

2023

# BEYOND THE PLATE: A COMPASSIONATE WAY FORWARD

## Workbook

prepared by Mary Balog, RDN

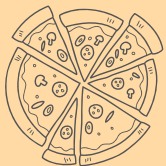


**WEEK 3**





# REFLECTION QUESTIONS



## PRACTICAL EATING STRATEGIES

**Congratulations on completing Week 3 of "Beyond the Plate: A Compassionate Way Forward"!** In this third presentation, we discussed a variety of factors that impact where/how/why we grocery shop and how we prepare our food. This workbook will give you space to reflect and work through some of these topics.

**I. We'll begin by exploring the how, where, who, and when of your food processes. Reflect on the following questions to consider where and how you get your food, who preps it, etc.** Getting enough consistent food is the first priority. Remember that all food is food, and no food has moral value. There is no "perfect" way to eat, so give yourself grace as you juggle the different pieces of your life. Take care of yourself as best as you can, and reach out for support if you would like additional ideas or guidance.



### EXPLORE YOUR PLACE

1. What food options are available in your neighborhood? Check all that apply. Are there others you would add to the list?

Locally-owned Grocery Stores

Supermarket Chains

Specialty markets

Bulk food stores

Co-ops

Farmers Markets/Farm Stops

Bakeries

Convenience Stores/Liquor Stores

Pharmacies with limited food section

Food Pantries

Farms and Community Supported Agriculture (CSA's)

Community Gardens

Dollar Store

Delis or restaurants

Other:



# REFLECTION QUESTIONS

2. Of the above list, where do you normally get food from? How do you get there? Or is it delivered? Or does someone else assist with shopping?

3. Do you go to multiple places for different items? What are the pros/cons to some of the places you get food from?

4. Is it difficult to find particular ingredients or foods in your neighborhood?



# REFLECTION QUESTIONS

**II. The practical aspects of eating can often be the most challenging: planning your food, getting the food, purchasing the food, storing food, preparing the food, and doing so, while also juggling other responsibilities is not always easy.** Spend some time reviewing the following questions to bring attention to the sources of meal time or food stress. Our food circumstances are complex, and have many pieces, but there are resources and professionals who can help. Please reach out if you would like more suggestions or guidance.

## MEALTIME STRATEGIES



5. After assessing your food options, consider some of the barriers or goals you have related to food and nutrition. Do you feel like you eat enough food? Do you feel like you get enough variety of foods? Do you feel like you have a balance of nutritious and satisfying foods? Why or why not?

6. Do any of the following circumstances prevent you from consistently eating enough food, or getting a variety of food?

Limited neighborhood options

Tight food budget

Busy schedule

Stressful food rules, or confusion about nutrition

Food restrictions for medical reasons

Unreliable transportation Homebound

In a cooking "funk"

Low energy

Limited kitchen skills

Other:



# REFLECTION QUESTIONS

7. Based on your answers from question 6, what kinds of resources or support would be helpful?

Financial assistance for food

Choosing more affordable ingredients or items on sale

Transportation for grocery shopping

Online grocery shopping or grocery delivery

Help with unlearning diet rules that cause worry or limit my food choices

Information about eating to manage a medical condition

Support from family, friends, or an assistant for food prep

Cooking classes

Trying a meal kit or recipe kit delivery service

Exploring online recipe catalogs or new cookbooks

Other:

8. Review the resources on page 11-14 for organizations and websites that may help with some of the above issues. Are there any resources you'd like to research? Are there any not on the list that might be helpful to also research? List them below. Again, if you would like additional guidance for local food services, tools, and programs, please reach out for help!





# REFLECTION QUESTIONS

9. Food preparation and busy schedules can also be sources of mealtime stress. Consider common convenience food options below. Are there any that would help with time or budget constraints?

Canned foods

Frozen foods

Prepared foods (Frozen, microwaveable, or fresh from a deli or store)

Pre-chopped ingredients

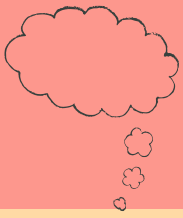
Meal kits (recipe kits or delivered prepared meals)

Fast food or takeout food

Recipe ideas or meal planning

Other:

10. Do any selections from question 9 bring up food-related concerns or judgements?



# REFLECTION QUESTIONS

11. Reflect on the origins of any negative beliefs you hold about "convenience" or "processed" foods. Refer to the following articles, written by registered dietitians Wendy Lopez and Shana Minei Spence. Each article helps put the use of "convenience" or "processed foods" into a non-diet context. Write a few sentences about what you found helpful from each of these articles. (Note: The titles are a link to the article!)

