1. The quality of food is affected. For example, one community member was discouraged from eating chicken because she found it contained hormones.

“Here, I cooked my son’s chicken because it was cheaper. But, I realized the chicken had hormones. There’s organic chicken, but it’s more expensive. So I stopped giving them chicken.” - Veronica

2. When community members can’t grow or buy culturally significant foods, their cultural identity changes. This is especially prevalent in younger generations.

“I stopped cooking [chilate] because my grandchildren don’t eat it. They want pizza [and] chicken nuggets. Even though I want to teach them [how to cook traditional foods], they don’t want to learn.” - Veronica

3. People face barriers when trying to grow their own food. One individual shared their frustration that they couldn’t grow food because they rented their home. Another person pointed out that even people who do own their own homes run across unique barriers in growing food, like squirrels which can eat their crops.

4. Because community members aren’t able to grow their own food, they notice that younger generations don’t have a connection to the earth like they did.

“My grandma taught me how to use hierba buena as a medicinal remedy. I want my grandson to learn [this too]. We plant cempasuchil at [our] home in Chicago, I want him to learn where the flowers come from.” - Andres

5. The quality of food is affected. For example, one community member stated that the food they were offered during COVID-19 wasn’t nutritious, affordable, culturally-appropriate, and grown locally. Due to food injustices, the well-being of communities where there is little access to supermarkets with fresh, healthy, and affordable foods.

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How Does Land & Food Injustice Affect the Community?

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What are some action steps you can take?

**Individual Level**
- Change starts from within, reflect: does anything we have mentioned resonate with your own experience?
- Buy locally grown produce - Visit farmers’ markets

**Community/Local Scale**
- Get involved with university students and organization- we have opinions and want to see change too!
- TALK: be vocal about concerns, then get together and talk to your neighbors (ex: Centro San Bonifacio)
- Get involved with community organizations...see what they do, and what you can add to their programming (pay it forward)
- Check in with your local community organizations to see if they have a garden. If they don’t, see if you can start one. Here is what community members have to say about the effectiveness of having a community garden:
  - "...we give them the space to the gardeners to harvest and to grow, and to have their own food, and access to the land. And that is important because that’s one of the only gardens that doesn’t charge. We just give people the space, and it’s a responsibility of the family to keep it.”
  - "...through the pandemic, we also noticed that the amount of gardeners also went up...there are more people participating, so people are being more careful and taking better care of it”

**Large Scale**
- Hold local officials accountable, and vote them out if they aren’t supporting your community
- Support legislation that will lead to a Just Transition

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**Follow A Just Transition Framework**

“Just Transition strategies aim to transition whole communities to build regenerative economies that provide dignified, productive and ecologically sustainable livelihoods; democratic governance and ecological resilience.”

“...we don’t have a lot of places where people can have access to healthy food, so people can see now that the communities that are in the south or the west side compared to the north, it’s not equal.”

“a growing number of consumers are rejecting the poisonous, processed food sold by the agrifoods industry; rural and indigenous communities are rising up to resist fracking, pipelines, and CAFOs; and farmworkers and foodworkers are organizing strikes and boycotts against starvation wages and inhumane working conditions.”

(Just Transition Factsheet, Regenerate California)