



Food Justice at Upward Bound!

Every year NMH Upward Bound introduces the scholars to a social justice theme that is relevant in their own communities. This year's we will study food justice. Scholars will learn about the movement to ensure that people can access and eat healthy food regardless of race and class. Scholars are reading *The Omnivore's Dilemma* by Michael Pollan which examines food chains from production to consumption. Pollan investigates where food is grown, how it is packaged and how it gets to the consumer. The author explains the four food chains: industrial, where most food comes from, industrial organic where food is grown with natural fertilizers, local sustainable, where food is grown on local farms, and hunter/gatherer which includes hunting, growing or finding food. Pollan guides the reader through the journey of how our food is transformed through processing.

Upward Bound will also explore food justice issues in terms of economic and social class. Scholars will look at the cost of real food, and the challenge for people in low income communities to afford real food. Systems and policies such as payments to farmers will be studied as well as diseases that could be prevented by consuming real food. Some students will do community service projects in urban gardens. Our study will continue in the summer through a film series, organic garden, workshops and speakers at our annual social justice conference, and the theme will be integrated throughout our curriculum.

Upward Bound does not only help scholars to achieve academically, but the program prepares them to tackle some of the most challenging local and global issues they will face.