

FOOD AND SOCIETY: FOOD EQUITY



SUMMARY

This lesson introduces the concept of food equity - the idea that access to healthy food is a basic right for all people, regardless of how much money they have or where they live - and illustrates some of the main factors that contribute to an unequal food system. The way the modern food system is set up contributes to unequal access to healthy food, which we delved into in our lesson *Environmental Impacts of the Modern Food System* in Module 1. In our Food Equity lesson we emphasize the various ways in which the food industry and food system are unfair to those living in disadvantaged or lower income communities due to unequal access to food production and distribution methods and we explore ways to change our system.

Duration: 90 mins, 2 Sessions | Grade Level: 4th-7th



Module 3: Food and Society

Food Equity

LESSON CONTENTS

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LESSON RESOURCES

greenbeetz.org

our website hosts lesson slides, google forms, lesson videos, and teacher training videos, glossary, standards alignment and more

Worksheets

- Let's Go Shopping Meal Suggestions and Cards
- Apple Tasting

FOOD EQUITY: AT A GLANCE



ESSENTIAL QUESTION

What does food equity mean and why does our current food system create inequality around food access and options?



STUDENT LEARNING GOALS AND OBJECTIVES

After this lesson students will be able to:

- Understand the concept of “food equity” and the “food justice movement”
- Gain a better understanding of the factors that contribute to food inequality
- Explore different ways individuals can change to our food system



VOCABULARY

- **Food Equity** - promotes access to fresh produce and healthy food options as a basic human right. Everyone should be able to access nutritious, high quality, affordable, and culturally relevant foods no matter where they were born or how much money they have
- **Food Access** - The ability to get good (high-quality) food
- **Food Secure/Security** - When a household and occupants *do not* live in fear of hunger or starvation, having access and availability to food at all times
- **Food Insecurity** - A state of being *without* reliable access to a sufficient quantity of affordable and nutritious food
- **Food Deserts** - Areas where much of the population lives at least one mile from the nearest large grocery store
- **Food Swamps** - Areas where the population has more access to unhealthy food and limited access to healthy food



KEY POINTS

- **Access:** As the issue stands today, low-income communities and communities of color tend to have significantly lower access to healthy and nutritious foods than wealthier neighborhoods. Sometimes, there are not enough places to buy foods at all (these are called “food deserts”), and sometimes there are a lot of places to buy unhealthy foods, but not healthy foods (these are called “food swamps”). This disparity has a direct effect on health and economic outcomes.
- **Production & Distribution:** In the US and globally the trend is to produce and grow food through the industrial farm model; creating mass-produced, processed, cheap foods that can travel long distances without rotting and can be sold in bulk for cheaper prices to stores. Factory farming causes disparities in food access as well as injustice and inhuman treatment of farm animals and farm workers.
- **The Food Justice Movement:** A grassroots movement to address food equity, and other issues related to how food is grown, produced and sold. Since food touches the lives of everyone in the world, this includes a lot of topics like food and the environment, how animals are treated, and the rights of people who work in the food system. People who fight for food justice are fighting for a world where food is grown, produced and distributed in a way that is kind and fair to all people, animals, and the planet.

LESSON BREAKDOWN

TIME	ACTIVITY	MATERIALS/RESOURCES
PART 1		
5-7 min	Introduction	Lesson Slides
5-7 min	Vocab Preview	Lesson Slides
3-5 min	Lesson Video: Food Justice	Vimeo or YouTube
5-10 min	Class Discussion	Lesson Slides
10-15 min	Activity: Let's go Shopping!	Bodega and Supermarket Cards Meal Ideas Sheet
5 min	Food Detective Assessment	Exit Card
PART 2		
7 min	Review & introduce solutions	Lesson Slides
10 min	Food System Change Video	Ron Finley the Gangster Gardner
15 min	Write letter to politician	Letter Templates
5 min	Snackz & Factz	Apple Taste Test and worksheet
5 min	Test Your Noodle	Slides
5-8 min	Food Detective Assessment	Exit Card

DETAILED LESSON SCRIPT: PART I

Introduction to Food Equity

5-7 minutes

LESSON SLIDES



Students will reflect on the meaning of food equity as a broad concept.

