

VOICES FOR CHANGE

An Anthology of
Student Voices for Equality

FIGHTING
FOR Equality
TO MAKE
A BETTER
WORLD!

Class 4-219

P.S. 154 | Harriet Tubman

PLANTING
SEEDS OF
CHANGE:
Food justice!

Class 5-209

Community Activists
P.S. 154 | Harriet Tubman

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Behind
the Book

NYC

Behind the Book's mission is to develop engaged readers and writers in underserved NYC public schools by designing and delivering programs that are multi-disciplinary, culturally responsive, and promote deeper connections to books and their authors.

Visit us at www.behindthebook.org

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154/4/Diesen/LaRoche

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Teaching Artist: Barbara Coccioletti

154/5/Hillery/Fahy

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To Sade Akin Boyewa El, Anthony De La Rosa, Tony Hillery, and Nevaeh Seeley for making sure the community is strong by having healthy food to eat.

Due to COVID all Behind the Book programs were provided virtually. We recognize and appreciate our teachers and students for persevering during this very challenging time.

In the interest of honoring student voice, Behind the Book presents students' work as received from the teacher.

This book was made possible by a generous grant from The Korein Foundation.

Ms. LaRoche's 4th Grade Class

We would like to dedicate this book to Ms. Myra for helping us think about why equality matters. We would also like to dedicate this book to people who come before us like Rosa Parks, Thurgood Marshall, and Harriet Tubman for inspiring us to fight for our rights.

Ms. Fahy's 5th Grade Class

To Tony Hillery, the founder and author of *Harlem Grown*. Thank you for making us aware of food insecurity in our neighborhood. You have inspired us to become activists for food justice. We are determined to feed our community. Keep planting those seeds. We'll watch them grow as you watch us.



ABOUT THE ANTHOLOGY

We are all striving to support one another while facing so many challenges. Over the noise of these challenges, we struggle to hear the best ways to help. Behind the Book offered programs with students in two separate classes from P.S. 154. The students from both classes chose to present their work together as a collection of student voices sending a loud and clear message about the changes we want to see in our community. During tough and uncertain times, may the words of these students guide you toward a future where communities are made stronger through mutual love, care, and respect. If you listen carefully, you will hear the beautiful music of equality ringing out from these students' voices.

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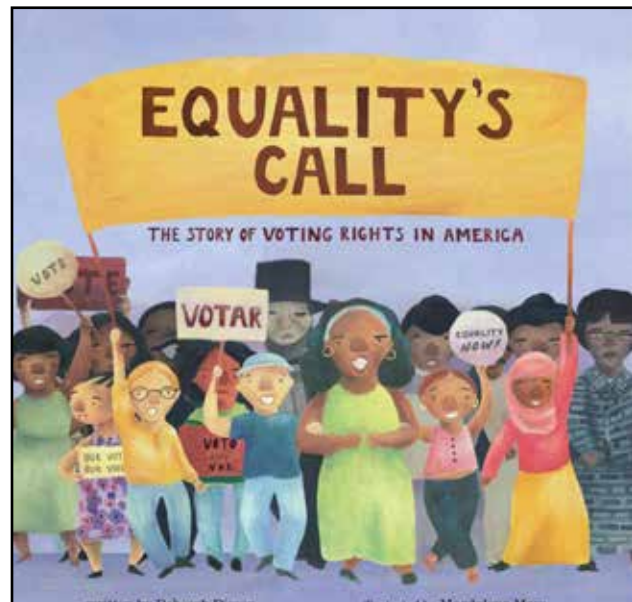
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ABOUT THE PROGRAMS



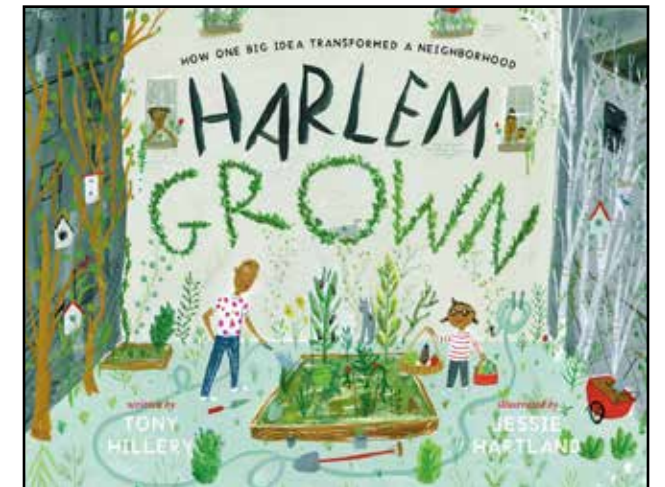
Ms. LaRoche's 4th Grade Class

How will you answer equality's call?

Ms. LaRoche's 4th-grade class set out to answer this question after reading *Equality's Call: The Story of Voting Rights in America* by Deborah Diesen. This powerful book is filled with facts about our country's complicated history of voting rights and the many voices purposely left out of our democracy. Students learned the importance of people who recognized "a right isn't a right till its granted to all" and fought to ensure that the right to vote was extended to everyone. They understood the book's message that "democracy's dream must be constantly tended" by answering equality's call. When Deborah met virtually with the class, she explained the meaning of "equality's call" as an awareness of the need for equality and our shared responsibility to ensure it. With a better understanding of the role citizens must play in our democracy, students reflected on how they would answer equality's call. They began by listing issues of concern in their immediate community and selected their two top issues: pollution and homelessness. They conducted research on how these issues impact us and others. Working with Behind the Book teaching artist Barbara Coccioletti, the students created activist posters using symbols and slogans to raise awareness about these issues to promote change for the better. We hope these moving essays and art will compel you to learn more and stand up for change that promotes equality for all!

Ms. Fahy's 5th Grade Class

Change is a lot like seeds. A small idea is planted, then grows and transforms into something big! Students observed this process when they read *Harlem Grown: How One Big Idea Transformed a Neighborhood* by Tony Hillery, the author and founder of Harlem Grown. Harlem Grown is a non-profit organization that runs urban farms. Students had the opportunity to meet virtually with Tony and Nevaeh Seeley, a student who helped Tony take a neglected lot and transform it into a beautiful space to grow fruits and vegetables! Tony described how he founded Harlem Grown when he realized that Harlem was a food desert. It was filled primarily with fast-food restaurants and needed more healthy affordable food options. Students then set out to learn about food justice by examining the root causes of food insecurities. They also learned how community members like Sade Akin Boyewa El with NYC Community Fridges use mutual aid to provide healthy, free food during times of need. Understanding that mutual aid is a form of love for one's community, the students consulted their school's Community School Director, Anthony De La Rosa, to learn how they could support P.S. 154's families who may be food insecure.




The class then created a digital pamphlet with locations and information on free food resources to post on the school's listserv. To accompany their essays on why food justice matters, students created art inspired by the decorative NYC Community Fridges. The students' Community Fridges were filled with inspirational slogans and caring symbols. The empowered 5th graders declared, "We all deserve food security!" May the passion and care these students put into their program inspire you to plant your own seeds of change!

