

FOOD DESERT TO FOOD OASIS: FOOD SECURITY AND URBAN FARMING



Module 4 Student Handouts

Instructions: It is easiest to print this document **double-sided**. Print 1 copy for every 2 students in your class.



ACTIVITY #2

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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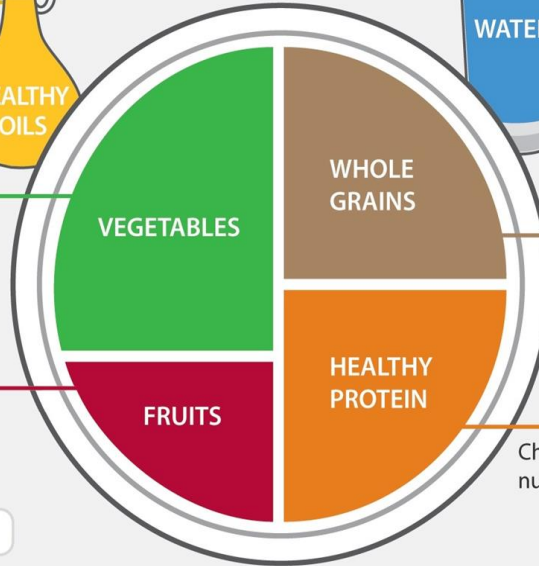
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



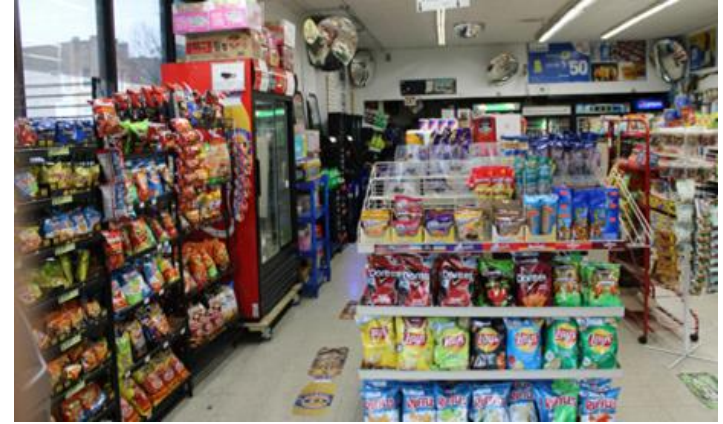
Harvard Medical School
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ACTIVITY #2

JADYN

Jadyn passes by a convenience store on her way to and from school. She goes with her friends to the convenience store a couple times a week to get a snack before yearbook club. A small farmer's market is hosted in her neighborhood on Wednesdays from 2-5 pm during the summer and fall. The nearest grocery store is 1.5 miles away. Her family does not own a car, but Jadyn has a free student bus pass. Jaden's mom grows a container garden on their apartment's porch every year. Jaden's family receives SNAP (formerly known as food stamp) benefits. Jadyn's school has a backpack food program, and Jadyn is able to take a pre-packed backpack full of healthy food home for free once every two weeks. Jadyn's mom works two jobs, and Jadyn is very involved with extra curriculars at school, so their time available to cook is limited.



