



Photos by Matthew Mercier (left) & Florin Cnejevici (right), Pond5

## HOW HAVE MASS-PRODUCED, PROCESSED FOODS CHANGED THE AMERICAN DIET?

## HOW HAS OUR CULTURE MOVED AWAY FROM AGRICULTURE TO MORE MASS-PRODUCED FOODS?

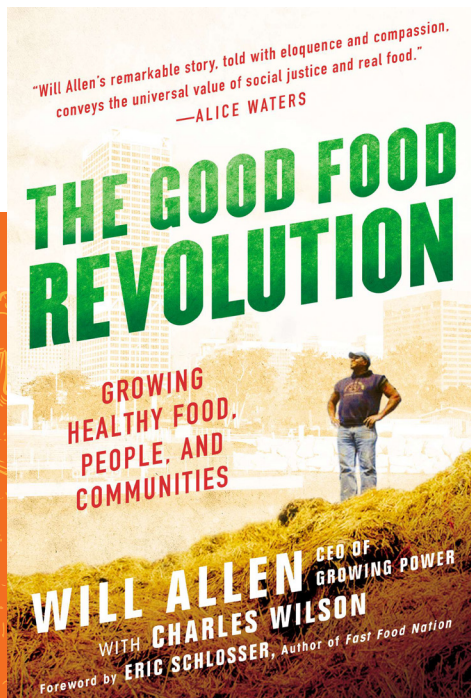
## INDUSTRIAL FARMING AND URBAN PLANNING

For Allen, the American food system has been negatively impacted by two large-scale socioeconomic processes since the post-World War II era. The first is the technological and economic shift that transformed America’s food system into a more industrialized, corporate-driven one, where mass-production and new agricultural technology consolidated the ownership of farmlands into fewer and fewer advanced producers.

The second trend that Allen identifies is the process by which municipal urban planning decisions favored the spatial expansion of larger cities into the undeveloped lands, creating the American suburbs. Smaller farmers were incentivized to sell their lands to developers as property values increased around growing cities, pushing producers as well as agricultural land farther and farther away from consumers and markets.

Allen shows how these two trends affected access to food over time. Processed foods became cheaper and more widely accessible, and the practice of growing a personal garden as well as the ability to purchase fresh vegetables directly from farmers, slowly disappeared from peoples’ lives.

## WHAT SORT OF ACCESS DOES YOUR COMMUNITY HAVE TO AFFORDABLE FRESH PRODUCE AND NUTRITIONAL FOOD CHOICES?



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