Season 2
Screening Guide

KCET ORIGINAL

BROKEN BREAD w/ ROY CHOI

KCET TASTEMADE
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“We have a certain responsibility. We have responsibility to our community. To our children, our youth and the future generation.”

—Chef Crystal Wahpehpah
Background on Broken Bread
Show Synopsis

Entrepreneur, social activist and chef Roy Choi takes a journey through his hometown of Los Angeles and beyond to explore complex social justice issues in Broken Bread, co-produced by KCET and Tastemade. Meet inspiring individuals and organizations who challenge the status quo, and are using food as a platform for activism and a catalyst for change.

This season, Roy explores how we can Feed the Future and what needs to change in our food systems to ensure we have healthy and thriving communities. From the precarity of the restaurant industry to the impact of gentrification on communities, this season uses the lens of food to detangle complex conversations about the current food landscape, what is eaten and where communities gather. Roy speaks with chefs, activists, farmers and community leaders, each of whom Feeds the Future in their own way, shaping their communities for the better.
Episode I
The Future of Restaurants

Roy breaks bread with Wolfgang Puck, journalist Patricia Escárcega and restaurateurs who are working to address the worker exploitation, high food prices and unsustainable financial models that have long defined the restaurant industry.
Understanding the Issues
Exploitation in the Restaurant Industry

The pandemic has forced a reckoning on the food industry, but a reckoning was long overdue. From worker exploitation to soaring food and rent prices, the model is unsustainable, and collapsing. Despite being one of the largest and fastest growing industries in the United States, the restaurant industry holds 7 out of the 10 lowest paying jobs in the country. Food service workers are twice as likely to need food stamps as the rest of the US workforce, and three times as likely to live in poverty. It stands to reason that in the Great Resignation, over one million workers have exited the service sector. Lobbying from the National Restaurant Association has kept the archaic subminimum wage for tipped workers of $2.13 an hour in place for years, but could mass resignations, staff protests and activist groups change that? It’s too soon to tell, but with the entire industry in a transitional period, the balance of power is indicating a shift.

The food service industry also leaves the door open for other types of exploitation, beyond financial. A workforce that is primarily dependent on tips means that inappropriate conduct on the part of customers is tolerated as to not sacrifice their livelihood. More sexual harassment claims in the U.S. are filed in the restaurant industry than in any other, where as many as 90% of women and 70% of men reportedly experience some form of sexual harassment. The Restaurant Opportunities Centers United report found that sexual harassment is more common in states that rely on the tip system than in states that have a minimum wage.

The American restaurant industry also hinges on the labor of undocumented workers. It’s estimated that undocumented workers comprise 10% of all restaurant employees in the US, and as many as 40% in cities like LA and NYC, many of whom work in low-pay back-of-house jobs without worker protections. And despite paying into state and federal taxes, undocumented restaurant workers have been largely left out of Covid relief stimulus. Organizations like No Us Without You are working to bridge the gap for these workers and their families, but should it be left to individual solutions? Or should there be equitable relief and support for employees who contributed millions in payroll and unemployment taxes every year?
Featured

- Chef Wolfgang Puck
- Patricia Escárcega, journalist
- Damian Diaz + Othón Nolasco, founders of No Us Without You
- Chef Uyên Lê, owner of Bé Ú

Discussion prompts

- Chef Uyên shares her memory of eating soup in the humidity in Vietnam, she shares that “it’s community and it’s family.” What meal sparks that feeling for you?

- At the end of the episode, it is revealed that Avenue 26 has been shut down by the city. How do you think the spirit of a “beyond capitalistic brick and mortar” can continue?

- It is stated that disruption is an opportunity to innovate. What ways do you think the service industry needs to innovate? How can you, as an individual, contribute to these changes?

SOURCES

“The undocumented restaurant workers who fed us are being forgotten. This is their struggle” by Patricia Escárcega. Published May 15, 2020. LA Times. www.latimes.com/food/story/2020-05-15/undocumented-restaurant-workers-coronavirus

“Closed Due to Low Wages” One Fair Wage. Published December 2021. onefair-wage.site/wp-content/uploads/2021/12/OFW_Closed.pdf

“Why restaurant workers are demanding better wages and working conditions” by Tim Carman and Emily Heil. Published May 28, 2021. Washington Post. washingtonpost.com/food/2021/05/28/restaurant-workers-demands/

Episode 2
From Seed to Table

Roy explores seed sovereignty with Kristyn Leach, a farmer in Davis, California, harvests vegetables with kids in Compton and sits down for a heart to heart with the legendary chef and activist Alice Waters to discuss the food war that has been raging for decades ensuring we protect the right to grow, eat and exchange crops.
Understanding the Issues
Connecting Land and Food

Farmers and chefs are fighting to preserve the biodiversity of food. More than 6,000 plant species have been cultivated for food worldwide, but only nine account for the majority of total crop production, according to the U.N. Food and Agriculture Organization (FAO). And while crop diversity continues to decline in favor of hybrid seeds (an intentional process to cultivate specific genetic traits in plants), many organizations are working to keep diverse seeds alive.

