

# RACISM AS AN OBSTACLE TO FOOD SOVERIGNTY

A Case Study in Bloomington, Indiana

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CAPSTONE  
FINDINGS  
FOR 2021



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Summary Introduction Background Methodologies Policy Context Recommendation References Appendix

# EXECUTIVE SUMMARY

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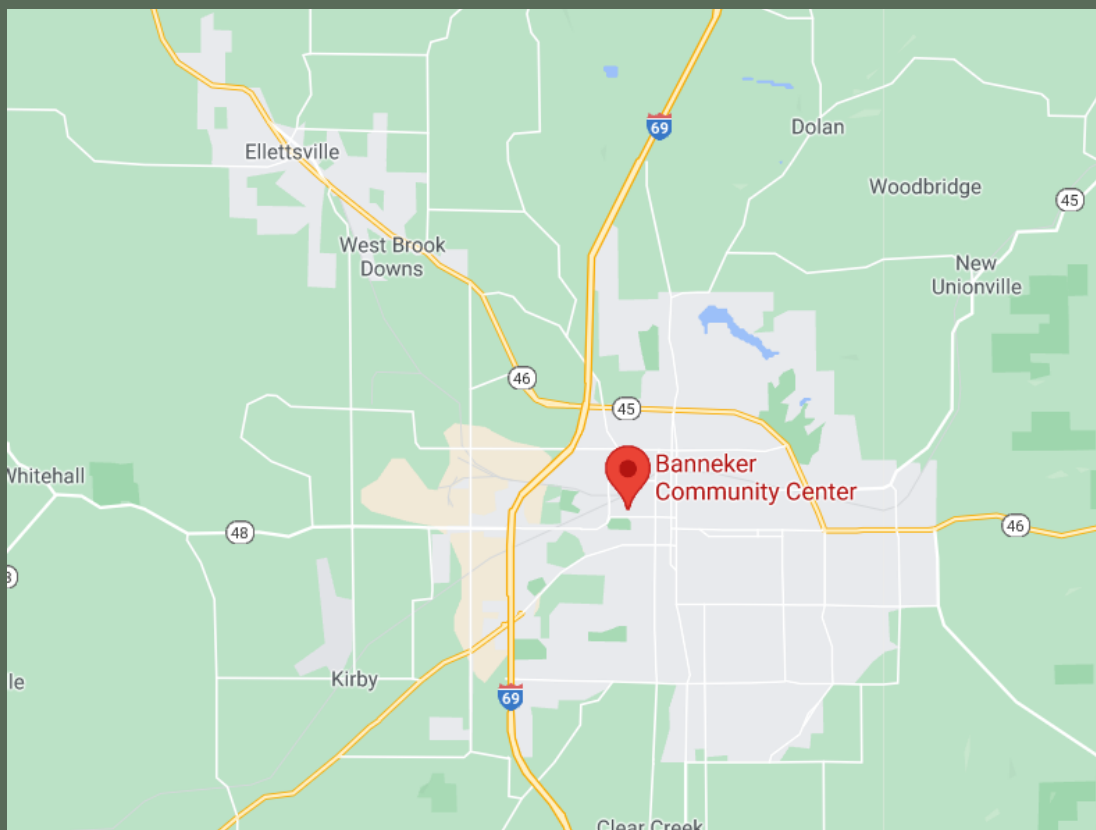
One half of the Spring 2021 Geography Capstone class partnered with food justice advocate and entrepreneur Lauren McCallister of the Plant Truck Project to realize a series of tasks surrounding food security in Bloomington, Indiana. Ultimately, our goal was to create a food program in collaboration with the local Plant Truck Project that has two main purposes: 1) to invite the Bloomington community to learn about growing their own food and 2) create awareness and analyze the direct linkages between food insecurity and systemic racism that can be used to start a pathway towards legislative action addressing systemic racism and its impacts in Bloomington, Indiana. In this report we provide background on a myriad of interlocking issues regarding food justice. We provide methodologies for our projects and their outcomes, then analyze the ways our tasks reflect resistance to the systemic racism in Bloomington food systems. We then contextualize the issue of food justice in Bloomington through local case studies and GIS (geographic information system) mapping analysis. Based on the case studies, analysis, and engagement of our stakeholders, we conclude that Bloomington lacks infrastructure that supports food accessibility. We recommend that policymakers in Bloomington address the interconnections between food access and race, and begin a more transparent account of progress on its goals.

## FOOD JUSTICE GROUP

Senior Capstone Spring 2021

# INTRODUCTION

The Plant Truck project is a new initiative based in Bloomington and Ellettsville, Indiana, that aims to make plants, seeds, medicine and healthy food accessible to people that have historically been discriminated against and denied access to land and food. The Banneker community center is working with the Plant Truck to develop a food program to serve the surrounding community with an emphasis on access to people experiencing food insecurity. The goal of the cooperation between the Plant Truck Project and Geography Capstone is to develop a program that invites people into the community through volunteering to learn about growing, harvesting and food preservation and presenting a pathway to receiving a sponsored plot at the Monroe County Park site at Will Detmer.