PHOTOGRAPH BY JACLYN SARAH NUSSBAUM

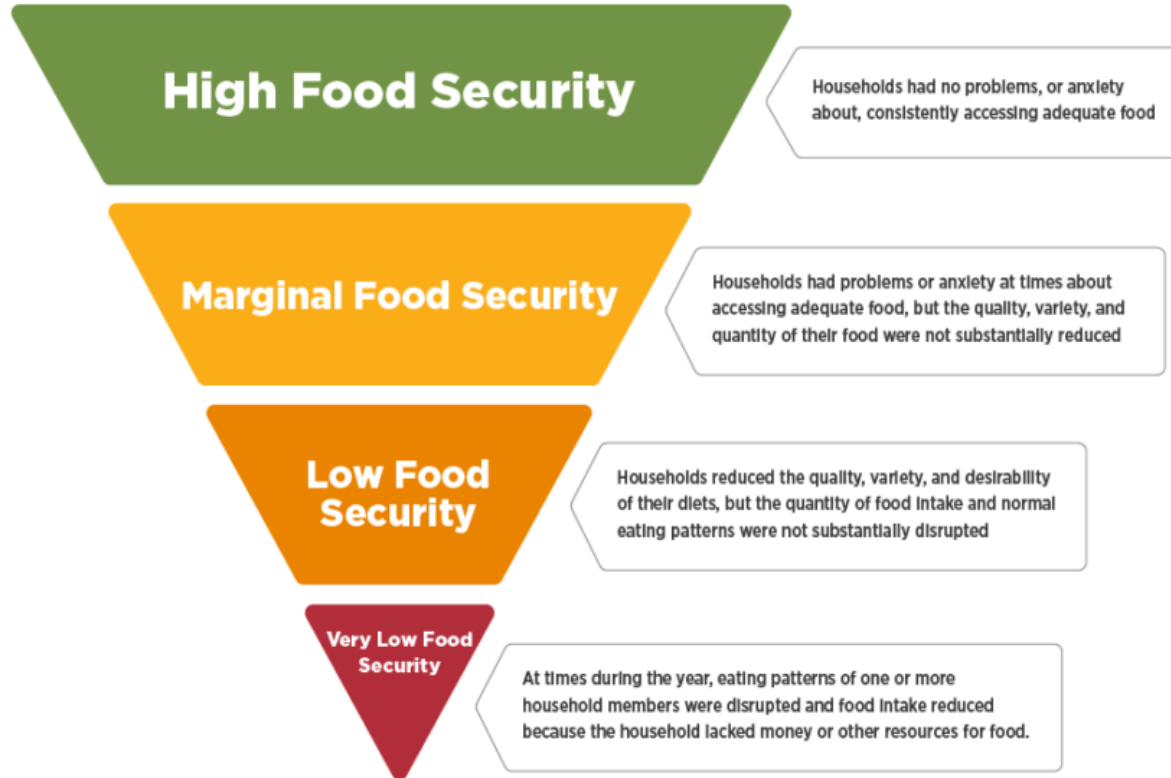
ACTIVITY #2

AMARI

Amari lives in the suburbs, so his nearest grocery store is 3 miles away. His access to public transportation is very limited. Amari, his mom, and his dad all have their own cars. Amari helps his dad grow a garden every year in their backyard. Amari's family is in the middle class, so they are able to afford most fresh produce and healthy food at the grocery store when they'd like it. Amari grew up with a family friend who regularly taught him to cook healthy food. Amari gets together with his neighbors once per month for a potluck.



ACTIVITY #2: FOOD SECURITY PYRAMID



Source: Adapted from the USDA Economic Research Service.

