



Racism and Food Access and Nutrition Culture Worksheet



Thank you for your interest in this topic. If possible, we encourage you to work through this worksheet in partnership with colleagues, partners, neighbors, etc. The recommended steps are below. Speaker biographies are available [here](#).

1. Watch the [recording](#) of the first session, “One Bad Apple: How the Lack of Knowledge about Black and Indigenous Food Histories Informs our Nutrition Work.”
2. Review the resources included on the first page of this worksheet.
3. Watch the [recording](#) of the second session, “Eating with Our Neighbors: How to Identify Injustices and Create Change in Food and Nutrition Programs.”
4. Reflect and respond to the questions on the second page of this worksheet.
5. Submit anonymous feedback on this series, [here](#).

Resources to Continue Your Learning

From Dr. Psyche Williams-Forson

- Lunsford, et al. – [African and Native American foodways and resilience: From 1619 to COVID-19](#)
- PBS – [Unnatural Causes: Is Inequality Making Us Sick? \(Recommendation to prioritize the first segment\)](#)
- Psyche Williams-Forson – [Black Lives Matter, Even in Food Justice](#)
- Kristin Aiken – [‘White People’s Food’ is Creating an Unattainable Picture of Health](#)
- Brenna Houck – [Sean Sherman is Decolonizing American Food](#)
- Nadra Nittle – [On Pine Ridge Reservation, a Garden Helps Replace an 80-mile Grocery Trip](#)
- Food Jonezi – [Home Page](#)
- Podcast Episodes – [The Miseducation of Cultural Food](#) and [Body Shaming Black Bodies \(Pt 2\)](#)
- Lorraine Chuen – [Food, Race and Power: Who gets to be an authority on ‘ethnic’ cuisines?](#)
- Megha Mohan – [Are Food Bloggers Fueling Racist Stereotypes?](#)
- Diné Community Advocacy Alliance – [Home Page](#)

The Navajo people call themselves Dine', literally meaning "The People." The Dine' speak about their arrival on the earth as a part of their story on the creation. The Navajo are believed to have learned the rudiments of agriculture after arriving in the Four Corners area.

From Panelists and Other Partners

- Native Governance Center – [A Guide to Indigenous Land Acknowledgement](#)
- Native Land Digital – [Native Land Map](#)
- Human Impact Partners – [Health Equity Tip: Develop a Meaningful Land and People Acknowledgement Practice](#)
- Food for Thought – [The History of Our Food System is Rooted in Racism](#)
- Food Chain Workers Alliance and Real Food Media – [Voices of the Food Chain](#)
- Duke – [Ways that White Bias Can Misdirect Food System Work](#)
- FoodPrint – [The Importance of Native Food Systems During COVID and Beyond](#)
- Code Switch, NPR – [A Glimpse At ‘How the Other Half Eats’](#)
- Epicurious – [A Reading List for Learning About Anti-Black Racism and Food](#)

What did you learn about the impact of anti-Black and anti-Indigenous racism on food access and nutrition culture by participating in this series?

What is one way you plan to change your practices in this space, either personally or professionally, based on what you learned about the impact of racism on food access and nutrition culture?

What is one change you plan to advocate for at your organization that has the potential to positively impact food access and/or nutrition culture for communities that have been marginalized?

What is one change you would like to see in your community around food access and/or nutrition culture?

What is one change you think policymakers should enact to positively impact food access and/or nutrition culture at the city, state, and/or federal level?

What is one resource you're planning to take a closer look at and who might you share it with?