

## **Closing the Gap Between Food Apartheid & Food Security: A Pilot Model**

Join acclaimed author and farmer, Kamal Bell of Sankofa Farms, and culinary-trained dietitian, Tessa Nguyen of TN Media, for an immersive discussion on how they developed community wellness hubs to provide underserved populations with access to healthy foods, nutrition education, and cooking skills. This is based upon the foundation of inclusive cultural food recommendations including all food groups of animal proteins, dairy, fruits, vegetables, and grains. What started as a pilot program in the Triangle region of North Carolina has now successfully grown and rolled out in its second stage of development in Detroit, Michigan. Kamal and Tessa will walk through the steps on how they were able to incorporate sustainable community-based solutions while collaborating with fellow healthcare practitioners, farmers, food producers, and related agencies to ensure the sustainability of each hub's specific needs and nuances. Attendees will learn how to replicate this programming in their communities or how to work in tandem by providing culturally inclusive nutrition education sessions, counseling services or cooking classes.

### **Objectives:**

Collaborate across industries to provide resources for diverse populations with limited access to food.

Develop inclusive culinary and nutrition tips for clients based on their cultural backgrounds and food preferences.

Implement a sustainable mini food-system to serve local communities.

### **CDR Competencies:**

1.7.4 Implements strategies and creates culturally sensitive and diverse resources to support diverse populations.

12.1.1 Advocates for and promotes food and nutrition programs and resources to address issues of food insecurity, nutritional health and overall health and wellness.

12.4.5 Identifies and creates partnerships with local and global food growers and producers to increase access to nutrient-dense food/crops that are affordable, culturally relevant, environmentally friendly, efficient, resilient and substantiable.

### **Performance indicators:**

1.7 Applies cultural competence and consideration for social determinants of health to show respect for individuals, groups and populations.

2.4 Develops and disseminates knowledge to enable advocacy for local, state, and national policies and programs to reduce nutrition and health disparities and increase nutrition security throughout the lifecycle.

3.3 Collaborates with inter- and intra-professional team members to achieve common goals and to optimize delivery of services.

# **CLOSING THE GAP BETWEEN FOOD APARTHEID & FOOD SECURITY:**

## **A PILOT MODEL**

**Developed & Presented by:  
Kamal Bell, MS + Chef Tessa Nguyen, MEd, RD**





# KAMAL BELL, MS

Kamal Bell is an author, farmer, entrepreneur, lifelong learner, and devoted advocate of cultural expansion through agriculture. Driven by a desire to not only give back to the community, but also to restore the legacy of farming in the African American community, he founded Sankofa Farms while pursuing his Masters degree at North Carolina A and T State University. Kamal has been featured by a collection of over 25 magazines, books, newspapers, both news and radio stations, and conferences, and strives to continue to empower the community at large through his passion for agriculture.





# TESSA NGUYEN, MEd, RD

Tessa Nguyen, MEd, RD, is an internationally acclaimed chef, registered dietitian, and speaker. Tessa's multiethnic heritage and lived experience across multiple countries has centered her in providing inclusive services founded on cultural humility. She is the founder and principal of TN Media.

TN Media is a consulting agency that provides culinary development, cultural auditing, bespoke content development, speaking engagements, healthcare guidelines and resources, and countless media work for clients across the healthcare, food, nutrition, and agriculture industries. This includes collaborating with healthcare practitioners, farmers, food producers, non-governmental organizations, commodities boards, and related agencies to achieve client-related goals.

TN Media's work, as a whole, centers health equity by taking into account social determinants of health before providing appropriate, accessible, and affordable services to underserved and marginalized communities of color.