MS. LaROCHE'S

4th GRADE CLASS



Becoming A Writer



When my kids came along, they loved being read to. For years, I was immersed in children's books, and that immersion ignited my interest in writing.

In 3rd grade, I wrote my first poem.

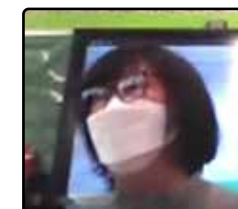
My parents and teachers encouraged my interest in writing.

But sometime over the years, I lost confidence in myself and didn't think I could be a writer. I never stopped writing, but I didn't share anything that I was writing.



What is an issue in your neighborhood you want to change for the better?


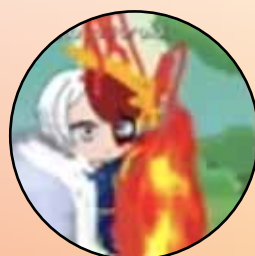
- trash on the ground
- To not a lot of homeless on the street
- People smoking jacob
- people who are poor I can help
- People drinking
- Speeding cars



Now more men could vote—
At least so the law said,
Yet denial through taxes
And tests was widespread.

Voter Suppression Then


Circle how people were denied to vote in the past.

Answering Equality's Call

What is something you think is important and worth fighting for?

- Animal rights
- BLM
- immigrants rights
- Housing for all
- Climate change
- Peace
- Animal rights
- Education
- Food for all
- Homelessness
- The poor.




Voting Then & Now

Exploring how voting has changed

VOTE





Everyone Should be Equal

Ares

Equality is when everyone is equal and can do the same things. Equality is also when everyone is being treated the same way no matter what their skin color is. Equality matters because everyone should have the same rights and have the same opportunities to become the person they want to be.

There were many people who fought for their voting rights. They fought because they thought everyone should be able to vote. Voting means being able to choose who you want to lead you and to represent you. In the past women fought to vote because they were not able to vote and they thought that was unfair. Poor people were also not able to vote because back then you had to either own slaves, have property, or have lots of money. African American had to fight to vote because they could not vote because of their skin color.

I am answering equality's call today by learning more about pollution and thinking about what I can do. Pollution today is bad because there is so much trash ending up in the ocean and because of that so many sea animals are getting sick. The sea animals are getting sick because they swallow trash like plastic and straws and they also get caught up in the trash. Air Pollution is not good for animals and it is also not good for humans. For example if humans breathe in air pollution it can cause asthma and it can also cause lung problems for birds. It also affects plants because the air pollution makes the soil bad which makes growing healthy food a big problem.

Equality can transform a community for the better. It can make a community better because if everyone was equal more people will help to make the place they live in better and people will feel like their voices are being heard.

Be Fair to All

Fanta

Equality means to be fair. It's about treating people how you want to be treated. This is important to me because some people get treated unfairly because of their skin color or their race.

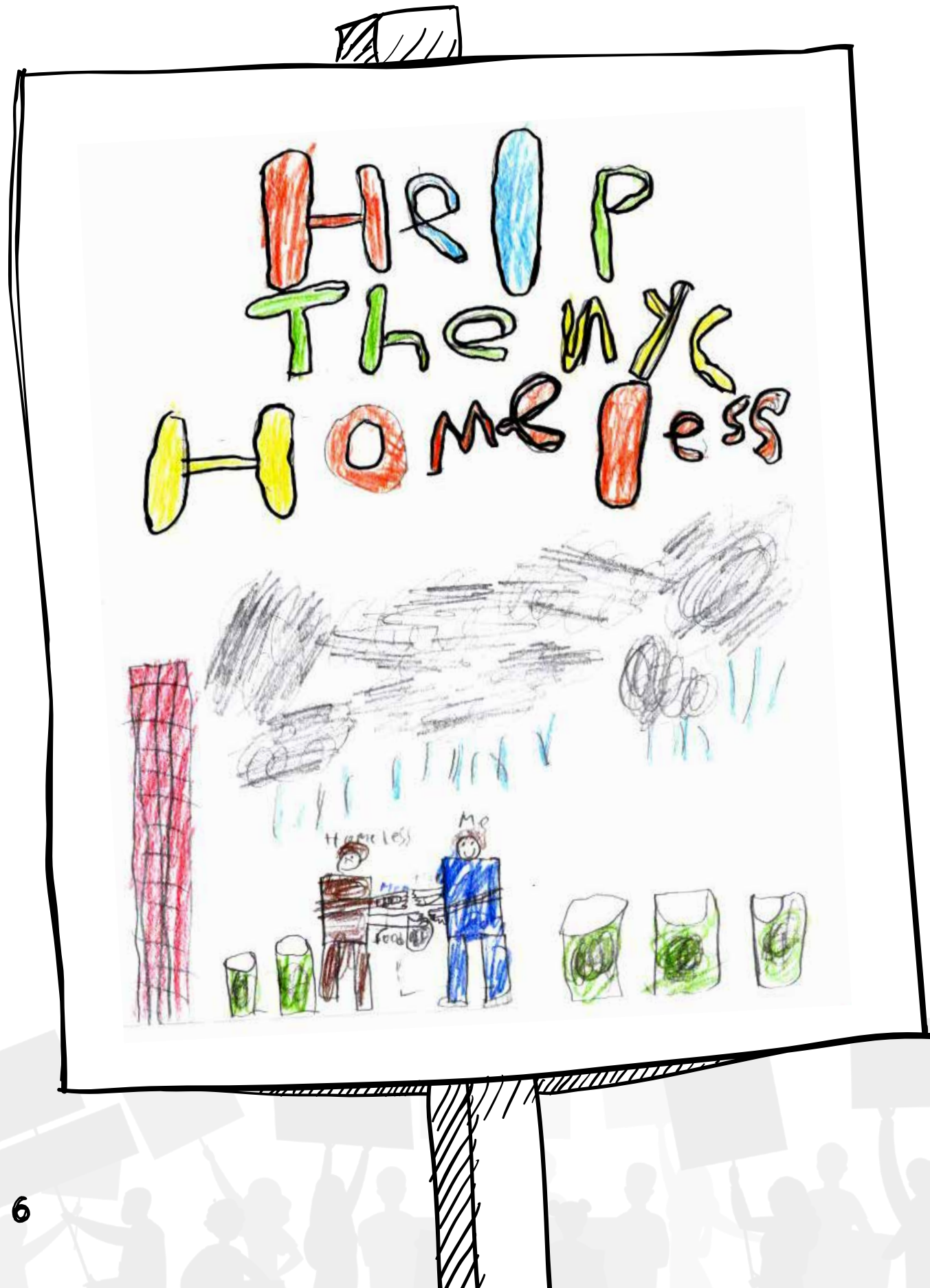
In the past women, black men, Native Americans were some of the people who could not vote. That was not fair or equal. Only white men with land or property and who were able to read and write could vote. People like Susan B. Anthony and Anna Julia Cooper fought for women to vote.

