

# ***Transcript:***

*The Show: H2.O: The Refresh*  
*“Like a glass of cold, clear water”*  
*Piece Title: What the F\*\*d?!*

## **Introduction:**

**Daniel:** Have you ever considered what it would be like to be without good food? What if you went to your local grocery store and found they no longer sold apples? One of the most common fruit sold in stores across America, yet they're not there.

**Ben:** Tell me this, when was the last time you wondered if your local supermarket sold a food you have been eating for years? You haven't? Well that's exactly the point. These are all things we never really think about, especially if it hasn't ever affected you. Though we live in a country that is seen as one of the best in the world, there is a problem that exists in our own backyards.

**Daniel:** Areas go without sufficient access to food that is crucial to our natural diet. Often shelves of grocery stores are stocked only with food people buy on a consistent basis or what is most affordable. Why do you think cases of Ramen Noodles fill entire shelves of local stores? Why are they in almost every college dorm across the country?

**Gideon:** And what if the groceries are too expensive? Well, then our nation's savior comes to the rescue; the fast food industry. And because of it, our nation has the highest obesity rate of any country. Undoubtedly, we're in quite the pickle.

**Ben:** That being said, let's dive into a problem with food that isn't very well known. A problem that many Americans struggle with yet it goes unseen. Surprisingly, that problem is simple; food diversity.

**Gideon:** In the following minutes we will touch on what-in-the-world food diversity even means and why it is so important.

**Ben:** However, we won't stop quite there. We'll discuss how it affects the characters in a little book called *Outcasts United* by Warren St. John. (speak like this is a side-note and not main point) He's a prestigious author that captured the story of many refugees living in the town of Clarkston, GA. The refugees struggle to fit in, but with the help of Luma Mufleh, an American educated Jordan woman, the entire community is brought together and strengthened.

**Daniel:** Of course, we wouldn't want to just leave you with a few examples from a book you may not have even read... So, we went to the streets of Rolla, MO and interviewed the store supervisor of the local Walmart and the manager at a little store called the Purest Market.

**Gideon:** In our last bite, we'll discuss how the poor's access to food and money affects what they eat, and more specifically, in the refugees' case, how does being in a different country affect what they can buy at a local grocery store?

**Ben:** All of this will be answered right now, in a few minutes.

**Daniel:** But first! I'm Daniel Post

**Ben:** I'm Ben Berthold

**Gideon:** And I'm Gideon Hallman

**Daniel:** And you're listening to H2.0: The Refresh. Today (pause) this is "What the f\*\*d".

(Home: <https://soundcloud.com/argofox/noxive-home> plays as theme)

### **What is Food Diversity:**

**Ben:** So, you may be wondering, what exactly is a food diversity?

**Daniel:** The answer to that question is actually quite simple: Food diversity relates to how many different types of food you have in your diet.

**Gideon:** Generally, a person should eat a variety of different foods. Doing so allows a person to get all of the nutrients they need to stay healthy. And we all wanna be Heathy.

**Ben:** Consider this: There's a guy named Bob. Bob is hungry. Bob is running low on groceries so Bob decides to go to the local grocery store to find something to satisfy Bob's need for food.

**Daniel:** So Bob walks in and he searches for his favorite foods. As he's walking around his shopping cart fills with all kinds of stuff. There are potato chips, pop tarts, soda, candy bars, you name it.

**Gideon:** What's more important though, is what's in Bob's stomach right now. There seems to be a lack of any kinds of fruits or vegetables like: cassava, guava, fava bean, and rue the day you forget rue.

**Ben:** Mainly it's a bunch of snack foods.

**Gideon:** Yeah, that's the point!

**Daniel:** Now, don't get us wrong, snack foods can be great. They're sweet and tasty (talk like this is a side-note that isn't very important) and I am eating some now, (back on main point talking style) but a human being can only live off of them for so long.

**Ben:** Ya know I just recently read an article by Gina Kolata that focuses mainly on food deserts...

**Gideon:** Oh by the way a food desert is an area in which it is difficult to buy affordable and good-quality fresh food. Sounds familiar huh?

**Ben:** Anyway, the article focuses on answering the question of whether or not obesity rates can be linked to these kind of areas, where it is said that fast food is more accessible than fresh and cheap produce. One of the difficulties in the study was whether or not these areas were actually food deserts, and if not, what was the quality of the fresh produce in grocery stores?

**Daniel:** Michelle Obama is brought up a number of times as she is a figurehead for the fight against childhood obesity and her attempts to get healthier lunches in schools, as well as her fight

for getting healthier options in these poor urban areas. In Dr. Helen Lee's study, she found that while these poorer areas had large quantities of fast food joints and corner stores, they also had double the grocery stores and supermarkets, when compared with richer areas.

