

Resources For Food Security



Resources

Close Enough Nutrition. Judy Webb Brewster. AuthorHouse, 2013. 87 p.

The book deciphers the massive amount of information inside the 2005 and 2010 Dietary Guidelines for Americans so the “average Judy” can understand it. Brewster studied the guidelines and combined that knowledge with Nutrition Facts label specifications and then tried to eat as closely as possible to the Dietary Guidelines’ recommendations on about \$5 a day.

The End of Food. Paul Roberts. Houghton Mifflin, 2008. 390 p.

The best-selling author of **The End of Oil** takes a close-up look at the modern food system to reveal how we produce, market, and consume food and how this has led to inequities in the global market, analyzing the dangerous impact of chemicals and destructive farming techniques, food contamination, and disease, as well as what needs to be done to address the situation before it is too late.

Food, Inc. Los Angeles, Magnolia, 2009. DVD, 91 min.

Lifts the veil on our nation's food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profits ahead of consumer health, the livelihood of the American farmer, the safety of workers, and our own environment. Reveals surprising -- and often shocking truths -- about what we eat, how it's produced, and who we have become as a nation.

Food, Inc.: How Industrial Food is Making us Sicker, Fatter, and Poorer - and What You Can Do About It.

Public Affairs, 2009. 321 p.

A companion book to the documentary, contains essays which complement or expand upon subjects addressed in the film, such as farmworker abuse, corn/ethanol, global warming, and genetic engineering.

Food, Inc.: Mendel to Monsanto - the Promises and Perils of the Biotech Harvest.

Peter Pringle. Simon and Schuster, 2003. 239 p.

"For most people the global war over genetically modified foods is a distant and confusing one...In **Food, Inc.**, acclaimed journalist Peter Pringle shows how both sides in this overheated conflict have made false promises, engaged in propagandist science and indulged in fear-mongering.....suggest that a fertile partnership between consumers, corporations, scientists and farmers could still allow the biotech harvest to reach its full potential in helping to overcome the problem of world hunger, providing nutritious food and keeping the environment healthy. RUSA Notable Book - 2004.

Food Research and Action Center

Data and publications on hunger and poverty, food hardship, food access and affordability, national and state program data, SNAP/Food Stamp participants, cost of food, nutrition program participants.

<http://frac.org/reports-and-resources/>

Fresh. Docuramafilms, 2012. DVD, 72 min.

Celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for the future of our food and our planet.

Fresh: a Perishable History. Susanne Freidberg. Harvard University Press, 2009. 408 p.

That rosy tomato perched on your plate in December is at the end of a great journey—not just over land and sea, but across a vast and varied cultural history. This is the territory charted in *Fresh*. Opening the door of an ordinary refrigerator, it tells the curious story of the quality stored inside: freshness. We want fresh foods to keep us healthy, and to connect us to nature and community. We also want them convenient, pretty, and cheap. *Fresh* traces our paradoxical hunger to its roots in the rise of mass consumption, when freshness seemed both proof of and an antidote to progress.

Global Food Futures: Feeding the World in 2050. Brian Gardner. Bloomsbury Academic, 2013.

This text examines food production and supply, including agricultural production, technological advances, dietary concerns, population changes, income trends, environmental issues, government food and agriculture policy, trade, financial markets, macroeconomics and food security.

Household Food Security in the United States in 2011: USDA Report

www.ers.usda.gov/publications/err-economic-research-report/err141.aspx#.UbDn-kCDyqc

In Defense of Food. Michael Pollan. Penguin, 2009. 244 p.

"Eat food. Not too much. Mostly plants."

Just Eating? Practicing our Faith at the Table. Jennifer Halteman Shrock. Presbyterian Hunger Prog.

This is a 7 session curriculum - with participant's booklet and leader's guide - that explores the relationship between the way we eat and the way we live. The study incorporates scripture, prayer and stories from the local and global community to explore 5 key aspects of our relationship with food: the health of our bodies, the challenge of hunger, the health of the earth..., extend hospitality..., opportunities for action, renewal and transformation in our eating practices. www.pcusa.org

Map the Meal Gap

Food First has compiled national, state, and county level data on food insecurity. Includes rates, numbers of individuals and income within the food insecure population.

feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx

The Omnivore's Dilemma: a Natural History of Four Meals. Michael Pollan. Penguin, 2006. 450 p.