The issue that is important to me is homelessness. This is important to me because there are many people that sleep outside in the cold and have nowhere to go. I have seen a lot of homeless people in the streets of New York City shivering.

One reason people are homeless is because some people get kicked out of their homes because they don't have enough money to pay their rent. Sometimes people lose their jobs or owners raise the rent. Another fact I know about people who are homeless is that they don't have enough money to buy food or clothes. What I can do to help is to give what I can to the homeless like blankets or food.

Equality matters because everyone should be treated like they are important. It makes a community better because people get treated fairly and everyone can get along.





Everyone Matters

#amza

Equality means equal. Equality is important because all races should be equal and it shouldn't matter if you are a woman, African American, or a person of another race.

Many fought for the right to vote because people like women, African Americans, and immigrants could not vote. Voting is important because people can choose new leaders who help us.

My topic is about homelessness. Homelessness is important to me because there are a lot of homeless people. Each night 57,252 people are sleeping in shelters in NYC. People can lose their jobs and then become homeless. They can also lose homes in a pandemic.

Equality matters because you should treat people how you want to be treated. When there is equality people help each other in a community.

Equal Rights

jada

Equality means being equal, being fair and making everyone feel welcomed. It matters because to me, everyone counts.

African Americans and women fought for voting rights. They had to fight for voting rights because women and African Americans were not allowed to vote. White men who were wealthy and could pay poll taxes could vote. Lucy Stone, James Madison and Alice Paul fought for voting for all and equality. Voting is important because everyone should be able to pick who they think should be able to help them and do good.

An issue that is important to me is homelessness. Today there are more than a million homeless who are cold and hungry. This issue is important to me because I think everyone should have a home and feel safe and comfortable. I want to help them get back up,

even if it means to give speeches to tell people that the homeless are people too. We can also have a coat drive and raise money to donate to the homeless. I want them to feel like they count so they don't feel left out. I want to help every homeless person in NYC to feel happy and safe.

Equality matters because everyone should count whether you are a man, woman, the elderly, African American or an immigrant. People should not feel left out. Most importantly, treat everyone kindly and be fair. When there is equality in a community the community is better and happier.



Every Voice Counts

jaslene

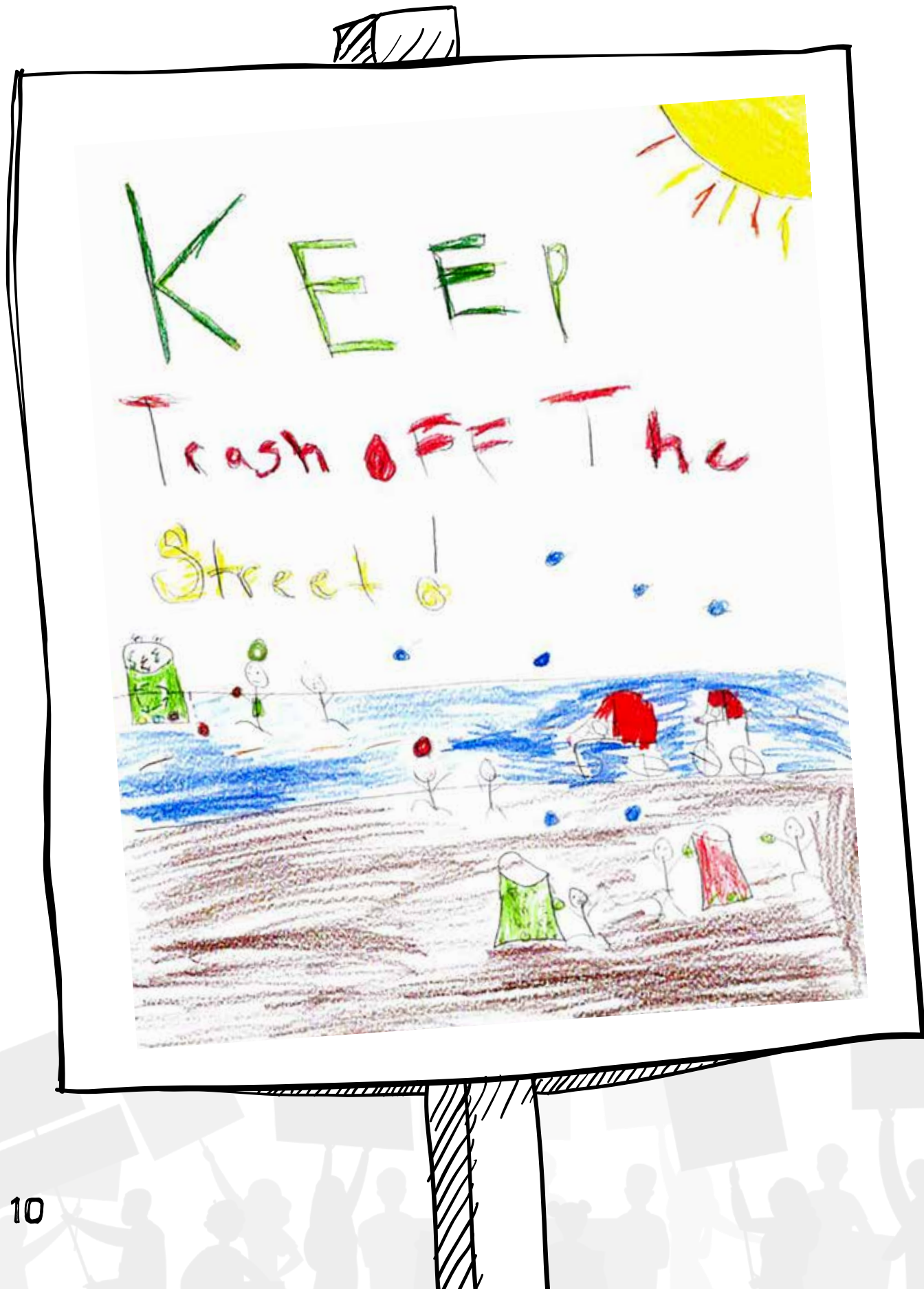
Equality means everyone should be able to speak and be heard. Equality is important because everyone has a voice and every voice counts.

Many people fought long and hard to make sure we all had the right to vote. Many people could not vote in the past. African-Americans and women were some of the people who could not vote. People like Susan B. Anthony helped suffragists. She was helping women so they would be able to vote. It's important because everyone should be able to vote.

The issue that is important to me is pollution because animals in the ocean and on land are dying or getting hurt. Most plastic trash ends up in the ocean. Plastic pollution

harms sea life the most. Turtles and birds can die if they get stuck in trash or eat trash because plastic is not for birds. They die and can not live their lives. Another problem is that many sea animals become stuck in the plastic trash. Sometimes plastic can get in their stomach because they swallow it.

Fighting for equality makes the community better and stronger. Equality makes the community a place where you want to be.



