

# MLFCN Racial Equity & Food Justice Training

## Social Identity Reflection

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This exercise will assist you in the exploration and awareness of their personal (including ethnic and cultural), social, and professional identity development. More specifically, this reflection will guide you in exploring:

- how your membership in specific social groups have granted privilege or disadvantage
  - how membership in these social groups shaped your experiences in society and
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### Part 1

In this exercise, identify and discuss your different social identities. As you reflect on these social identities, discuss the power or disadvantages that society has assigned you as a result of each of these identities. Consider how these different identities interact with one another and have shaped your experiences.

Explore details (but include some critical personal reflection) about your:

- ethnicity and race
- Family's country of origin and immigration. When and why did they immigrate? What was that experience like? Was it an easy or challenging journey?
- age
- education
- socio-economic status
- religion or spirituality
- gender
- sexual orientation
- Language-- what is your native language? Is that the same language as your ancestors? If not, what spurred the change in language over the generations?

### Part 2

After exploring your multiple identities, discuss how these identities have shaped your beliefs, values, and priorities. In other words, how do these identities and lived

experiences inform your beliefs, values, and priorities related to food? How does all of this influence your food system work?