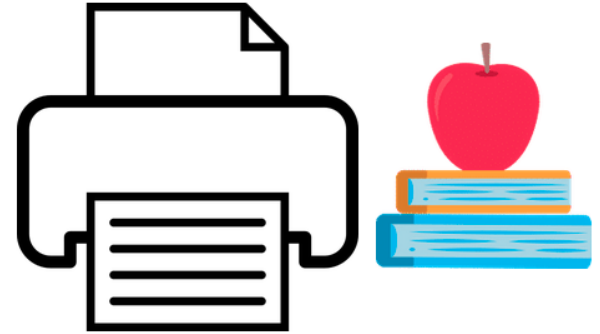


FOOD DESERT TO FOOD OASIS: FOOD SECURITY AND URBAN FARMING

Module 4 Teacher Print Kit



Instructions: Print one copy of this document as a reference *for the Teacher*. You can print double- or single-sided. Additionally, print the Student Handouts for Module 1.



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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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.

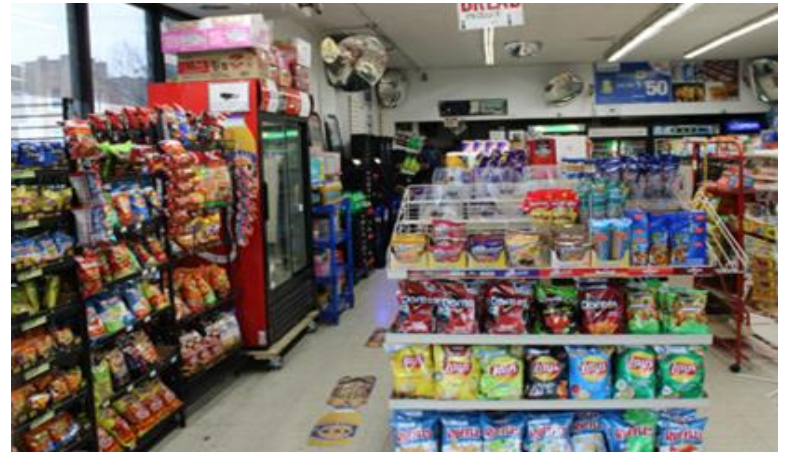
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ACTIVITY #2

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.