Now, over half of the world’s seeds are owned by just four corporations. And, over 75% of agricultural biodiversity on earth has been lost since the 20th century. However, small farmers hold over 80% of the biodiversity. As food is a connection to our past and history, the act of reclaiming and protecting the seeds serves a larger purpose beyond cataloging. When food is grown by farmers to benefit their community, it makes the community stronger. It shares cultural narratives and histories; it benefits the land and the health of the people. When that supply chain is disrupted by corporations who put profits first, communities suffer.

La Via Campesina defines food sovereignty as “the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.”

Food sovereignty as well as seed sovereignty recognize hunger as a social inequity and a problem of food governance. It goes beyond food security to address the underlying issues impacting peoples’ ability to respond to their own needs for healthy, culturally adapted foods. Many policy groups are working to overturn long held colonial laws and policies to put the power of feeding the community back in the community. As this work is happening, community gardens are helping bridge the gap to provide individuals with healthy food, connection to the land and ways to share stories and traditions.
Featured

- Chef Alice Waters
- Sherridan Ross, Compton Community Garden
- Kristyn Leach, Namu Farm
- Chef Crystal Wahpehpah
- Lakota Holder, dancer
- Mina Park and Kwang Uh, co-owners Shiku, Grand Central Market

Discussion prompts

- Kristyn Leach said that “if you control seed, you control food”. How true do you think this is?

- Do you know how far your food travels before it hits your plate? If not, what are the barriers in place to you learning?

- What are ways you can think of to save food from being just a story?

SOURCES


Episode 3
Food as Resistance

After learning more about the buried history of the Chavez Ravine neighborhoods where Dodger Stadium now stands, Roy is inspired to meet the people actively preserving Latinx cuisine in L.A. He explores *Kernel of Truth*, a tortillería in Boyle Heights and seeks out some of the city’s top taco makers who are using food and flavor as a form of resistance.
Understanding the Issues
Erasure of Latino Neighborhoods

The Latinx community is inextricably linked with Los Angeles. From placenames to the dishes the city claims as its own, the Latinx community is at the foundation of Los Angeles’ history and present. Although Latinos make up approximately half of the city’s population, communities that have lived here for generations continually fight erasure from gentrification, displacement and the loss of traditions.

The place we now call Chavez Ravine—home of Dodger Stadium—is one story of erasure. In the early 20th century, a thriving Mexican-American community called the area home, with open space and farm land surrounding the three distinct communities of Bishop, La Loma, and Palo Verde. The community was tightknit, and fought for the safety and health of their neighborhoods. In 1926, community members fought a nearby brickworks company, which resulted in the city banning blasting in the area. Following multiple failed attempts from developers to build on top of the community, residents were ultimately forced out in 1950 by a planned public housing project called Elysian Park Heights. The government claimed that the eviction was temporary, with residents guaranteed a spot in the newly constructed housing. The public housing project did not come to fruition, however, and instead the city sold the land to the Dodgers organization to construct a new stadium in Chavez Ravine. On May 9, 1959, the final residents from the community were forcibly evicted from their homes, erasing the once vibrant neighborhoods and permanently displacing its residents.

While change in communities is constant, it is when that change causes cultural traditions to fade that whole communities’ history and identities are erased. The Latinx community in Los Angeles has consistently fought erasure. Whether it’s the community that once called Chavez Ravine home, the Chicano activists who organized a school walkout 15,000 strong to demand equal and culturally relevant education, or current activism fighting gentrification on the East Side, the city’s history is filled with Latinx voices demanding to be heard. The people in this episode are some of those current voices, resisting erasure in different ways, but all working to reclaim how communities are changed by being mindful of the way it was before.
Featured

- Javier Cabral, editor, LA TACO
- Richard Montoya, actor, director and writer
- Rick Ortega, co-owner Kernel of Truth
- Sara and Steven Valdes, owners, Sara's Market
- Chef Juan Garcia, Goat Mafia
- Deysi Serrano, owner, Milpa Grille
- Chef Jonathan Perez, Macheen
- Elisa and Roli, Boyle Heights Bridge Runners

Discussion prompts

- How would you define your community? How do you see your community changing? What is being erased?

- Toward the end of the episode, Roy asks, “How do we hold onto tradition in a world that wants to erase our past?” In what ways are you holding onto your traditions?

- Do you consider your work a form of resistance? What other forms of resistance do you think are needed in your community?