- ["This Dietitian Wants You to Eat More Processed Foods"](#) By Wendy Lopez, MS, RD, CDE, for Food Network
- ["7 ways I Use Packaged and Processed Foods Daily as a Registered Dietitian"](#) By Shana Minei Spence, MS, RDN, CDN for SELF





# REFLECTION QUESTIONS

Finally, remember that "healthy eating" looks different for everyone -- there are many ways to consume adequate fruits, veggies, vitamins, minerals, protein, fat, carbohydrates, and satisfying "play" foods -- using fresh, homemade, refrigerated/frozen, or shelf-stable foods. Aside from that, "healthy eating" is not just a matter of choosing a healthy balance of foods, but also includes having a healthy relationship to food. When we break out of rigid diet rules, and unlearn "food morality" that often contributes to guilt or shame, we have space to embrace the many purposes of food ("All foods fit!"), and can utilize foods depending on our shifting day-to-day priorities.

For example,

Some days we just need fuel to get us through the day;  
some mornings, we may opt for a balanced, robust meal to support our bodies  
through a busy morning;

other times, we may be in a rush, so we grab what's readily available;  
other times we want to slow down and savor a meal with friends/loved ones;

we may sometimes try to prioritize nutrition;

while choosing "fun foods" other times;

sometimes cooking can be relaxing;

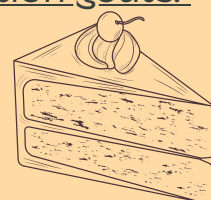
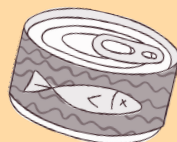
other times we are low on energy;

or we might need strategies for food preparation to accommodate different skills  
and abilities in the kitchen, and so on.

Also keep in mind that any attempt at "optimizing our nutrition" is not really going to help, if we fundamentally aren't eating enough food for our body to function.

We also will have a harder time putting energy toward other personal goals, or supporting community or work initiatives that are important to us, if we aren't adequately fed. Choose the foods that help you consistently eat throughout the day, and if you have additional health or wellness goals, find a professional to explore how, or whether, nutrition can support those goals.

Refer to the Week 2 Workbook to find organizations or individuals who may be able to help you work through your individual food or nutrition goals.







# REFLECTION QUESTIONS

**III. Exploring locally GROWN food is another way to expand your relationship to food! Seasonal foods can also be an interesting way to incorporate more variety.** Not only can locally grown food support your physical and mental health, but also your emotional and social wellbeing! Engaging with local growers, or other community members through food, is a way to forge new connections and strengthen your community tapestry. Some examples for how to begin exploring locally grown food and seasonal food are listed below.

## EXPLORE LOCALLY GROWN FOOD



12. What is your experience with locally grown food, gardening, or farming? Is this something you would like to learn more about?

13. Do you know which foods are in season right now in Michigan? If you would like to learn more, please refer to the Seasonality Guide on page 12. Are there any foods in season right now that you would like to add to your meals or snacks this week?



# REFLECTION QUESTIONS

14. Of the following suggestions, do any stand out to you? Are there other ideas not listed here that you would be excited about exploring? Check all that apply, and record your answers to the following reflection questions.

If you have an interest in connecting with local growers, or exploring seasonal foods, get to know which farms or farmer's markets are available in your area.

- Use a directory for more info! (See page 11 for suggestions)
- When using the directory, did you find any farms or food artisans nearby? What do they produce? Would you be interested in visiting, or reaching out directly to find out how to support them?
  
  
  
  
  
  
  
  
  
  
- Do you have any farmer's markets nearby? What days and times do they operate? Would it be possible for you to visit sometime?

Use the Edible Wow or Taste the Local Difference recipe catalogues on page 11 or explore the cookbook titles on page 14 to inspire recipe ideas.

- What are 1-2 recipes that you might like to try from the Edible Wow or Taste the Local Difference websites?
- Do any of the cookbooks sound interesting? List 1-2 titles that you are curious about. Consider checking your local library to see if they have it available!



# REFLECTION QUESTIONS

Consider how your relationship to food relates to your relationship to community and to the land. Explore community garden initiatives, or start learning with your own indoor herb garden; container garden; or backyard garden. Find a local class if you don't know where to start or refer to some of the resources on page 11. Which might you like to explore first?

Start a cooking club in your neighborhood or among friends to practice cooking with seasonal ingredients. It could be a way to share meal prep duties among friends/family, or it could be an opportunity for social connection through regularly planned shared meals. Who are some folks you might include in this group?