**Ben:** There are many other studies mentioned, but fail to offer the average weight of residents in the area, or only focused on too small or too big of an area. The problem may not be the lack of fresh foods, but children choosing to buy unhealthy snacks when a good snack is right next door.

(Background Music: Noxive - Resilience <https://www.youtube.com/watch?v=RrnR4Jq0wXg>)

**Gideon:** So, whenever you go shopping and your shopping cart looks a lot like Bob's, maybe you should look around in the fruits and vegetable section. Get some dairy, whole grains, and meats; go umami!

**Daniel:** As long as you're hitting every food group as is needed daily, you should be getting all the nutrients and vitamins that you need. Unless your food groups are starches, sugars, and fats, but that's not much help is it.

### **How is Food Diversity Represented In Outcasts United:**

**Gideon:** But wait, how is food diversity represented in *Outcasts United*? You talked about the book in the beginning of the podcast.

**Ben:** Well, in *Outcasts United*, food diversity is represented in a way that's more than just the food groups.

**Gideon:** In the town of Clarkston where the majority of *Outcasts United* takes place, refugees from around the world have settled down, bringing with them their culture, and more specifically, the different kinds of foods and traditions associated with their cultures.

**Daniel:** For example there is the local supermarket named Thriftown. It's owned by Bill Mehlinger. At first, Thriftown was thriving, making the quota so Mehlinger could pay the bank

loan off. Thrifttown at the time consisted of primarily American style foods. But as the refugees started to settle his business suffered.

**Ben:** Well then, how did Mehlinger change Thrifttown to counterbalance the new influx of people? Or did his business just flat out kick the can.

**Gideon:** Okay, so at first Mehlinger didn't know what to do. One of his workers that had fled to the United States from Vietnam tried to help Mehlinger get his store back on track. Mehlinger had to change what types of food were stocked at Thrifttown to account for the new food demands of the new people.

**Ben:** Sounds like new news from new people creating new problems of old food.

**Gideon:** Hehe, yeah something like that. "Mehlinger ultimately had to separate his pork selections from the rest of the meats to avoid offending muslim customers." In the end, Food diversity in the store for each of the ethnic groups resulted in profit for Thrifttown and Mehlinger.

**Daniel:** So, new groups meant new foods, but probably not gnu meat (slight chuckle).

**Gideon:** Hehe yet again a gnu idea, but yes, "With each new wave of resettled refugees into Clarkson, Mehlinger had new opportunities."

**Daniel:** Many of the stores in Clarkson had to change the type of products and style of business to accommodate for the new ethnic groups.

**Ben:** The shopping center has become more foreign, the meat market has a new butcher - who may or may not have gnu meat - and a global pharmacy was added to the town.

**Daniel:** Ultimately, food diversity plays a huge role in the book. Whether it be because of all the new ethnic groups or the style of foods associated with each new group. The food represents the town as a whole and the way in which it has grown.

**Gideon:** (hinting/sarcastic) It just goes to show that food is what makes the cookie crumble in the end.

**Daniel:** Good one.

(Transition: [Sauniks - Escaping Now \(feat. Lokka Vox\) \[Creative Commons\]](#) | [Argofox Creative Commons](#))

### **Walmart/ Purest Food Market Interview Segment:**

**Ben:** Now having seen how food diversity affects those in *Outcasts United* it may seem as though it is much different for American born citizens, but is it? I mean seriously, is it?

**Daniel:** The refugees are from all over the world and come from a wide variety of cultures and religions. These factors often determine what they have grown up eating to sustain themselves. Coming to America where there is a completely different market system for food, it's obviously difficult.

(Fade in sounds of Walmart)

**Gideon:** To help in our understanding of how food diversity affects our own lives, we went to America's superstore: (pause) Walmart.

**Ben:** The following recording is an interview with the Walmart store supervisor from the Rolla, MO area.

**(commenting ends and recording is on its own)**

**Daniel:** The first thing Julie - that's the store supervisor - mentioned in her interview was the fact that people often drive 40 miles just to purchase the groceries they need.

**Ben:** Walmart even goes so far as to check local prices and to make sure their food is the lowest priced and most affordable to customers.

**Gideon:** Interesting fact: the #1 sold fruit walmart sells is the bananas.

**Ben:** Walmart also stocks their shelves according to demand of the area, but being such a massive store in a relatively small population area, they do not stock the most diverse foods since only a small portion of their customers would buy it.

**Daniel:** And considering this is a college town, Julie confirmed that shipments lessen during the summer months when students are away.

**Gideon:** Okay, but how is any of this relevant?

**Ben:** Well, that's an easy one. Remember that little town of Clarkston we talked about earlier?

**Gideon:** Yeah, so what?

**Daniel:** Oh wait, I think I get it. Walmart is a great place for just about everything, but their food selection is rather generic. I'm not saying it's bland, but mostly common items that you could find elsewhere.

