

Winter quarter 2017, I took a class on social justice and community organizing. In this class, I learned much more than just leadership skills, skills for community outreach and organizing. I also learned how to deal with false accusations. My professor accused my group and me of plagiarizing in our midterm project—something that completely shocked me as I am always careful about citing sources properly. This taught me leadership skills as, when I realized the supposed plagiarized part was nothing I had written, I still stood by my group and helped devise a plan to fix this issue. After having fixed the project paper three times, with no change in the accusation, we ended up having to go to the Office of Dean of Students (at which point it was decided we had not plagiarized, and just needed to add the name cited at the beginning of one sentence). This entire process and experience taught me many things. First, trust yourself. When you know you did nothing wrong, have faith and stand your ground while still being respectful. Second, when accused as part of a team, stand by everyone. But at the same time, don't be afraid of calling someone out if they truly did do something wrong. Fix mistakes as a team (because you made those mistakes as a team). Always keep a documentation of emails sent, or what was discussed, for future reference. Don't be afraid to call in an outside perspective or middle man to help resolve the issue. This also taught me to be more careful citing sources, and if I'm ever unsure, go to a writing center or trusted source to read over any and all material. Although I will never want this to happen again, I do think it proved to be a great learning experience.

Below is the original project submitted, followed by the final revision. Below both of these is my final project for this class, in which the same professor praised the amount of work and effort I put into the project.

Food Labeling

A policy brief on the effects of food labeling in the U.S, and what we need to do to change that.

By: Gabriella Axelson, Cecilee Fernandez, and Megan McLean
 University of Washington, Bothell
 BIS 328 - A Diversity, Leadership, and Engagement

Introduction

So what are food labels? Food labels are regulated by the government, in order to create a standard for foods produced and sold in the U.S (including those both imported and exported). These labels are meant to inform the consumer what the food is made of, where it comes from, and in some instances, how it was produced. Some examples of common food labels include Organic, Non-GMO, Cage-Free, Free-Range, and Pasture-Raised. In the United States of America, however, these labels do not have strict guidelines. Therefore, it is important for the public to not only learn what each of these labels mean, but to understand the rules and regulations so we can come up with a better system so that consumers have a better idea of what they are putting in their bodies.



Organic vs. Non-GMO

What do these labels really mean?	Organic	Non-GMO
No GMO ingredients	✓	✓
No artificial colors, flavors, or preservatives	✓	✗
No synthetic fertilizers or sewage sludge	✓	✗
No toxic, persistent pesticides	✓	✗
No antibiotics or hormones for animals	✓	✗
Animals eat 100% organic feed and pasture	✓	✗
Protects wildlife and promotes biodiversity	✓	✗
Enhances soil fertility	✓	✗
Regulated by federal law	✓	✗

Learn more about the benefits of organic!
www.ccof.org/why-organic

So what's the Problem?

With the lack of restrictions on food labeling in the US this can impact everyday consumers health and cost wise. If things are being mislabeled (such as organic and non-organic) people are spending extra money they don't need to be spending. In addition, if ingredients, allergens, etc. are not visible, this can cause people getting sick and declining their health with what they put into their bodies. After all, 4 of the top 10 killers in the US are chronic diseases linked to diet (Michael Pollan, Farmer in Chief). So, it leaves the question of who this is all impacting? Simple. Everyone.

The Consumers:

One needs to know what they are putting in their bodies! Whether that be ingredients they might be allergic to, or whether an ingredient was genetically modified, and what chemicals were used to grow, produce, and transport the food, the consumers deserve the right to know what they are paying for, and what they are feeding their families.

UW Bothell Students:

College students are poor, and trying to eat healthy is proved to be a challenge, when you don't know how organic an item is, or what went in to producing the food.

The Workers:

Those who work on farms that use chemicals and GMO's are exposed to dangerous situations to their health.

The Environment:

Not only do GMO's and chemicals prove harmful to the land and animals, but the amount of fossil fuel being burned to grow, produce, package, and transport products.

