

BEYOND THE PLATE WORKBOOK

2022



PREPARED BY MARY BALOG, RDN



PART 6

food as art, expression,
and action





REFLECTION QUESTIONS

Congratulations on completing the final session of the "Beyond the Plate" workshop series! In this sixth presentation, we highlighted a range of individuals who are using food as a tool to express their identity and creativity; discuss social and political issues; or to connect with others and spur the change they want to see in their communities and beyond.

We also touched on themes from former sessions, related to coping with emotions with kindness, Social Determinants of Health, redefining "health", identifying our spheres of impact, and so on.

I. First, let's identify what we need. Last session, we discussed this in the emotional sense—oftentimes, emotional eating may result as a coping mechanism for a particular emotional need. If eating is not the most effective coping strategy, it may help to spend some time reflecting on what we are really feeling, to then explore what we actually need to tend to that emotion.

We can apply that to other practical aspects of food and eating. We've covered a variety of topics in this series, and throughout each of those topics, you may have identified "gaps", barriers, or other challenges that interfere with your wellbeing— at the personal or community level. In either case, use those "gaps" or barriers as an opportunity to dig into what it is you or your community need in order to be well.

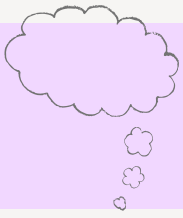


INDIVIDUAL WELLNESS

1. Reflect on the role of food as a tool to express your sense of identity or creativity, or to celebrate culture. Are you interested in any particular types of creative food media? Such as food styling, photography, painting, drawing, culinary arts or cooking, writing, audio/video, etc.

2. Refer to your answer from Question 1. How might this support your personal wellbeing?

3. Reflect on the array of individuals, businesses, and programs that were highlighted throughout the presentation. Which examples, relating to Art, did you find particularly interesting or inspiring? What would you like to explore or learn more about?



REFLECTION QUESTIONS

4. What would you need in order to carry out the artistic projects or hobbies you've listed in this section? Time? Money? Tools? Other materials? Education or guidance? Write out a to-do list to imagine how you could work towards incorporating this activity into your life.

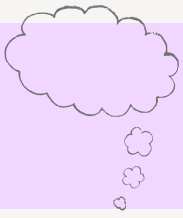
COLLECTIVE WELLNESS



5. Consider some of the examples of food-centered initiatives, programming or services that you have learned about through this series. What would you like to see happen in your own community? What do you feel like is missing?

6. Refer to your answer from Question 5. How might this support your personal wellbeing? How might this support collective wellbeing for others in your community?

7. How can food be a tool to help you strategize around the issues you described in your answer to Question 5? Might it be a way to connect with others? or a specific issue you want to see addressed? or a means of fundraising?

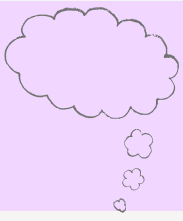


REFLECTION QUESTIONS

8. Reflect on the array of individuals, businesses, and programs that were highlighted throughout the presentation. Which examples, relating to food as a form of taking action, did you find particularly interesting or inspiring? Are there any examples that might help serve as a model for what you want to see happen in your community?

9. What would you need in order to carry out the various projects or ideas you've listed in this section? Time? Money? Tools? Other materials? A few people? Groups of people? Support from city officials or other local businesses? Make a short list to identify pieces of the project you may need to consider.

10. What kinds of skills do you feel you contribute to the projects or ideas you've described? What are your strengths? (Celebrate yourself!) It takes all kinds of people to accomplish something- we don't have to do this alone. Identify what your role might be, and team up with other folks to round out your efforts.



REFLECTION QUESTIONS

II. Food is much more than nutrition! As we've discussed, it is a means of social connection, cultural expression, artistry, community action, and more. Spend some time reviewing the following questions to tie all these concepts together. We will revisit familiar questions from Part 1 of this series.

FOOD BEYOND THE PLATE



11. Considering all that we have reviewed through this series, reflect on what food means to you, personally.

12. What does food mean to your community?

13. What does food mean to your relationships?

14. What does "healthy" mean to you? What might you consider when evaluating whether you are in "good health" and happy? What contributes to a good quality of life?



REFLECTION QUESTIONS

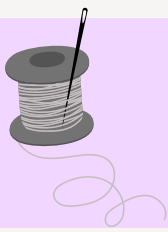
15. What does a "healthy" relationship to food look like for you?

16. What are 3-5 major takeaways from this series? How has your mindset around food or body shifted?

17. What steps might you take to continue cultivating a positive relationship to food? Which resources would help with this?

18. What steps might you take to continue cultivating a positive relationship with your body? Which resources would help with this?

19. What steps might you take to continue enhancing your connection to your community? Which resources would help with this?