**FIGURE 1.**  
THE PLANT TRUCK PROJECT SERVICEABLE AREA WITH A HIGHLIGHT ON THE BANNEKER COMMUNITY CENTER TAKEN FROM GOOGLE MAPS.

# BACKGROUND

## Racism, Food Access, and Outcomes

Racism and its implications as a public health problem is manifested in the food system, specifically through lack of access and discriminatory investment. The psychosomatic impact of racism explained in Harrell (2012) shows that the effects of racism manifest physiologically, a product of systems and practices that lead to low health outcomes. Households that lack access to adequate food face “the adverse social, physical, and psychological outcomes associated with food insecurity” (Odoms Young, 2019, p.1). This is “well documented, particularly in households with children including higher rates of diabetes and hypertension, self-reported fair or poor health, maternal depression, behavioral problems/developmental delays in early life, and poor academic achievement” (Odoms Young, 2019, p.1). These implications have lifelong health and social impacts. So, cities in Indiana like Evansville , Indianapolis, and South Bend all declared racism a public health crisis to begin addressing these inequalities. Access to healthy food is key in preventable health issues common among low income people, this lack of access leads to lower life and health outcomes. Odoms and Young (2019) goes on to explain, “the relationship between race/ethnicity and food insecurity is complex and is clearly intertwined with other established determinants of food insecurity including poverty, unemployment, incarceration, and disability” (p. 1). In the context of the Food Justice Capstone Project, the close ties to racism as a means of deliberately excluding people from the food system are critical for understanding the issue. This exclusion is being observed from an outside perspective, from the student world peering in. As such, we were careful to avoid prescriptive solutions and value-judgement. Our projects and each of its pieces have focused on supporting impacted communities in meaningful ways while being mindful of the relationship that the students who developed this report have to the communities the report is based on.

# BACKGROUND

## Historic Exclusion of Black Contributions to American Agriculture

To understand the complexity of modern food justice, we must first build historic awareness of racialized marginalization in America's agricultural system. The role of enslaved Africans in contributing to America's agricultural industry are not widely published in textbooks or taught to children in schools. For example, enslaved Africans essentially made rice the first large-scale food commodity traded across the ocean by using their extensive knowledge of rice and their bodies to cultivate it in America. This has largely been left unacknowledged, and white capitalists would later take complete credit for the innovation of making rice the basis of the plantation system in coastal South Carolina (Carney, 2001, p.xii). The cotton industry constituted 61 percent of the value of all U.S. products shipped abroad on the eve of the Civil War, but was only made successful by the mass exploitation of four million enslaved Africans (Beckert, 2014). In 1840, Louisiana planters were producing a quarter of the world's cane-sugar supply. During this time sugar bested cotton locally, making Louisiana the second-richest state in per capita wealth, again because of the mass exploitation of enslaved Africans (Muhammad, 2019). The lack of public education regarding the myriad of contributions of enslaved Africans to America's agricultural success implies that white supremacy has successfully discredited and diminished their role to simply unskilled, enslaved labor.

The government sector, private lending institutions, and white farmers and merchants have historically discriminated against Black people and systematically denied them equal access to land and crop insurance. The consequences of this discrimination calculated by the think tank the Center for American Progress found that black farmers lost 80% of their farmland from 1910 to 2007, often because they lacked access to loans or insurance needed to sustain their businesses

# BACKGROUND

Today, Black farmers make up less than 2 percent of all farmers in the United States and on average have smaller farms. The Center for American Progress found that the average full-time white farmer made \$17,190 in farm income in 2017, while the average full-time black farmer made \$2,408 (Castro & Willingham, 2019). The disparity between white farmers and BIPOC (Black, indigenous, people of color) farmers is obvious and multi-faceted.

It is clear that Black justice, too, is directly linked to food justice. First, as recognition and reparations for the agricultural economy of the entire country built on enslaved labor. Then, as recognition for the role that Black farmers played in the civil rights movement by coordinating campaigns for desegregation and voting rights as well as providing food, housing, bail money, and a safe haven for other organizers. Veteran civil rights activist Baba Curtis Hayes Muhammad said, “Without Black farmers, there would have been no Freedom Summer—in fact, no civil rights movement” (Penniman, pg. 26).

## Food Security and Accessibility

When it comes to food security, it is worth considering who has access to viable food options. Food insecurity is often experienced by those living within homes headed by ethnic minorities. According to a 2013 study conducted by Alicia Coleman Jensen et al., “Rates of food insecurity are substantially higher for [households]...with children headed by single women or single men, and Black and Hispanic-headed households [and those living in urban areas],” (Coleman Jensen et al., 2014). These families are not able to obtain healthy food, access public transit to buy food, or live too far to properly shop for groceries and other necessities. According to Jensen et al., there are two levels of identifying these households: low food security and very low food security.

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They write, “The very low food security category identifies households in which the food intake of one or more members was reduced and eating patterns disrupted because of insufficient money or other resources for food,” (Jensen et al., 2014). Because of a lack in government assistance and community development, there are families who experience food insecurity on a vast scale. Assessing the needs of the community and understanding their food interests is a vital factor in saving many from this epidemic.

## Food Security in the United States

In 2019, approximately 10.5% of all U.S. households, or 13.7 million households and more than 35 million Americans, were food insecure, meaning that these households were unable to acquire enough food to meet their needs or were uncertain about where food would come from (Silva, 2020). A third of these food insecure households experienced noticeably reduced food intake and changed eating patterns. Furthermore, 13.6% of households with children, or more than 5 million children, experienced food insecurity. Among these, there is a disproportionate burden of food insecurity on Black and Hispanic populations. On a national scale, 19.1% of Black households, 15.6% of Hispanic households, but only 7.9% of White Americans experience food insecurity (Silva, 2020). Food insecurity is often experienced by those living within homes headed by ethnic minorities. According to a 2013 study conducted by Alicia Coleman Jensen et al., “Rates of food insecurity are substantially higher for [households]...with children headed by single women or single men, and Black and Hispanic-headed households [and those living in urban areas],” (Coleman Jensen et al., 2014).

Food deserts, defined as being more than a mile away from a supermarket in an urban area, or more than 10 miles away in a rural area, are another aspect of food insecurity and accessibility.



# BACKGROUND

6% of the U.S. population, or 19 million people, lives in a recognized food desert. Of these, 2.1 million households simultaneously lived in a food desert and did not have access to a vehicle. These food insecurity statistics are reflected in national programs and policy as well, with 38 million people in the United States partaking in SNAP (Supplemental Nutrition Assistance Program) for food assistance (Silva, 2020). These numbers have significantly increased during the COVID-19 pandemic and its subsequent economic downturn and job losses. Over the past year, food insecurity has more than doubled in as many as 23% of households, with food insecure households with children increasing to 27.5% by June 2020, making the total number of children experiencing food insecurity in the U.S. approximately 13.9 million (Silva, 2020).

## Food Security in Indiana and Monroe County

Food insecurity persists – and has noticeably worsened during the COVID-19 pandemic – on both state and local levels. Before 2020, approximately 15% of Indiana’s population, or one million people, were food insecure (Legan, 2021). More than 300,000 children in Indiana experienced food insecurity, and 85% of food bank recipient households reported having purchased “unhealthier” food because it was cheaper than a healthier option. Additionally, 77% of these Hoosier food bank recipient households reported having to choose between buying food and paying for medicine or medical care (Hoosier Hills Food Bank). In Monroe County, however, food insecurity levels surpass both state and national averages, with around 16.8% of the county’s population, or around 24,260 people, food insecure (“Map the Meal Gap”). County numbers show that 20.8% of Monroe County children are food insecure, with 31% of children both food insecure and ineligible for assistance (BTCC Bloomington). Additionally, 19.83% of families with children in Monroe County need to rely on federal food assistance through SNAP.

# BACKGROUND

Our understanding of food insecurity, its disproportionate impact on different communities, and how these experiences have changed during the COVID-19 pandemic can be viewed from a national standpoint and narrowed down to local insecurity levels experienced in Monroe County. Since the start of the pandemic in March 2020, many people have been without easy access to healthy food due to grocery stores running out of supplies and limiting amounts or overall purchases. (Corkery, 2020) Accessing food required people to potentially expose themselves to COVID-19 in order to feed and sustain themselves and their families. In Indiana specifically, people lost jobs and saw their hours being cut, with Indiana topping the national unemployment rate by 2.2% (Associated Press, 2020). Food insecurity in Monroe County has roughly doubled since the onset of COVID-19. Ellettsville’s food bank Pantry 279 had approximately 3,000 to 3,500 recipients per month before the coronavirus pandemic. By March 2020, numbers had immediately increased to around 5,000 recipients, which climbed even further to reach 8,000 recipients by December 2020 (Legan, 2021). In Bloomington, Monroe County United Ministries began servicing almost 800 new households in 2020 with 92% of those joining after the beginning of the pandemic (Kramer, 2021). Mayor John Hamilton has focused on individual economic recovery as part of his Recover Forward plan, and the plan’s 2-million-dollar budget only contributes \$75,000 directly towards food security via the Farm Stop (Bloomington Recover Forward, 2020). This is in cooperation with the money provided by the state and federal governments.

# BACKGROUND

## Racism and Local Food Accessibility

A conflict based at the City of Bloomington’s summer farmer’s market in 2019 is a great example of the effects of a failed food justice initiative. What made this event interesting to analyze was that there was both a sense of inclusivity and exclusion that were present. Schooner Creek Farm, owned by a husband and a wife in Bloomington, were linked to “an organization that promotes white nationalism and ‘white American identity,’” (Healy 2019). After the community became aware of the accusations, consumers and farmers expressed concern for the safety of those within the community. Those against Schooner Creek’s participation in the city market showed up in protest, and some were arrested. In retaliation to this, supporters of white supremacist groups in surrounding areas attended the protest to endorse recent events. According to Healy’s article, “[armed] members of a conservative militia group drove into Bloomington to support the farm against what they call anti-facist enemies,” (Healy 2019).

