

Join us for a film screening!!!



An inspiring evening of film screening, healthy soul food samples, information tables, speakers and discussion!

# "SOUL FOOD JUNKIES"



Byron Hurt

**Film Synopsis:** Baffled by his Dad's unwillingness to change his traditional soul food diet in the face of a life-threatening health crisis, filmmaker Byron Hurt, in *Soul Food Junkies*, 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. While the film is of particular interest to African Americans and the soul food diet, it has an important message for all citizens of Kentucky about the importance of healthy food choices and can serve as a tool to ignite change in the health and wellness of our communities!

**WINNER**  
Best Documentary  
American Black  
Film Festival  
2012



**WHEN:** Tuesday March 26 6-9pm

**WHERE:** Lyric Theatre, 300 E. 3rd St.

**ENTRY:** Free admission (please RSVP at: 859-270-3699 or [embryjim@gmail.com](mailto:embryjim@gmail.com) and more info at: [sustainlex.org](http://sustainlex.org))

**WHAT:** 6pm- tables with healthy living info, recipes, and healthy soul food sampling. 6:45pm film screening followed by Q&A w/filmmaker Byron Hurt and local panel

**POETRY:** by Frank X Walker, Poet Laureate of Kentucky

**Come and learn the benefits of eating a healthy soul food diet and living a healthy lifestyle!**

Other *Soul Food Junkies* film screenings in Louisville March 25 at the University of Louisville (2pm) & the Muhammad Ali Center(6pm) and March 28 at Kentucky State University.

This film is part of the *Good Food Market and Café Film Series* with these community partners:
