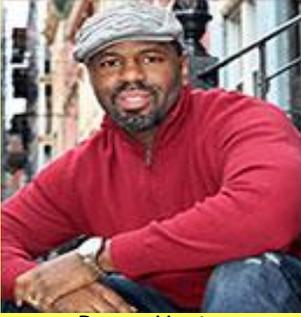


film screening- **SOUL FOOD JUNKIES**

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



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 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 importance to African Americans and the soul food diet, it has an important message for all citizens of Kentucky and can serve as a tool to ignite change in the health of our communities!

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



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

WHEN: Tuesday March 26 6-9pm

ENTRY: Free (please RSVP at: 859-270-3699 or embryjim@gmail.com, and more info at: sustainlex.org)

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

POETRY: by Frank X Walker, Poet Laureate of Kentucky

Film screenings also 3/25 University of Louisville (2pm), Muhammad Ali Center(6pm), 3/28 Kentucky State University
Part of the *Good Foods Market and Café Film Series* with these community partners:

