

TEACHING FOOD JUSTICE THROUGH THE CRUNCH



The Apple Crunch gives a great introduction to discussing food in a classroom setting: who grows our food, family food traditions, and even who goes hungry. The following guide gives practical ways to introduce students to racial discrepancies in the food system, food justice, and ways to celebrate multicultural food traditions.

WHAT IS FOOD JUSTICE?

Food justice sees nutritious, affordable, and culturally appropriate food as a human right and addresses barriers to that right. Our current food system exists in a legacy of exploitation and racism - land stolen from Native people, a US agricultural empire built on the backs of enslaved Africans, today's farmworkers being predominantly underpaid immigrant and migrant Latinx workers, and many of the school food professionals that feed our kids being Women of Color who earn less than a living wage. Food Justice can include questions of land ownership, agricultural practices, distribution of technology and resources, workers' rights, and the historical injustices faced by communities of color by examining the structural roots of our food system.

FARM TO SCHOOL MONTH: OUR FOOD, OUR FUTURE

The 2021 National Farm to School Month campaign theme, "Our Food, Our Future," centered on empowering youth and young people to be the change makers of tomorrow and today. As National Farm to School Network continues the work of shifting power to cultivate a racially just food system, farm to school efforts strive to elevate and amplify the visions, stories, and dreams of the young people who are at the heart of why we do farm to school.



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RESOURCE TOOLKIT

Here are some excellent compiled resources to introduce food justice to your class.

- **NATIONAL FARM TO SCHOOL NETWORK**
Farm to school tailored food justice resources.
www.farmentoschool.org/about/equity ↗
- **SOUL FIRE FARM CURRICULUM**
Food justice lessons to connect kids to the land.
www.soulfirefarm.org/food-sovereignty%20education/youth-program/ ↗
- **HUMAN RIGHTS EDUCATORS USA**
A library with higher level food justice lesson plans.
hreusa.org/hre-library/topics/food/lessons/ ↗



ACTIVITY IDEAS

Diverse flavors and stories help kids celebrate similarities and differences and open up larger empathetic conversations. Share the recipes and books below with your students.



CULTURALLY INCLUSIVE APPLE RECIPES

What does it mean to be "As American as apple pie"? Use recipes to celebrate the variety of ways American cultures and foodways use apples.

Apple Halwa

Indian dessert made with grated apples, sugar, and ghee!

<https://go.wisc.edu/67ecov> ↗

Apple Noodle Kugel

Sweet Jewish noodle dish traditionally served at Rosh Hashanah.

<https://go.wisc.edu/521bcl> ↗

Apple Empanadas

A sweet take on traditional South American empanadas.

<https://go.wisc.edu/d825h3> ↗



READ ALOUD BOOKS

Stories and books offer a view into new experiences or reflect your own culture.

Ghosts for Breakfast

Stanley Todd Terasaki & Shelly Shinjo

A not so scary ghost story about the son of Japanese American farm workers.

First Day in Grapes

L. King Pérez & Robert Castilla

A young farm worker navigates first day anxieties and pleasant surprises.

Apple Days

Allison Sarnoff Soffer & Bob McMahon

Katy bounces back from disappointment as her favorite Rosh Hashanah tradition gets interrupted.