

Source: Detroit Institute of Arts, http://www.dia.org/portrait_studio/wall.html#



LaTiece, D-Town Farm, 2013 (printed 2014)

“The kids that I work with a lot about food drought and concepts of whole foods and I’ve done a lot of work about the nutrition cognition connection. So many of the kids in our community, we focus on their struggles in the academic setting, but that’s a symptom of the bigger issue, which really is poor nutrition and the food drought and not having access to whole raw foods or the knowledge about the benefits of it. What we’ve seen, a spike—a major increase in kids having cognitive issues, learning disabilities. One of the issues in urban communities with the schools is the overrepresentation of minority students in special education, having speech problems, cognitive impairments. We know about the lead issue, we know that lead can impact your cognitive functioning. But so can vitamin deficiencies. Unfortunately, we have a lot of fast, easy food around—the nitrates, the processed meat, a lot of; I call it, food byproducts. I firmly believe that, that has a lot to do with what we’re seeing behaviorally, cognitively. B-vitamins impact mood. When people are having mood issues they’ll prescribe you a b-complex. Or you’ll get a b-vitamin injection. Like, we know that these things are real.”