Evedence and Extent of the Problem:

How our food is labeled is an issue that affects all Americans. As consumers, the food we purchase has an impact not only on the companies we buy from but also the people who grow the food and our health. Food labels are present on both processed and fresh foods but many of the labels you are used to seeing may have little to no regulations. For example 'Natural' or 'All Natural' are terms not regulated by the FDA meaning they can be slapped on any food. The only statement the FDA makes about the 'Natural' label is "it is difficult to define a food product that is 'natural' because the food has probably been processed and is no longer the product of the earth." It is typically placed on products without added color, artificial flavors or synthetic substances but that may still contain harmful ingredients. Most of the labels that are regulated by the FDA have very vague definitions. 'Organic' is one of the most well known labels but the only standard the FDA provides is "Organic" can be used to label any product that contains a minimum of 95 percent organic ingredients." This definition doesn't explain to consumers what qualifies as an organic ingredient nor does it provide additional resources about what kind of chemicals can be used when growing the food.

For example, eggs can have four differnt type of labels. The first two, and most common, are Cage-Free, and Free-Range. When asked, many UW Bothell students thought that Cage-Free and Free-Range were similar, and both gave chickens room to roam the outdoors. This is not the case, however. Cage-Free, as regulated by the USDA, only requires the chickens to not be in any closed cages, meaning the chickens can still be held in tight quarters, with little room to move around. The USDA only requires Free-Range chickens to have access to some natural sunlight. Often times, Free-Range chickens are held in the same condition as Cage-Free, with the only difference being small windows letting sunlight in. The next best choice for egg labels would be USDA approved organic. Organic chickens are kept in barns with varying amounts of space, as well as required but not regulated access to outdoors. The best label for eggs, however, is pasture-raised. These chickens are raised on pasture and/or Natural fields, with the most amount of room for natural behavior, and most access to natural sunlight.

NAVIGATING THE LABELS
A Guide to Buying Eggs

The Label	Living Space	Outdoor Access	Diet and Feed	Hormones & Antibiotics	Nutritional Value of Eggs
Conventional	Grouped in small cages with little room to move	None	Grain-based fortified Basic needs met in cheapest way possible	Common practice	Least nutritious
Cage Free	Aviaries/barns without cages but very crowded	None	Typical chicken feed	Common practice	Similar to conventional
Free Range	Aviaries/barns without cages but very crowded	Limited and not regulated	Typical chicken feed	Common practice	Similar to conventional
Certified Organic	Aviaries/barns without cages, space varies	Required but not regulated	Organic vegetarian pesticide-free	None	More nutritious
Pasture Raised	Natural fields or pasture, most space for natural behaviors	Live outside with access to barn	Natural foraging, feed varies from farm to farm	Less common, less necessary	Most nutritious