(Background and transition music Phlex - Light Me Up

<https://www.youtube.com/watch?v=hKitZEncwro> )

**Ben:** Exactly. It's a great place to get foods we are all used too, but the refugees of Clarkston have a different taste palate. They need something with a little more cultural diversity to satisfy their norm. And that doesn't just go for the refugees in Clarkston, but also for anyone else who is coming to America, such as new citizens or international students.

**BREAK**

**Ben:** Leaving Walmart we had gotten a little peak into what goes on in the food industry.

**Daniel:** We weren't content with the information we had. Yeah we found out that Walmart is a huge supplier of groceries to many people and yes it sells all the necessary fruits and vegetables we need for a balanced diet, but what about all the minorities in Rolla?

**Gideon:** You're very right. I mean the most diverse section of Walmart seems to be there massive liquor selection right inside the front door.

**Ben:** (Laughs) Hey that's what you get when a major percentage of your customers are college students.

**Gideon:** Yeah, that's pretty diverse!

**Daniel:** Alright, can we please get back to ACTUAL diversity?

**Ben:** Yes, thank you. We weren't satisfied with Walmart's diversity in the food they sell, so we headed to a little store in the middle of downtown Rolla.

**Gideon:** The Purest Food Market!

**Ben:** Yep that's the one.

**Daniel:** We had the pleasure of talking to the store's Manager, Julie Williams, who helped found the store.

(recording fades in)

**Ben:** And yes, both the people we interviewed there names were Julie, and the following is the interview with Julie about her store and the food that they sell.

**(Interview of Julie Williams at Purest Market)**

**Daniel:** I don't know about you guys but what they're doing at that store is pretty cool.

**Gideon:** I might actually want to try some of that halal meat. It's cheaper too!

**Ben:** Me too Gideon. Ya know this is exactly what happened in Outcasts.

**Gideon:** Yeah! They saw a demand for certain foods that the community wanted and made it easier to come by.

**Daniel:** This market just goes to show that Rolla is really trying to help the diversity of students as well as residents in this town.



**Ben:** I feel for the refugees in Outcasts. Imagine if you had to drive 2 hours just to get the food you've been eating your whole life. The Purest Market is doing it right.

**Gideon:** That they are. I mean it's the perfect place for anyone to buy all the groceries they would ever need!

(Background into Transition music: Things in life:

<https://www.youtube.com/watch?v=PWmBnVavbpU>)

**Ben:** There's one thing I know for sure. Diversity in food is key for the diversity of a community and it's population.

**Gideon:** Absolutely!

### **Tying back to Outcasts United:**

**Ben:** So I have a question for you guys. What is your favorite meal?

**Daniel:** I like some steak with a little mashed potatoes, green beans, gravy. You know the usual.

**Gideon:** I like the heart of a deer.

**Ben:** And how easy is it for you guys to go get this meal, or get the ingredients to make it?

**Daniel:** I mean, you could go to the grocery store. Maybe the restaurant that is three and a half minutes from my house.

**Gideon:** Ummm, yeah, I guess it is pretty easy to make. You only have to hunt down a deer and cut out its fresh heart, and quickly boil it twice. But other than that, it is pretty easy to make.

**Ben:** So now I want to know, what if it wasn't easy to get or make? What if your favorite meal was so different from the culture you're currently living in that you have to go out of your way to get it?

**Daniel:** Uhh, man that would really suck. I don't know that I would want to do that.

**Gideon:** Man, it is a pain enough as it is. If I was in a foreign country it might actually be easier.

**Daniel:** Well that's what the refugees are faced with in *Outcasts United*. They are forced from their homes to come to this new place, and while there are a few stores that begin selling what they prefer, at first they have to make due with the new culture they are plunged into. It is also difficult to afford proper meals while they are adjusting to their new surroundings. Let us take a look at the Generose family.

**Ben:** Isn't that the family whose English gets better the younger they get?

**Daniel:** That's the one. Anyway, we can see how badly they are struggling for money. Fish or beef can be considered somewhat common at most family dinners, but the Generose family saves it only for special occasions, such as when they have a guest over.

**Gideon:** So if I was invited over, they would cook me something special, like roasted duck?

**Ben:** (disgusted) No! You aren't getting this. They are very poor. Not only could they not afford duck, but a meal with meat would be if someone or something special happened.

**Gideon:** Ahhh, hmmph, I see now.

**Daniel:** Speaking of not being able to afford meals, I want to take another look at the Generose family, mainly the three boys and their baby sister.

**Ben:** Alright, what about them?

**Daniel:** Well, Alex, the oldest at 15, had to fill in for his mom while she was at work. Including feeding the baby, feeding his brothers, and doing the cleaning.