What are some other interests or ideas you have for connecting with people through food?



# THREADS TO FOLLOW

**IV. Whether you are looking for local food resources and programs to assist with practical aspects of getting food or preparing food, or are curious about seasonal foods and local food growers in your area, these resources may steer you in the right direction.** Every city or town has their own local food web, so it may be easier for you to connect with city officials, local grocers, or neighbors to understand more about your immediate local foodways. If there are any gaps, hopefully, together we can fill them in! Please reach out if you have questions or suggestions.

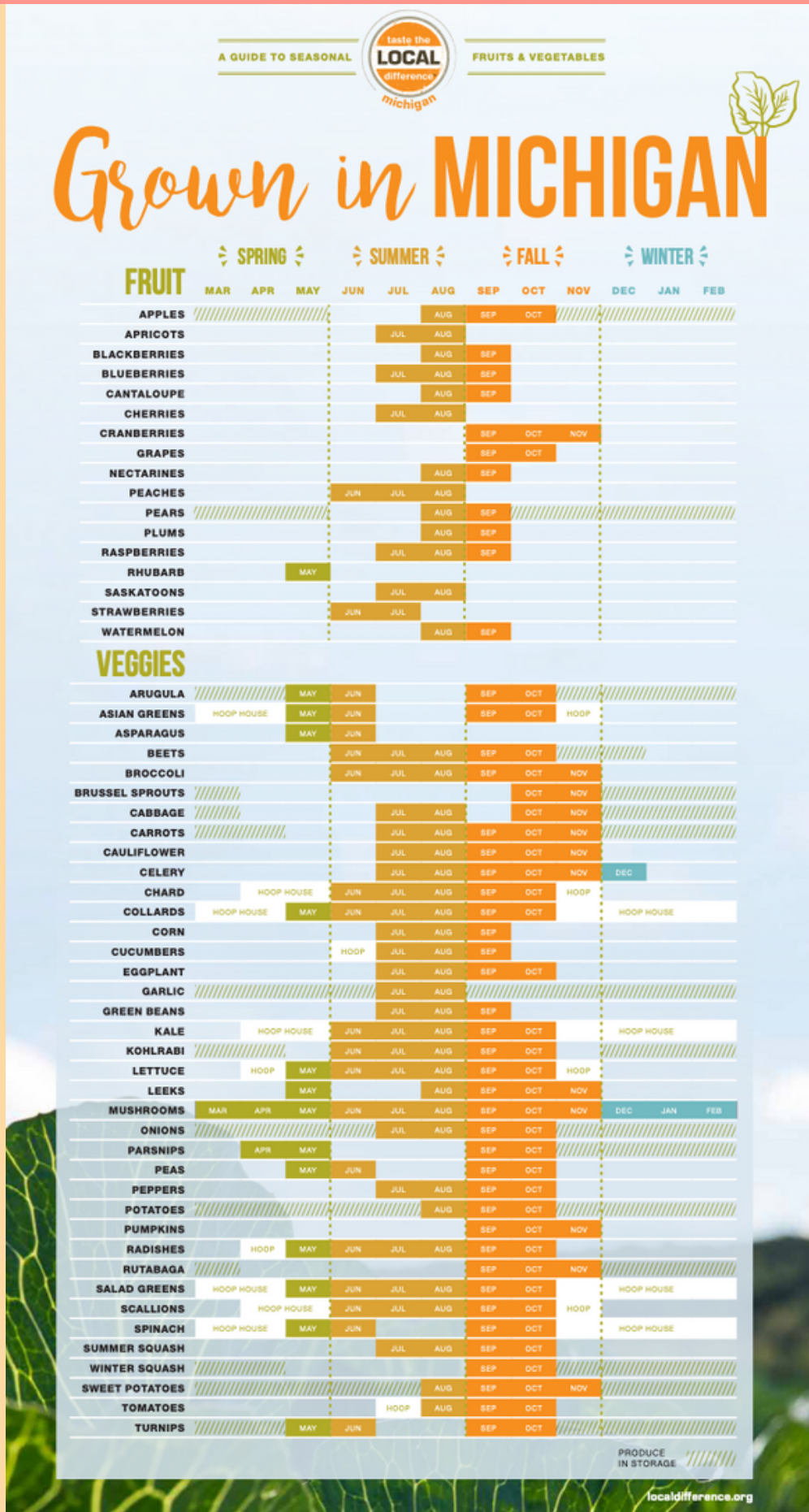
## FOOD & FARM RESOURCES

- Michigan 2-1-1 Directory: <https://mi211.org>
- Michigan Mobility Initiatives: <https://www.michigan.gov/mdot/travel/mobility/initiatives/mobility-challenge>
- Riverwise List of Mutual Aid Resources in Michigan: <https://riverwisedetroit.org/article/mutual-aid-in-michigan/>
- Michigan SNAP/EBT Card for Food Assistance: <https://newmibridges.michigan.gov>
- SNAP Online Purchasing Pilot: <https://www.fns.usda.gov/snap/online-purchasing-pilot>
- Buy food online with SNAP/EBT: <https://www.michigan.gov/mdhhs/assistance-programs/food/buy-food-online>
- SNAP-eligible Food List: <https://www.fns.usda.gov/snap/eligible-food-items>
- Double Up Food Bucks: <https://doubleupfoodbucks.org>
- Michigan WIC: <https://www.michigan.gov/mdhhs/assistance-programs/wic>
- Michigan Senior Project Fresh: <https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/special-programs/senior-project-freshmarket-fresh>
- Food Bank council of Michigan: <https://www.fbcmich.org/resources/find-a-food-bank/>
- Feeding America West Michigan: <https://www.feedwm.org>
- Food Bank of Eastern Michigan: <https://www.fbem.org/where-to-get-food/find-a-food-pantry/>
- Food Research and Action Center: <https://frac.org>
- Feeding America in Michigan: <https://www.feedingamerica.org/hunger-in-america/michigan>
