What does it mean to do food justice?

K. Valentine Cadieux, Hamline University
Rachel Slocum, University of Minnesota - Twin Cities

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Abstract
'Food justice' and 'food sovereignty' have become key words in food movement scholarship and activism. In the case of 'food justice', it seems the word is often substituted for work associated with projects typical of the alternative or local food movement. We argue that it is important for scholars and practitioners to be clear on how food justice differs from other efforts to seek an equitable food system. In the interests of ensuring accountability to socially just research and action, as well as mounting a tenable response to the 'feed the world' paradigm that often sweeps aside concerns with justice as distractions from the 'real' issues, scholars and practitioners need to be more clear on what it means to do food justice. In exploring that question, we identify four nodes around which food justice organizing appears to occur: trauma/inequity, exchange, land, and labor. This article sets the stage for a second one that follows, Notes on the practice of food justice in the U.S., where we discuss attempts to practice food justice.

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I come to my understanding of Food Justice from the perspective of my life as an organic farmer since 1980. Access for inner city and low-income people to healthy, clean, nutritious food is what you hear about most in news about food justice. According to USDA Economic Research Service in its annual report for 2012 on food security—nationally 48.9 million people live in households that are food insecure. In NYS 13.2% of all households are food insecure and 5% suffered "very low food security" with more severe problems, heavier hunger, cutting back and skipping meals on a regular basis.

Food Justice means: communities exercising their right to grow, sell and eat healthy food.

200. After the Israelites were freed from Egypt, what was the first thing they were able to make in the desert? Matzah.

200. What is one impact hunger has on children who are in school? It is hard to focus, hard to learn, and can cause a lack of brain development.

200. MAZON is a national organization that helps to fight hunger in the US and abroad.

300. How many Americans are "food insecure"—what does it mean to be food insecure? 1 in 6; Lack of access at all times to enough nutritious food for an active, healthy life.

300. The website justfood.org promotes knowledge about food justice, hunger, and food in general, like the term GMO. What does GMO stand for? Genetically Modified Organism.