

Parks, Pollution & Obesity Conference: Growing Healthy Food in Contaminated Places

SUZETTE AGUIRRE, EAST YARD COMMUNITIES FOR ENVIRONMENTAL
JUSTICE

Workshop overview

Objectives: Build awareness among community members, environmental justice communities, public health advocates, urban planners and different stakeholders. Facilitate workshop on siting solutions to optimize the health benefits of urban gardening spaces while reducing exposure to environmental hazards.

Goal: To engage in practices for growing healthy food and address concerns about contaminated soil in communities.

Rotating workshops:

1. Composting – Irene Pena, Proyecto Jardin
2. Raised gardening beds & container gardening – Johanna Arias-Bhatia, Master Gardener, DTSC
3. Phytoremediation – Suzette Aguirre, La Cosecha Colectiva, East Yard Communities for Environmental Justice

1. Provides green space in urban environments
2. Improves air quality
3. Improves relationships between neighbors
4. Provides shared learning opportunities



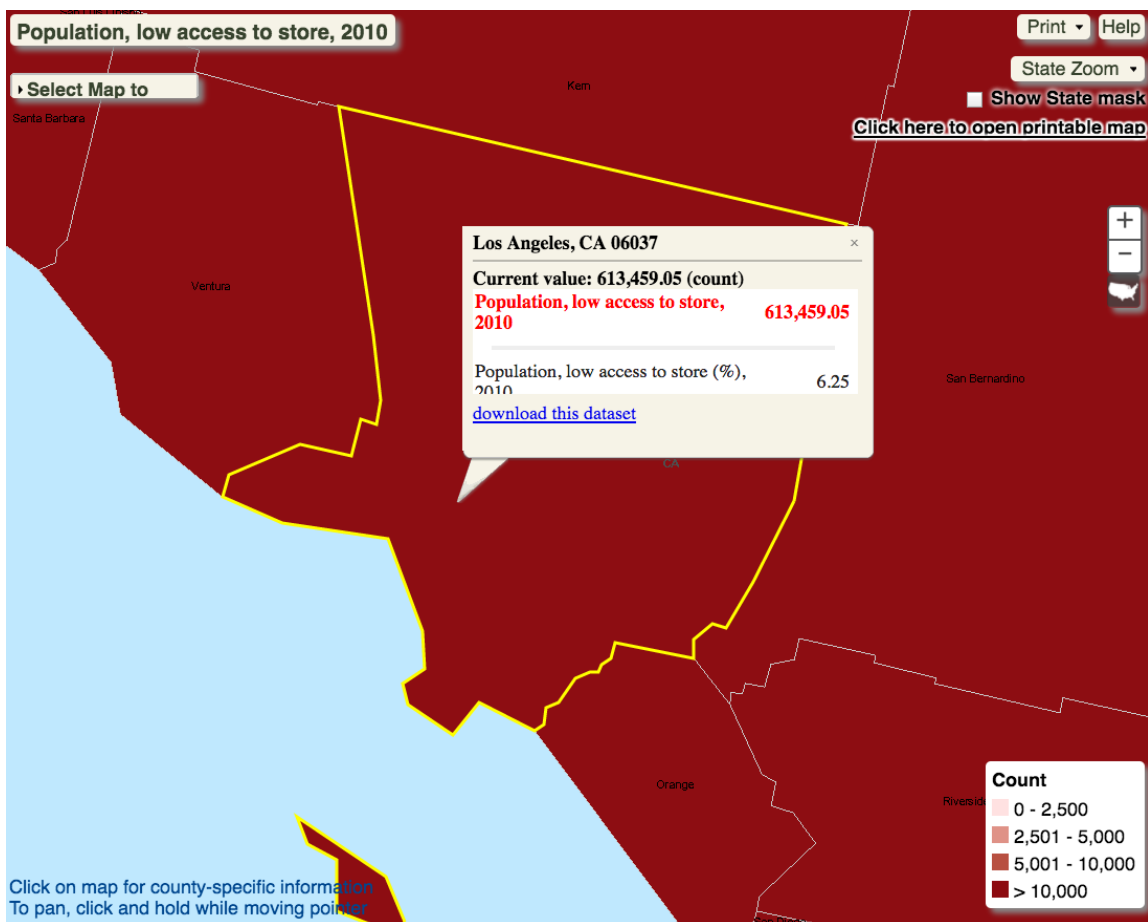
Health Benefits of Gardening



Health Benefits of Gardening

1. Improves healthy food access
2. Provides habitat for insects and animals
3. Promotes psychological well-being
4. Enhances physical health

Food Insecurity & Food Environment



1. 1 in 10 families (over 1 million people) go hungry or face food insecurity in LA County
2. 25% of children and 50% of seniors are food insecure
3. Predominantly white neighborhoods have 3 times as many supermarkets as black neighborhoods and nearly twice as many markets as Latino neighborhoods in Los Angeles
4. CA agriculture is one of the state's top contributors to climate change
5. The average food product travels 1,500 miles to reach our plates

Contaminated Soil



Rotating Workshops – 20 min. each

- 1. Outside Cabrillo Room:** Composting – Irene Pena, Proyecto Jardin
- 2. Outside Yosemite Room:** Raised beds & container gardening – Johanna Arias-Bhatia, Master Gardener, DTSC
- 3. Catalina Room:** Phytoremediation – Suzette Aguirre, La Cosecha Colectiva, East Yard Communities for Environmental Justice