

Understanding and Addressing Inequalities in the Food System

Addressing Inequalities in Urban Areas

Erica Williams

A Red Circle

St. Louis, Missouri

November 19, 2020



University of Missouri

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Interdisciplinary Center for Food Security

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Interdisciplinary Center for Food Security at the University of Missouri

- Research, teaching, and outreach at the intersection of food security and food systems

Community and Economic Development Food Systems Team, part of University of Missouri Extension

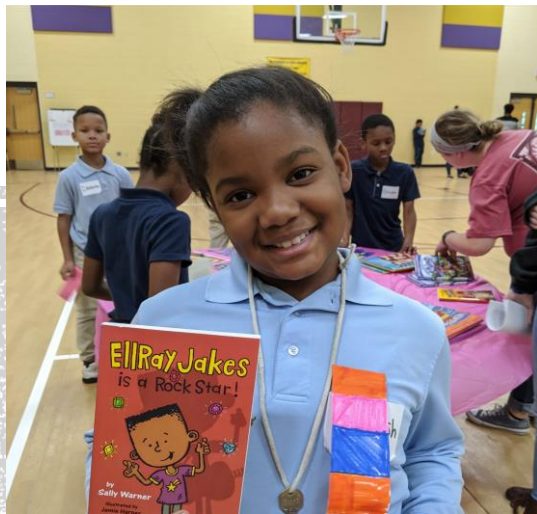
- Community engagement and education to build healthy, resilient, and equitable food systems
-



SPEAKER INTRODUCTION ERICA R. WILLIAMS

- Founder and Executive Director of A Red Circle
- Incoming Chair of MOCAN (Missouri Council on Activity and Nutrition)
- Board Member of Kids Win Missouri & Propel Kitchens
- Wife and Mother of Five





A Red Circle





Five Focus Areas

1. *Employment*
2. *Education*
3. *Holistic Living
(Health & Financial
Empowerment)*
4. *Policy*
5. *the Arts*

ABOUT A RED CIRCLE

Founded in 2017 to serve the community of North St. Louis County

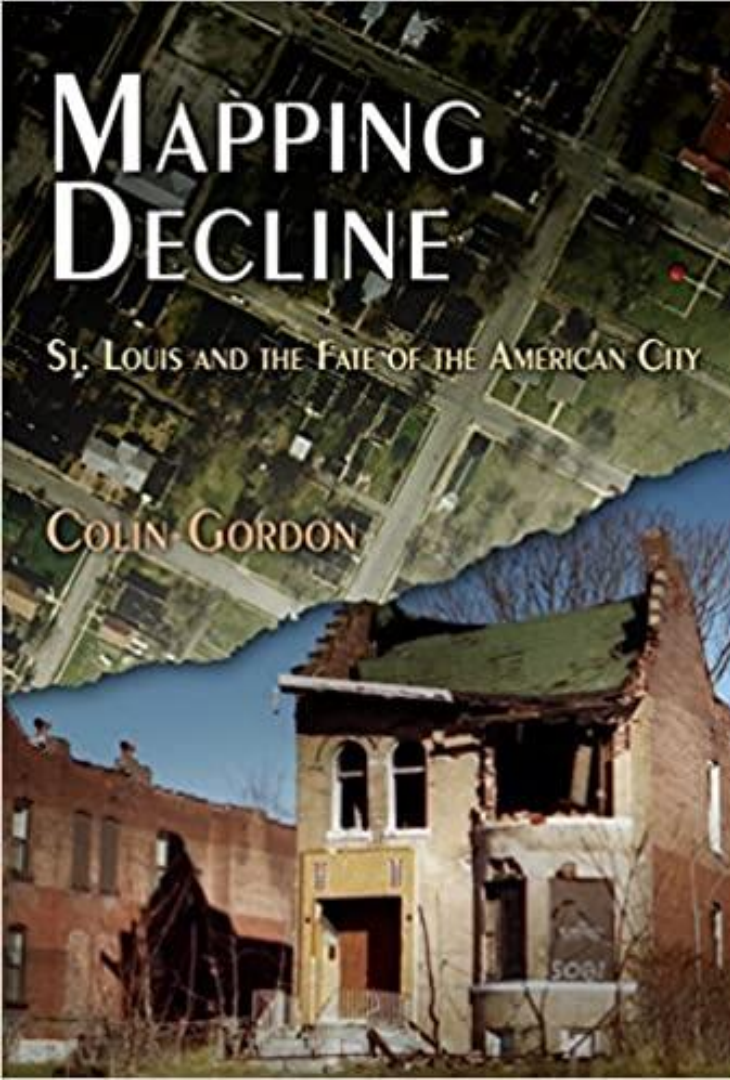
Mission: The holistic betterment of our community; reversing the effects of racism one person and cause at a time.