- Find a Local Food Policy Council: <https://www.canr.msu.edu/resources/directory-of-michigan-local-food-councils-and-food-and-health-networks-and-associations>
- Michigan Farm to Family Community Supported Agriculture (CSA) Directory:
  - <https://michiganfitness.org/food/michigan-farm-to-family-csa-directory>
- Taste the Local Difference Food and Farm Directory: <https://www.localdifference.org/find-food-farms/>
- Fresh Food Connection, a collaboration with MDHHS and Taste the Local Difference: <https://freshfoodconnections.org>
- USDA Local Food Directory: <https://www.usdalocalfoodportal.com>
- Seasonal Recipes & Profiles:
  - Edible Wow: <https://ediblewow.ediblecommunities.com>
  - Taste the Local Difference: <https://www.localdifference.org>
- MSU Extension Community Food Systems Resources:
  - [https://www.canr.msu.edu/community\\_food\\_systems/](https://www.canr.msu.edu/community_food_systems/)
- What's in Season & Market Finder App:
  - <https://mi.whatsinseasonapp.com/>
- MSU Extension Garden Guides:
  - [https://www.canr.msu.edu/mi\\_fresh/michigan\\_fresh\\_general\\_gardening\\_tips](https://www.canr.msu.edu/mi_fresh/michigan_fresh_general_gardening_tips)
- Keep Growing Detroit Garden Guides:
  - <https://www.detroitagriculture.net/gardenguides>
- Nature and Nurture Seed Company Growing Tips:
  - <https://natureandnurtureseeds.com/pages/growing-resources>



# THREADS TO FOLLOW

## SEASONALITY GUIDE VIA TASTE THE LOCAL DIFFERENCE







# THREADS TO FOLLOW

**V. If you find yourself in a food "funk," or are looking to generally expand your relationship to food, it helps to learn from a variety of food perspectives.** There are many chefs, writers, and artists, who use food as a tool for expression and education. If you're feeling curious, or are looking for inspiration, check out the following suggestions. *It's impossible to include all who I have learned from, but here are a few suggestions to start. This is just the beginning of your exploration!*

