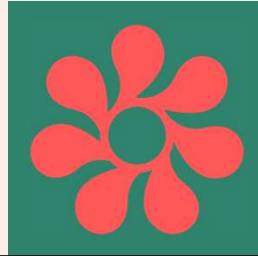
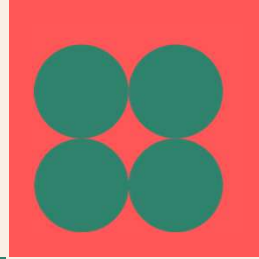


Bearing Burdens: Food Justice



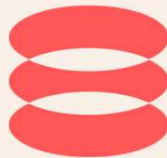
1

Agenda



TOPICS COVERED

Definitions
Mutual Aid
Stories of Impact
Visioning
Practical Application



2



Introductions:

Name

Pronouns

Context

Is there a food ministry in your context?

3

Food Justice Definition

Food sovereignty
Sustainable agriculture

Food desert
Food mirage
Food swamp
Food apartheid
Food insecurity

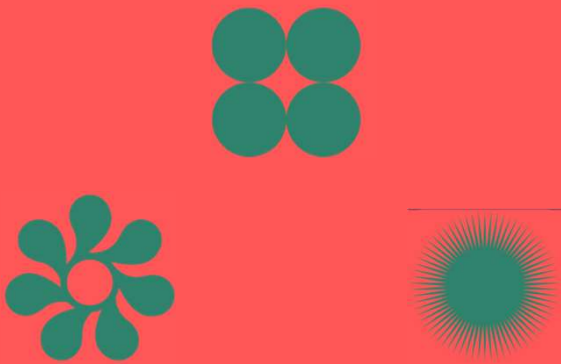
All of these concepts address different aspects and control over food systems. **Food justice** is the overarching theme, aiming to ensure everyone has access to healthy, affordable, and culturally appropriate food.

4

Our model?

Our Values:
Mutual Aid

What is mutual aid and how is it different than (toxic) charity?



5

Practical Application: Visioning



Brain/Heart Storming

What is the biggest need in your context?



Do the work

Discussion

6

Guiding Questions

imagine what life looks and feels like in your ministry context 3-5 years from now

- How do I feel?
- What are we doing?
- Who is around?
- How do people around me feel?
- What is the energy like in the space?

Set a timer for 15 minutes and just *go*. No overthinking. No backspacing. Write in **present tense** like you're already living it. Use the "Hot Pen" approach - let the words fly out, even if they feel messy or too big or too tender.

Visioning about your ministry Prompt:

3 years into the future
5 years into the future

7

Guiding Questions

Let yourself imagine what life looks and feels like five years from now (not the checklist version, but the full-body, heart-aligned, soul-lit version).

- Ask yourself:
- How do I feel?
- What's happening in my life and work?
- Where am I? What's around me?
- Who's with me?
- What do I see, taste, smell, or hear?
- What's the energy like in the space and in my relationships?

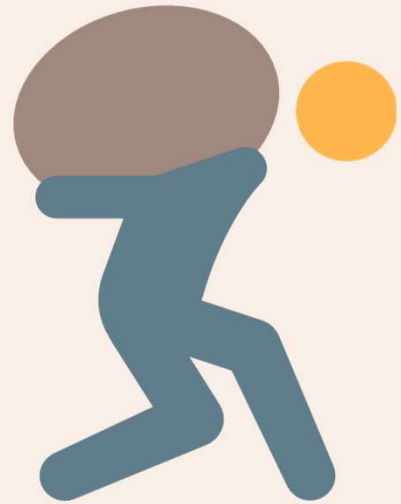
Visioning about your life Prompt:

3 years into the future
5 years into the future

8

Bear Burdens

- Justice
- Action
- Healing



9



Let's reflect!

10

Thank you for having us!

The FedUp Team is available to support your justice ministry in your context.

If you are interested in having FedUp lead a visioning workshop with follow up steps to make your God sized dream come true in your community, please reach out to Pastor Anna at pastoranna@fedupministries.org.