Ask students to offer meanings of *equity*, pointing out that the word is related to equality. After you share a few responses, ask your students what they think *Food Equity* means and have them write a brief definition. Ask students to share and compare their written definitions.



Vocabulary Review

5-7 minutes

Food Equity	The notion that access to fresh produce and healthy food options is a basic human right . Everyone should be able to access nutritious, high quality, affordable, and culturally relevant foods no matter where they were born or how much money they have.
Food Access	The ability to get good (high-quality) food.
Food Insecurity	A state of being <i>without</i> reliable access to a sufficient quantity of affordable and nutritious food.
Food Security	When a household and occupants <i>do not</i> live in fear of hunger or starvation, having access and availability to food at all times
Food Deserts	Areas where much of the population lives at least one mile from the nearest large grocery store
Food Swamps	Areas where the population has more access to unhealthy food and limited access to healthy food

Lesson Video: Food Equity

3-5 minutes

Differentiation

You should decide which structure will help your students access the information:

- Have students watch the video and ask questions
- Watch the video more than once, pausing at key moments, etc.



Class Discussion

5-10 minutes

Have a partner, group and/or open discussion to address these ideas after the video. Display or refer to the Key Points as needed.

Questions to assist the class discussion:

- *What were some takeaways from the video?*
- *Why might some communities not have access to high quality food?*
- *Brainstorm Solutions: Who do we think should fix this problem? Government, individuals, stores, food brands, us?*

KEY POINTS

Access

As the issue stands today, low-income communities and communities of color tend to have significantly lower access to healthy and nutritious foods than wealthier neighborhoods. Sometimes, there are not enough places to buy foods at all (these are called “food deserts”), and sometimes there are a lot of places to buy unhealthy foods, but not healthy foods (these are called “food swamps”). This disparity has a direct effect on health and economic outcomes.

Production & Distribution

In the US and globally the trend is to produce and grow food through the industrial farm model; creating mass-produced, processed, cheap foods that can travel long distances without rotting and can be sold in bulk for cheaper prices to stores (retailers). Factory farming causes disparities in food access as well as injustice and inhumane treatment of farm animals and farm workers.

Food Justice Movement

A grassroots movement to address food equity, and other issues related to how food is grown, produced and sold. Since food touches the lives of everyone in the world, this includes a lot of topics like food and the environment, how animals are treated, and the rights of people who work in the food system. People who fight for food justice are fighting for a world where food is grown, produced, and distributed in a way that is kind and fair to all people, animals, and the planet.




Activity: Let's go Shopping

15 minutes






Handout copies of the ingredient cards provides as well as meal ideas (or project them on the smart board). Have you students work independently to find the cost of the meal they want to shop for.

We are going to go on a shopping journey to two different kinds of stores to investigate the accessibility and price differences between foods you can find at a convenience stores (bodega, deli, gas station) and supermarkets. In order to look at the differences between the two stores you will make a meal by "buying" the ingredients from each store and comparing the end price of your meals.

Food Equity - Let's Go Shopping Activity
Grocery Store/Supermarket

Blueberries 	Strawberries 
Kiwi 	Banana 

Food Equity - Let's Go Shopping Activity
Deli/Bodega/Convenience Store

Tuna (canned) 	Salmon (canned) 	Peanut Butter 
Garlic 	Black Pepper 	Cheese (Shredded) 

Food Equity - Let's Go Shopping Activity
Meal Suggestions

Pasta with Tuna and Tomato Sauce
Pasta con atún y salsa de tomate



Ingredients: Pasta	Ingredientes: Pasta
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Food Detective Assessment

5 minutes

Have students answer the following on an Exit Card:

- *In our own words, what does Food Equity mean?*
- OR
- *What is the goal of the Food Justice Movement?*

DETAILED LESSON SCRIPT: PART II

Review and Introduce Solutions

7 minutes

We introduced a lot of inequalities in our food system (who has access to healthy, nutritious, good quality food, and who has less access, as well as the food system itself not treating our environment, workers, and production animals justly).

