## Food Systems Reflection Guide

Definitions:

Food Security is defined by the Life Sciences Research Office (LSRO) as, "  $\ldots$ 

Beams and floorboards leaning together, grown tired of waiting for their load to lift.

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These farms have heavy stones, each one wrestled from the earth carefully placed by calloused hands into a wall on field's edge.

Built over many years the wall beings to crumble, one memory at a time rolling back to be swallowed again by the ground.

These farms have old trees. Oaks and Maples with thick skins, guarding the secrets of many seasons. Old trees who thirsted in dry summers, cracked and groaned on winter nights, and whispered on August breezes to women trimming Blue Lake beans in the shade.

These farms have buttercups and daisies in a field gone to seed. Other flowers I can't even name, never learned to name, now their fragile beauty is precious.

Up and down the road For Sale signs sprout, symptoms of the approaching tumor. A horse farm, pasture, a stand of birch trees, divided, sub-divided, priced, sectioned off and parceled out.

Wild flowers sway peacefully. A soft breeze rustling in the long grass, right before the end. What is the author saying?Is it true?What impact does this change in farms have on our food and how it is produced?How do these impacts affect the world around us?

• <u>http://www.foodshed.net/foodguide/0809lfg.pdf</u> - West Michigan guide to local food

After viewing the many sources of local food in the Grand Rapids area, are you challenged to eat more locally? How can you change your eating habits to eat more locally?

What Now: Resources for Further Engagement

- <u>http://accessofwestmichigan.org/</u> -Access of West Michigan website
  A local ministry providing food for those in need
  Provides information about their mission as well as opportunities to get involved
- <u>http://www.calvin.edu/admin/slc/</u> Calvin College Service-Learning Center
  We can help you get connected and volunteer with local agencies working to bring justice to our food systems
- <u>http://roadmap.cultureisnotoptional.com/food/</u> \*culture is not optional Information on the \*cino publication all about food
   Publication provides information and resources about eating locally, the roles food plays in our society, as well as a Christian perspective on food
- <u>http://www.feedingamericawestmichigan.org/</u> Feeding America website
  Testimonials from those who have been helped by places like Feeding America as well as information on ways you can get involved.
- <u>http://foodshed.net/</u> Greater Grand Rapids Food Systems Council Information about food systems in the Grand Rapids area and how to find local food

If you have any suggestions or comments on what we can improve, please contact us at slc@calvin.edu or 616-526-6455.

