



Overcoming Food Deserts in Your Community: How to Start a Home, School or Community Garden, Food Co-Op or Food Coalition (Paperback)

By MS Cathy Harris

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book not only lays out several action plans to gain access to good, clean, organic foods, but it will help all family members gain access to job and business opportunities, while they eliminate food deserts in their communities. Face it we will never get back to totally living off the land like our ancestors did, but families must come together today for the sake of future generations. We need to seriously look at solutions because this is the first generation that will not outlive their parents. However, there are economically empowered ways we can feed, clothe and shelter our own families. Food is not always only about the most expedient way to suppress hunger. Many community organizations have long understood this and believe that food access and quality is tied to both racial and economic justice. Over the past few years we have heard quite a bit about food deserts, or high poverty areas where a lack of grocery stores makes it difficult for residents to purchase fresh food. However, we know far less about the food realities of people...



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