

The University of Memphis

**Promoting Neighborhood Revitalization through Urban Food Security Policies and Programs
Graduate Program in City and Regional Planning
School of Urban Affairs and Public Policy
The University of Memphis**

Fall 2011

Course Instructors: Kenneth M. Reardon
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Graduate Program in City and Regional Planning

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Advising Hours: Kenneth M. Reardon
Tuesdays and Thursdays, 10 am – 12 noon
There is a sign-up sheet on the door!

Class Meeting Times: TBD

Course Description:

Thousands of low-income families living within the Greater Memphis region reside in neighborhoods where there are no supermarket offering fresh, affordable, and culturally appropriate foods. A significant portion of these families depend upon public transportation to get to full service supermarkets located a some distance from their homes which complicates their efforts to maintain healthy diets for their families. This problem, coupled with a decline in physical activity for many inner city youth due to cuts in community and school-based recreational programs, has contributed to a growing epidemic of childhood obesity, diabetes, and other health problems in the local income neighborhoods of our city and region.

Currently, there is a growing movement of citizen activists, health advocates, and elected and appointed officials trying to address the economic, social, and health effects of the pervasive “food deserts” that exist within our region. This growing social movement within Memphis and many other urban areas is seeking to improve children, family, and community health and wellness through a variety of food security policies and programs, including: food banks and pantries, community gardens, group buying clubs, farmers markets, producer and consumer food coops, and regional food policy councils. Planners are being increasingly challenged to play a leadership role within this movement due to their knowledge of demographics, economic development, land use, transportation, and fundraising. In

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Memphis, and other cities throughout the United States, planners are working with community-based organizations seeking to establish community gardens, municipal governments launching farmers markets, and food policy councils created by regional planning agencies.

This course has been designed to introduce undergraduate and graduate planning, design, and social science students interested in community health and wellness programs to the key terms, concepts, theories, and planning and development strategies being pursued by citizen activists, professional planners, and elected officials to address our nation's growing inner health crisis through a variety of urban food security policies and programs.

Students will learn about these topics through lectures, films/videos, quest speakers, field trips, and engaged scholarship projects undertaken in cooperation with a number of community-based health and wellness programs in our region, including: Healthy Memphis Common Table, Grow Memphis, Mid-South Peace and Justice Center, the South Memphis Farmers Market, the Cooper-Young Community Markets, the Memphis Farmers Market, Memphis/Shelby Office of Planning and Development and the City of Memphis Food Policy Council.

Course Objectives:

- a.) Introduce students to the contemporary urban food security movement;
- b.) Critically examine the alternative policy solutions being pursued to improve the nutritional and health status of inner city residents;
- c.) Involve students in the research, education, service, management, and evaluation efforts of a wide range of non-profit and public agencies seeking to improve food security in Memphis: and,
- d.) Challenge students to make a significant contribution to the food security policy debates currently taking place within our city, region, and state by completing a white paper on the food security issue of their choice.

Course Topics:

Week	Date	Topics/Readings/Assignment
1	9/2	<p>The Historic Struggle to Achieve Good Nutrition and Health in Urban America</p> <p>Riis, Jacob. 1890, <u>How the Other Half Lives: Studies Among the Tenements of New York City</u>. (New York: Charles Scribner's and Son).</p> <p>Corburn, Jason, 2004. <i>Reconnecting Urban Planning and Public Health</i>. <u>American Journal of Public Health</u>. Volume 94, Number 4. pp. 541-546.</p> <p>Kreiger, James and Donna L. Higgins, 2002. <i>Housing and Health: Time Again for Public Health Action</i>. <u>American Journal of Public Health</u>, Volume 20, Number 5, pp. 758-768.</p>

- 2 9/9 **The Emergence of Public Markets and Food Inspection Programs in The Progressive Era**
- Moller, Gregory. 2009. The History of US Food Regulation. (Boise, ID: The University of Idaho). (Powerpoint)
- Tangires, Helen. 2003. Public Markets and Civic Culture in the Nineteenth Century. (Baltimore: John Hopkins Press).
- Kolko, Gabriel. 1963. The Triumph of Conservatism: A Reinterpretation of
- 3 9/16 **The Emergence of National Supermarket Chain and the Decline of Local Supermarkets and Food Systems**
- Mayo, James. 1993. The American Grocery Store: The Business Evolution of an Architectural Space. (Westport, CT: Greenwood Press).
- 4 9/23 **The Failure of Retail Food Distribution in Inner City Neighborhoods and Its Economic, Social, and Health Consequences in the Post-War Period**
- Gittelsohn, Joel. et. al. 2010 *An Urban Food Store Intervention Positively Affects Food-Related Psychological Variables and Food Behaviors*. Health Education Behavior. Volume 37, Number 3, pp. 390-402.
- Edelman, Marian Wright. 2010. *Urban Food Deserts Threaten Children's Health*. (Washington, DC: Children's Defense Fund), January 1, 2010. <http://www.childrensdefense.org/newsroom/child-watch-columns/child-watch-documents/urban-food-deserts.html>
- White. M. 2007. *Food Access and Obesity*. Obesity Reviews, Volume 8, Supplement #1, pp. 99-107.
- 5 9/30 **Early Community-Based Strategies to Counter America's Growing Number of Food Deserts: Food Pantries, Group Buying Clubs and Consumer Cooperatives**
- Marion, Donald and Bisrat Aklilu. 1975. *The Food Coop Potential in* Journal of Consumer Affairs. Volume 9, Issue 1, pp. 49-59.
- Pretty, Jules. 2000. *Towards Sustainable Food and Food Systems in Industrialized Countries*. International Journal of Agricultural Resources, Governance, and Ecology. Volume 1, Number 1, pp. 77-94.
- 6 10/7 **The Growth of America's Urban Food Security and Health Equity Movement**