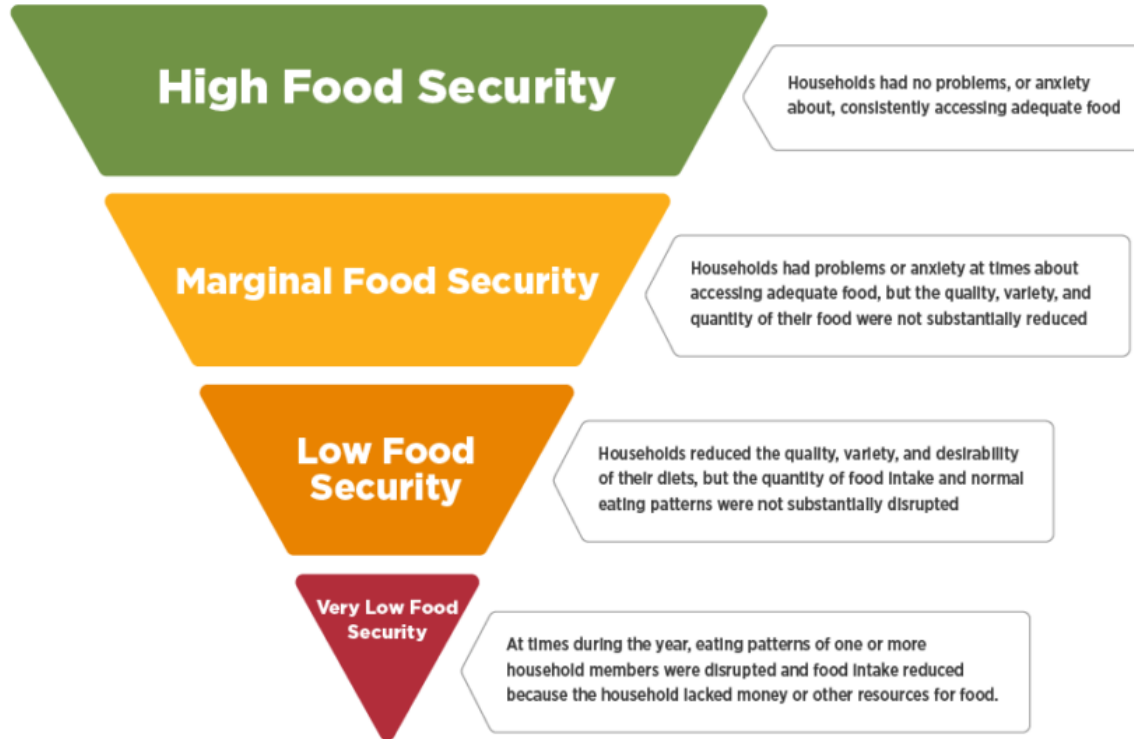
ACTIVITY #2

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: THE BENEFITS OF URBAN AGRICULTURE

Francey and the team at Mill City Grows are not alone in seeing a garden energize a neighborhood. Often led by and rooted in communities of color and immigrant and New American communities, urban gardens and farms bolster the well-being and resilience of our cities. Here's a look at the many benefits they provide:

Nutrition: Urban agriculture offers increased access to healthy, locally grown, and culturally appropriate food sources. Having space to grow and share food is especially important in disinvested and underserved neighborhoods, where finding affordable fruits and vegetables can be challenging. Plus, growing and eating food locally reduces the distance food travels to our plates – which is good for our climate and our health, as food loses nutritional value in transport.

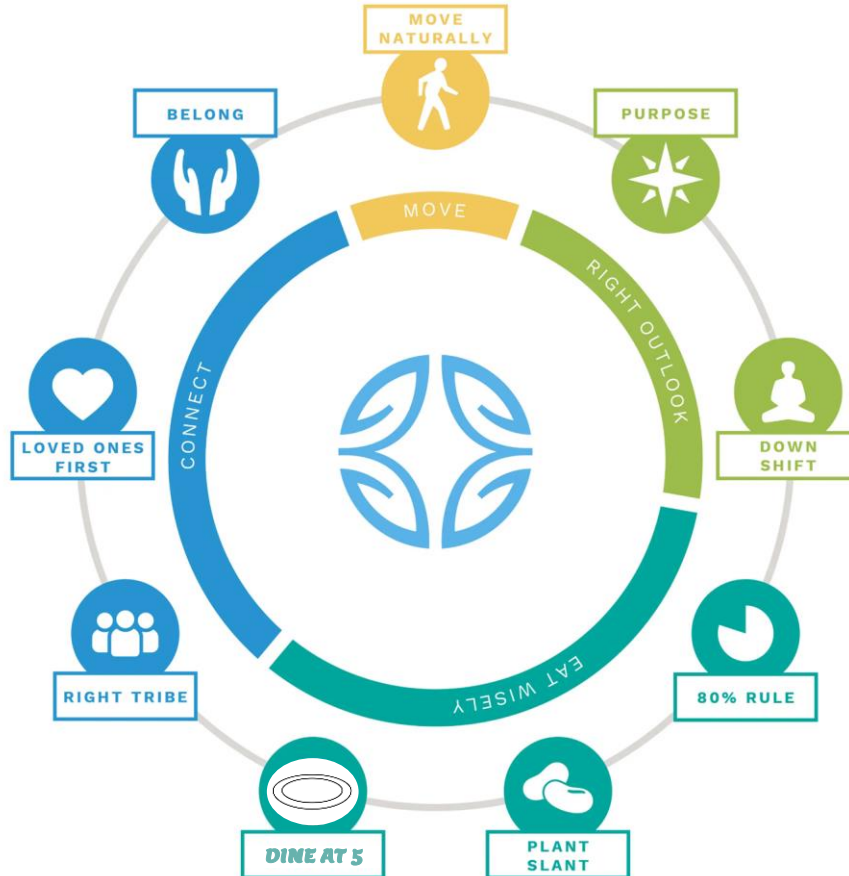
Health: While eating fresh food is beneficial in and of itself, the act of growing that food also boosts physical and mental health. Research shows that working with plants—and putting our hands in the dirt—provides outdoor physical activity, induces relaxation, and reduces stress, anxiety, blood pressure, and muscle tension.