"Pollan has divided **The Omnivore's Dilemma** into three parts, one for each of the food chains that sustain us: industrialized food, alternative or "organic" food, and food people obtain by dint of their own hunting, gathering or gardening. Pollan follows each food chain literally from the ground up to the table, emphasizing our dynamic coevolutionary relationship with the species we depend on."

A Place at the Table. Magnolia Pictures, 2011. DVD, 84 min.

50 million people in the U.S. don't know where their next meal is coming from. This issue is examined through the lens of three people in the U.S. struggling with food insecurity.

Sustainable Food Security in the Era of Local and Global Environmental Change.

Mohamed Behnassi, Olaf Pollmann and Gabrielle Kissinger, eds, Springer, 2013. 338 p.

Discussing a range of vital issues in food production and consumption, this book has four broad sections: combating food insecurity; managing linkages between climate change and food security; food security and patterns of production and consumption; and successful, innovative practices.

Uncertain Peril: Genetic Engineering and the Future of Seeds.

Claire Hope Cummings. Beacon Press, 2008. 232 p.

Examines the rise of industrial agriculture and plant biotechnology, the fall of public interest science, and the folly of patenting seeds, suggesting how green technologies and new approaches to food and farming methods will provide a way out of this growing predicament.

Local Groups

Champaign County Food Policy Council

Established by the County Board in 2012. Objectives include economic development enhancement, strengthening the county's local food system, bringing stakeholders together, and recommending policy initiatives to the board. Their website provides a clearinghouse of local food initiatives: organizations, restaurants, markets, farms, and events as well as links to policy. <http://champaigncountylocalfood.org>

Daily Bread Soup Kitchen

The mission of the Daily Bread Soup Kitchen is to feed the hungry of our community regardless of race, religion, or ethnicity. We welcome all volunteers to this service who share an unconditional positive regard for every human being. We provide a safe, respectful, and inviting environment in an atmosphere of hope and dignity. We serve a nutritious hot meal to an average of almost 200 guests a day in New Covenant's Fellowship Hall on weekdays. We have recently paired with the Labre Project at Newman Center at the University of Illinois to staff a mobile van that now serves sandwiches at two different locations on the weekend.

<http://dailybreadsoupkitchen.com>

Eastern Illinois Foodbank

The Eastern Illinois Foodbank exists to alleviate hunger in eastern Illinois by providing a reliable source of food for the hungry through cooperation with a network of food pantries and agencies. The Foodbank accepts donated and discounted food from a variety of sources and [distributes it](#) to 220 emergency food programs, such as food pantries, soup kitchens and shelters. By partnering with EIF, emergency food programs are able to save millions of dollars each year in food purchase and handling costs. The Foodbank also operates the [Healthy Futures Initiative](#), designed to alleviate hunger among low-income children and the [Foodmobile Program](#), which aims to increase access to emergency food for residents in rural and under-resourced communities.

<http://eifoodbank.org/>

Faith in Place

Faith in Place inspires religious people of diverse faiths to care for the Earth through connection, education, and advocacy. Our mission is to help people of faith understand that issues of ecology and economy - of care for Creation - are at the forefront of social justice. At Faith in Place we believe in housing the homeless, feeding the hungry and clothing the naked. But even if we do all those things, and love our brothers and sisters with our whole heart, it will not matter, if we neglect the ecological conditions of our beautiful and fragile planet. Brian Sauder, Policy Director, works from the Central Illinois office of Faith in Place, located at the University YMCA. Since 1999, Faith in Place has partnered with over 900 congregations in Illinois.

<http://faithinplace.org>

The Land Connection

Farmers and farmland are two sides to one very precious coin. We incorporated The Land Connection as an educational nonprofit in order to preserve and protect our agricultural heritage by educating farmers and the public about the value of farmland and the need for more local food production and consumption.

www.thelandconnection.org

Meals On Wheels

Serves approximately one million meals each day to seniors through direct delivery and meals served in group settings. In Champaign County, the program is administered through Family Service.

www.famservcc.org/mealsonwheels

Randolph Street Community Garden

The Randolph Street Community Garden, located north of Stratton Elementary School in Champaign, is a volunteer run project committed to providing an opportunity for the residents of the North-end of Champaign to grow their own fresh organic produce. We believe that community gardening makes our neighborhood more cohesive and improves the quality of our lives. <http://randolphcommunitygarden.com/>

Sola Gratia Farm

Sola Gratia Farm is a four-acre community-based farm enterprise dedicated to producing locally-grown, high-quality, natural produce. Responding to the Gospel, the Farm is committed to helping those who lack adequate food resources by donating ten percent of its produce to support regional hunger programs. Located behind St. Matthew Lutheran Church in Urbana, for years this land had been in production of corn and soybeans raised to support families and communities abroad suffering from chronic poverty and hunger. The farm has now developed a CSA and will also be a venue for teaching the values of stewardship and the care of creation, for community building through volunteer opportunities, field days and an annual harvest festival, for strengthening the link between farmer and consumer, and for lifting up our responsibilities to one another.