A top-down view of a rustic wooden surface, possibly a table or cutting board, densely packed with a variety of fresh food items. In the upper left, there are wooden spoons and forks, along with small yellow cherry tomatoes. The upper right features bright red tomatoes and fresh green herbs. A row of cooked shrimp is arranged vertically on the right side. The lower left contains green onions, a head of garlic, and a dark eggplant. The bottom center shows a piece of yellow corn. The lower right has more green herbs and a piece of raw meat. The overall composition is vibrant and emphasizes natural, fresh ingredients.

FOOD JUSTICE IS RACIAL JUSTICE

Food systems in the urban context



MY RACIAL EQUITY JOURNEY

- Started with the killing of Michael Brown, Jr. in Ferguson, MO in 2014
- Personal soul-searching
- Learning terms like redlining, restrictive deed covenants, and *Shelley v. Kramer*.



HOW ARE ST. LOUIS CITY AND ST. LOUIS COUNTY DIFFERENT?

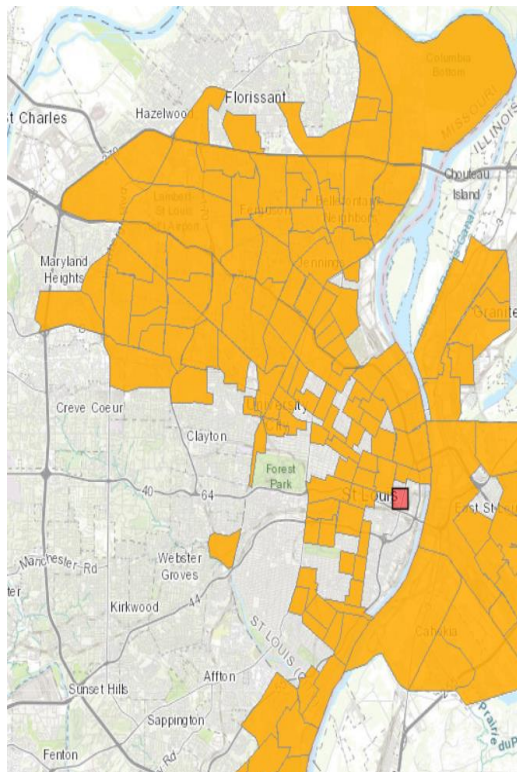
- Different taxing and school districts
- Unequal allocation of resources
 - Philanthropic funding is higher in St. Louis City
 - Funding projects have traditionally favored west and/or south St. Louis County
 - North St. Louis County is underserved and under-resourced
- *North St. Louis County is predominantly Black/African-American*



Source: Thompson.com

HEALTHY FOOD ACCESS & SEGREGATION

- St. Louis is the 6th most segregated city in America- divided by the Delmar divide
- North of Delmar divide- 99% Black, South of Delmar- 70% white
- \$25,000 difference between average incomes
- Residential segregation is also food access segregation
 - The orange on the map indicates a food desert