As the events unfolded, the farmer’s market did not ban the Schooner Creek stall from visiting the farm and selling more products to the community. But the owners denied being white supremacists, there are still concerns regarding who is welcome in community events like the Bloomington farmer’s market and the inclusivity of these events for minorities. This is regardless of race, gender, religion, or ethnic background. When the Schooner Creek Farm organization was accused of white supremacy, it created a sense of confusion and grief for a community as many were surprised and disappointed that white supremacy and racism exists within the Bloomington community.

# METHODOLOGY

The following section details the processes taken to complete the tasks for our client, the Plant Truck Project. The GIS portion of this project focused on illustrating the state of food access in Bloomington. The remainder of the tasks (development of educational materials for Monroe County Parks and Recreation, lending library resources, and the food journal survey for the Banneker Center) were centered on supporting outreach and facilitating communication with local communities experiencing low food access.

## Geographic Information Sciences Approach

As one of the larger cities in Indiana, Bloomington has a population that requires support when it comes to food. This is not unlike many other large cities across the United States, and the introduction of Urban Food Movements has proven to be effective in combating this large need (Sadler, Bilal, & Furr-Holden, 2021) (Clendenning, Dressler, & Richards, 2015). The first part of this project was to find and label all of the Food Access Points in Bloomington, Indiana. These were defined as spaces where food would be available in some capacity for anyone in need of it. For our list of Food Access Points, we located all of the Little Free Pantries in Bloomington using their website. This provided us with 22 LFP locations in Bloomington and the surrounding area (Little Free Pantry Bloomington, 2021).



**Figure 3:** The route from Bloomington’s Highland Village neighborhood to the Hoosier Hills Food Bank, one of the largest food distribution organizations in Bloomington and within the proximal area. This route consisted of taking the 3 Bus to the Bloomington transit center, then the 2 Bus to the Crescent & Marquis stop near Crestmont Park, where the Bloomington transit route options ended. A 0.9 mile walk over the Vernal Pike overpass completed the route to the food access point. In total, this route takes approximately 60-90 minutes to complete one-way, depending on traffic. With a private vehicle, the route is a seven minute drive down Curry Pike and Vernal Pike. |



**Figure 4:** The route from Garden Hill Mobile Home Park to the Hoosier Hills Food Bank. No public transportation was available for this route, making the only means of access a 1.8-mile, 40-minute walk (one-way) down Vernal Pike to the food access point.

# METHODOLOGY

A member of our team visited all of these locations and noted the condition, specific location information, and any other key parts regarding the LFP's in Bloomington (ex. located behind church sign, well stocked, door hinge missing as of 3-12-21). The rest of the Food Access Points were better documented and were able to be inserted into the data table with their addresses, websites, phone numbers, and schedules via their respective websites. The latitude and longitude were also included to ease the process of geocoding and locating things like any hidden LFPs. After locating all of the Food Access Points, we would be able to determine areas in greater need while simultaneously providing information about the points to the community.



**Figure 5:** The route from Garden Hill Mobile Home Park to the Wheeler Mission Center for Men, which provides free hot meals as part of its services. The route consists of walking 1.1 miles to the 3rd & Curry Pike bus stop, taking the 3 Bus to the 3rd & Landmark stop, and walking the remaining distance to the food access point. The route takes approximately 30-40 minutes to complete one-way, depending on traffic.



**Figure 6:** The route from Oakdale Square Apartments to Community Kitchen, which provides warm, nutritious meals as part of its services. The route consisted of walking 1.2 miles to the Curry Pike & Glen Oaks bus stop, taking the 3 Bus to the Downtown Transit Center, taking the 2 Bus to Rogers & Hillside, and then walking the remaining distance to the food access point. The total route takes approximately 60-75 minutes one-way, depending on traffic.

# METHODOLOGY

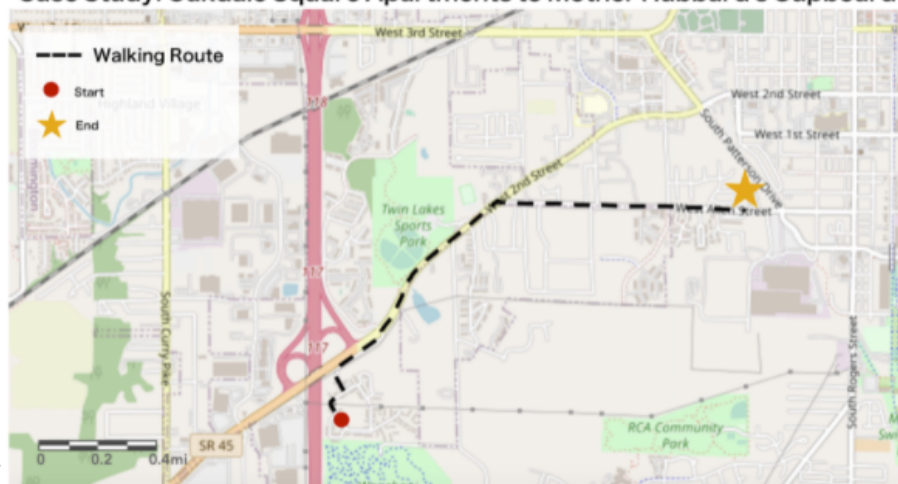
The second part of the GIS on this project is a bit more complex. We were tasked with creating a map containing bus routes for the city of Bloomington that would help guide citizens to the Food Access Points. The information for this was difficult to come across, but via [bloomingtontransit.com](http://bloomingtontransit.com) and [bloomington.gov](http://bloomington.gov) we were able to gather bus routes, trails, and sidewalk data. Making this database searchable and active via the webmap did prove to be too

