

Book Talk: “Feeding Each Other: Shaping Change in Food Systems through Relationship” by Nicole Civita and Michelle Auerbach

About the Guest Speaker, Student Panelists, and Moderator

Guest Speakers



Nicole Civita is a food systems thinker, experiential educator, applied ethicist, integrative lawyer, and responsive consultant who grounds in ecological knowledge, attends to relationships of care and reciprocity, and pursues radical imagination and collective liberation. Nicole’s efforts propelled multi-year projects to drastically reduce food waste, revitalize regional food systems, seek justice for agricultural and food workers, explore ethical dilemmas across the food chain, and develop systems-aware, equity-enhancing laws and policies. After a decade of teaching and leading at colleges & universities large and small, she is particularly gratified to have mentored a rising generation of eco-social change-shapers. Her focus now is on EcoGather, a collaborative lifelong learning network focused on the vitality of agroecosystems, relational food systems, the transition to post-capitalist wellbeing economies, and the change-competence of communities (affiliated with Sterling College in Vermont). She also runs a relational food systems consulting practice, Plenty Enough, and is Of Counsel to Handel Food Law, LLC. Nicole holds a Masters of Law in Agriculture & Food from the University of Arkansas, a Juris Doctor from Georgetown University Law Center, and a Bachelor’s Degree in American Studies and Creative Writing from Columbia University.



Michelle Auerbach is an activist, writer, educator, and consultant who uses trauma-informed narrative theory to support individuals, organizations, and communities in shaping change. She works with businesses on change management, leadership, and creativity through story. She works with communities on creating social good, cultural change, connection, and working across differences through story. She coaches and teaches individuals through workshops, trainings, and one-on-one explorations. She writes for the New York Times, the London Guardian, and has published four books: *Feeding Each Other: Shaping Change in Food Systems Through Relationship*; *Resilience: The Life Saving Skill of Story*; *Alice Modern*; and *The Third Kind of Horse*. Michelle has a PhD in Theology. Her dissertation focused on Storytelling as a Trauma Sensitive Technology for Change in Individuals, Organizations, and Communities.

Student Panelists



Naana Dei is a Health Policy and Management MPH student at CUNY’s Graduate School of Public Health & Health Policy. She is currently a Community & Government Engagement Intern at the CUNY Urban Food Policy Institute where she is

working to spread awareness about the pouring rights contract between CUNY and PepsiCo. Naana is passionate about food justice and believes in empowering low-income communities to develop environmental sustainability.

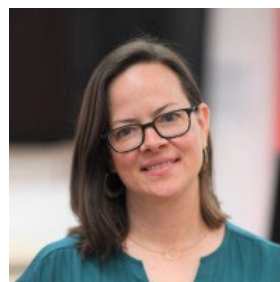


Shivangini Padey is a dedicated Urban Sustainability graduate from City College, excels as a student leader, serving as Vice Chair of the Graduate Student Council and a liaison to the CUNY Rising Alliance, aiming to empower

students. With leadership skills and a background in social activism, she is equipped to address workforce challenges and is a Food Initiatives intern at CUNY SPH, advocating for a healthy college diet.

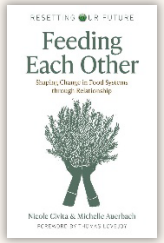


Luis Saavedra is a Research Associate at the CUNY Urban Food Policy Institute and a student in the CUNY SPH Master’s in Public Health program. In past work, he helped immigrant youth gain access to higher education.



Rachel Dannefer is a CUNY Urban Food Policy Fellow and a PhD student at CUNY SPH. She has more than 15 years of experience in public health evaluation and research with a focus on social justice and equity. Previously, she worked

at NYC DOHMH where she conducted evaluation and research on food security, nutrition education, healthy food retail interventions, and neighborhood food environments. Earlier in her career she worked to support immigrants and refugees in starting their own small farms in NY and nationally. Rachel currently works as an independent consultant and her recent food-related work includes serving as an evaluation consultant for Edible Schoolyard NYC and supporting Harvest Share, a multi-sector collaborative program to offer culturally-tailored food boxes to diverse communities in Sunset Park, Brooklyn housed in the Section for Health Equity at the NYU Grossman School of Medicine.