Source: USDA.org

Figure 2: Neighborhoods divided by Delmar Blvd. in St. Louis City

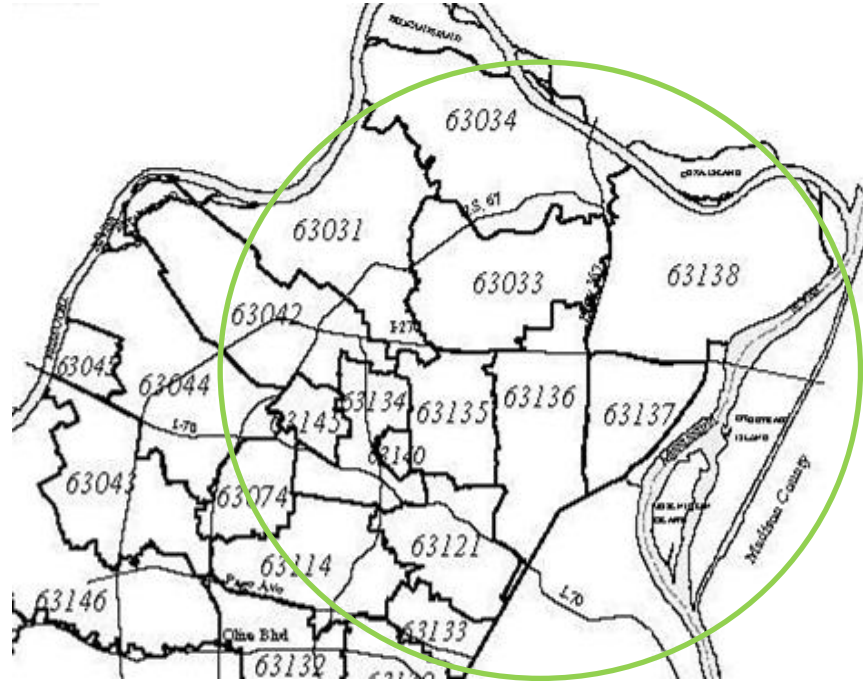


The figures above represent median home values, and median household income.
Source: American Community Survey 2007-2011 5 year estimates



North County Zip Codes

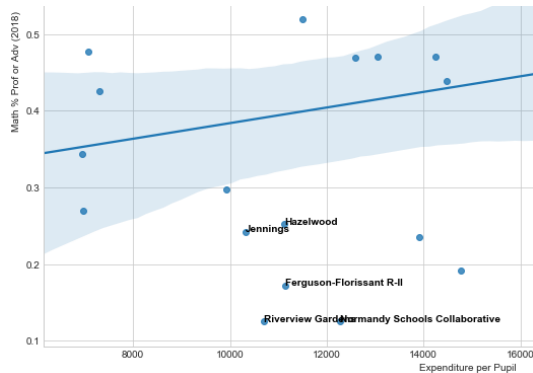
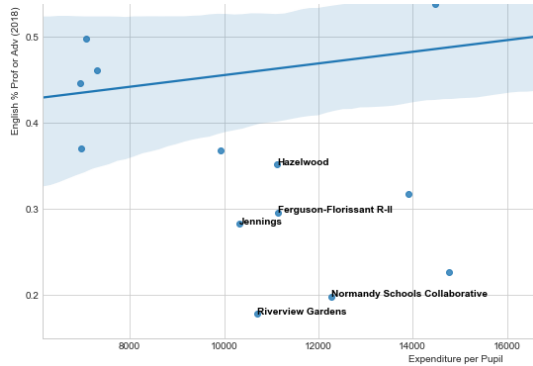
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- 63134
- 63135
- 63136
- 63137



- 63138
- 63140
- 63031
- 63033
- 63034
- 63042



HEALTHY FOOD ACCESS & EDUCATION



- Poverty Impacts Education via
 - Emotional and Social Challenges
 - Acute and Chronic Stressors
 - Cognitive Lags
 - Healthy and Safety Issues

- *We see these challenges in our schools in North County*





THIS COULD BE ANY STREET IN NORTH COUNTY

- Fast Food
- Liquor Stores
- Dollar Stores
- Gas Stations



Dollar stores replace grocery stores in low-income Black communities at alarming rates, one town is fighting the surge