Economy: Urban agriculture can provide a flexible source of income for gardeners and cut family food costs. Also, urban gardening and farming projects, like Mill City Grows, can often provide job training and jumpstart food entrepreneurship.

Community: Urban farming adds and preserves green space in cities, providing places for neighbors to come together, strengthen bonds, and build community cohesion. Urban agriculture connects people with the earth and the source of their food as well as with each other. What's more, urban farms offer critical opportunities for youth leadership, intergenerational collaboration, and cross-cultural learning.

Environment: Urban agriculture improves environmental health and climate resilience in the face of increasing storms and heat. Cultivated land absorbs rainfall, preventing stormwater from overloading sewer systems and polluting waterways. Also, by increasing vegetation and tree cover, farms and gardens attract pollinators like bees and keep city neighborhoods cooler, minimizing the health impacts of heat island effect.

ACTIVITY #4: BLUE ZONES PRINCIPLES



ACTIVITY #4: BLUE ZONES PRINCIPLES

1. Move Naturally:

- *The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work.*

2. Purpose:

- *The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida;" for both it translates to "why I wake up in the morning." Knowing your sense of purpose is worth up to seven years of extra life expectancy*

3. Down Shift:

- *Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.*

4. 80% Rule:

- *"Hara hachi bu" – the Okinawan, 2500-year-old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the blue zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.*

5. Plant Slant:

- *Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat—mostly pork—is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of a deck of cards.*

ACTIVITY #4: BLUE ZONES PRINCIPLES

6. Wine @ 5:

- *People in all blue zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day (preferably Sardinian Cannonau wine), with friends and/or with food. And no, you can't save up all week and have 14 drinks on Saturday.*

7. Belong:

- *The all but five of the 263 centenarians we interviewed belonged to some faith-based community. Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.*

8. Loved Ones First:

- *Successful centenarians in the blue zones put their families first. This means keeping aging parents and grandparents nearby or in a home (It lowers disease and mortality rates of children in the home too). They commit to a life partner (which can add up to 3 years of life expectancy) and invest in their children with time and love (They'll be more likely to care for you when the time comes).*

9. Right Tribe:

- *The world's longest-lived people chose – or were born into – social circles that supported healthy behaviors, Okinawans created "moais" – groups of five friends that committed to each other for life. Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are contagious. So, the social networks of long-lived people have favorably shaped their health behaviors.*

To make it to age 100, you would have to have won the genetic lottery. But most of us have the capacity to make it well into our early 90's and largely without chronic disease. As the Adventists demonstrate, the average person's life expectancy could increase by 10-12 years by adopting a Blue Zones lifestyle.

A NOTE FOR TEACHERS: WHY THE HEALTHY EATING PLATE OVER MYPLATE?

Linked [here](#) is context on why our team decided to teach from Harvard Medical School's Healthy Eating Plate, rather than the United States Department of Agriculture's MyPlate. In sum, the Healthy Eating Plate is based exclusively on the best available nutritional science. The USDA's nutrition resources are based not only on the interests of optimal human nutrition, but also the political and commercial interests of the food industry in the United States. For the purposes of this lesson, students will be considering optimal human nutrition when evaluating food security.