Brainstorm ideas to fix our unjust food system (as a class, groups, or partners, but don't spend too long on this as you will discuss it in more depth soon).

LESSON SLIDES



You can read out these ideas (not an exhaustive list) to help them brainstorm

- Food companies
- The government
- Individuals
- Food insecure people or food secure people
- Adults or children
- Farmers
- Grocery stores,
- etc...

Video and Discussion

10 minutes (5 min video, 5 minutes discussion)

Let's watch what one man did to help create an option for his community to participate in a local and more just option for accessing some high quality food options in neighborhoods considered as low-income Food Deserts and Swamps.

After the video, allow students to talk about what they felt while watching this video.



Ron Finley - The Gangster Gardener

Solutions: Letter Writing

10 minutes

Write letters to send to local politicians to help fight for food equity! In our materials are two templates to assist you in writing letters to your politician of choice or you can write your own.

Dear X,

As an xth grade student at xyz, I'm doing my part to help end hunger in America. I'm writing today to ask you to do the same.

As my member of Congress, you have a unique ability to help people across the country struggling with hunger by supporting funding for federal hunger-relief programs and bringing attention to the great work being done in our state to fight hunger.

[Add reasons why food relief is important, including some details from what you learned in this lesson. Maybe add what neighborhood they are from and to provide support and relief there.]

I'm counting on you to champion anti-hunger programs-like TEFAP, SNAP, and child nutrition programs-now and into the future.

Sincerely,

Snackz & Factz: Apple Taste Test

5-10 minutes

Complete the attached worksheet as you taste test the apples as a class.

MATERIALS

Have a few varieties of apples for students taste test. If you have an apple corer you can bring that for easy slicing (students love using this - below is an image).



APPLE TASTE TEST
Record your apple observations!

Apple Type	Appearance	Texture	Taste

ADJECTIVE WORD BANK
Use these descriptive words to help you fill in the chart above!

red	crisp	sweet	juicy
shiny	green	dry	speckled
crunchy	tart	sour	ripe

FACTZ

Apples are readily available all year-round, they store well, and are one of the cheapest fruits to buy.

There are over 2,500 varieties of Apples grown in the USA alone (and over 7,000 different varieties in the world!)

Apples originate from Central Asia and traveled throughout the world with migration and new settlements

Test Your Noodle

5 minutes

1. Eating unhealthy food because you cannot buy fresh groceries near you is a result of (mark all that apply)

a. Limited food access

b. Food swamps

c. Food deserts

2. True or false: Neighborhood (or school) gardens encourage community participation in growing high quality food options. **(True)**

3. What does it mean to be food insecure?

a. To be hungry because your dinner is taking a long time to make

b. To be without reliable access to affordable and nutritious food

c. To be embarrassed of the food you eat

d. To be able to buy any food you want

4. Being able to afford and access healthy foods is currently:

a. A disadvantage

b. A privilege

c. A treat

d. A human right

5. Being able to afford and access healthy foods should be:

a. A disadvantage

b. A privilege

c. A treat

d. A human right

Food Detective Assessment

3 minutes

Have students answer the following on an Exit Card:

• *Do you feel that having access to nutritious good food—and food choice—is a human right?*

APPLE TASTE TEST

Record your apple observations!

Apple Type	Appearance	Texture	Taste

ADJECTIVE WORD BANK

Use these descriptive words to help you fill in the chart above!

red crisp sweet juicy
shiny green dry speckled
crunchy tart sour ripe
mushy bitter yellow unripe

Class Vote

Which apple did the class like the best?

Reflection Questions

WHICH WAS YOUR FAVORITE APPLE? Why?

WHICH WAS YOUR LEAST FAVORITE APPLE? Why?