Food scarcity is on the rise in America as the economy reels

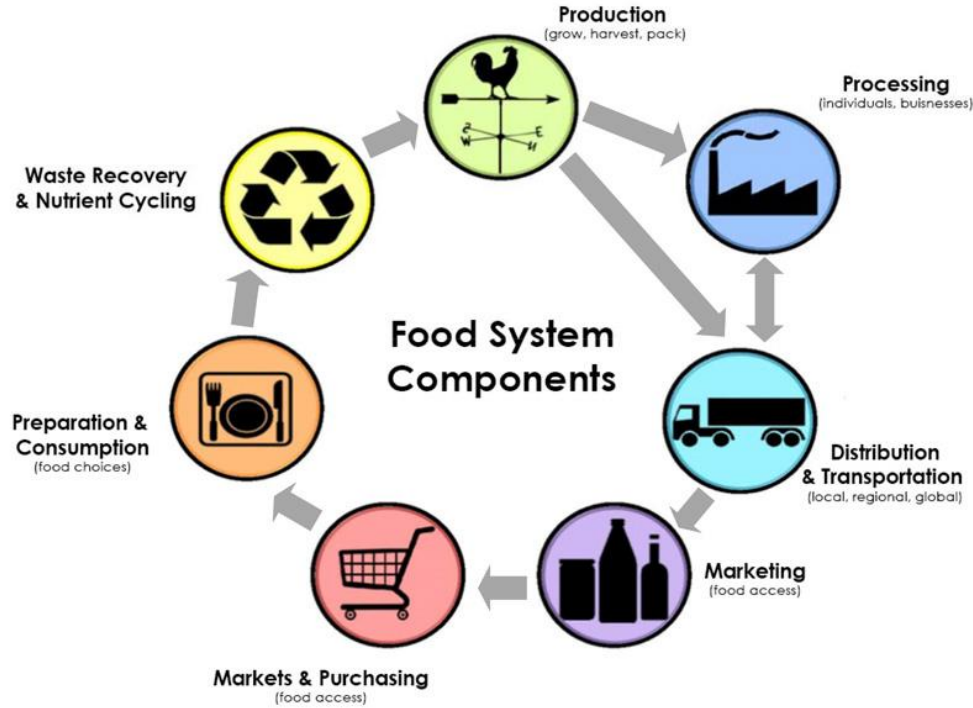
How the rise of supermarkets left out black America

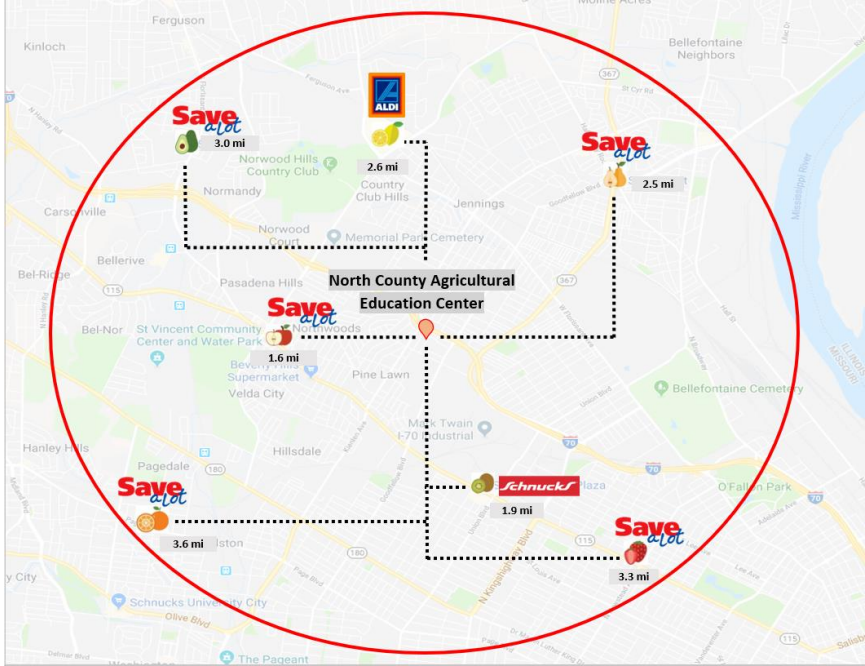
Black Communities Face Wider Food Shortfalls as Covid Saps Jobs

The Coronavirus Crisis Is Worsening Racial Inequality



What is a community food system?





HEALTHY FOOD ACCESS IN NORTH COUNTY



HEALTHY FOOD ACCESS – DINING, GROWING, SHOPPING

- A Red Circle is working on a few initiatives to help increase access to healthy food and further food justice in North County:
 - North County Agricultural Education Center
 - Healthy Flavor Community Garden
 - Healthy Community Market