**Gideon:** Ooo, sounds like it takes a lot of time. Ain't nobody here got time for that though.

**Ben:** True, and it does take a lot of time. So much so, it keeps him from getting his homework done, causing him to fall behind in school. But that's not what I'm trying to get at.

**Daniel:** Lay it on me

**Gideon:** Okay so...

**Ben:** Go on tell us

**Gideon:** I would if you would stop interrupting me.

**Daniel:** Sorry

**Gideon:** Thank you. Now...

**Ben:** Get on with it. I have already made popcorn in preparation for this.

**Gideon:** (Deep exasperated breath) Now, what I a trying to say is that their budget keeps them from being fully stocked on food. If one thing is screwed up for the meal, then no dinner that night. That is how tight their money situation is, it affects what they eat.

**Daniel:** Why would that be the case? This is America, people don't go hungry here. Do you even have proof or are you making this up?

**Gideon:** People do go hungry in America. As for proof, on page 230 and 231, we get a rare glimpse at the stress affecting these families. Alex gets home tired from soccer, and Alyah, his baby sister, has a meltdown because she is hungry, which is uncommon for her. He quickly makes her dinner and throws some hot dogs on the stove for himself and his brothers.

**Daniel:** Let me guess, the dogs came to life and they lived happily ever after?

**Gideon:** No, that isn't even remotely close. They melted to a puddle and created a billowing cloud of smoke. He ran out with the skillet and placed it on the small piece of concrete in the backyard. He said it was their dinner for the night.

(Background into Transition music: Penacho- Only the Best -

<https://soundcloud.com/glorynoise/penacho-only-the-best-epic-inspiring-motivational>)

**Daniel:** Sounds like it would be hard to be forced into a new environment and culture when you're older. Especially when you come from a devastating war or horrible persecution. That would be really tough.

**Ben:** Agreed.

**Gideon:** Yeah.

**Conclusion:**

(Music holds for a dramatic second or two and completely stops)

**Ben:** We never really consider how diverse food options affect our health. As we saw in Outcasts, the diversity can greatly affect a community. The variety of people that lived in the area resulted in the variety of groceries that appeared on the shelves of Clarkston's local store.

**Daniel Post:** So basically people diversity makes for more food diversity, interesting.

**Gideon:** Exactly.

**Ben:** I can honestly say I am very thankful for the diversity of people in America. Without it where would I buy crab rangoon, or tacos, or even pizza!

**Gideon:** I don't know what I would do without pizza!

**Dan:** Pizza!

**Ben:** Me neither Gideon-

**Gideon:** Pizza!

**Ben:** Me neither.

**Credits:**

**Daniel:** Well that is all we have today folks. I would like to thank you on behalf of H2.0: The Refresh. This wouldn't have been made possible without our lovely crew and technicians. I'd also like to say thank you to my co-hosts Gideon and...

**Ben:** Come on now lettuce wrap it up... See what I did there??

**Gideon:** Very funny Ben.

**Ben:** I try. But seriously I'm hungry. All this talk about food has me craving some good ole chinese.

**Daniel:** Alright alright... Anyway, thanks for listening to our segment today "What the F\*\*d?!".

Remember to stay refreshed with some of that clear, cool H2.O. We'll catch ya next time.

(Background Ending Music: Home: <https://soundcloud.com/argofox/noxive-home>)

**Ben:** But as for what we used to make this episode possible, here are our sources:

**Gideon:** The book, *Outcasts United* by Warren St. John

**Daniel:** Minority Health from the Films Media.

**Ben:** "Studies Question the Pairing of Food Deserts and Obesity" by Gina Kolata.

**Daniel:** And the Apple Pushers by the Films Media

**Gideon:** As well as these certain music files that we will upload later.

**Dan:** Indeed.

**Ben:** And we'd also like to thank our interviewees Mrs. Julie Collins from the Walmart superstore. She is the supervisor, and Mrs. Julie Williams from the Purest Food Market.

**Gideon:** Thank you!

**Dan:** Have a good one folks!

**Songs (In order of first to last):**

- Home: <https://soundcloud.com/argofox/noxive-home> plays as theme
- Noxive - Resilience <https://www.youtube.com/watch?v=RrnR4Jq0wXg> background music
- [Sauniks - Escaping Now \(feat. Lokka Vox\) \[Creative Commons\] | Argofox Creative Commons](#) transition music

- Phlex - Light Me Up <https://www.youtube.com/watch?v=hKitZEncwro> background transition music
- Things in life: <https://www.youtube.com/watch?v=PWmBnVavbpU> background transition music
- Penacho- Only the Best - <https://soundcloud.com/glorynoise/penacho-only-the-best-epic-inspiring-motivational> background transition music
- (Again) Home: <https://soundcloud.com/argofox/noxive-home> background ending music