Decolonizing our thinking: Food justice for people of color
What does food justice mean?
Food justice means:

● Everyone has access to healthy, locally grow, fresh, culturally appropriate foods (not everyone eats the same foods!)

● Rather than just ‘cruelty free’, those working to produce food should receive living wage jobs,– farmers, farmworkers, restaurant, food service, processing plants. . .

● Community Control through cooperatives, faith-based initiatives, community organizations - see here

● How transparent are our food suppliers?
Eating well in an inequal food system

The symptoms of our neocapitalist society is a way of feeding ourselves that is far removed from field to table eating.

The results of an inequal food system is felt even more keenly in segments of society where there is poverty and inequality - access to fresh produce, affordability of such produce in urban areas, and education about the importance of eating well.

Historically a vegan diet, field to table eating and eating locally are concepts that originate in agrarian economies.

Agrarian economies were destroyed by colonialism, slavery and capitalism.
As one study demonstrates, produce consumption for African Americans increased by 32 percent when African Americans lived near a supermarket. Let’s encourage people to adopt healthier lifestyles and understand the connection between their physical health, brain health and overall well-being. And, at the same time, let’s encourage our lawmakers to endorse smart public health policies like Healthy Food Finance Initiatives that give everyone the opportunity to access better food and lead a healthy life.

The Root - Dwayne Wharton
https://www.theroot.com/how-a-lack-of-access-to-healthy-food-may-destroy-your-m-1796848425
We mostly talk about veganism from a standpoint of EXCESS.

Where there is a luxury of choice, the argument for veganism is obvious.

But when there is a question of survival, to push vegan ethics on communities struggling to consume enough calories for survival and to be able to do farmwork – this would gain little enthusiasm.

The shift from meat and dairy based diets should occur with dialogue and gradually; without the tone of talking down to others.
Our lifestyle choices have conservative impact on climate change.
Capitalism, our reliance on fossil fuels and the failure of policy makers are the main cause of the problem.
Catchphrases

...while the corporations laugh all the way to the bank

- Cruelty free
- We are all animals
- Justice for all!
In reality: the market is dominated by invisible conglomerates.
Dominant cultures inflict trauma.
Cultural indoctrination by dominant cultures

Modern day slave labor

Incarcerated labor / cheap migrant labor

Access to produce and wealth gap

Scientific racism

Colonialism, capitalism, institutionalized racism, neocolonialism
"Cultural appropriation, exploitation, emquiring, colonialism, micro and macro aggression upon marginalized and targeted communities is a continuation of imperialism and colonial expansion," said panelist Jesse Silva. "It wasn’t enough that they took our homes. Now they’re **stealing our food and clothes and selling them back to us.**" The system economically profits by commoditizing our culture; think mala beads being sold for ridiculous amounts of money, or Sikh kirtan being played in yoga studios, or Punjabi clothing/Sikh instruments/Sikh weapons being sold at boutique stores as “exotic imports”.


Do you, elitist vegan suffer from:

Blindness to systemic racism in Finland? (Wealth gap, poverty, discrimination by employers, surveillance, ethnic profiling by police - faced by POC)

White privilege - It’s the level of societal advantage that comes with being seen as the norm... automatically conferred irrespective of wealth, gender or other factors. It makes life smoother, but it’s something you would barely notice unless it were suddenly taken away — or unless it had never applied to you in the first place.

Unawareness of neocolonialism (foreign business companies continue to exploit the resources of post-colonial peoples, and that this economic control inherent to neocolonialism is akin to the classical, European colonialism practiced from the sixteenth to the twentieth centuries.)

In order to successfully have dialogue; one must be on the same page
Who are those that have buying power in your communities? Who has the luxury of choice?

‘Can elitist vegans understand the issues and mistrust of POC people and minorities that have suffered institutionalized racism?

How do we move forward?