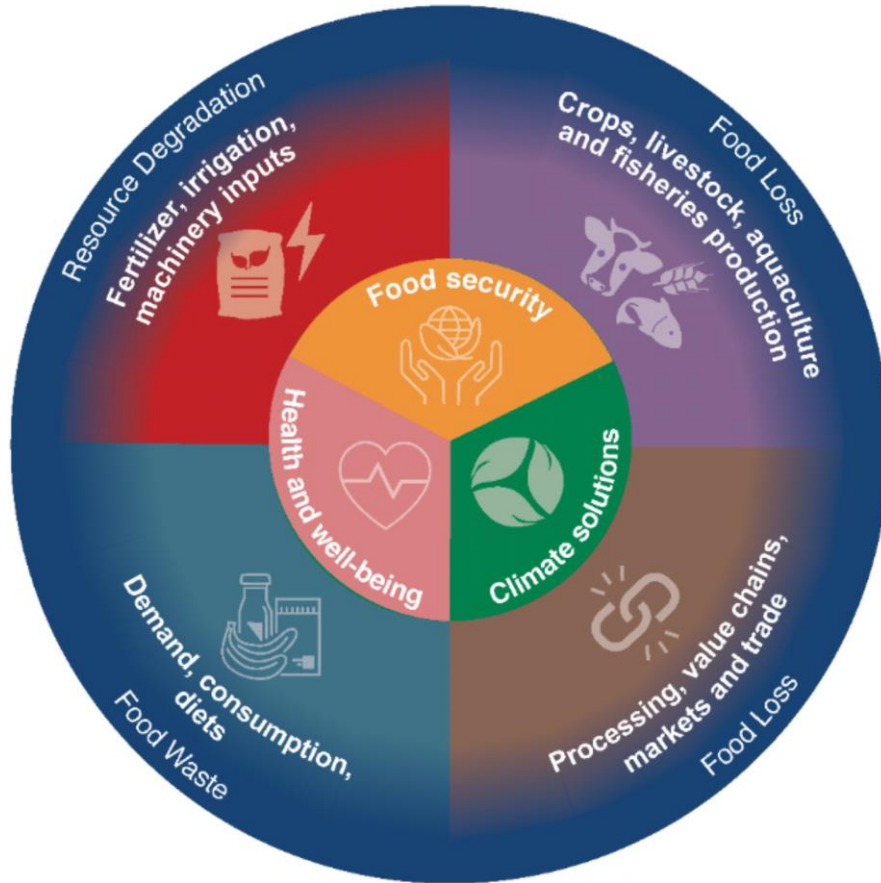


351 CHAMBERS, 63137
JULY 27 9 AM TO 1 PM

*Farmer's Market *Fitness Activities *Kids' Station
*Cooking Demos *Nutrition Education *Resource Table



A RED CIRCLE'S LONG-TERM GOALS



- **Create a healthy food system in North St. Louis County by:**
 - **Creating jobs**
 - **Inspiring healthier living**
 - **Improving the environment through reduction of food waste**
 - **Improving the physical health of the residents**
 - **Improving the economic health of the region**
 - **Inspiring other similarly-situated communities**





GOOD FOOD MOVEMENT

IMPROVING OUR FOOD
SYSTEM FROM WITHIN

GOOD FOOD MOVEMENT

- Collective of Black and Indigenous urban farmers and growers working to improve North County and North City's Food System
- Food Justice Leaders working on food policy issues on the local and state levels
- St. Louis Food Policy Coalition supports our efforts.



GOOD FOOD MOVEMENT MEMBERS

LOCAL URBAN GROWERS, CHEFS, FOOD
JUSTICE LEADERS, AND MORE



How *YOU* can help

1. Visit our website aredcircle.org to sign up for our newsletter and to volunteer
2. Educate yourself and your community members about systemic racism in North County and around the country
3. Donate to A Red Circle or other racial equity organizations
4. Diversify your feed- follow A Red Circle and other racial equity organizations on social media

**Find this
on our
website!!!**

A vertical stack of three red-bordered boxes representing website sections. The top box is titled 'Monthly Donation' and contains a 'Monthly Donations' button. The middle box is titled 'Donate' and contains a 'Donate' button. The bottom box is titled 'Newsletter Sign-Up' and contains a form with fields for 'First Name', 'Last Name', and 'Email Address *' (with a red asterisk indicating it is required). Below the fields is a 'Subscribe' button. A small red circle with a white triangle is visible at the bottom right of the form.



THANK YOU!

**"A well-nourished body and brain
are better able to withstand
ongoing stress and recover from
illness."**



QUESTIONS?

Contact Information

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- **Email:** Info@aredcircle.org
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