**WHAT DOES THE NEXT MEAL  
MEAN TO YOU?**



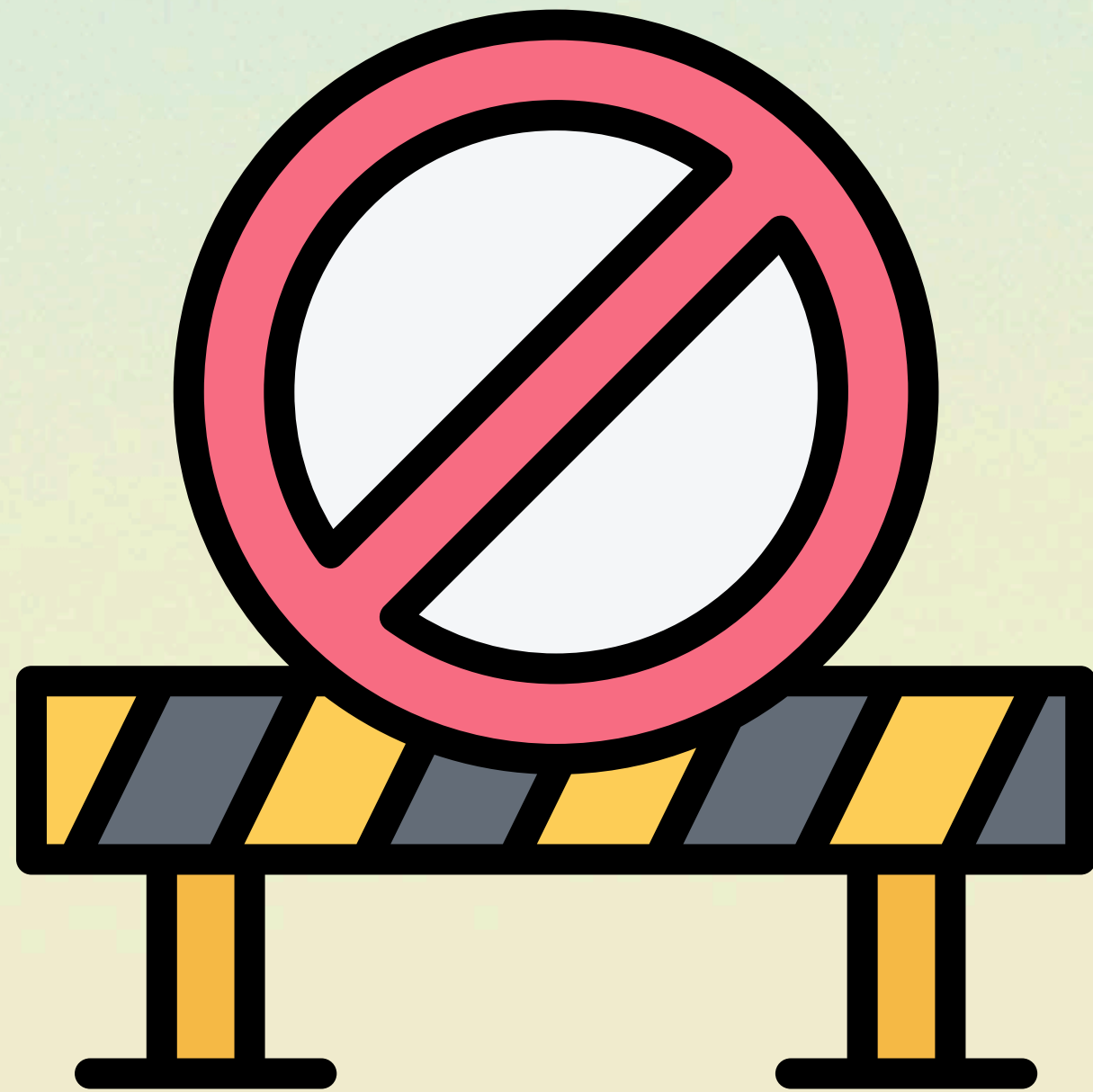




# **FOOD APARTHEID FOOD DESERT**



# FOOD APARTHEID



racially discriminatory  
political structures that  
past and present impact  
food access and control





# FOOD DESERT

the measure of the  
availability of food and  
individuals' ability to  
access it