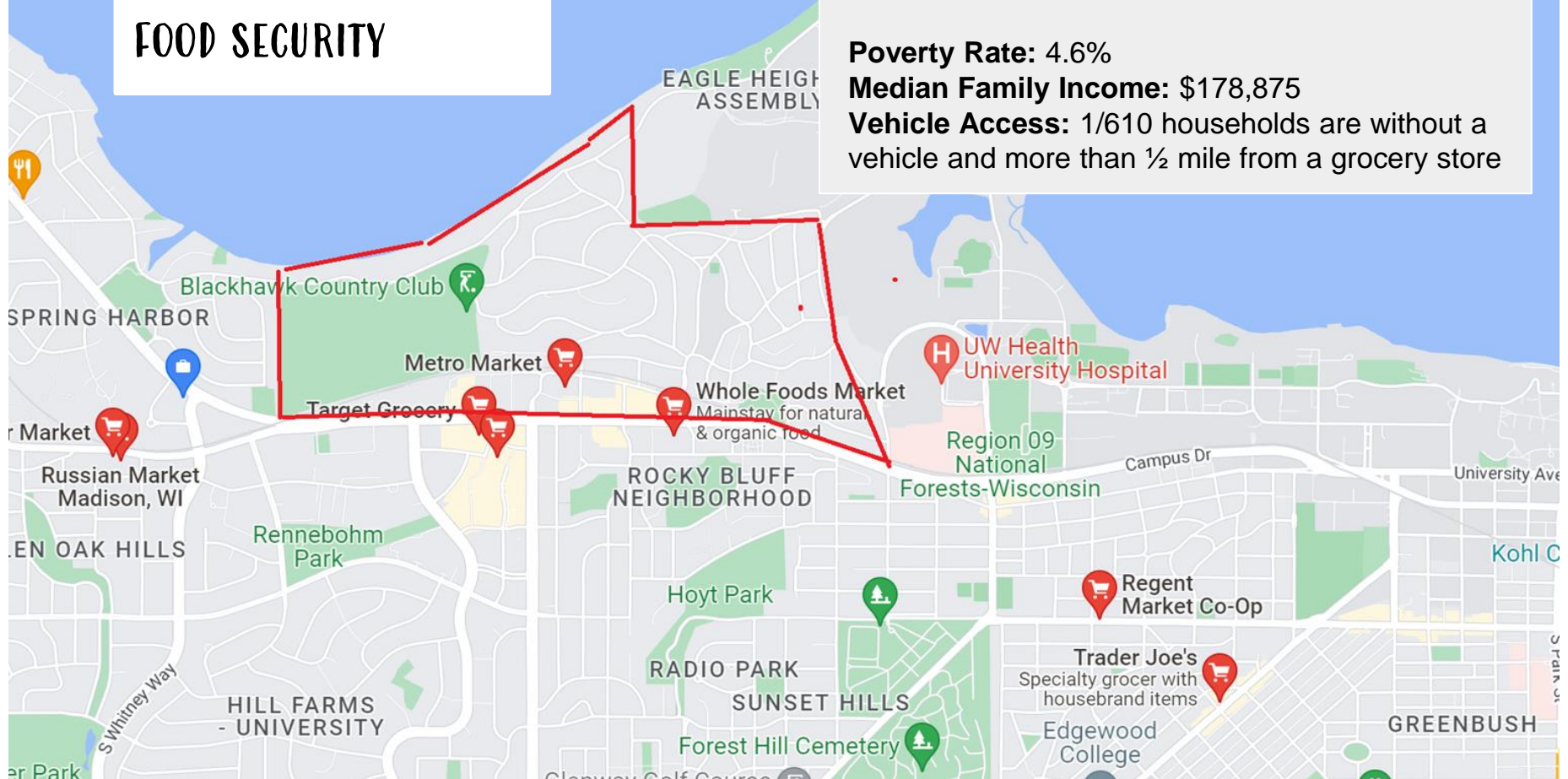
ACTIVITY #4: MAPPING FOOD SECURITY

Shorewood Hills, Madison, Wisconsin

Poverty Rate: 4.6%

Median Family Income: \$178,875

Vehicle Access: 1/610 households are without a vehicle and more than ½ mile from a grocery store