Making a Community a Better Place

Kaiden

Equality means for everyone to be equal. You can't just think about yourself, you also have to think about others in this world. Equality matters to me because some things are not equal like when people get judged because of the color of their skin color or could not vote because they were black or women.

Many people fought for voting rights because women, black people and Native Americans were people that could not vote in the past. But they protested and they never gave up and finally got the right to vote. It's important for all people to have the right to vote because if you don't get to vote you can't pick the people that are going to represent you. A vote is your voice.

The issue that is important to me is pollution. I care about this because I want

to keep the earth clean. One fact that I know about pollution is that when people litter, trash like water bottles, plastic, and straws go in the ocean and sea animals get hurt. I also know that air pollution, which is chemicals and gases, are released in the air. Air pollution can cause birds to have lung problems and people to get asthma. To cause less pollution I can stop buying water in plastic bottles and I will vote to reduce plastic.

Why does equality matter? It can transform the community into a better place. Equality matters because people need to work together and stop judging others because of their skin color. And we also have to treat planet earth better because it is our home.



MS. FAHY'S 5th

GRADE CLASS

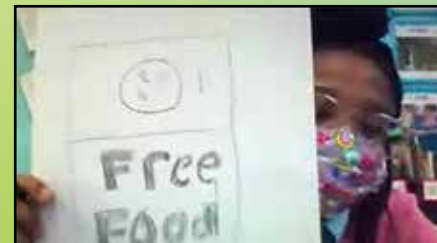
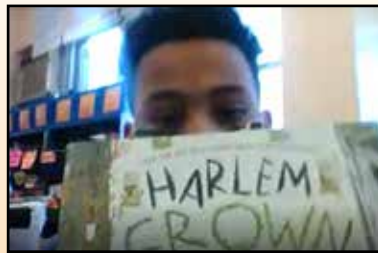


Activist Art is art that spreads a message about political or social issues. It is often presented as street art on posters or painted murals, in community newspapers or pamphlets, and on t-shirts or bags. Why do you think activist artists usually present their artwork in public murals, posters, pamphlets, and t-shirts, rather than museums and art galleries?

Manohar Bhat, Facebook
 Henry Stangor, Photograph for The Black Panther Newspaper
 Chloé Lindqvist
 Clementine Gordon-Moore
 Vanessa Rodriguez, Instagram post



Community activists have been putting up community fridges in NYC and across the country. Refrigerators are painted, powered, stocked, and used for free by people in a local community. If you were going to paint a community fridge what would it look like?



Food Justice

Anthony

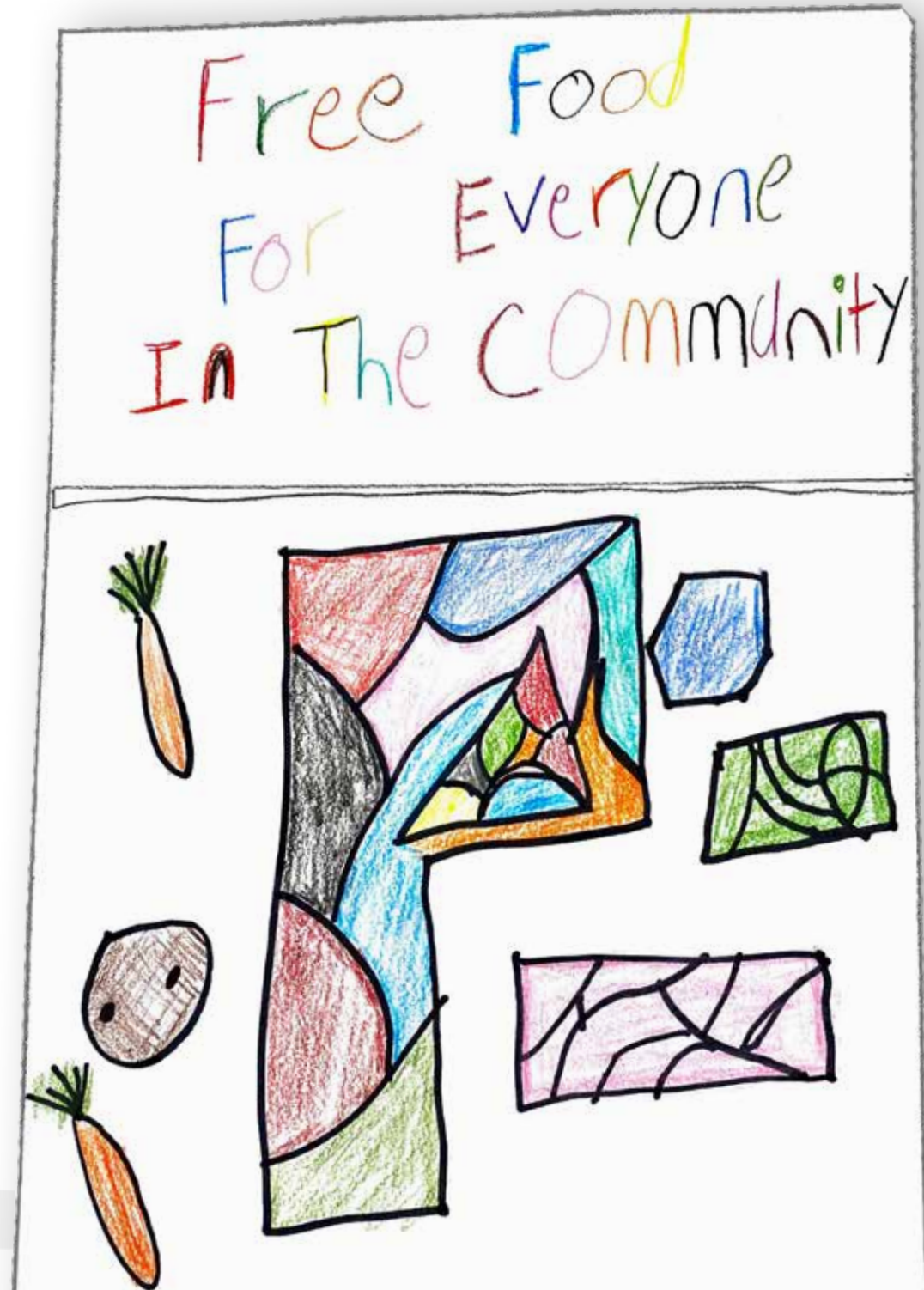
According to the website, werrepair.org, food justice is: “communities exercising their right to grow, sell, and eat healthy food.” This website goes on to say, “Healthy food is fresh, nutritious, affordable, culturally-appropriate, and grown locally with care for the well-being of the land, workers, and animals.” No one should spend any part of their life feeling insecure about where their next meal will come from. This is an issue that cannot be ignored. Urban Gardens and Community Fridges are two examples of ways members of our community are making healthy food accessible to everyone.