Sola Gratia Farm developed out of a joint vision with St. Matthew Lutheran Church of Urbana and Faith in Place.

<http://www.solagratiafarm.org>

Smart Choice Food

Smart Choice Food purchases restaurant quality food which is packaged and shipped to our host sites for delivery. Our program is designed to provide a food source to reach those families that are simply trying to stretch their dollars, without sacrificing quality when it comes to what they put on their dinner table. Many sites accept Food Stamps. Customers prepay for a box of food and it is delivered to a host site such as a church or nonprofit organization. First Wesleyan Church in Urbana and Loving Action in Rantoul are host sites in this area. www.smartchoicefood.com

Wesley Food Pantry

The Wesley Evening Food Pantry began as a response to a community need for a food pantry with evening hours. Since November 2006 the Wesley Evening Food Pantry has provided groceries, health, education, and human services for area residences on the third Thursday of the month.

The ultimate goal of the Wesley Evening Food Pantry is for everyone in our community to have enough food to eat –resulting in no need for the pantry.

<http://wesleypantry.org/>

Wholesome Food Fund

This fund, a designated fund developed in collaboration with the Community Foundation of Central Illinois helps shift some SNAP dollars to local food where its economic value multiplies. By using their SNAP cards at the Peoria Riverfront Market, people can stretch their food dollars and receive \$50 in buying power for each \$25 of SNAP benefits. For farmers selling at the market, this is a new source of revenue. This incentivizing of local foods benefits SNAP recipients, adds new revenue to the local economy, improves central Illinois air and water, fights community obesity and disease, and provides an opportunity for volunteers to act.

<http://edibleeconomy.org/download/other/wholesome%20food%20fund%20brochure%20pdf.pdf>

National and International Organizations

Aldo Leopold Foundation

The Aldo Leopold Foundation's mission is to weave a land ethic into the fabric of our society; to advance the understanding, stewardship and restoration of land health; and to cultivate leadership for conservation.

www.aldoleopold.org

American Association of Retired Persons (AARP)

AARP works with state and community partners and volunteers to help older adults enroll in the SNAP program, commissions studies on causes and consequences of senior hunger, and awards grants for programs that address hunger among older adults.

www.aarp.org/aarp-foundation/our-work/hunger/info-2012/snap-food-benefits-help-seniors-enroll.html

Bread for the World

Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. www.bread.org

Center for Biological Diversity

... we believe that the welfare of human beings is deeply linked to nature — to the existence in our world of a vast diversity of wild animals and plants. Because diversity has intrinsic value, and because its loss impoverishes society, we work to secure a future for all species, great and small, hovering on the brink of extinction. We do so through science, law and creative media, with a focus on protecting the lands, waters and climate that species need to survive. www.biologicaldiversity.org

Center for Food Safety

The Center for Food Safety (CFS) is a national non-profit public interest and environmental advocacy organization working to protect human health and the environment by curbing the use of harmful food production technologies and by promoting organic and other forms of sustainable agriculture. CFS also educates consumers concerning the definition of organic food and products. www.centerforfoodsafety.org/

Center for Science in the Public Interest

The Center for Science in the Public Interest (CSPI) is a consumer advocacy organization whose twin missions are to conduct innovative research and advocacy programs in health and nutrition, and to provide consumers with current, useful information about their health and well-being. www.cspinet.org

Churches' Center for Land and People

The Churches' Center for Land and People is an ecumenical organization that brings together churches, groups and individuals to strengthen rural life and the ministries of faith communities in Wisconsin, Iowa and Illinois. The Center works to integrate earth stewardship, economic justice, community and spirituality around issues related to agriculture and food. The group was started by the Sinsinawa Dominican Sisters during the deepening economic struggle of the farming community in the 1980s. A good list of print, film and organizational resources can be found at: www.cclpmidwest.org

Cornucopia Institute

The Cornucopia Institute will engage in educational activities supporting the ecological principles and economic wisdom underlying sustainable and organic agriculture. Through research and investigations on agricultural issues, The Cornucopia Institute will provide needed information to consumers, family farmers, and the media. www.cornucopia.org