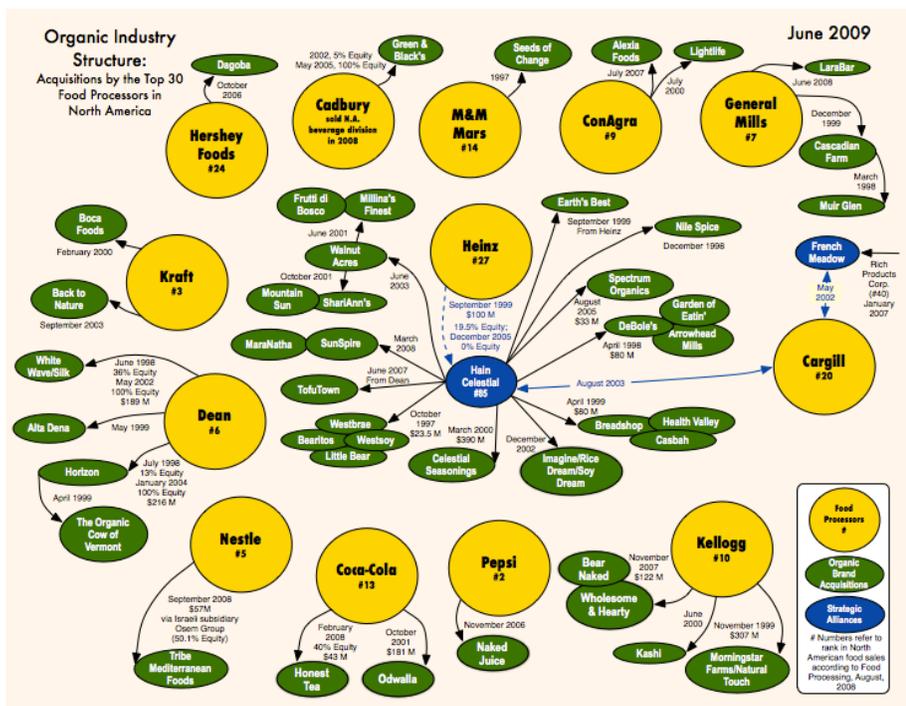
WORST ↑

↓ BEST

YOU ARE WHAT YOU EAT.



Diagram Showing Organic Companies and Who They Are Owned by



Despite the plethora of labels for eggs, most of these labels are still not exactly what they claim. An important factor many consumers seem to forget is that many organic companies are owned by larger corporations. This means that an egg farm can have a different section for a different type of labeled egg, and therefore there is no sure way of knowing which food you're going to get. Similarly, crops grown "organically" in large corporations are often grown next to crops grown with chemicals. How do we know those chemicals are not crossing over to the "organic" crops?

But How Can A Product be Certified As Organic?

In order for a product to be certified as organic, the product must be:

- Certified by USDA
- Produced without excluded methods
- Produced per the National List of allowed and prohibited substances

How Do European Countries Do This Differently?

The EU requires specific information on the vegetable origin of refined oils and fats – olive oil [and] palm oil have to be declared instead of vegetable oil – which is not the case in the US

When the EU organic logo appears on the label, the indication of the place of farming is required, and for meat, where the animal was born, raised, slaughtered, and packaged. In fact, whenever the Organic logo appears, there will be a serial number that will show everywhere the product has been. The EU also labels any and all GMO's, requiring a list of engineered nanomaterials in the ingredients.

Better Labeling We Need to Add

Some ways the government can improve the labels we put on food is by:

- Improving the legibility of information (minimum font size for mandatory information);
- Clearer and harmonised presentation of allergens (e.g. soy, nuts, gluten, lactose) for prepacked foods (emphasis by font, style or background colour) in the list of ingredients (including in restaurants and cafes)
- Mandatory origin information for fresh meat from pigs, sheep, goats and poultry
- Same labelling requirements for online, distance-selling or buying in a shop
- Indication of substitute ingredient for 'imitation' foods;
- Clear indication of "formed meat" or "formed fish"; and clear indication of defrosted products.

The Solution

There are many ways you can help create a better system for labeling our foods here in the U.S

The first way we would suggest to help is by eating locally and seasonally. As Patel explains, this not only ensures that what you are eating is healthier and more likely to be organic and Non-GMO, but it also supports local farmers and workers who do not use harmful chemicals on their produce. Now this will require a little bit more research on your part, but there are many resources you can use to find out what is local and seasonal in your area. For example, TheSpruce.com offers an article about Washington's Seasonal Fruits and Vegetables. PCCNaturalMarkets.com offers a guide to buying seasonally as well as recipes for cooking food with these ingredients

Another way you can help change the FDA's and USDA's regulations on Food Labels is by buying your food from Farmers Markets. Some Farmers Markets that are open almost year round (1/3-12/18) near UW Bothell Campus includes Ballard Farmers Market Sundays 10am-3pm, Capitol Hill Farmers Market Sundays 11am-3pm, Pike Place Market 9am-5pm, University Farmers Market Saturday 9am-2pm and West Seattle Farmers Market Sundays 10am-2pm. Washington has approximately 114 formal farmer's markets that run statewide. They vary on dates and times so find one near you at <http://www.pugetsoundfresh.org/markets/list>.



A third way you can create an impact and help is by growing your own food. Not only will you learn more about what it takes for farmers to produce the foods they sell, but can also guarantee what you are putting in your body.

Resources of where you can learn to do this include

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There are many great resources online for suggestions about how to grow your own food as well as local meetings that are hosted that teach locals how to grow in their areas

Last, but not least, talk to your Senator or Congressional Representative about getting food regulation laws passed

Congress makes laws presented by congressional representatives and the public can suggest ideas to their representatives. Seattle's congressional representative is Adam Smith (202-225-8901). Our State Senators include Patty Murray (202-224-2621) and Maria Cantwell (202-224-3441).