Wikipedia states that urban farming “is the practice of cultivating, processing, and distributing food in or around urban areas.” We are lucky to have one of the largest urban farms in the city right in our neighborhood. It is called Harlem Grown, and was created by Tony Hillery. Tony and Harlem Grown donate tons of fresh grown vegetables to the Harlem community and beyond. It is all grown locally—and often by kids—just like me.

Community Fridges are also present in our community. You will find healthy foods in these fridges that are for you to take; foods like turkey and cheese with whole wheat bread. You will also find milk and flavored waters. Sometimes a person will donate food on a regular basis. Other times, people will have extra and stop by once in a while. The food that is available is always given away for free. No questions asked.

We can all make a difference if we try. One way is by planting seeds in vacant lots all around Harlem. You can also just make a garden in your backyard and plant stuff like potatoes, and watermelons. Bring your harvest to a community fridge, or go ahead and start your own. Share what you can.

There can be no peace without food. People will die. Food insecurity is unacceptable. There are ways to right the wrongs of food injustice. Let’s start now.



Healthy Food: A Human Right

Azylah



Food justice is the belief that having access to healthy food is a human right. It matters to me because without food, you cannot survive. It is something that we NEED to be healthy. In addition, food is part of how we communicate with one another. It's a way we share our love. For example, we do this by participating in festivals, and traditions. Being able to enjoy and prepare food that actually helps the body and keeps us healthy is connected to our ability to stay well and healthy as human beings. That's why food justice matters to me.

A community fridge is an example of something that allows healthy food to be available to all. These fridges house donated food for the less fortunate and the homeless. You will usually see them in public spaces or in stores. You will also see colorful paintings and slogans on them. The fridges are designed to make you feel welcome to take what you like and need.

A food pantry is an organized space where you can get food if you are unable to purchase it. If you are low on canned goods, a food

pantry is just the thing for you! You can also find vegetables and fruits. Hot foods like macaroni and chicken might be prepared for you too. The focus is on really healthy foods that will feed your family.

So, you say that you want to help? Go ahead and celebrate the fall harvest with a festival. Invite people to join the event. Have them donate food from their gardens. Fall is the time that many foods are ready to be picked and shared. For example, it is pumpkin season! Even if you don't want to host a party, go ahead and plant a vegetable garden so you can grow as many foods as possible. Share these with your neighbors so that you can all stay healthy and have nourished bodies. Offer healthy foods so people can be as healthy as you!

Food is one of our basic needs. Without it, our less fortunate community members could die. Food justice matters.



Food Justice

Chayse

Healthy food should be made available to everyone. All members of the community should have access to it, at an inexpensive price. Therefore, grocery stores shouldn't charge too much. When they do, we need to come up with other ways for people to get the food they need. This is what food justice means to me.

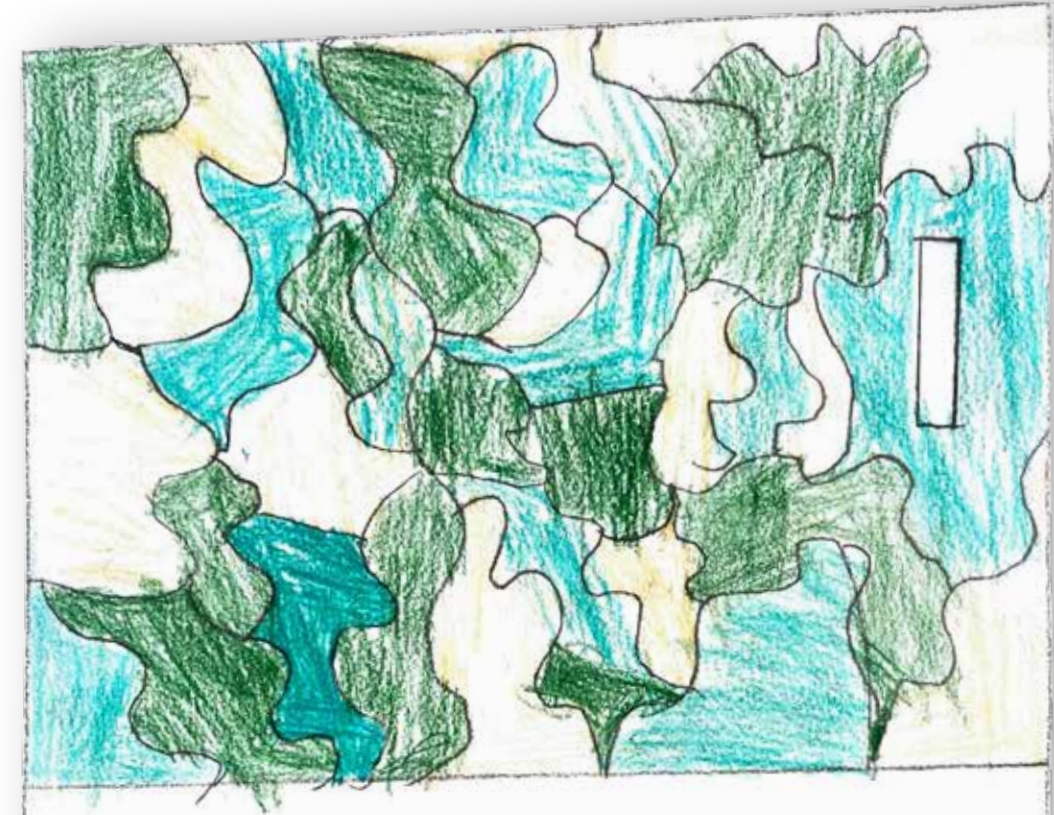
An urban farm is one way to bring healthy food to city dwellers. You can create one anywhere - including abandoned lots and rooftops. Any vegetable that can grow in the country can grow in an urban farm. Animals can be in urban farms as well. Harlem Grown has chicken coops which make eggs available to people in the community.

Community fridges can be found in locations all over the city. Anyone can just go there and take what they need. The choices are all healthy. You can find vegetables from an urban garden there, along with fruit juices—like apple and orange, and milk products like

cheese, butter, and yogurt. Maybe the fridge you find might have meat products and veggie burgers.

People can help and support getting healthy, affordable food in many ways. The prices need to be brought down in the produce section of the grocery store. Some food could be offered for free if there is a surplus. Also, it is really important to help the homeless. People who have enough could give extra food to people who have none. It is important for people to volunteer their time as well. They could work in urban gardens and actually taste test the food. They could also get the word out about local food pantries and places to get grab and go meals.

We cannot look the other way on this matter. Make sure healthy food is available for all. Support food justice!



Be Healthy
to Stay Healthy



A Food Justice Rap

Fatoumata



Healthy food is good for you
so your body can be strong, sing-along.
Essential workers need fair pay.
They make your food so you can go on
your way.

Food survey
on the highway....

Oh look, there is an urban farm.
There's fresh food that will do you no harm.
We need affordable food so we can eat.
There is a community fridge located down
the street.

Well, don't you dare
feel a sense of lack
sometimes it is ok
to have a snack.

Community fridges are healthy.
They are there for you if you aren't wealthy.
Or if you just need some food
because we all know that it is healthy
for you.