Feeding America

Feeding America is the nation's leading domestic hunger-relief charity. Our mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger. feedingamerica.org

Food and Water Watch

Food & Water Watch works to ensure the food, water and fish we consume is safe, accessible and sustainably produced. We help people take charge of where their food comes from, keep clean, affordable, public tap water flowing freely to our homes, protect the environmental quality of oceans, force government to do its job protecting citizens, and educate about the importance of keeping the global commons — our shared resources — under public control. www.foodandwaterwatch.org

Food First

The Institute for Food and Development Policy/Food First analyzes the root causes of global hunger, poverty, and ecological degradation and develops solutions in partnership with movements working for social change. www.foodfirst.org

Food Not Bombs

Food Not Bombs recovers and shares free vegan or vegetarian food with the public without restriction in over 1,000 cities around the world to protest war, poverty and the destruction of the environment. FNB is dedicated to taking nonviolent direct action to change society so no one is forced to stand in line to eat at a soup kitchen, expressing a commitment to the fact that food is a right and not a privilege. www.foodnotbombs.net

Foods Resource Bank

As a Christian response to world hunger, the Food Resource Bank links the grassroots energy and commitment of the U.S. agricultural community with the capability and desire of small farmers in developing countries to grow lasting solutions to hunger. FRB has a local office in Springfield, IL. www.foodsresourcebank.org

Generations United

The mission of Generations United is to improve the lives of children youth and older people through intergenerational collaboration, public policies, and programs for the enduring benefit for all. Programs include older gardeners teaching younger people how to grow food and connecting Meals on Wheels delivery with driver's education programs. www.gu.org

Grassroots International

Together with our partners and allies, Grassroots International promotes the human right to water, secures land rights for small farmers and producers, promotes food sovereignty, encourages women's and indigenous leadership, advocates for local solutions to the food crisis and defends human rights activists.

www.grassrootsonline.org

Green America

Our mission is to harness economic power—the strength of consumers, investors, businesses, and the marketplace—to create a socially just and environmentally sustainable society. www.greenamerica.org

Humane Farming Association

HFA's goals are to protect farm animals from cruelty and abuse, to protect the public from the misuse of antibiotics, hormones, and other chemicals used on factory farms, and to protect the environment from the impacts of industrialized animal factories. www.hfa.org

Mennonite Central Committee (MCC)

MCC, a worldwide ministry of Anabaptist churches, shares God's love and compassion for all in the name of Christ by responding to basic human needs and working for peace and justice. MCC envisions communities worldwide in right relationship with God, one another and creation. www.mcc.org

Oxfam America

Oxfam America is a global organization working to right the wrongs of poverty, hunger, and injustice. We save lives, develop long-term solutions to poverty, and campaign for social change. We work with people in more than 90 countries to create lasting solutions. www.oxfamamerica.org

Pesticide Action Network

PAN North America works to replace the use of hazardous pesticides with ecologically sound and socially just alternatives. We link local and international consumer, labor, health, environment and agriculture groups. PAN challenges the global proliferation of pesticides, defends basic rights to health and environmental quality, and works to ensure the transition to a just and viable society. www.panna.org

Save the Children

Save the Children is the leading independent organization creating lasting change in the lives of children in need in the United States and around the world. Recognized for our commitment to accountability, innovation and collaboration, our work takes us into the heart of communities, where we help children and families help themselves. www.savethechildren.org

Share Our Strength

Created the “No Kid Hungry” campaign which offers nutrition education. Their “Cooking Matters” program helps low income families learn how to stretch their food budgets, shop smarter, make healthier choices, and cook affordable meals. www.nokidhungry.org

UNICEF

Began its operations at the end of WWII providing urgent relief. UNICEF provides emergency feeding programs during disaster or famine, funds nutrition education and support for young mothers, and supplies therapeutic food to malnourished children. www.unicef.org

World Food Programme

Distributes food to 97 million people in 80 countries. They provide emergency food, Food for Work, and fund projects to increase the capacity of communities to move past hunger. www.wfp.org

Worldwatch Institute

Through research and outreach that inspire action, the Worldwatch Institute works to accelerate the transition to a sustainable world that meets human needs. The Institute's top mission objectives are universal access to renewable energy and nutritious food, expansion of environmentally sound jobs and development, transformation of cultures from consumerism to sustainability, and an early end to population growth through healthy and intentional childbearing. www.worldwatch.org