Sources Used

<https://www.govtrack.us/congress/members/WA/9>

<http://www.pugetsoundfresh.org/markets/list>

<https://www.ams.usda.gov/grades-standards/organic-labeling-standards>

Stuffed and Starved, by Raj Patel

Farmer in Chief, by Michael Pollan

Guest Speaker: Professor Adam Romero

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Evidence and Extent of Problem:

How our food is labeled is an issue that affects all Americans. As consumers, the food we purchase has an impact not only on the companies we buy from but also the people who grow the food and our health. Food labels are present on both processed and fresh foods but many of the labels you are used to seeing may have little to no regulations. For example, 'Natural' or 'All Natural' are terms not regulated by the FDA meaning they can be slapped on any food. The only statement the FDA makes about the 'Natural' label is that "it is difficult to define a food

product that is 'natural' because the food has probably been processed and is no longer the product of the earth." It is typically placed on products without added color, artificial flavors or synthetic substances but that may still contain harmful ingredients. Most of the labels that are regulated by the FDA have very vague definitions. 'Organic' is one of the most well-known labels but the only standard the FDA provides is "'Organic' can be used to label any product that contains a minimum of 95 percent organic ingredients." This definition doesn't explain to consumers what qualifies as an organic ingredient nor does it provide additional resources about what kind of chemicals can be used when growing the food.

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According to the USDA website, in order for a product to be certified as organic, the product must be: "Certified by the USDA; Produced without excluded methods; Produced per the National List of allowed and prohibited substances" (USDA).

How Do European Countries Do This Differently?

Laura Entis quoted Lauren Brivio in the Guardian (in what is assumed to be an interview, but cannot be confirmed due to a broken FDA link), which explained how "the EU requires specific information on the vegetable origin of refined oils and fats – olive oil [and] palm oil have to be declared instead of vegetable oil – which is not the case in the U.S." (Brivio quoted in Entis' article, "There are Major Differences Between Nutrition Labels in the US and Europe").

The European Commission fact sheet, as per the USDA website, explains how when the EU organic logo appears on the label, the indication of the place of farming is required(USDA, European Commission Fact Sheet). For meat, the location of where the animal was born, raised, slaughtered, and packaged is required. In fact, whenever the Organic logo appears, there will be a serial number that will show everywhere the product has been. the EU also labels ant and all GMO's, requiring a list of engineered nanomaterials in the ingredients.

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The European Commission Press Release Database states that some ways to improve labeling of foods is by "Improving the legibility of information (minimum font size for mandatory information); Clearer and harmonized presentation of allergens for prepacked foods in the list of ingredients (including restaurants and cafes); Mandatory origin information for fresh meat Same labelling requirement for online, distance-selling, or buying in a shop; Indication of substitute ingredient for 'Imitation' foods; Clear indication of "formed" meat or fish; Clear indication of defrosted products" (European Commission Press Release, "Questions and Answers on Food Information to Consumers").

The Solution

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UWB Husky Pantry

Do you know about it?



By: Gabriella Axelson
Paula Bersabe
Rochelle Agüero
Telma Fuentes



Exploring the Husky Pantry

1. What is Husky Pantry?

A place where students can access food confidentially.



2. Where is it located?

For now, it is located in the Husky Village. They plan to expand it in the near future.

3. Who benefits from this?

It is easily accessed by every students, here in UWB, especially if they are dealing with food insecurities.

What's the matter?

- The **issue** is that there is problem with hunger on campus
- The Food Pantry should fight to overcome the **stigma**

What can we do to eliminate this problem?