NAME SOME PLACES NEAR YOU THAT SELL APPLES:

Food Equity - Let's Go Shopping Activity

Meal Suggestions

Chicken or Black Bean Enchiladas Enchiladas de pollo o frijoles negros

**Ingredients:**

Chicken Breast or Can of Black Beans
Canned or Fresh Tomatoes
Onion
Garlic
Avocado
Shredded Cheese
Chili Powder

Cost of Ingredients:

Grocery Store: _____

Deli/convenience store: _____

Ingredientes:

Pechuga de pollo o lata de judías negras
Tomates enlatados o frescos
Cebolla
Ajo
Aguacate
Queso rallado
Chile en polvo

Costo de los ingredientes:

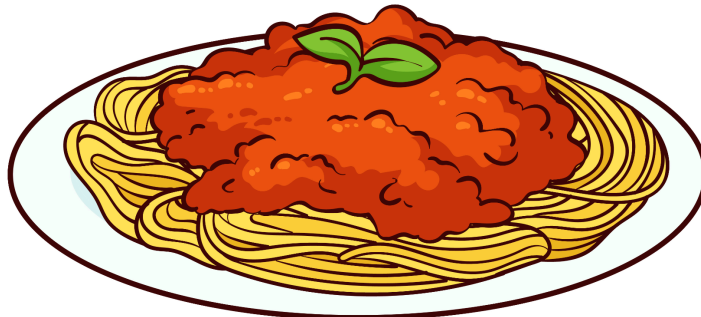
Supermercado: _____

Bodega/tienda de conveniencia: _____

Food Equity - Let's Go Shopping Activity

Meal Suggestions

Pasta with Tuna and Tomato Sauce Pasta con atún y salsa de tomate



<p>Ingredients: Pasta Onion Canned Tomatoes Can of Tuna Shredded Cheese</p> <p>Cost of Ingredients:</p> <p>Grocery Store: _____</p> <p>Deli/convenience store: _____</p>	<p>Ingredientes: Pasta Cebolla Tomate en conserva Lata de Atún Queso rallado</p> <p>Costo de los ingredientes:</p> <p>Supermercado: _____</p> <p>Bodega/tienda de conveniencia: _____</p>
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Food Equity - Let's Go Shopping Activity

Meal Suggestions

Healthy Grain Bowl Tazón saludable de cereales



<p>Ingredients: Your choice of protein (e.g. chicken, fish, tofu, or legumes) Brown Rice Spinach Broccoli Chickpeas (Garbanzo Beans) Olive oil Turmeric</p> <p>Cost of Ingredients:</p> <p>Grocery Store: _____</p> <p>Deli/convenience store: _____</p>	<p>Ingredientes: Proteína a elegir (por ejemplo, pollo, pescado, tofu o legumbres) Arroz integral Espinacas Brócoli Garbanzos Aceite de oliva Cúrcuma</p> <p>Costo de los ingredientes:</p> <p>Supermercado: _____</p> <p>Bodega/tienda de conveniencia: _____</p>
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Food Equity - Let's Go Shopping Activity

Meal Suggestions








Yogurt Parfait Parfait de yogur



<p>Ingredients: Plain Yogurt Your choice of fruits and toppings (e.g. nuts and seeds) Cinnamon or nutmeg</p> <p>Cost of Ingredients:</p> <p>Grocery Store: _____</p> <p>Deli/convenience store: _____</p>	<p>Ingredientes: Yogur natural Frutas y toppings a elegir (por ejemplo, frutos secos y semillas) Canela o nuez moscada</p> <p>Costo de los ingredientes:</p> <p>Supermercado: _____</p> <p>Bodega/tienda de conveniencia: _____</p>
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Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Blueberries</p> 	<p>Strawberries</p> 	<p>Apple</p> 	<p>Orange</p> 
<p>Kiwi</p> 	<p>Banana</p> 	<p>Grapes</p> 	<p>Watermelon</p> 
<p>Pineapple</p> 	<p>Spinach</p> 	<p>Cucumber</p> 	<p>Bell Pepper</p> 
<p>Avocado</p> 	<p>Broccoli</p> 	<p>Carrot</p> 	<p>Onion</p> 

Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Orange (Grocery/Supermarket)</p> <p>\$0.80 each</p> <p>Nutrition superpower! The vitamin C in oranges is a powerful antioxidant. Antioxidants help protect our brain cells from environmental damage!</p>	<p>Apple (Grocery/Supermarket)</p> <p>\$0.65 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Strawberries (Grocery/Supermarket)</p> <p>\$2.99/lb</p> <p>Nutrition superpower! Flavenoids, which give berries their bright colors, help to improve memory!</p>	<p>Blueberries (Grocery/Supermarket)</p> <p>\$3.99/pint</p> <p>Nutrition superpower! Flavenoids, which give berries their bright colors, help to improve memory!</p>
<p>Watermelon (Grocery/Supermarket)</p> <p>\$8.99 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Grapes (Grocery/Supermarket)</p> <p>\$4.99/lb</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Banana (Grocery/Supermarket)</p> <p>\$0.15 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Kiwi (Grocery/Supermarket)</p> <p>\$0.80 each</p> <p>Nutrition superpower! The vitamin C in kiwis is a powerful antioxidant. Antioxidants help protect our brain cells from environmental damage!</p>
<p>Bell Pepper (Grocery/Supermarket)</p> <p>\$1.10 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Cucumber (Grocery/Supermarket)</p> <p>\$0.89 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Spinach (Grocery/Supermarket)</p> <p>\$3.00/5oz bag</p> <p>Nutrition superpower! Leafy greens are rich in brain-healthy nutrients like folate, beta-carotene, and vitamin K!!</p>	<p>Pineapple (Grocery/Supermarket)</p> <p>\$2.49 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>
<p>Onion (Grocery/Supermarket)</p> <p>\$0.45 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Carrot (Grocery/Supermarket)</p> <p>\$0.30 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Broccoli (Grocery/Supermarket)</p> <p>\$1.00/crown</p> <p>Nutrition superpower! Green, leafy vegetables are rich in brain-healthy nutrients like folate, beta-carotene, and vitamin K!!</p>	<p>Avocado (Grocery/Supermarket)</p> <p>\$1.29 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>

Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Tomato</p> 	<p>Sauerkraut</p> 	<p>Lentils</p> 	<p>Black Beans</p> 
<p>Chickpeas (Garbanzo beans)</p> 	<p>Peas (frozen)</p> 	<p>Kidney Beans</p> 	<p>Pinto Beans</p> 
<p>Cannellini Beans</p> 	<p>Whole Wheat Bread</p> 	<p>Whole Wheat Pasta</p> 	<p>Whole Oats</p> 
<p>Brown Rice</p> 	<p>Whole corn tortillas</p> 	<p>Whole grain flour tortillas</p> 	<p>Tomato (canned)</p> 


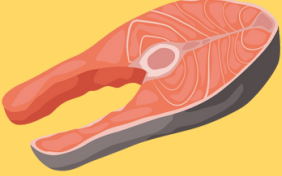







Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Black Beans (Grocery/Supermarket)</p> <p>\$1.39/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>	<p>Lentils (Grocery/Supermarket)</p> <p>\$1.49/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>	<p>Sauerkraut (Grocery/Supermarket)</p> <p>\$5.99/10oz jar</p> <p>Fermented foods are especially beneficial for the gut microbiome!</p>	<p>Tomato (fresh) (Grocery/Supermarket)</p> <p>\$0.75 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>
<p>Pinto Beans (Grocery/Supermarket)</p> <p>\$1.39/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>	<p>Kidney Beans (Grocery/Supermarket)</p> <p>\$1.89/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>	<p>Peas (frozen) (Grocery/Supermarket)</p> <p>\$1.79/8oz bag</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>	<p>Chickpeas (Garbanzo Beans) (Grocery/Supermarket)</p> <p>\$1.29/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>
<p>Whole Oats (Grocery/Supermarket)</p> <p>\$2.79/8oz</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>	<p>Whole Wheat Pasta (Grocery/Supermarket)</p> <p>\$1.49/8oz</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>	<p>Whole Wheat Bread (Grocery/Supermarket)</p> <p>\$2.79</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>	<p>Cannellini Beans (Grocery/Supermarket)</p> <p>\$1.29/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>
<p>Tomato (canned) (Grocery/Supermarket)</p> <p>\$1.19/15oz can</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Whole Grain Flour Tortillas (Grocery/Supermarket)</p> <p>\$1.99/10 pack</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>	<p>Whole Corn Tortillas (Grocery/Supermarket)</p> <p>\$2.69/12 pack</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>	<p>Brown Rice (Grocery/Supermarket)</p> <p>\$3.89/32oz bag</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>

Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Eggs</p> 	<p>Salmon (fresh)</p> 	<p>Chicken Breast</p> 	<p>Tofu</p> 
<p>Tuna (canned)</p> 	<p>Peanut Butter</p> 	<p>Plain Yogurt</p> 	<p>Salmon (canned)</p> 
<p>Cheese (Shredded)</p> 			

Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Tofu (Grocery/Supermarket)</p> <p>\$2.69/10oz pack</p> <p>Tofu is a complete protein, rich in minerals and vitamins, including calcium, manganese, iron and vitamin A</p>	<p>Chicken Breast (Grocery/Supermarket)</p> <p>\$4.99/lb</p> <p>Chicken is a great source of lean protein!</p>	<p>Salmon (fresh) (Grocery/Supermarket)</p> <p>\$12.99/lb</p> <p>Oily fish like salmon and tuna are great sources of DHA, an essential fat that is important for brain health!</p>	<p>Eggs (Grocery/Supermarket)</p> <p>\$2.99/12</p> <p>Eggs are a good source of protein, and provide choline, folate, vitamin D, iodine, and B vitamins!</p>
<p>Salmon (canned) (Grocery/Supermarket)</p> <p>\$1.49/2oz can</p> <p>Oily fish like salmon and tuna are great sources of DHA, an essential fat that is important for brain health!</p>	<p>Plain Yogurt (Grocery/Supermarket)</p> <p>\$2.49/32oz</p> <p>Yogurt is high in protein and calcium! Try to buy yogurts without added sugars or sweeteners.</p>	<p>Peanut Butter (Grocery/Supermarket)</p> <p>\$3.29/15oz</p> <p>Peanut butter is a great source of plant-based protein!</p>	<p>Tuna (canned) (Grocery/Supermarket)</p> <p>\$1.19/2oz can</p> <p>Oily fish like salmon and tuna are great sources of DHA, an essential fat that is important for brain health!</p>
			<p>Cheese (shredded) (Grocery/Supermarket)</p> <p>\$5.99/8oz</p> <p>Cheese is a good source of protein and calcium!</p>

Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Olive oil</p> 	<p>Sunflower Seeds</p> 	<p>Almonds</p> 	<p>Walnuts</p> 
<p>Pumpkin Seeds</p> 	<p>Sesame Seeds</p> 	<p>Almond Butter</p> 	
<p>Ginger</p> 	<p>Garlic</p> 	<p>Black Pepper</p> 	<p>Cinnamon</p> 
<p>Turmeric</p> 	<p>Nutmeg</p> 	<p>Cumin</p> 	<p>Chili Powder</p> 

Food Equity - Let's Go Shopping Activity

Grocery Store/Supermarket

<p>Walnuts (Grocery/Supermarket) 0.71/oz</p> <p>Nutrition Superpower! Nuts are an excellent source of protein and healthy fats, and walnuts might also improve memory!</p>	<p>Almonds (Grocery/Supermarket) 0.54/oz</p> <p>Nuts and seeds are excellent sources of protein and healthy fats.</p>	<p>Sunflower Seeds (Grocery/Supermarket) 0.22/oz</p> <p>Nuts and seeds are excellent sources of protein and healthy fats.</p>	<p>Olive Oil (Grocery/Supermarket) \$6.49/16oz</p> <p>Olive oil is a great source of healthy fats that can benefit heart health.</p>
	<p>Almond Butter (Grocery/Supermarket) \$7.99/10oz</p> <p>Nuts and seeds are excellent sources of protein and healthy fats.</p>	<p>Sesame Seeds (Grocery/Supermarket) \$0.75/oz</p> <p>Nuts and seeds are excellent sources of protein and healthy fats.</p>	<p>Pumpkin Seeds (Grocery/Supermarket) \$0.40/oz</p> <p>Nuts and seeds are excellent sources of protein and healthy fats.</p>
<p>Cinnamon (Grocery/Supermarket) \$2.69</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>	<p>Black Pepper (Grocery/Supermarket) \$1.99</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>	<p>Garlic (Grocery/Supermarket) \$1.00 each</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>	<p>Ginger (Grocery/Supermarket) \$0.62 each</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>
<p>Chili Powder (Grocery/Supermarket) \$2.29</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>	<p>Cumin (Grocery/Supermarket) \$2.29</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>	<p>Nutmeg (Grocery/Supermarket) \$2.49</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>	<p>Turmeric (Grocery/Supermarket) \$2.29</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>