The things that you can find are fresher.
It is like riding a roller coaster,
it is good halfway
until you have to pay.

Oh no I almost forgot.
You don't have to pay,
just take the food so
you can go on your way.

I said what I said and
I have done what I have done
community fridges are good for you
so pick out your food and have some fun.

Now urban farms—
They sure have their charms.
Just go ahead and name it
any veggie—you can claim it.

These farms provide tons of food for
the community.
Take advantage of this really fine opportunity.
You can even collect some fresh chicken eggs.
Don't worry an urban garden won't give you
the dregs.

All I want to say is please help.
They need the food for their health.
All you need to do is buy the food.
They will like it, they will be thankful
for you.

I just want to say they are hungry.
They need the food, it is not even funny.
Don't laugh if you can save a life;
all they want is food, or a bite.

I know some of you feel the world is cruel
I know it is sad, some kids don't have food
for school.
Do not worry we can fix this.
Be an activist, take a step toward
food justice.

Food Justice

#awa

Food justice is when healthy and affordable foods are available to everyone. This matters because you need to be healthy and strong in order to live a long life. Everyone should have the ability to eat right.

Urban farms help the community by giving healthy food to its members. This is how I know. Harlem Grown, a local farm, gives away the foods that they grow to people who need it. You can find this farm at 118 West 134th Street. You can find freshly grown vegetables and fruits. This location also has a chicken coop. People can get their eggs for cooking here too.

Community fridges help the city by giving food to the homeless and to anybody else that might be in need. You can find a community fridge at Manhattan Avenue and 116th Street. I have seen this one first hand. It has tons of healthy choices including peanut butter,

and jelly. Feel free to stop by for free meat, dairy products and vegetables. You will have permission to get whatever you and your family need.

So how can you help? Volunteer to work at a community fridge or in an urban garden. Or even better, start your own! Another way that you can help? Create posters and put them on the sides of buses and in the train stations. This will get the word out about places to get inexpensive or free food.

Food justice matters, because it helps all people in need of healthy options. It can transform a community by giving food so people won't starve. Everyone should have the opportunity to have healthy choices. Urban farms and community fridges make this possible

Take what you need.
Take Food!
Free Food!
You are a star! You will succeed!
Take Food and You can leave!
Fresh Food For everyone!
No one should go hungry!



Food Justice for Everyone

julio

Food justice exists when food doesn't cost that much money and you are given lots of healthy choices. For example, everyone should have access to carrots. Carrots are good for your eyes. You should be able to eat them whenever you want. However, this is only possible if you can afford to buy them. Being able to buy junk food is good when it is not the only food you are able to eat. You cannot maintain your health if you only eat this. It has a lot of empty calories and fat. It doesn't have enough nutrients. Everyone should be able to buy and eat as much fresh food as they like. Now, that is food justice.

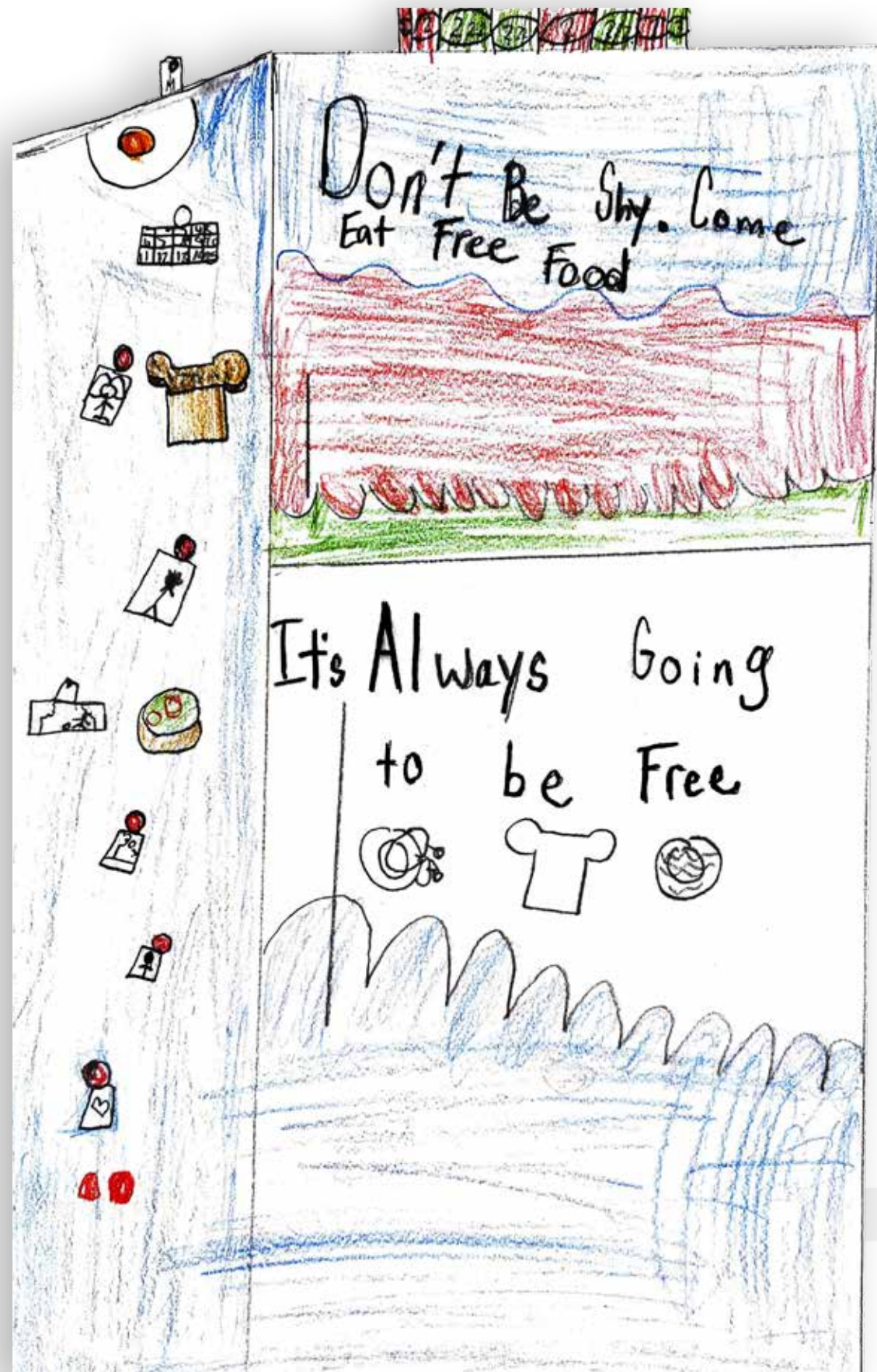
One way that you can get healthy food is by trying to grow it. A place that people do this in the city is called an urban farm. There are a lot of fresh vegetables growing in urban farms such as carrots, eggplants, lettuce, and squash. Fruits grow there too. Everything sold or given away by an urban farm is grown locally.