# **HOW CAN WE CREATE A COMMUNITY WELLNESS HUB?**





# Sankofa Farms







**TN Media House**



# ELEMENTS OF A COMMUNITY WELLNESS HUB

**Farmers + Food Producers**

**Diverse Healthcare Providers**

**Food + Health Education**

**Food Access Points**

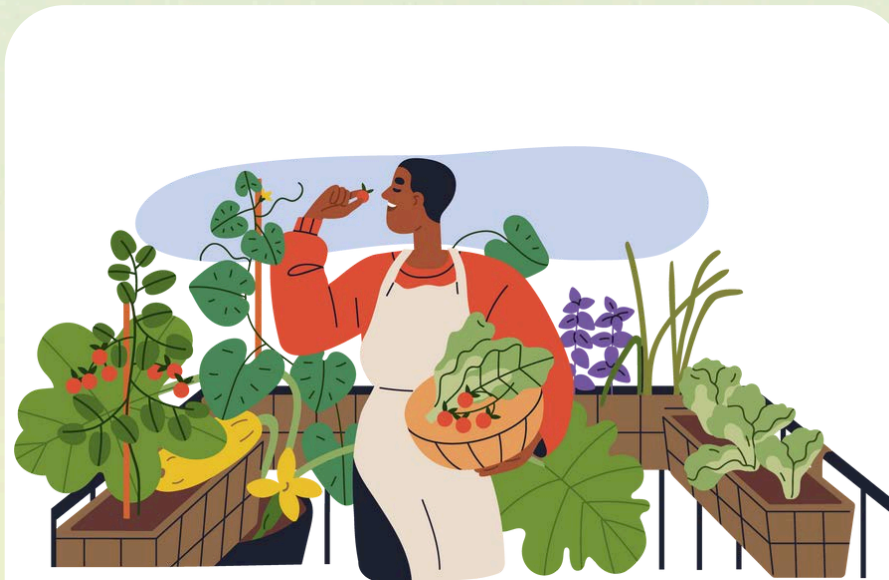
**Community Building**



# FARMERS + FOOD PRODUCERS



**What does the  
community want?**



**What can  
farmers grow?**



**What can food  
producers provide?**



# DIVERSE HEALTHCARE PROVIDERS



**Chefs +  
Registered Dietitians**



**Integrative Healthcare  
Practitioners**



**Licensed  
Therapists**

# FOOD + HEALTH EDUCATION



**Wellness Classes**



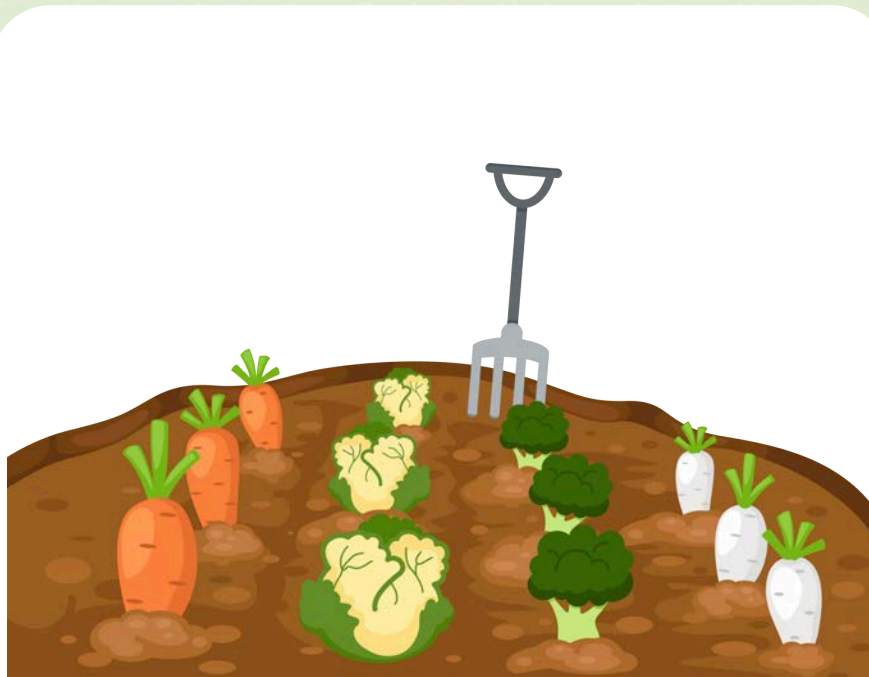
**Culinary Nutrition  
Classes**



**Health +  
Gardening Classes**



# FOOD ACCESS POINTS



## Community Garden



## Community Pantry

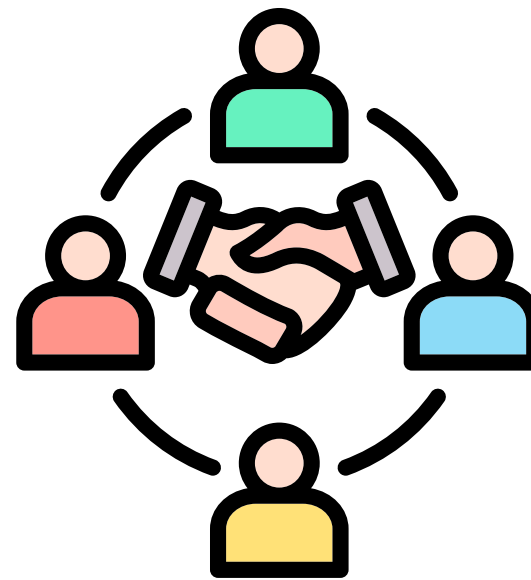


## Community Fridge

# COMMUNITY BUILDING



**Health  
Empowerment**



**Relationship  
Developing**



**What does the  
community want?**



# REFERENCES + RESOURCES



**Food Apartheid: What Does Food Access Mean In America?**

In America, food access is a game of economics, fueled by racial discrimination. We must call the problem for what it is: not a food desert, but food apartheid.



**Food Apartheid: Racialized Access to Healthy Affordable Food**

Food justice leaders are urging us to reconceptualize “food deserts” as “food apartheid” by focusing on creating food sovereignty through community-driven solutions and systemic change.


[nrdc.org](https://www.nrdc.org)

<https://www.safefruitsandveggies.com/pesticide-residue-calculator/>



**Sankofa Farms**

Sankofa Farms LLC, Founded by Farmer and Public Speaker Kamal Bell, is a multifacete...  
[sankofafarms.com](https://sankofafarms.com)



**Food Assistance Programs**

Get information on food assistance programs for certain individuals and groups. Programs include SNAP, WIC, the National School Lunch Program an...

[nutrition.gov](https://www.nutrition.gov)



**Fruits & Veggies Archive**

Nutrition, storage and handling information on a variety of fruits and vegetables. One look and you'll see that eating a colorful variety of fruits and veggies provides a wide range of valuable nutrients.

[Have A Plant](https://www.haveaplant.org)



**Tessa Nguyen, MEd, RD**

Tessa Nguyen is an internationally acclaimed chef, registered dietitian, and educator. As the founder and principal of Taste Nutrition Consulting, her...  
[thetessanguyen](https://www.thetessanguyen.com)



# THANK YOU!



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