Food Equity - Let's Go Shopping Activity

Deli/Bodega/Convenience Store

<p>Tuna (canned)</p> 	<p>Salmon (canned)</p> 	<p>Peanut Butter</p> 	<p>Olive oil</p> 
<p>Garlic</p> 	<p>Black Pepper</p> 	<p>Cheese (Shredded)</p> 	<p>Pasta</p> 
<p>Rice</p> 	<p>Corn Puffs</p> 	<p>Corn Chips</p> 	<p>Potato Chips</p> 
<p>Soda</p> 	<p>Cookies</p> 		

Food Equity - Let's Go Shopping Activity

Deli/Bodega/Convenience Store

<p>Olive Oil (Deli/convenience store) \$8.99/8oz</p> <p>Olive oil is a great source of healthy fats that can benefit heart health.</p>	<p>Peanut Butter (Deli/convenience store) \$5.99/15oz</p> <p>Peanut butter is a great source of plant-based protein!</p>	<p>Salmon (canned) (Deli/convenience store) \$4.99/2oz can</p> <p>Oily fish like salmon and tuna are great sources of DHA, an essential fat that is important for brain health!</p>	<p>Tuna (canned) (Deli/convenience store) \$4.99/2oz can</p> <p>Oily fish like salmon and tuna are great sources of DHA, an essential fat that is important for brain health!</p>
<p>Pasta (Deli/convenience store) \$3.99/8oz</p> <p>Refined grain products are good sources of carbohydrates, but contain less fiber, vitamins and minerals than whole grains.</p>	<p>Cheese (shredded) (Deli/convenience store) \$5.99/8oz</p> <p>Cheese is a good source of protein and calcium!</p>	<p>Black Pepper (Deli/convenience store) \$2.99</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>	<p>Garlic (Deli/convenience store) \$1.00 each</p> <p>Although we usually eat small amounts, spices are great sources of micronutrients and phytochemicals that can help support good health.</p>
<p>Potato Chips (Deli/convenience store) \$1.99/bag</p> <p>Highly-processed foods such as chips, sweets and soda do not provide the nutritional benefits of whole foods. Try to eat them in moderation.</p>	<p>Corn Chips (Deli/convenience store) \$1.99/bag</p> <p>Highly-processed foods such as chips, sweets and soda do not provide the nutritional benefits of whole foods. Try to eat them in moderation.</p>	<p>Corn Puffs (Deli/convenience store) \$1.99/bag</p> <p>Highly-processed foods such as chips, sweets and soda do not provide the nutritional benefits of whole foods. Try to eat them in moderation.</p>	<p>Rice (Deli/convenience store) \$2.99/8oz</p> <p>Refined grain products are good sources of carbohydrates, but contain less fiber, vitamins and minerals than whole grains.</p>
		<p>Cookies (Deli/convenience store) \$2.99/package</p> <p>Highly-processed foods such as chips, sweets and soda do not provide the nutritional benefits of whole foods. Try to eat them in moderation.</p>	<p>Soda (Deli/convenience store) \$1.00/can</p> <p>Highly-processed foods such as chips, sweets and soda do not provide the nutritional benefits of whole foods. Try to eat them in moderation.</p>