difficult and was put aside for the time being. We could still analyze the data we had by using data similar to that found in Bloomington Transit's Market Analysis from 2019 (Foursquare ITP, Bloomington Route Optimization Study 2019). This data included households with one or zero cars, persons with disabilities, income levels, and age of neighborhoods. Using this would provide an in-depth look at the inner workings of Bloomington's food access and transit needs. This data was acquired thanks to Social Explorer and past IU research projects.

These maps were then used to create and analyze case studies around the city. Marking out the routes taken from certain neighborhoods to the nearest food access point provides a visual example of disparity. These maps use multiple bus routes and occasionally walking paths if necessary.

With these two parts put together, we aimed to achieve something in the vein of the Baltimore City's Food Environment: 2018 Report (Misiaszek, Buzogany, & Freishtat, 2018), and provide city council members with an in-depth map highlighting the food needs of their community.

**Case Study: Oakdale Square Apartments to Mother Hubbard's Cupboard**



**Figure 7:** The route from Oakdale Square Apartments to Mother Hubbard's Cupboard, which provides access to a free food pantry and community garden. No public transportation was readily available for this route, making the fastest means of access a 1.9-mile, 40-minute walk (one-way) down Bloomfield Road and Allen Street to the food access point.

**Case Study: Crestmont Park to People's Market (Bloomingfoods East Location)**



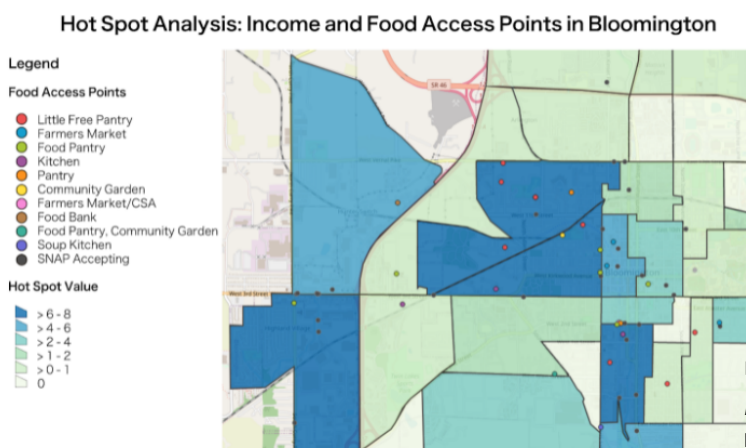
**Figure 8:** The route from Bloomington's Crestmont Park neighborhood to the People's Market location near Bloomingfood Market & Deli East. This market started as an alternative source of fresh, locally-produced food after the issues of white supremacist groups at the Bloomington Community Farmers Market became known. While the original city market is within a 14-minute bus ride from the starting point, this route consists of taking the 2 Bus to the College Ave & 17th stop, taking the 6 Bus to the Smith Rd & Morningside Dr stop, and then walking the remaining 0.7 miles to the market. This route takes approximately 50-70 minutes one-way, depending on traffic.

The results we obtained from these GIS analyses and case studies highlighted the disconnect between existing food and transit infrastructure in Bloomington and the burden it subsequently creates on food accessibility in our community. The implications from the GIS analyses also show that this disconnect falls along the lines of race and income, with areas of lower income and higher percentages of black residents experiencing an increased need for food access points but still lacking the transportation to efficiently access those spaces.

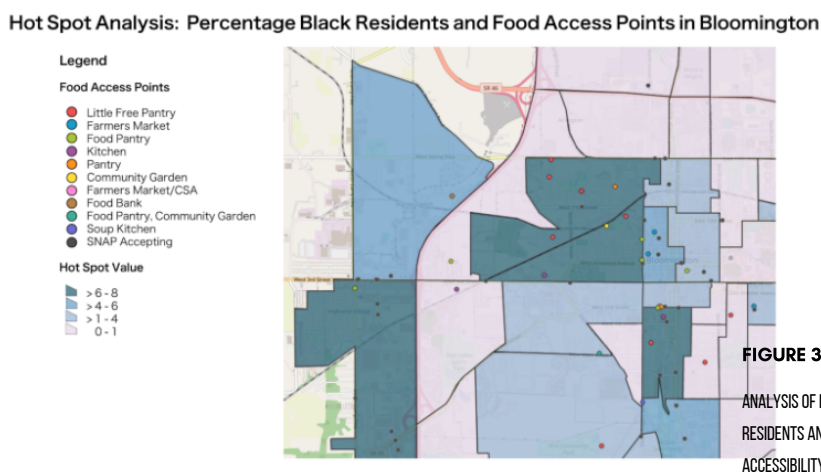
# METHODOLOGY

## Hot Spot Analysis

In order to effectively and efficiently show areas in Bloomington that need more assistance when it comes to low cost food access, we created a set of maps that use hot spot analysis alongside census tract data. In order to highlight areas in Bloomington that have a relatively low amount of easily accessible or low cost food. The areas came from census tract data, and the points were created manually by members of the GIS team. Hot spot analyses focus on taking several points within a designated shapeform, and tries to find a statistically important area using a predetermined equation. This area would either show areas with a high, or low concentration of points. The program gave us a score on how accessible food is in a given area, and when paired with income data (Figure 1) or black population data (Figure 2), it showed that the same district was an area where food was not very accessible and had a population with a lower average income, as well as having a higher percentage of a black population than surrounding areas. This area is the census area west of US-69, and north of 3rd street. The area has an average income of \$16,731 and the area is 22.41% black.



