit_0900504final.pdf
- **Literacy for Environmental Justice, Good Neighbor Program:**
www.lejyouth.org/programs/food.html
- **Michigan Food Democracy:** www.mifooddemocracy.org/concerns.php
- **National Agricultural Library; Food and Nutrition Information Center; Community Food Systems:** www.nal.usda.gov/fnic/etext/000061.html
- **National Farm to School Program:** www.farmentoschool.org
- **New York Times: graph showing changing costs of soda versus changing cost of fresh fruit and vegetables:**
www.nytimes.com/imagepages/2009/05/20/business/20leonhardt.graf01.ready.html



- **PolicyLink, Healthy Food Retailing Toolkit:**
www.policylink.org/EDTK/HealthyFoodRetailing
- **Promising Strategies for Creating Healthy Eating and Active Living Environments:** www.convergencepartnership.org/atf/cf/%7B245A9B44-6-DED-4ABD-A392-AE583809E350%7D/CP/Promising%20Strategies_printed.pdf
- **Public Health Law & Policy, Funding Sources for Healthy Food Retail:**
www.healthyplanning.org/foodretailfunding.html
- **Robert Wood Johnson Foundation Center to Prevent Childhood Obesity:** www.reversechildhoodobesity.org/; <http://www.rwjf.org/childhoodobesity>
- **Serve.gov:** www.serve.gov/index.asp
- **Tennessee Department of Health: Division of Minority Health and Disparity Elimination:** www.health.state.tn.us/dmhde/faith.shtml
- **Time Magazine: “Fat Five” interactive site:**
www.time.com/time/covers/1101040607/fatfive/5.html
- **UC Sustainable Agriculture Resource and Education Program (SAREP); Local Food Systems:** www.sarep.ucdavis.edu/cdpp
- **United States Health and Human Services: Physical Activity Guidelines:** www.health.gov/paguidelines
- **United State Department of Agriculture: Economic Research Service:**
www.ers.usda.gov/Briefing/FoodSecurity/stats_graphs.htm. <http://ers.usda.gov/Briefing/FoodSecurity/labels.htm>
- **United States Department of Agriculture: Food and Nutrition Information Center:** www.fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=276&topic_id=1344&placement_default=0
- **The Washington Post: obesity health effects interactive graphic:**
www.washingtonpost.com/wp-srv/health/childhoodobesity/obesityeffects.html; “When Eating Right is a Grass-Roots Effort”, columnist Jennifer LaRue Huget. <http://www.washingtonpost.com/wpdyn/content/article/2009/10/05/AR2009100501673.html>
- **WHY: Finding answers for hunger and poverty Food Security Learning Center:** [/www.whyhunger.org/](http://www.whyhunger.org/);
www.whyhunger.org/programs/fslc.html;
www.whyhunger.org/programs/fslc/topics/race-a-the-food-system.html

