

# ENLIGHTENMENT SERIES



This Enlightenment Series is under the auspices of the USF Institute on Black Life, USF Black Employee Steering Committee, the USF Black Faculty & Staff Association and the Racial Justice Initiative.

Theme: Food: Conceptualizing policies and systems that impact food production, distribution, and consumption within the community



*Facilitated by*



**Dr. Maya Trotz**

Professor, Dept. of Civil & Environmental Engineering, College of Engineering



**Dr. Joseph Dorsey**

Associate Dean For Academic Affairs & Director of Food Sustainability and Security



**Dr. William Schanbacher**

Associate Professor, Department of Religious Studies

# Food: Terms and Definitions

Joseph W. Dorsey, Ph.D.

Associate Professor of Instruction

Concentration Director, Food Sustainability and Security

Patel College of Global Sustainability

University of South Florida



# Food

- Safe
- Tasty
- Nutritious
- Abundant
- Diverse
- Convenient
- Low-cost
- Accessible





# Food is a commodity

Food as a  
commodity  
entails:

Advertising

Marketing

Pricing

Sales

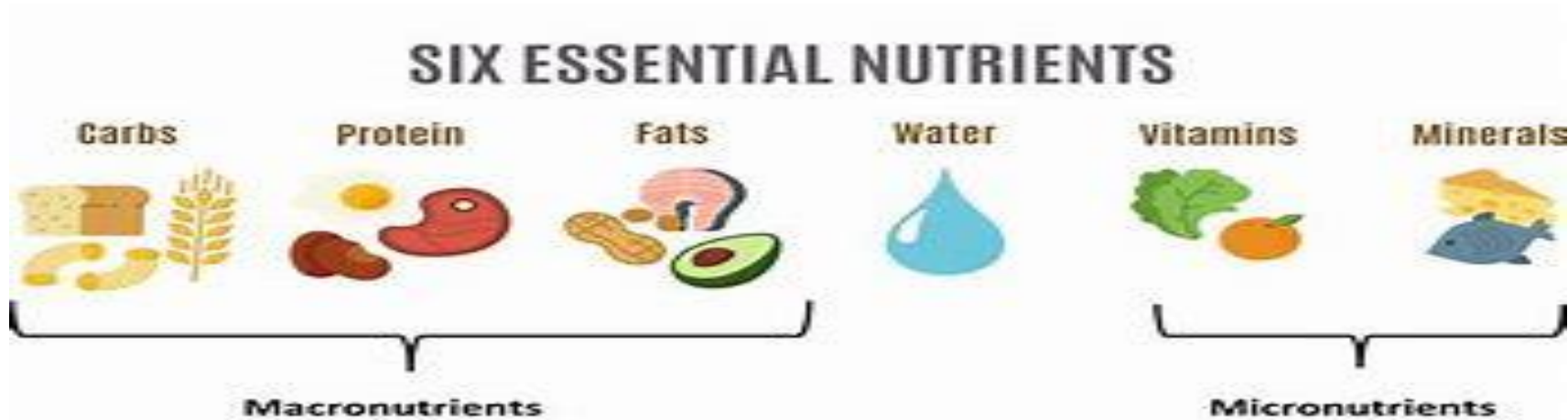
Purchasing

Use





# Nutrition



Proteins	Carbohydrates	Lipids	Water

## Essential Nutrients

**Macronutrients**

Provide energy in the form of kcals

Carbohydrates- 4 kcals/g

Protein - 4 kcals/g

Fat (Lipids) - 9 kcals/g

**Water**

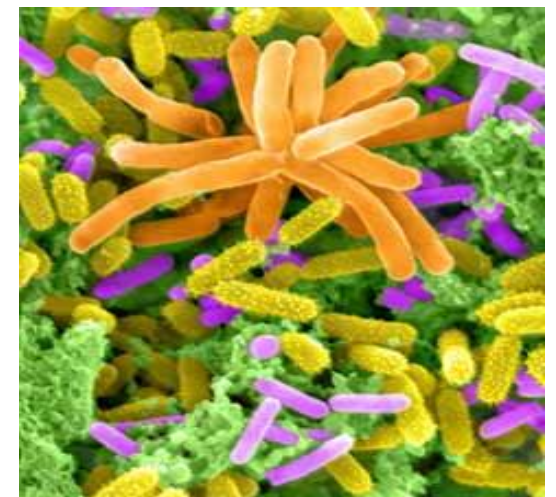
Approximately 60% of our bodies are composed of water which makes it very essential. It is needed in large quantities but does not provide energy in calorie form. Dehydration can occur without it and can affect a lot of our life if we don't make sure we are consuming enough water.

**Micronutrients**

These are your vitamins and minerals. The 13 vitamins are categorized into either fat-soluble or water-soluble. There are either trace minerals (the ones we need few of) or major minerals (the ones we need more of).