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Moderator



Rositsa T. Ilieva is the Director of Policy at the CUNY Urban Food Policy Institute and an Adjunct Assistant Professor at the CUNY Graduate School of Public Health and Health Policy. For more than a decade, Rositsa's scholarly work has focused on examining the integration of just and sustainable food systems goals in the domains of urban policy, design, and planning from an international perspective. Rositsa is author of [Urban Food Planning: Seeds of Transition in the Global North](#) (Routledge, 2016). Her prior work has examined urban food policy in the United States, Europe and elsewhere.

About the forum:

In their newest book, [“Feeding Each Other: Shaping Change in Food Systems through Relationship”](#) (Changemakers Books, 2023), food systems educator Nicole Civita and story justice activist Michelle Auerbach argue that trying to “feed the world” is accelerating the collapse of environmental, economic, and social structures. By blending research, insights from diverse thinkers, and lived experience, the authors demonstrate that food reveals interconnections that can help us challenge the dominant food system paradigm and its dysfunctional model of “nutrition over nourishment, of production over process, of profit over people and planet, and of systems of oppression over liberation.” On December 12th, join us for an online book talk forum event with the authors and learn more about their work and vision for transformative food systems change and the actions we can take to support this transformation now.

Additional Resources:

Auerbach, M., & Civita, N. (2023). [Feeding Each Other: Shaping Change in Food Systems through Relationship](#). John Hunt Publishing.

Plenty Enough, *Food Systems Consulting within a Relational Paradigm*, <https://www.plenty-enough.com/>

Handel Food Law LLC, <https://www.handelfoodlaw.com/>

Project Protect Food Systems Workers, <https://www.projectprotectfoodsystems.org/thedata>

FrontLine Farming, <https://www.frontlinefarming.org/>

Gesturing Toward Decolonial Futures Collective, <https://decolonialfutures.net>

EcoGather, A collaborative learning network dedicated to the vitality of ecosystems, the change-competence of communities, and well-being economies.

The 2024 Change-Shaping Series Connection-based Training for Good Troublemakers with Michelle Auerbach, PhD, <https://www.ce.sterlingcollege.edu/change>

Surviving the Future. Training led by author, activist, and educator Shaun Chamberlin, <https://www.ce.sterlingcollege.edu/surviving-the-future>

Climate + Change, training led by Dr. Heather Short, <https://www.ce.sterlingcollege.edu/climate-change>

Freudenberg, N. (2021). *At what cost: modern capitalism and the future of health*. Oxford University Press, USA. <https://global.oup.com/academic/product/at-what-cost-9780190078621?cc=us&lang=en&>

Freudenberg, N., & Galea, S. (2008). The impact of corporate practices on health: implications for health policy. *Journal of public health policy*, 29(1), 86-104. https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1314&context=sph_pubs

Saavedra L, Vignola E, Kruevelis M, Freudenberg N. [Making CUNY A Place to Educate and Organize New York City Food Workers: A Call to Action](#). CUNY Urban Food Policy Institute, 2023.

Dannefer, R., Wong, B. C., John, P., Gutierrez, J., Brown-Dudley, L. S., Freeman, K., ... & Maybank, K. A. (2020). The neighborhood as a unit of change for health: early findings from the East Harlem Neighborhood Health Action Center. *Journal of community health*, 45(1), 161-169.

Dannefer, R., Williams, D. A., Baronberg, S., & Silver, L. (2012). Healthy bodegas: increasing and promoting healthy foods at corner stores in New York City. *American journal of public health*, 102(10), e27-e31.

Dannefer, R., Abrami, A., Rapoport, R., Sriphanlop, P., Sacks, R., & Johns, M. (2015). A mixed-methods evaluation of a SNAP-Ed farmers' market-based nutrition education program. *Journal of Nutrition Education and Behavior*, 47(6), 516-525.

Cohen, N., & Ilieva, R. T. (2015). Transitioning the food system: A strategic practice management approach for cities. *Environmental Innovation and Societal Transitions*, 17, 199-217..