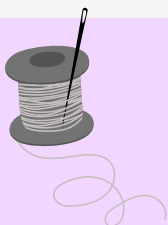
THREADS TO FOLLOW

III. When expanding your relationship to food, it helps to explore other topics related to food, other than nutrition and health. There are many chefs, farmers, activists, writers, artists, and so on, who use food as a tool to express themselves, or as a lens to view and discuss the world. If you're looking to lean into your sense of curiosity, or are looking for inspiration, encouragement, or models of folks driving change in their communities, check out some of the individuals, businesses, and programs listed on the following pages. *It's impossible to include all people who are doing meaningful work but I tried to consolidate lists of folks who I have learned from and admire. Many also could fit in each of these categories, as their work spans many spectrums of food- but I tried to divide them by kitchen, media, farm, and community work. As always, think of these as threads to follow. This is just the beginning of your exploration!*

IN THE KITCHEN

- Sean Sherman
 - The Sioux Chef: <https://sioux-chef.com>
 - Owamni: <https://owamni.com>
 - North American Traditional Indigenous Food Systems: <https://www.natifs.org>
- Reem Assil: <https://www.reem-assil.com>
- Omar Tate
 - Honeysuckle Projects: <https://honeysucklephl.com>
- Amanny Ahmad: <http://www.amannyahmad.com>
- Amanda Saab: <https://amandasplate.com>
- Jon Gray, Lester Walker, Marquis Hayes, Pierre Serrao and Malcolm Livingston II
 - Ghetto Gastro: <https://ghettogastro.com>
- Yewande Komolafe: <https://www.yewandekomolafe.com>
- Bryant Terry: <https://www.bryant-terry.com>
- Ashtin Berry
 - RadicalXchange: <https://www.radxc.com>
 - Party Line: <https://partylinehotline.com>
- Lexie Smith
 - Bread on Earth: <https://bread-on.earth>
- BJ Dennis: <https://www.facebook.com/degullahchef/>
- Abra Berens: <https://www.abraberens.com>
- Ji Hye Kim
 - Miss Kim: <https://misskimannarbor.com>
- Cristina Martinez
 - South Philly Barbacoa: <https://www.facebook.com/chefmtz/>
- Ederique Goudia
 - Taste the Diaspora: <https://www.tastethediaspora.com>
- Warda Bouguettaya
 - Warda Pâtisserie: <https://warda-patisserie-midtown.square.site/home>
- Nadia Nijimbere and Hamissi Mamba
 - Baobab Fare: <https://www.baobabfare.com>
- Ilyanna Maisonet: <https://www.illyannamaisonet.com>
- Hawa Hassan
 - Basbaas Foods: <https://basbaasfoods.com>
- Amy and Ben Wright
 - Bitty and Beau's Coffee: <https://www.bittyandbeauscoffee.com>
- Samin Nosrat
 - Salt, Fat, Acid, Heat: <https://www.saltfatacidheat.com>



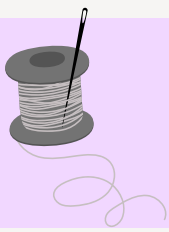


THREADS TO FOLLOW

IN THE MEDIA

- Stephen Satterfield
 - Whetstone Magazine: <https://www.whetstonemagazine.com/magazine>
 - Whetstone Radio Collective: <https://www.whetstonemagazine.com/radio>
- Clarissa Wei
 - Climate Cuisine Podcast: <https://www.whetstonemagazine.com/climate-cuisine>
- Shiloh Maples
 - Spirit Plate Podcast: <https://www.whetstonemagazine.com/spirit-plate>
- Alicia Kennedy
 - From the Desk of Alicia Kennedy: <https://www.aliciakennedy.news>
- Tunde Wey
 - From Lagos: <http://www.fromlagos.com>
- Klancy Miller
 - For the Culture Food Magazine: <https://www.fortheculturefoodmag.com>
- Michael Twitty
 - The Cooking Gene: <https://www.thecookinggene.com>
- Hyosun Ro
 - Korean Bapsang: <https://www.koreanbapsang.com>
- Andrea Aliseda: <https://www.andreaaliseda.com>
- Serena Maria Daniels
 - Tostada Magazine: <https://tostadamagazine.com>
- Sophia Roe
 - Apartment Miso: <https://www.iamsophiaroe.com/apartment-miso>
- Osayi Endolyn: <https://osayiendolyn.com>
- Soleil Ho: <https://soleilho.com>
 - Restaurant Critic for San Francisco Chronicle: <https://www.sfchronicle.com/author/soleil-ho/>
 - Co-founder of Racist Sandwich Podcast (on pause): <http://www.racistsandwich.com>
- Zahir Janmohamed: <https://www.zahirjanmohamed.com/bio>
 - Co-founder of Racist Sandwich Podcast
- Yossy Arefi
 - Apt 2B Baking Co.: <http://www.apt2bbakingco.com>
- Nik Sharma
 - A Brown Table: <https://abrowntable.com>
- Julia Turshen: <https://www.juliaturshen.com>
- "Gather" Film, Directed by Sanjay Rawal: <https://gather.film>
- "High on the Hog" Netflix docuseries, directed by Roger Ross Williams: <https://www.netflix.com/title/81034518>