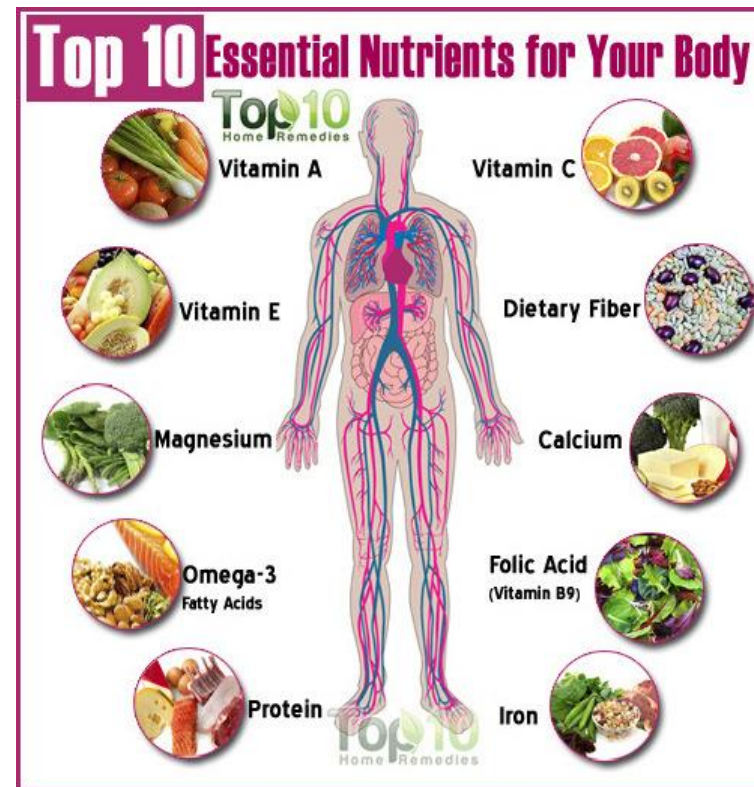
Nutrition Facts	
8 servings per container	
1. Serving size	2/3 cup (55g)
Amount per serving	
2. Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
3. Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
4. Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Diet: Personalized Nutrition

- A diet is the kinds of food that a person, animal, or community habitually eats or a special course of food to which one restricts oneself.
- Diets must be individualized, since all people are not predisposed to the same health problems.
- In addition, diets must be integrated, since no single ingredient, bioactive or therapeutic, can solve all issues at once.
- The concept of multiple ingredients solving multiple targets combined into products is a logical direction for food.





# Agriculture

Agriculture is the growing of plants and animals for food:

- Acquisition and Utilization of Resources
- Production
- Processing
- Packaging
- Distribution
- Consumption
- Disposal
- Waste



# Global Food System

- **Industrialized Production:**  
Large scale, machinery, fertilizers, pesticides, genetic modification
- **Business Oriented:**  
Supermarket networks, high volume discounts
- **Government Contracts:**  
Policy, politics, subsidies, economic development
- **Multinational Corporations:** Global food system driven by profit maximization and market dominance





# Food Security

- *Food security* focuses on access to food and nutrition.
- Climate risks and scarcity of resources can affect *food security*. There are over 7 billion people currently on the Earth and growing.
- Human population will increase 50% by 2030. So, hunger, famine, drought, food shortages and poverty will likely threaten *food security* around the world.







# Food Sovereignty

- Food sovereignty is the right of communities to control their food systems, from production to distribution to consumption. It is a social movement and policy framework that aims to ensure fair and equitable access to healthy, culturally appropriate food.
- In practice, food sovereignty supports sustainable livelihoods for farmers and other producers while promoting agroecological farming and developing local food economies.
- Food sovereignty promotes access to appropriate technology and local resources for farmers to empower their communities by defining their own food and agricultural systems.



# Food Sustainability: Addressing Future Challenges

## Urban-Based Solutions

- Urban Agriculture
- Community Gardens
- Roof Top Gardens
- School Gardens
- Controlled Environment Agriculture
- Vertical Farms
- Green Walls
- Ecological Cities







## Blue Green Action Platform

**...bridging communities to reduce nitrogen pollution  
from upstream and downstream.**

**[bluegap.org](http://bluegap.org)**







**BlueGAP links data and stories to produce action.**

**Stories**



**Data**

**Action**

Mississippi River  
Watershed

Tampa Bay  
Watershed

Salt River Watershed  
in St. Croix, U.S. Virgin  
Islands













# Food Sovereignty for a Brighter Food Future

**FSI** | Food  
Sovereignty  
Initiative







## Curriculum Development

Empowering Through Food Knowledge and Skills. We create spaces where students, researchers, and community members share knowledge, experiences, and ideas.





# Research that Matters

Innovative Solutions for Local Food Challenges. Our research is guided by the people most affected by food insecurity





# FSI

Food  
Sovereignty  
Initiative

+ Well Fed Community

SETTING TABLES FOR  
**COMMUNITY  
FOOD  
SOVEREIGNTY**

A toolkit for facilitating urban community programs that promote the individual right to healthy and culturally appropriate food, and to define one's food system

2024

This toolkit was made possible thanks to the support from the United States Department of Agriculture



**WellFed**  
—community—



**FHEED-LLC**  
Food for Well Fed Community & Economic Development  
Community Food Systems Planning and GIS



UNIVERSITY of  
**SOUTH FLORIDA**



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Initiative









HEALTHY 22<sup>ND</sup> STREET



COMMUNITY GARDEN INC.

- Healthy 22<sup>nd</sup> Street Garden Program





# Community Engagement

Building Practical and Sustainable Solutions. We listen to community needs and form partnerships to create healthier food communities.









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# THANK YOU!!

Please Complete Survey



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