A community fridge is also a good option for community members in need of fresh food. It has all sorts of healthy foods in it. It looks just like a refrigerator in a store or your house. Lots of times, its doors will be painted with pretty designs and slogans. The amazing thing about community fridges is that everything is free and healthy. It is important to remember

this, because if you eat junk food every day your body won't be healthy and your teeth might rot. Start eating food from a community fridge and you will have more energy and your body will thank you. Your family will thank you too, because you can bring home food for them. It is free to take.

People can help the community in many ways. One way is by sharing food with people that need help. They can work hard to feed the homeless. Often, this group can't find healthy choices. Community fridges make it possible for them to get proper nutrition. Another way to help? If someone can't do something then you can do it for them. Take a trip to an urban garden and bring the food back to them. If you have extra money and you see someone that needs help, you can give them money for food, or give them things you don't use, like pans to cook in.

In conclusion, food justice makes things affordable for the people that need help. It provides them with the types of foods that will keep them healthy. This is how you transform the community. Feed it.



Food Insecurity is NOT an Option

Mariam

Food justice occurs when everyone is able to buy affordable food and take advantage of healthy choices. It is having enough grocery stores in your neighborhood that sell healthy foods at prices that make it available to everyone. People should have access to fresh vegetables, dairy products, whole grains, and meat. Everyone deserves food security. Since many don't, we need to fight for food justice.

Urban farms are one option for people to find healthy foods when the grocery stores aren't nearby. Those that volunteer at an urban farm invite anyone in to pick out fresh vegetables and fruits. The purpose of an urban farm is to feed the community and that is what it does. You might find one in an abandoned lot, or empty rooftop. All the food is healthy. The purpose is to nourish the community.

Community Fridges can be found in strategic locations all over the city. The fridge you find might look just like one in a store. The difference is that everything in this fridge is free. All you have to do is ask the volunteer in charge of the fridge. He or she will help you pick out the right combinations of food for your family.

People can help and support food justice by creating awareness. Educate the community of the importance of making healthy choices. Advertise the locations of urban farms and community fridges so that people know where to find affordable or even free food. You can even go a step further by creating a community fridge and finding a safe location for it to run. This will help other people that don't have food. You can also donate to shelters or organizations. Those are just some of the ways to get to support and help community members to find affordable and healthy food.

Food justice matters because there are a lot of people that can't afford healthy food and find the resources that they may need. Bring your community closer. Fight for food justice. Food insecurity is not an option.



The Issue of Food Justice

Raynel

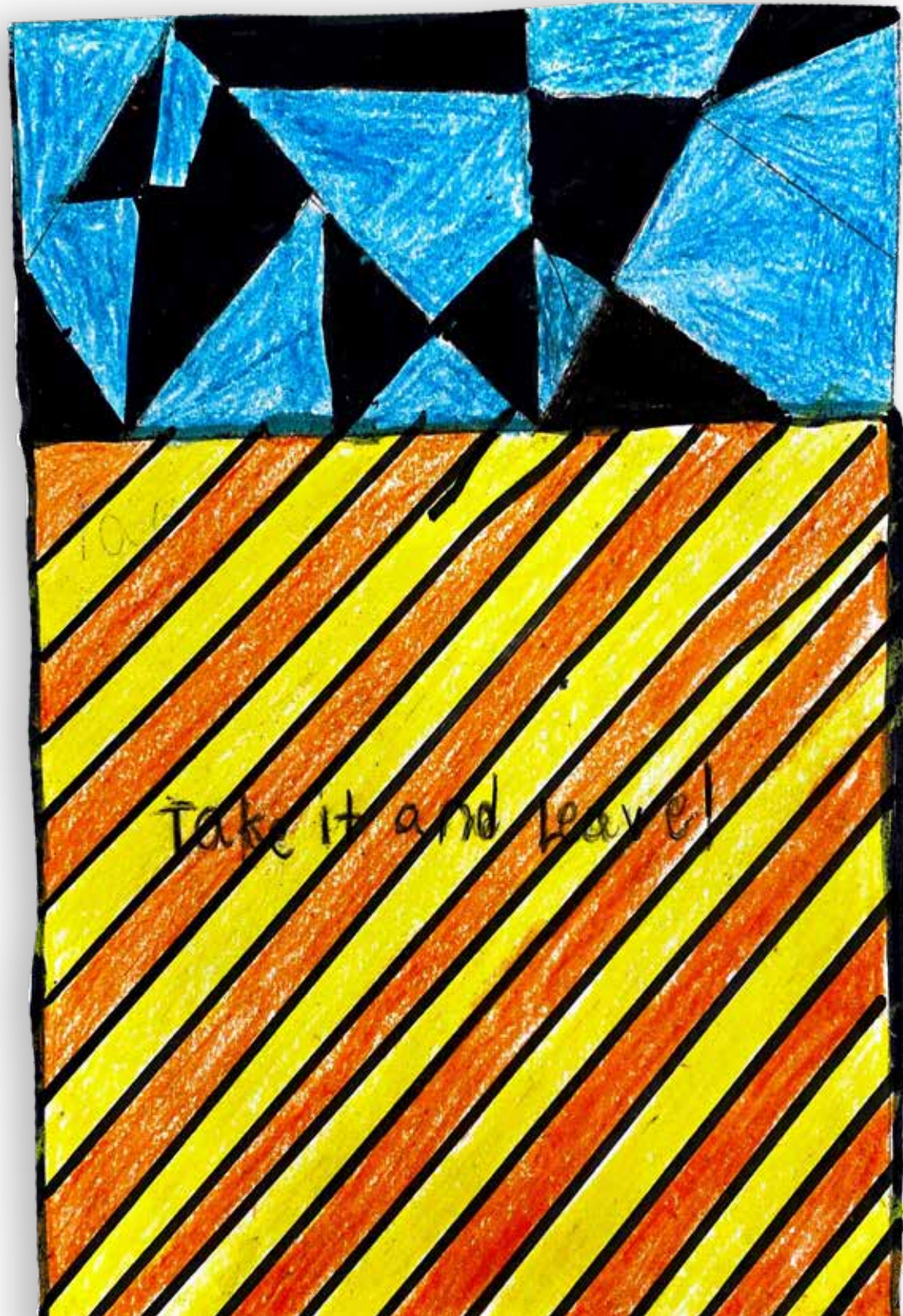
Food justice matters to me because I am a witness to the injustice food insecurity brings to our supermarkets. When one goes to different grocery stores they should find comparable prices. I've seen stores in which the cost of a loaf of bread varies as much as a dollar or two. This isn't fair. How can the value of bread change? Everyone should be able to afford healthy foods. The prices shouldn't get in the way. Ever.

Fortunately, there are people who we can count on to make sure that people have access to food staples. These people organize and volunteer at food pantries. A food pantry is a space with a lot of collected food that is offered to people in need. The foods that you might find: cereals, cans of soup, beans, corn, and bottles of water. You might also find perishables such as meat and dairy products. Food pantries can be located anywhere that people gather. They might be in the basements of churches, lobbies of apartment buildings and shelter, or even sidewalks.