**FIGURE 2.**  
ANALYSIS OF INCOME AND FOOD ACCESS POINT ACCESSIBILITY IN BLOOMINGTON



**FIGURE 3.**  
ANALYSIS OF PERCENTAGE OF BLACK RESIDENTS AND FOOD ACCESS POINT ACCESSIBILITY IN BLOOMINGTON

# METHODOLOGY

## Educational Materials for Monroe County Parks and Recreation

One of the overarching goals for this project was to update the available educational materials for the gardeners at Will Detmer park. After meeting Autumn Brunelle, the Naturalist for Monroe County Parks and Recreation and general manager of Will Detmer, we found that compost was being underutilized and that many of the garden plot renters were inexperienced gardeners. To this, our final research question for this task is what does a holistic approach to community gardening education look like in Will Detmer? For this task, we decided to make an informational brochure that could be handed out and posted at Will Detmer that contains general gardening information such as when to plant specific vegetables and what are the benefits of using compost, and where to get access to seeds and/or already started plants. The brochure can be found below in Appendix B.

## Lending Library

The goal of the lending library is to give resources to the Bloomington community to express the growing concern for food insecurity. These resources include books that expand on historically racial inequalities in the food system, resources for production of food on a small-scale level with a strong emphasis on BIPOC farming resources, and resources regarding what to do with produced crops and food items. Ideally, the lending library will be a box outside of Will Detmer park, containing books, leaflets, and sharable resources. The complete list of lending library resources can be found below in Appendix C.

ed).



# METHODOLOGY

## Survey Development: Interactive Food Journal

The first step that the survey team took was to identify the most important questions to focus on, with the audience in mind. We knew that the survey was directed at children participating in the Banneker Center after school care program. These children are members of the community central to the Food Justice project and their interests and food habits would shape the decisions made by the Plant Truck Project and their affiliates. The survey is purposefully an interactive and creative way to understand the relationship, feelings, and habits that the participants have. The choice to make the survey an interactive journal gives more room for different kinds of understanding that would otherwise be lost in a formal multiple choice survey.

We narrowed our research questions down to the following:

1. What does the Banneker community need to be grown?
2. How can these needs be met?
3. What are people eating now, and what do they want to eat?
4. Where is the food coming from?
5. Do people grow food at home?
6. How healthy is their food?
7. How can this information be utilized for the client?

By identifying the scope of our survey the group was better able to create a participatory food journal that answered key questions about food access, choice, and preference. By encouraging open-ended answers, and controlling language tightly we avoid establishing any value judgments related to food and choice. Our survey is intentionally consumer-focused and laterally related to the subject and their experience and desires related to food. We wanted to better understand the community experience through the eyes of the children participating in the after-school program at the Banneker Community Center. The full food journal survey workbook can be found in Appendix D.

# POLICY CONTEXT

## A Race Blind Status Quo

In 2014, the Bloomington Food Policy Council Assessment Working Group came together to compose a report that detailed the state of the food system in Bloomington, Indiana. It “aimed to provide a baseline from which mark growth and improvement over time and better inform policy-making decisions in our community” (BFPC, 2014). Then, the City of Bloomington declared 2019 as “The Year of Food,” the purpose of the campaign being to advance food equity in Bloomington and increase the availability of economic opportunities for local farmers. The major goals of the campaign were outlined in detail in the city’s 2018 Sustainability Action Plan, which included increasing access to local, healthy food, increasing the size and number of local community gardens, and increasing food purchasing from local farmers.

To understand why these are the city’s current goals relating to food insecurity, we examined the recent history of food policy in Bloomington. The most recent example of food policy coming from the city level was the City’s Sustainability Action plan, specifically Chapter 4: Local Food and Agriculture. This plan is largely a collection of goals and concrete actions that can be taken to achieve said goals. However, details about the execution of these goals, their progress, their funding, or their leadership is not available from online resources. The report grazes the surface of goals, but does not speak to their feasibility. Further, while the environmental concerns are pressing, the plan completely ignores the racialized dimensions of food access which we highlighted above. As demonstrated in the background section of this brief, communities of color are at higher levels of risk for food insecurity but there is no discussion of institutional support for this community.

In October 2020, Bloomington released its preliminary “Plan to Advance Racial Equity.” The plan outlined various strategies to deal with racism in the local community. Proposed methods for the implementation of these goals included various forms of racial and implicit bias training and declaring racism as a public health crisis through either a council resolution or executive mayoral order. Although not explicitly mentioned in the Plan to Advance Racial Equality, food insecurity in marginalized communities is a racial issue with detrimental consequences.