## FOOD MEDIA

- Podcasts:
  - Whetstone Radio Collective: <https://www.whetstonemagazine.com/radio>
  - Keep Calm and Cook on Podcast: <https://www.juliaturshen.com/podcast>
  - Food Heaven Podcast: <https://foodheavenmadeeasy.com/podcast/>
- Shows
  - Top Chef (Bravo)
  - High on the Hog (Netflix)
  - Chef's Table (Netflix)
  - Milk Street (PBS)
  - Taste the Nation with Padma Lakshmi (Hulu)
  - "Gather" (film): <https://gather.film>
  - Dishing with Julia Child (PBS)
- Web/Print Publications
  - Whetstone Magazine: <https://www.whetstonemagazine.com/magazine>
  - Saveur: <https://www.saveur.com>
  - Food & Wine: <https://www.saveur.com>
  - Bon Appétit: <https://www.bonappetit.com>
  - New York Times Cooking: <https://cooking.nytimes.com>
  - For the Culture Magazine: <https://www.fortheculturefoodmag.com>
  - From the Desk of Alicia Kennedy newsletter by Alicia Kennedy: <https://www.aliciakennedy.news>
  - Sebi You Call Yourself A Writer? Oya Write Nay newsletter by Tunde Wey: <https://tundewey.substack.com>
  - Tostada Magazine: <https://tostadamagazine.com>
  - Keep Calm & Cook On newsletter by Julia Turshen: <https://juliaturshen.substack.com>
- Chefs, Food Writers, Storytellers (and their social media handles)
  - Stephen Satterfield @isawstephen
  - Clarissa Wei @dearclarissa
  - Shiloh Maples @littlenokomis
  - Alicia Kennedy @aliciadkennedy
  - Tunde Wey @fromlagos
  - Klancy Miller @klancycooks
  - Sean Sherman @the\_sioux\_chef
  - Michael Twitty @thecookinggene
  - Hyosun Ro @koreanbapsang
  - Andrea Aliseda @andrea\_aliseda
  - Ahmad Alzahabi @thegoldenbalance
  - Sophia Roe @sophia\_roe
  - Osayi Endolyn @osayiendolyn
  - Soleil Ho @soleil\_ho
  - Yossy Arefi @yossyarefi
  - Nik Sharma @abrowntable
  - Julia Turshen @turshen
  - Charlotte Druckman @chardrucks
  - Lexie Smith @bread\_on\_earth





# THREADS TO FOLLOW

## COOKBOOKS TO EXPLORE

- Lemon, Love, and Olive Oil by Mina Stone
- Afro-Vegan by Bryant Terry
- Cook As You Are by Ruby Tandoh
- Cook Korean! by Robin Ha
- Cooking Solo by Klancy Miller
- In Bibi's Kitchen by Hawa Hassan
- The Palestinian Table by Reem Kassis
- Canned: Quick and Easy Recipes That get the Most out of Tinned Food by Theo A. Michaels
- Chinese Soul Food by Hsiao-Ching Chou
- Solo by Anita Lo
- The Korean Vegan Cookbook by Joanne Lee Molinaro
- Red Hot Kitchen by Diana Kuan
- Dosa Kitchen: Recipes for India's Favorite Street Food by Nash Patel and Leda Scheintaub
- We are La Cocina by La Cocina
- The Sioux Chef's Indigenous Kitchen by Sean Sherman
- To Asia, With Love by Hetty McKinnon
- The Essential Indian Instant Pot Cookbook by Archana Mundhe
- Aloha Kitchen by Alana Kysar
- Jubilee by Toni Tipton-Martin
- Indian Cookery by Sameen Rushdie
- Supra: A Feast of Georgian Cooking by Tiko Tuskadze
- Cook Real Hawai'i by Sheldon Simeon and Garrett Snyder
- Korean American by Eric Kim
- Madhur Jaffrey's Instantly Indian Cookbook by Madhur Jaffrey
- Vietnamese Food Any Day by Andrea Nguyen
- Koshersoul: The Faith and Food Journey of an African American Jew by Michael Twitty
- Mister Jiu's in Chinatown by Brandon Jew and Tienlon Ho
- Arabiyya: Recipes from the Life of an Arab in Diaspora by Reem Assil
- Diasporican: A Puerto Rican Cookbook by Illyanna Maisonet
- Cuba: The Cookbook by Madelaine Vazquez Galvez and Imogene Tondre
- Colombiana: A Rediscovery of Recipes and Rituals from the Soul of Colombia by Mariana Velásquez
- The Rise: Black Cooks and the Soul of American Food by Marcus Samuelsson
- Everyone's Table: Global Recipes for Modern Health by Gregory Gourdet
- The Africa Cookbook: Tastes of a Continent by Dr. Jessica B. Harris
- Ghetto Gastro Presents Black Power Kitchen by Lester Walker, Pierre Serrao, Jon Gray
- Gullah Geechee Home Cooking: Recipes from the Matriarch of Edisto Island by Emily Meggett
- Pasta Grannies by Vicky Bennison
- Simply Julia: 110 Easy Recipes for Healthy Comfort Food
- EAST by Meera Sodha
- Ripe Figs: Recipes and Stories from Turkey, Greece, and Cyprus by Yasmin Khan
- Feast: Food of the Islamic World by Anissa Hello
- The Kitchen without Borders: Recipes and Stories from Refugee and Immigrant Chefs by The Eat Offbeat Chefs
- Mi Cocina: Recipes and Rapture from My Kitchen in Mexico by Rick Martínez
- Made in Taiwan: Recipes and Stories from the Island Nation by Clarissa Wei
- My Everyday Lagos by Yewande Komolafe



***until next week!***

*“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