Food Equity - Let's Go Shopping Activity

Deli/Bodega/Convenience Store

<p>Pineapple (canned)</p> 	<p>Banana</p> 	<p>Apple</p> 	<p>Orange</p> 
<p>Tomato (canned)</p> 	<p>Onion</p> 	<p>Carrot</p> 	<p>Bell Pepper</p> 
<p>Tomato</p> 	<p>Sauerkraut</p> 	<p>Black Beans</p> 	<p>Chickpeas (Garbanzo beans)</p> 
<p>Peas (frozen)</p> 	<p>Whole Wheat Bread</p> 	<p>Whole Oats</p> 	<p>Whole corn tortillas</p> 

Food Equity - Let's Go Shopping Activity

Deli/Bodega/Convenience Store

<p>Orange (Deli/convenience store)</p> <p>\$1.50 each</p> <p>Nutrition superpower! The vitamin C in oranges is a powerful antioxidant. Antioxidants help protect our brain cells from environmental damage!</p>	<p>Apple (Deli/convenience store)</p> <p>\$1.50 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Banana (Deli/convenience store)</p> <p>\$0.50 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Pineapple (canned) (Deli/convenience store)</p> <p>\$3.99</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>
<p>Bell Pepper (Deli/convenience store)</p> <p>\$3.50 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Carrot (Deli/convenience store)</p> <p>\$0.75 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Onion (Deli/convenience store)</p> <p>\$0.80 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>	<p>Tomato (canned) (Deli/convenience store)</p> <p>\$2.99/15oz can</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>
<p>Chickpeas (Garbanzo Beans) (Deli/convenience store)</p> <p>\$2.99/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>	<p>Black Beans (Deli/convenience store)</p> <p>\$2.99/15oz can</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>	<p>Sauerkraut (Deli/convenience store)</p> <p>\$6.99/10oz jar</p> <p>Fermented foods are especially beneficial for the gut microbiome!</p>	<p>Tomato (fresh) (Deli/convenience store)</p> <p>\$2.00 each</p> <p>Fruits and Vegetables are high in fiber, and rich in vitamins and minerals. Eating a variety of plants can help protect against cancer and heart disease!</p>
<p>Whole Corn Tortillas (Deli/convenience store)</p> <p>\$3.50/12 pack</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>	<p>Whole Oats (Deli/convenience store)</p> <p>\$4.49/8oz</p> <p>Whole grains contain more fiber, vitamins, minerals than refined grain products!</p>	<p>Whole Wheat Bread (Deli/convenience store)</p> <p>\$5.99</p>	<p>Peas (frozen) (Deli/convenience store)</p> <p>\$2.49/8oz bag</p> <p>Legumes are rich in protein and fiber. They are good for heart health and a great plant-based protein food!</p>

Letter Writing Template

Dear X,

As an xth grade student at xyz, I'm doing my part to help end hunger in America. I'm writing today to ask you to do the same.

As my member of Congress, you have a unique ability to help people across the country struggling with hunger by supporting funding for federal hunger-relief programs and bringing attention to the great work being done in our state to fight hunger.

[Add reasons why food relief is important, including some details from what you learned in this lesson. Maybe add what neighborhood they are from and to provide support and relief there.]

I'm counting on you to champion anti-hunger programs—like TEFAP, SNAP, and child nutrition programs—now and into the future.

Sincerely,

Dear X,

As my member of Congress, you have a unique ability to help people facing hunger across America – by supporting funding for federal hunger-relief programs and bringing attention to the great work being done in our state to fight hunger.

When you visit a food bank, you begin to see the scope of the problem, as well as the importance and effectiveness of the partnership between government and charity. And you see the faces of those in our community who are counting on you.

Food banks and other charities can't solve the problem of hunger alone, which is why your role as a federal legislator is so important. I am asking you to schedule a visit to a food bank to see these programs in operation and learn about how you can strengthen them as a member of Congress.

Contact your local food bank to find a site near you: <https://www.feedingamerica.org/find-your-local-foodbank>

Or write a letter asking for a community fridge, a community garden, community supported agriculture, etc.

Sincerely,