# POLICY RECOMMENDATIONS

Based on the findings of our tasks, the city of Bloomington suffers from both a lack of food access infrastructure and underutilization of infrastructure already in place. The map of Bloomington of food access points and assessment of them shows that a number of existing food access points are in poor condition, and, as such, are not utilized. A reassessment of Bloomington's public transportation routes that fully considers food access for residents in marginalized communities would help mitigate this disconnect. Specifically, rerouting Bloomington's public transportation networks to create a route that serves northwest Bloomington's Curry Pike and Vernal Pike areas would significantly improve mobility within their neighborhoods of lower income and higher percentage of black residents.

Within lending library research, one goal that was begun but cut short was creating a central source for market information. This source would be to compact the markets located in Bloomington, and share their information regarding open hours, locations, online services, gardening plots, SNAP/WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children), public transportation and accessibility. In the excel sheet created to gather the sources, there were about 50 different markets that are known to provide food, not all were traditional markets, as some were "Little Free Pantries", Food Banks, and traditional farmers markets.

Finding the information for each market was difficult, due to the market structure. Some markets, typically the more traditional ones, had most of the needed information, but due to their hours they were only accessible once or twice a week. The Little Free Pantries, which have more open locations on a weekly basis, it was difficult finding their exact locations and public accessibility.

# POLICY RECOMMENDATIONS

In our research, we found one of the most important points of access is information. The purpose of the market is to access the community, without knowledge of the market's ammedities community members cannot value the resources. A recommendation for market leaders and community members is to share valuable information about resources in town. Without student status, finding information regarding the markets and food pantries in Bloomington would have been difficult.

When researching Bloomington's policy goals, it became increasingly evident that progress made towards these goals was difficult to find or underreported on. In the 2019 Sustainability Action Plan Progress Report, very little detail was given on the status of the detailed goals outlined in the 2018 Sustainability Action Plan beyond "making progress" or "progress not met." We recommend that there is more transparency and regular updates from the City of Bloomington in regards to local food and agriculture goals. This could be executed through an easily accessible page on the city's website with regularly updated progress and resources. Increased accountability for policy makers in Bloomington must be central to this effort, as the progress on such projects is integral to safe and successful communities. Additionally, it is paramount that the Bloomington Food Policy Council take on an active role in this endeavor and assist the City of Bloomington in progression towards these goals.

The existing goals are focused on sustainability and not racial equity, which we would argue is central to sustainability. By centering public health and the disproportionate impact on communities of color the city can more effectively plan equitable and sustainable food systems. This is a sentiment shared by community partners. According to one community partner we interviewed, "it doesn't feel like the city is addressing food policy from a systemic approach." To do so the City of Bloomington must coordinate directly with impacted community members to determine how to increase both access to and utilization of existing food infrastructure.

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# APPENDIX B

## Let's Talk Compost

The gardening team at Monroe County Parks and Recreation has an on-site open-air compost bin!

Collect your kitchen scraps like vegetable cuttings, eggshells, bread and half eaten fruit!

Leave the following out of your compost:  
Woods  
Pasta  
Cooking Oils

The compost available at the Will Detmer community garden has been developing dense plant nutrients through decomposition and is best used when 1-2 inches is added the base of plants that are in the ground

It's ready to use when it's dark black, crumbly and smells earthy!

## COMMUNITY GARDENING GUIDE

A QUICK LOOK AT GROWING AT WILL DETMER PARK

### CONTACT US

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abrunelle@co.monroe.in.us  
812-349-2805

4140 WEST VERNAL PIKE, BLOOMINGTON IN 47404

## History of Will Detmer Park

Before this park became a property of Monroe County Parks and Recreation Foundation in 2009, it was owned by the Detmer Family. In Ernest S. Detmer's deed to his daughter, he states "For fifty years following the death of the life tenant Corliss Ann Detmer, the real estate shall be used solely for park and recreation purposes. The tract shall be named "Will Detmer Park." Will Detmer was the first of the Detmers to own the property dating back to 1961.

In 2012 volunteers recruited by the Sassafras Audubon Society helped construct a rain garden at Will Detmer. Nearly 2,000 native plants such as cardinal flower, turtlehead, swamp milkweed, as well as several sedge and grass species were planted. These plants have a deep root system that help filter runoff from the parking lot.

### Detmer Gardens Aerial Map

PTP: Plant Truck Project  
MCPR: Monroe County Parks and Recreation  
HHFB: Hoosier Heights Food Bank

## NO-TILL GARDENING: SOIL CARE FOR THE FUTURE

Healthy soil is the key to a successful garden! For a long time, people tilled their land uncovering their compressed dense earth and planting gardens in this freshly turned soil.

Soil is full of life, and tilling destroys the natural structure of soil and the delicate ecosystem within it.

Try leaving your plot untilled this season, and watch as your plants benefit from the natural structural breakdown of other organisms.