Powers, Elaine. 1999. *Combining Social Justice and Sustainability for Food Security in the United States* in Hunger-Proof Cities: Sustainable Urban Food Systems, edited by Mustafa Kroc et. al. (Toronto: International Development Research Center), pp. 30-40.

Hallwell, Brian and Thomas Prugh. 2002. The Case for Local Foods in a Global Market. (Washington, DC, Worldwatch Institute), pp. 50-57.

7 10/14-18

Fall Break

8 10/21

The Flowering of America's Community Gardening Movement

Assadourian, Erik. 2003. *The Value of Community Gardens*. Encounter: Education for Meaning and Social Justice. pp. 39-42.

(ohioactionforhealthykids.org [PDF])

Armstrong, Donna. 2000. *A Survey of Community Gardens in Upstate New York: Implications for Health Promotion and Community Development*. Health and Place, (ncsu.edu PDF).

9 11/4

The Nation-wide Movement towards the Development of Farmers' Markets

Spitzer, Theodore Morrow et. al. 1997. *Public Markets and Community Revitalization*. (Washington, DC: Urban Land Institute).

Hamilton, Neil D. 2005. *Farmers Market Policies: An Inventory of Federal, State, and Local Examples*. (Des Moines, Iowa: Drake University Agricultural Law Center), pp. 1-6.

(www.nafdma.com/files/FMC_Hamilton.pdf)

Brown C. and S. Miller. 2008. *The Impacts of Local Markets: A Review of Research on Farmers Markets and community Supported Agriculture*. American Journal of Agriculture, (Fulltext@theUof Memphis)

10 11/11

The Birth of Community Supported Agriculture (CSAs)

Adams, Katherine. 2006. Community Supported Agriculture, (National Sustainable Agricultural Research Center, North Carolina Agricultural and Technical College, Greenville, NC), pp 1-16. (attra.org PDF)

Sharp, J., E. Imerman, and G. Peters. 2002. *Community Supported Agriculture (CSA): Building Community among Farmers and Non-Farmers*. Journal of Extension, (www.joe.org)

11 11/18 The Influence of Europe's Slow Foods and Zero Waste Movements on America's Local Foods Movement

Slow Food. 2010. www.slowfood.com

Slow Food USA. 2010. www.slowfoodusa.org

Slow Food: Green Diet. 2010. (Video)
www.huffingtonpost.com/2010/06/30/slow-food-movement-the-gr_n_628250.html - [Related videos](#)

Kaufman, Leslie. 2009. *A New Recycling Movement is Underway*. New York Times. October 19, 2009.
<http://www.nytimes.com/2009/10/20/science/earth/20trash.html>

Borque, Martin and Amy Kiser. 2006. *The Berkeley Model: Less Waste: More Jobs*. Race, Poverty and the Environment: A Journal of Social and Environmental Justice. Volume 13, Number 1.
<http://urbanhabitat.org/node/530>

Thanksgiving Break

12 12/7 The Emergence and Influence of Municipal and Regional Food Councils

Pothukuchi, K., and Kaufman, J.L. 1999. *Placing the Food System on the Urban Agenda: The Role of Municipal Institutions in Food Systems Planning*. Agriculture and Human Values. (Fulltext@theUofMemphis/Intpbworks.com)

Hamm, Michael and Monique Baron. 1999. *Developing a Sustainable Urban Food System: The Case of Camden, New Jersey in Hunger-Proof Cities: Sustainable Urban Food Systems*, edited by Mustafa Kroc et. al. (Toronto: International Development Research Center), pp. 54-59.

13 12/14/ A State and National Policy Agenda to Advance Urban Food Security

Course Readings:

Mark Winne, 2008. *Closing the Food Gap: Resetting the Table in the Land of Plenty*. (Boston: Beacon Press)

Darrin Nordahl, 2009, *Public Produce*. (Washington, DC: Island Press)

Course Requirements:

- a.) Attendance and active participation in each class;
- b.) Completion of all assigned readings and submission of short reaction papers;
- c.) Participation in five hours of community-based fieldwork each week;

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- d.) Final presentation and paper focused on a critical urban food security policy issue facing our region.

Grading:

a.)	Class attendance and participation	10%
b.)	Readings and reaction papers	10%
c.)	Demonstration of field-based learning (Field Journal and Reflective Essays)	30%
d.)	Annotated bibliography of issues specific action campaigns	20%
e.)	Leader interview	10%
f.)	Final paper and presentation	20%

Academic Integrity:

All students are expected to maintain the highest standards of academic integrity as outlined in The University of Memphis Student Handbook and to actively contribute to the building of an intellectually challenging classroom environment and a highly supportive community of scholars.