

## WHAT'S YOUR SCORE ON THE COLOR LINE: UN-PACKING WHITE PRIVILEGE IN FOOD SYSTEMS AND URBAN PLANNING

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### Becoming Reflective about Race

This workshop introduces key principles and analytical frames to become aware of Race as a defining category in personal, communal and institutional realms. We consider race to explore our personal narratives, and consider racial awareness as a goal in becoming better advocates for food justice in our communities and foodsheds. Geared around the presentation of racial literacy concepts, the embodied experience of race, and discussions in small groups, this workshop underlines racial literacy as a key practice in advancing equitable food systems.

#### *Glossary of Key Terms in Racial Literacy*

- **Racial literacy:** Anti-racist knowledge and practices that provide the ability to recognize, name, challenge and manage various forms of everyday racism.
- **Race:** The false concept that superficial adaptations to geography are genetic biological determinants that result in significant difference among groups of human beings. Race is a social construction without basis in science. However, the concept has very real implications in its impacts upon individuals and society.
- **Prejudice or Bias:** Learned prejudgment based on stereotypes about a social group that someone belongs to. Prejudice occurs at the individual level; all humans have learned prejudices.
- **Discrimination:** Unfair action toward a social group and its members that is based on prejudice about that group. Discrimination occurs at the individual level; all humans discriminate.
- **Oppression:** Group prejudice and discrimination backed by institutional power. The term “oppression” indicates that one group is in the position to use their power to enforce their prejudice and discrimination against another group throughout the society. Oppression occurs at a societal level and has long-term and lasting impacts.
- **Racism:** A form of oppression in which one racial group dominates others. In the United States the dominant group is white, therefore racism is white racial and cultural prejudice and discrimination, supported intentionally or unintentionally by institutional power and authority, and used to the advantage of whites and the disadvantage of people of color.
- **Systemic or Structural Racism:** The presence of institutional or systemic policies, practices, and economic and political structures that place minority racial and ethnic groups at a disadvantage and advantage the majority group.
- **Positionality:** The concept that our perceptions are shaped by our positions within society. These positions allow us to see and understand some social dynamics while obscuring others.
- **White Privilege:** The unearned material and psychological benefits received by those perceived to be white. Benefits may be legal, political, economic, and social.

- **White Fragility:** A state in which even a minimum amount of racial stress becomes intolerable for white people, triggering a range of defensive moves including anger, fear, guilt, silence, or withdrawal.
- **Intersectionality:** The understanding that we simultaneously occupy multiple social positions and that these positions do not cancel each other out, they interact in complex ways that must be explored and understood.
- **Ally:** A person who is actively engaged in an ongoing and life-long process of identifying and challenging racism in themselves and society at large.
- **Master Narrative:** The overarching beliefs and frame that influence and guide a person's perception and understanding of their experience.
- **Micro Aggressions:** The everyday slights and insults that people of color endure and most white people don't notice or concern themselves with.
- **Double Consciousness:** The feeling that your identity is divided into several parts, making it difficult or impossible to have one unified identity.
- **Colonization:** The process of settling among and establishing control – physically, mentally, and spiritually – over another group of people.

#### Resources to Increase Racial Literacy

##### *Race in Minnesota*

Sun Yung Shin (ed.) (2016). *A good time for the truth: Race in Minnesota*. Minnesota Historical Society Press.

##### *Racial Concepts*

Singleton, Glenn E. (2014). *Courageous conversations about race*. Sage Publications.

Singleton, Glenn E. (2012). *More courageous conversations about race*. Sage Publications.

##### *Race and Food*

Slocum, R., & Saldanha, A. (Eds.). (2016). *Geographies of race and food: Fields, bodies, markets*. Routledge.

##### *Whiteness*

DiAngelo, R. J. (2012). *What does it mean to be white? Developing white racial literacy*. Peter Lang.

Irving, D. (2014). *Waking up white, and finding myself in the story of race*. Cambridge, MA: Elephant Room Press.

Racial Equity Toolkit (2016). *Transforming white privilege: A 21st century leadership capacity*.

<https://www.racialequitytools.org/module/overview/transforming-white-privilege>

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