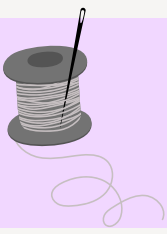


THREADS TO FOLLOW

ON THE FARM

- T.C. Collins
 - Willow Run Acres: <https://willowrunacres.com>
- Shara Trierweiler
 - Aḡape Organic Farms: <https://aḡapeorganicfarms.com>
- Kirsten Kirby-Shoote
 - Leilú Gardens: <https://www.icollectiveinc.org/memberprojects/leilugardens>
- Bowers School Farm: <https://www.schoolfarm.org>
- John Cox
 - Baseline Farm: <https://www.baselinefarm.com>
- Slow Farm: <https://slowfarmandfriends.com>
- Keep Growing Detroit: <https://www.detroitagriculture.net>
- Xiong's Fresh Produce: <https://www.localdifference.org/partner/xiongs-fresh-asian-vegetables/>
- Alex Ball
 - Old City Acres: <http://www.oldcityacres.com>
- New City Neighbors: <https://newcityneighbors.org>
 - New City Farm: <https://newcityneighbors.org/farm/>
- Devin Wilson
 - Sunlight Gardens: <https://www.facebook.com/sunlightgardens1/>
- Melvin Parson
 - We the People Opportunity Farm: <https://www.wtpof.org>
- Nature and Nurture Seed Company: <https://natureandnurtureseeds.com>
- Ann Arbor Seed Company: <https://www.a2seeds.com>
- Michigan Seed Library Network: <https://misedlibrary.org>
- I-Collective: <https://www.icollectiveinc.org>
- Seed Savers Exchange: <https://www.seedsavers.org>
- Rowen White
 - Sierra Seeds: <https://sierraseeds.org>
- Slow Food International: <https://www.slowfood.com>
 - Ark of Taste Catalogue: <https://slowfoodusa.org/ark-of-taste/>
- Leah Penniman
 - Farming While Black Book
 - Soul Fire Farm: <https://www.soulfirefarm.org>
- Chris Newman
 - Skywoman Online Community: <https://www.patreon.com/skywoman/posts>
 - Sylvanaqua Farm: <https://www.sylvanaqua.com>
- Detroit Black Farmer Land Fund: <http://www.detroitblackfarmer.com>
- Washtenaw County Black Farmers Fund: <https://www.wcblackfarmers.fund>
- West MI Farmers of Color Land Fund: <https://www.gofundme.com/f/westmibipocland>






THREADS TO FOLLOW

IN THE COMMUNITY

- Bill Brinkerhoff and Kathy Sample
 - Argus Farm Stop in Ann Arbor: <https://www.argusfarmstop.com>
- Agricole Farm Stop in Chelsea: <https://www.agricolefarmstop.com>
- Alita Kelly
 - Southeast Market in Grand Rapids: <https://www.southeastmarketgr.com>
- Raphael Wright
 - Neighborhood Grocery in Detroit: <https://www.neighborhood-grocery.com>
- Malik Yakini
 - Detroit People's Food Co-op: <https://detroitpeoplesfoodcoop.com>
- Acorn Farmer's Market in Manchester: <https://www.acornfarmersmarketcafe.org>
- Lakeshore Depot in Marquette: <https://lakeshoredepot.square.site>
- Devita Davison
 - FoodLab Detroit: <https://foodlabdetroit.com>
- Growing Hope in Ypsilanti: <https://growinghope.net>
- New West Willow Neighborhood Association in Ypsilanti: <https://www.nwwna.org>
 - West Willow Farmer's Market:
<https://www.secondwavemedia.com/concentrate/features/earnandlearn0639.aspx>
- La Cocina in San Francisco, CA: <https://lacocinasf.org>
- RVA Community Fridges in Richmond, VA: <https://www.rvacommunityfridges.com>
- Denver Community Fridges: <https://denvercommunityfridges.com>
- Detroit Community Fridges: <https://detfridge.com>
- Project Grow Community Gardens: <https://projectgrowgardens.org>





“We never know how our small activities will affect others through the invisible fabric of our connectedness. In this exquisitely connected world, it’s never a question of ‘critical mass’. It’s always about critical connections.”

-Grace Lee Boggs
Author, visionary, and activist

