

DIVERSIFY YOURSELF

# SOUL FOOD JUNKIES

*A Viewing and Discussion of the Film*



Award Winning Documentary Filmmaker  
Byron Hurt

In **Soul Food Junkies**, Hurt sets out on a historical and culinary journey to learn more about the soul food tradition and its relevance to black cultural identity. Through candid interviews with soul food cooks, historians, and scholars, as well as with doctors, family members, and everyday people, the film puts this culinary tradition under the microscope to examine both its positive and negative consequences. Hurt also explores the socioeconomic conditions in predominantly black neighborhoods, where it can be difficult to find healthy options, and meets some pioneers in the emerging food justice movement who are challenging the food industry, encouraging communities to “go back to the land” by creating sustainable and eco-friendly gardens, advocating for healthier options in local supermarkets, supporting local farmers’ markets, avoiding highly processed fast foods, and cooking healthier versions of traditional soul food.

**WEDNESDAY,**  
**APRIL 10, 2019**  
12 pm - 1:30 pm  
Southfield Campus  
Student Center,  
Room A-129

Light refreshments will be served.

For more information, please  
email William Konkolesky at  
[wjkonkol@oaklandcc.edu](mailto:wjkonkol@oaklandcc.edu).

*This film will be facilitated by  
Oakland Community College Counselor, Michelle May*



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