## ZONE 6 GROWING AND PLANTING CALENDAR

Source: UFSeeds.com

Plant	Start	Plant	Harvest
Beans	May	June	August
Beets	May	June	August
Broccoli	May	June	August
Brussel Sprouts	May	June	August
Cabbage	May	June	August
Carrots	May	June	August
Cauliflower	May	June	August
Corn	May	June	August
Cucumber	May	June	August
Kale	May	June	August
Lettuce	May	June	August
Onions	May	June	August
Peas	May	June	August
Peppers	May	June	August
Spinach	May	June	August
Squash	May	June	August
Tomato	May	June	August

**FIND FREE SEEDS AT:**

- Mother Hubbard's Cupboard @ 110 W. Allen St.
- Monroe County Public Library @ 303 E. Kirkwood Avenue
- People's Open Pantry @ 222 W 2nd St
- Plant Truck Project
- Wylie House @ 307 E. 2nd Street

# APPENDIX C

Finalized Book List: Can be purchased at Brainlairbooks, a Black-owned bookstore in South Bend, Indiana

1. Farming While Black: Soul Fires Farm's Practical Guide to Liberation on the Land By Leah Penniman, Karen Washington
2. Lola Plants a Garden By Anna McQuinn, Rosalind Beardshaw
3. The Color of Food: Stories of Race, Resilience and Farming By Natasha Bowens
4. Jubilee: Recipes from Two Centuries of African American Cooking: A Cookbook By Toni Tipton-Martin
5. Working the Roots: Over 400 Years of Traditional African American Healing By Michele Elizabeth Lee
- 6.\* Feeding the Other: Whiteness Privilege and Neoliberal Stigma in Food Pantries by Rebecca de Souza

\*=not found at Brainlairbooks, must be special ordered.

# APPENDIX D

## My Food Journal

Name: \_\_\_\_\_



**Welcome to your own, personal food journal! In the following pages, you will reflect on your own experience with food and make some new memories, too. Be sure to fully answer the questions and enjoy the activities along the way!**

**Growing Food**

Draw where you grow food! If you don't have a garden, or don't grow food then use your imagination and draw what you would like to grow in a garden.

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What is growing here?

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**Making Food At Home**

Draw the kinds of foods that you eat from a bowl and a plate!



What are you eating here?

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**My Favorite Family Recipe**

Ingredients

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Steps

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**WHERE DOES YOUR FOOD COME FROM?**

The food on your plate had a journey before it got there! How did you get the food in front of you?

**Circle the answer!**

Do you have to go to multiple stores to get all the food you need?

YES                      NO

Do you shop at multiple food stores daily, weekly, or monthly?

DAILY                      WEEKLY                      MONTHLY

How far do you travel to buy the food?

0-5 MILES                      5-10 MILES                      10+ MILES

How did you get there?



**Activity: Scavenger Hunt!** See if you can find these foods next time you go to the grocery store! Put a checkmark under the ones you find.


Bananas	Green Beans	Red Onions	Cust. Chicken
Onions	Spinach	Potatoes	Soy Milk
Apples	Lettuce	Carrots	Salads
Watermelon	Radishes	Kiwifruit	Yogurt

**HOW HEALTHY IS YOUR FOOD?**

What you eat is important for your health! In this exercise, you will draw two different plates of food. Spend some time thinking about which plate you eat more often, and reflect on it in the space provided!



Draw a plate with four foods that you think are healthy and yummy!



Draw a plate with four foods that you think are unhealthy and yummy!

Put a star next to the one you eat more often!

Now, which one did you pick? Why do you think that's the plate that you eat more often?

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Would you rather eat a different plate?

Draw what you want to eat!





# APPENDIX D



**Engage and Inspire** Just as you are about to launch your rocket, you are about to launch your presentation. You have spent time preparing your content, and now it's time to share it with your audience. You want to make a strong first impression, so you need to be confident and enthusiastic. You want to be the center of attention, and you want to be remembered. **Ready, set, go!**

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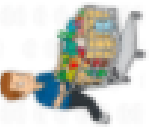
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### Holiday Hunt

R	E	G	N	C	O	D	I	K	E	S	T
A	N	E	R	N	I	G	N	D	A	R	T
E	M	K	A	U	I	M	S	U	M	E	C
B	A	L	S	E	L	A	M	A	T	E	R
A	A	N	U	F	E	G	D	U	F	E	R
M	C	P	C	E	I	P	E	L	P	P	A
S	A	P	D	A	E	R	B	R	E	G	N
Y	N	L	C	S	T	U	F	F	I	M	G
S	D	S	B	A	S	G	I	T	C	T	A
A	Z	I	O	I	G	T	A	R	E	B	E
S	A	S	I	D	U	I	J	I	S	I	E
S	E	N	E	Y	F	O	Y	P	P	R	K
T	E	R	M	T	U	R	K	E	Y	C	T
G	D	T	O	R	K	E	Y	C	T	D	G

FLAV  
 MARY  
 BIRD  
 CHRISTMAS  
 SANTA  
 CLAU  
 SUE  
 BIRD  
 APPLE  
 GREEN  
 APPLE  
 COOKIES  
 HOLIDAY  
 TREATS

Source: <https://www.funfonix.com/games/wordsearch/>