Christine Janumala, a student at Columbia University, says she scrounges free food to avoid going hungry. Photo: Anna Demidova

<http://hechingerreport.org/24859-2/>

Other schools food pantries

George Washington U:

- Help provide food to those who might need it
- Students apply online anonymously

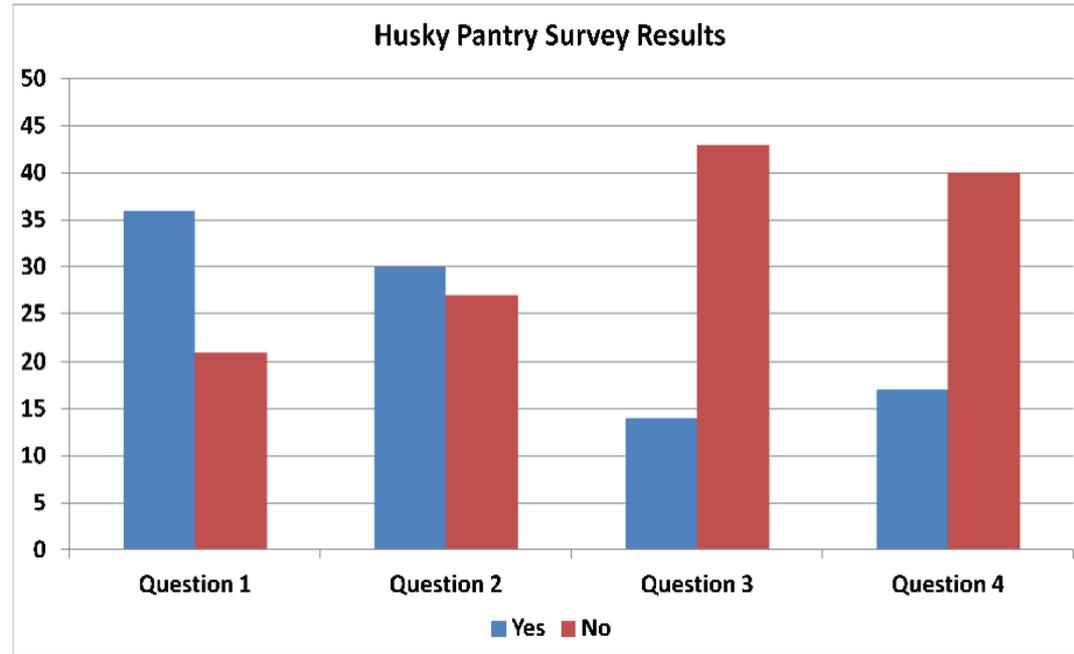
Northern Illinois U:

- students will be able to supplement their current food selection with a variety of foods that encourage healthy eating habits
- Student must be a currently enrolled NIU student, have school ID, and don't have a meal plan



Questions from our survey

1. Before you read about the Husky Pantry: Have you ever heard about it?
2. Do you know where the Husky Village Community Center is on campus?
3. If so, have you ever donated or used the Husky Pantry for yourself or others?
4. Do you or someone you know suffer from food insecurity?



Survey Recommendations

- Require professors to talk more about the Husky Pantry
- Make it more accessible
- Outreach more about it
- Know that it's not only for students who live on campus
- Items suggested to be included: Pasta and pasta sauce, rice, canned soup/chili, peanut butter, protein shakes/mixes, snack bars, dried fruits, nuts and personal toiletries



Policy Recommendation

Student led, student governed and
student centered;
Staff support;
Space available;
Incorporate research

([University of Washington](#), 2017).

(S. Kurashige, personal communication, March 9, 2017).



[Figure: Husky Pantry](#)

HUSKY FOOD PANTRY

Are you going through a rough patch and need a little help?

Husky Pantry is a resource for any student, resident or nonresident, where you can access food anonymously. Located in the Husky Village Community Center (where the dorms are, past the bus stop).

Community Center Hours:	You can access the
Monday-Friday:	Husky Pantry 24/7. Just
8:00am-6:00pm	ask the CA at the front
Saturday:	desk, or call the on duty
12:00pm-6:00pm	RA at:
Sunday: Closed	206-245-5536



Non-perishable or cash donations always welcome!
Visit any café on campus.

Questions? Email Katie Horowitz
at:
kdewilde@uw.edu

A Change for the better: Looking into the future of uwb husky pantry

Here's some ideas:

1. Grocery style- students can pick whatever and whenever
2. Making the school aware about the food insecurities that's happening on campus
3. Creating more sites that are accessible to UWB students.
4. Tell all students that it's okay to get help.



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Thank
you!