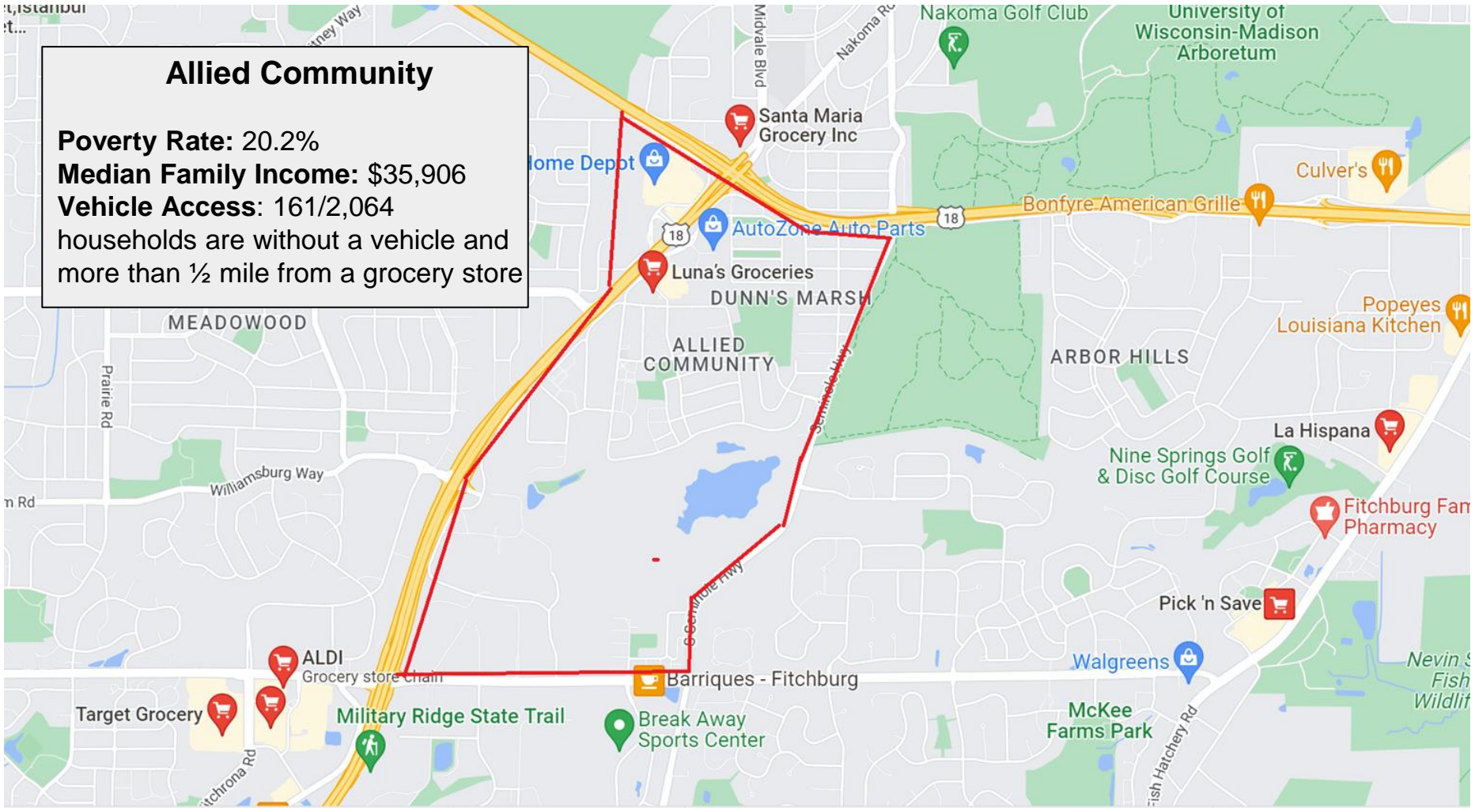
Allied Community

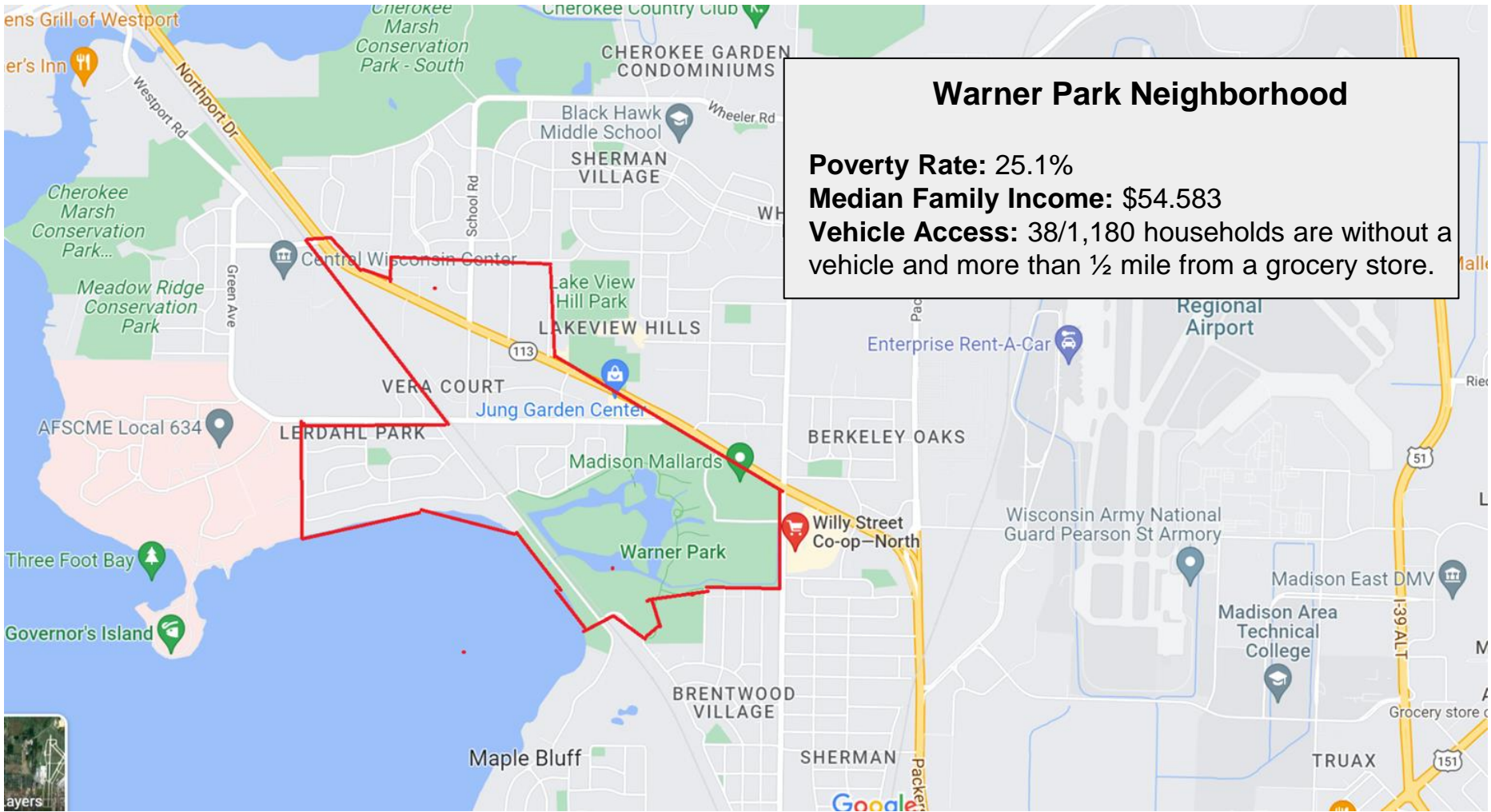
Poverty Rate: 20.2%

Median Family Income: \$35,906

Vehicle Access: 161/2,064

households are without a vehicle and more than ½ mile from a grocery store





Warner Park Neighborhood

Poverty Rate: 25.1%
Median Family Income: \$54,583
Vehicle Access: 38/1,180 households are without a vehicle and more than ½ mile from a grocery store.



ACTIVITY #3: FOOD MAP QUESTIONS

- *For each neighborhood, where do you think most residents get their food from? Do you think this differs among people who have access to a car and those who don't?*
- *In which neighborhood do you think residents eat the healthiest food? Why?*
- *In which neighborhood do you think you would have the hardest time finding good food at an affordable price? Why?*
- *What are ways we could improve food security, and hence healthy eating, in all neighborhoods?*

ACTIVITY #4: BLUE ZONES PRINCIPLES

