

# UCD Food Security Collaborative

Spring 2024 Convening Recap

*Food sovereignty in our lives & work*



(top left) Guest speaker Janaki Anagha speaks about the different components of food sovereignty. (top right) Ideas from group discussions. Participants made connections between food sovereignty, economic systems, community, agency, cultural and societal norms, cooking, and agriculture. Thank you to Aggie Basic Needs, the UC Davis College of Agricultural & Environmental Sciences, and community members for supporting the Fresh Focus team.

In May, Fresh Focus & the Student Farm hosted campus and community organizations engaged in food culture work. Building on the [2023 Food Security Collaborative](#), the convening focussed on articulating and exploring different ideas of food sovereignty. Janaki Anagha, attorney, creator of the Marigold Project, and UCD alum, opened the event with an interactive discussion about the history of land grant universities, student activism that created the Student Farm, the connection between colonization and the destruction of land and life, and how we can apply ideas of food sovereignty in our shared work. The group came together to share rice, salad, and *frijoles de la olla* - cooked by Fresh Focus students - and discuss how these ideas relate to their projects and personal goals. Participants shared out questions and realizations, highlighting points of continued action and collaboration. With 25 participants and over 5 campus groups represented, it was an evening, filled with delicious food, nuanced conversation, and new community connections!

To get involved, contact [jcavins@ucdavis.edu](mailto:jcavins@ucdavis.edu)

## Takeaways and Next Steps

- Prioritize opportunities for campus and community groups to engage together in food security work.
- Create more space for discussions about food access, sovereignty, and justice in relation to larger social and economic systems.
- Learn, organize, share, and support each other through cooking & eating together.
- Sharing cultural and familial recipes and dishes with community is food sovereignty work.

“Food sovereignty is freedom”

- Janaki Anagha

## Recipe: Frijoles De La Olla

by Ruben Gonzalez, Fresh Focus Lead Student Farmer

**Ingredients:** pinto beans, onion, salt

**Directions:** Sort and rinse beans. Bring water to medium boil in a large pot. Add halved onions. Add dried beans and boil for 3 hours, remembering to stir and add water when needed. Add salt half-way through boil (to taste).