Community fridges are for everyone too. They are cropping up all over the city. The fridges are located on city streets that have a lot of foot traffic. The volunteers keep them stocked with all types of healthy food. Some people might stop by and stock them with foods they want to donate. The fridges often have slogans that advertise the free food. No one is turned away.

There are many ways to help with the issue of food justice. One way is to get the word out. Start a conversation about food insecurity. Share your ideas. Another way is to volunteer your time. Ask to help at a place like a community fridge or at a food pantry.

In conclusion, food justice matters to me. There are a lot of people starving in the world right now. This is unacceptable. We can do more. Let's stop food insecurity.



Food Justice

Ropo

A community that has healthy and affordable food available is an example of one that has food justice. My class is working to make sure that there is food justice in our community: Harlem. Food justice is an issue anywhere on the planet in which you find people. In other words, it is a global issue. We are all capable of helping a community to become food secure. This should be done all over the world. Start by doing this in your own community.

An urban farm's purpose is to help the community. People at a farm like this plant all types of healthy vegetables for their community. They always share what you grow. An urban farm invites people in, that need healthy food to take for free so that they can eat if they are hungry. Options you may find at your local urban garden include: potatoes, lettuce, tomatoes, basil, cucumbers, eggplant, squash, celery, watermelon, peas, and even pumpkins. A good place to house an urban farm is a location with grass and sun. It could be created in a vacant lot, an empty rooftop, or even a classroom!

A food pantry is another place you can go to pick up nutritious food. You might find one of these in a church, community center, or even your local YMCA. A food pantry can pop up just about anywhere. Food pantries focus on food that is preserved. You are likely to find lots of canned items such as fish, vegetables, stew, soup, fruit, and beans. You can also count on a supply of various pastas

and breads. Jars of peanut butter and jelly can be found here too. Lots of times, pantries will have boxes of supplies prepared ahead of time so that you can just go in and grab one. No one is turned away at a food pantry. The people there understand the horrible feeling of food insecurity and will do anything in their power to support a community member in need.

How can you help? You can plant vegetables or fruits to share with others. You can buy a lot of canned food for food pantries. You can always travel to a local community fridge or food pantry and leave food for others to take. After you drop off your canned goods, volunteer at one of these places. There is always work to be done and the help is appreciated. Another way to help: Write a letter to the mayor of your city. Convince him or her to open up more stores with affordable, healthy choices. If enough people do this, our future will be healthier and there will be less people that need food and help.

Food justice matters because without healthy food you cannot have good health. If you don't have good health you can't fix the community. If you are a builder and you don't have good health, you can't build to help the community. If you are a doctor, and you aren't healthy, you can't care for the sick. Without proper nutrition, a student cannot learn. An ill person cannot get well. Get the word out about food justice. Our community is depending on it.





Healthy Food for Everyone

truth

Food justice to me is providing healthy food for everyone. Examples of healthy food include lettuce, tomatoes, and carrots. We should help people who don't have enough money to buy these kinds of foods. We need to show homeless people how to eat healthy and where they can find these foods for free.

A community fridge is a refrigerator that people can visit to get food that is healthy. People like Sade, who runs community fridges in Harlem fill them up with more food when they get empty. God forbid, people die. These fridges give food to anyone who asks. We need to help all people to stay healthy in the community so they can survive to see another day.

Urban farms, like the ones in Harlem and Brooklyn help a lot. People can grow vegetables and share them. People may not have money to

buy food so they can go here and pick them up for free. Harlem Grown is an urban farm that is really nearby. Kids at my school actually work with the people from this place to grow food and get it to people in need.

If you want to help people who are hungry, you can go to the community fridge and urban farm. You can help out there or just leave food for others to take. People can volunteer at Harlem Grown and grow their own food too. This is something I would like to do.

In conclusion, food justice matters because it makes a community healthier. It helps the homeless and people who can't afford food. Everyone has the right to eat healthy food.



About the Authors

4th Grade Visiting Author

Deborah Diesen has been writing all of her life and is the author of many children's picture books, including the New York Times-bestselling book, *The Pout-Pout Fish*. She believes in creating spaces and learning opportunities that are inclusive and that celebrate our differences. She has worked as a bookseller, a bookkeeper, and a reference librarian. She and her family live in Michigan.



5th Grade Visiting Author

Tony Hillery is the founder and executive director of Harlem Grown, a non-profit which operates local urban farms that increase access to and knowledge of healthy food for Harlem residents. Tony works to provide garden-based programs to Harlem youth. Tony lives in New York. *Harlem Grown* is his picture book debut.
<http://www.harlemgrown.org>



4th Grade Student Authors

We are student authors who wrote this book because we have been inspired by awesome heroes in history who have fought for equal rights. When we are not trying to change the world, we are reading, playing video games, and learning as much as we can in school.

5th Grade Student Authors

Most of us have been together since Pre-K. We have watched each other grow into thoughtful, curious, intelligent students who believe in making the world a better place.

About Behind the Book

Behind the Book brings authors and their books into classrooms to build literacy skills and foster a community of lifelong readers and writers. Working with classes from Pre-K through 12th grade, our series of workshops is designed to bring books to life and inspire students to reach their full

potential. Behind the Book is embedded in the class curriculum, nurtures critical thinking, creativity, and self-confidence in New York City public school students. All programs meet the Common Core Learning Standards.



Common Core Learning Standards Addressed

4th Grade

CCSS.ELA-LITERACY.RL.4.1

Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-LITERACY.RI.4.3

Explain events, procedures, ideas, or concepts in a historical, scientific, or technical text, including what happened and why, based on specific information in the text.

CCSS.ELA-LITERACY.RI.4.9

Integrate information from two texts on the same topic in order to write or speak about the subject knowledgeably.

CCSS.ELA-LITERACY.W.4.2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

CCSS.ELA-LITERACY.W.4.7

Conduct short research projects that build knowledge through investigation of different aspects of a topic.

CCSS.ELA-LITERACY.W.4.5

With guidance and support from peers and adults, develop and strengthen writing as needed by planning, revising, and editing.

5th Grade

CCSS.ELA-LITERACY.W.5.2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

CCSS.ELA-LITERACY.W.5.2.A

Introduce a topic clearly, provide a general observation and focus, and group related information logically; include formatting (e.g., headings), illustrations, and multimedia when useful to aiding comprehension.

CCSS.ELA-LITERACY.W.5.2.B

Develop the topic with facts, definitions, concrete details, quotations, or other information and examples related to the topic.

CCSS.ELA-LITERACY.W.5.2.C

Link ideas within and across categories of information using words, phrases, and clauses (e.g., in contrast, especially).

CCSS.ELA-LITERACY.W.5.5

With guidance and support from peers and adults, develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.

BtB empowers the next generation of readers and writers by nurturing critical thinking, creativity, and self-confidence in our students.

www.behindthebook.org

