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
Professor and Director
Graduate Program in City and Regional Planning

Instructor Contact Info: Kenneth M. Reardon
210 McCord Hall
901-678-2610 (Office)
607-275-7402 (Cell)
901-725-1472 (Home)
kreardon@memphis.edu

Office Contact: Jessica Buttermore
Program Administrator
208 McCord Hall
901-678-2161 (Office)
vpeters@memphis.edu

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:

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<th>Week</th>
<th>Date</th>
<th>Topics/Readings/Assignment</th>
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<tbody>
<tr>
<td>1</td>
<td>9/2</td>
<td>The Historic Struggle to Achieve Good Nutrition and Health in Urban America</td>
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Riis, Jacob. 1890, How the Other Half Lives: Studies Among the Tenements of New York City. (New York: Charles Scribner’s and Son).


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<tr>
<th>Date</th>
<th>Meeting Title</th>
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<tbody>
<tr>
<td>2</td>
<td>The Emergence of Public Markets and Food Inspection Programs in The Progressive Era</td>
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<td>Kolko, Gabriel. 1963. <em>The Triumph of Conservatism: A Reinterpretation of</em></td>
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<td>3</td>
<td>The Emergence of National Supermarket Chain and the Decline of Local Supermarkets and Food Systems</td>
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<td>4</td>
<td>The Failure of Retail Food Distribution in Inner City Neighborhoods and Its Economic, Social, and Health Consequences in the Post-War Period</td>
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<td>5</td>
<td>Early Community-Based Strategies to Counter America’s Growing Number of Food Deserts: Food Pantries, Group Buying Clubs and Consumer Cooperatives</td>
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<td>6</td>
<td>The Growth of America’s Urban Food Security and Heath Equity Movement</td>
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7 10/14-18 Fall Break

8 10/21 The Flowering of America’s Community Gardening Movement


9 11/4 The Nation-wide Movement towards the Development of Farmers’ Markets


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)

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


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)


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)


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;
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.