SOURCES

“QuickFacts, Los Angeles County, CA” United States Census Bureau. https://www.census.gov/quickfacts/fact/table/losangelescountycalifornia/RHI725219#qf-headnote-b


Episode 4
Returning to Chinatown

Roy’s Chinatown restaurant Chego opened in 2013, which soon became the poster child for gentrification in the area. Roy explores what he would have done differently as he retraces his steps through some of the neighborhood’s beloved establishments like Hop Woo and Phoenix Bakery. He also meets newcomers to the neighborhood, Pearl River Deli and Endorffeine.
Understanding the Issues
Gentrification

Gentrification—a loaded word that signifies both the changing of our cities and a process of development that often leads to the displacement of residents who have lived in a place for generations. The economic development of neighborhoods isn’t insidious on the surface, but when taken in context with an area’s history and who is benefiting from said development, the harmful effects of gentrification are more apparent. The current phases of the gentrification process can be traced back to the mid-20th century, where immigrant and non-white communities were segregated into certain areas of cities, and discriminatory practices such as redlining—where banks denied these communities credit and opportunities to create wealth—resulted in resourced-starved areas. Fast forward to the 1980s and 90s, young people who are priced out of cities move into these areas for their more affordable rents and developers see an opportunity to “revitalize” neighborhoods, which drives up both commercial and residential rents. The people who lived there for generations can no longer afford to, and the community they built is disrupted.

In Los Angeles, neighborhoods like Chinatown (and, Boyle Heights from episode 3 and Leimert Park in episode 5) are currently facing high levels of development and the threat of displacement that can bring. Activists are fighting to keep people in their homes with access to affordable resources. And, for a kind of development that doesn’t leave community members behind, but rather strengthens the culture already there by providing good-paying jobs and by investing back into the people and places that are at the heart of the community.
Featured

- **Sissy Trinh**, Executive Director, Southeast Asian Community Alliance
- **Gay Yuen**, Board Chair, Chinese American Museum
- **Chef Lupe**, Hop Woo
- **Kathy Chan**, CEO, Phoenix Bakery
- **Chef Johnny Lee**, Pearl River Deli
- **Jack Benchakul**, owner Endorffeine
- **Angry Egret Dinette**
- **Steep LA**

Discussion prompts

- What do you see as signs of gentrification? What are the negatives of this change? Are there any benefits?

- The episode features business owners from different generations. Many new business owners are young people—often immigrants or the children of immigrants. Are they still gentrifiers or are they helping Chinatown thrive? Or, both?

- How should new businesses interact with the communities their businesses are located in?

SOURCES


Episode 5
Owning the Block

Roy breaks bread in Leimert Park with legendary musician Chuck D, explores local businesses like Simply Wholesome and Harun Coffee with artist Six Sev and meets with elders to find out how a neighborhood so rich in food, art, music and culture can counteract the forces of gentrification in the community.
Understanding the Issues
Supporting Black Entrepreneurs

Leimert Park is seen as one of the top cultural centers in Los Angeles. It holds the highest concentration of Black owned businesses in the city, and is home to the highest concentration of Black millionaires. This is even more impressive considering housing restrictions barred Black ownership in Leimert until 1947. Now, the district is working to change that narrative by buying back the block. With gentrification and rising property values, store owners are starting to work together to purchase the buildings that house their businesses. They are certainly fighting an uphill battle.

In the 1960s and 1970s, despite legally being able to hold land, many banks redlined inner city neighborhoods and refused mortgage loans to minority customers. In the 80s, the door was opened to financial institutions and banks to buy up land and properties, which led to disinvestment in certain areas. In 2012 Wells Fargo paid $175 million in a settlement to redress blatant discrimination against Black and Latinx borrowers, and with the rise of iBuying (companies like Zillow, Redfin, and Opendoor buying properties and inflating the market) there seem to be a growing number of barriers in place to community ownership. Today, Leimert Park is at a crucial moment in its history. With a planned MTA expansion, business owners, advocates and community members are fighting to keep the area in the hands of the community members.
Featured

- **Chuck D**, rapper
- **Alex 2Tone**, Born x Raised
- **Keeling Family**, owners, Simply Wholesome
- **Six Sev**, artist and entrepreneur
- **Harun Coffee**
- **Akil West**, Sole Folks
- **Chef Whitt**, Voodoo Vegan
- **Imani Jackson**, founder, Nature’s Thirst Trap
- **Nappily Naturals**
- **Prophet Walker**, co-founder Treehouse

Discussion prompts

- Akil West states that changing consumer habits are making it “cool to care”, and by that logic, they will support more Black-owned and small businesses. Do you see this as true in your community? Where are people leaning in and choosing to invest?

- There is much discussion in the episode about the difference between a food desert and a nutritional desert. Do you see a difference? Why is the distinction important?

- Leimert Park has a rich community including community elders. How do you think these individuals have contributed to the sustained growth of the area?

SOURCES


Episode 6
Tijuana

Roy explores Tijuana’s incredible variety of nightlife, street food, restaurants and cultural diversity along one of the most misunderstood stretches of the U.S./Mexico border. Often painted as a place of violence and poverty, Roy’s experience is totally different as he visits alongside Mexican punk rock band Tijuana No! and Chef Joe Figueroa.
Understanding the Issues
Migration and the Border

A border city, Tijuana is constantly changing. Cultures from all over the world converge to create a vibrant place filled with innovative food, music and art that embraces and blends the many cultures that are becoming a part of Tijuana’s community. But, underneath that energy pulsing through the city are challenges that arise at borders: migrants from all over the world, deportations and the stories of thousands who are trying to find a safe place to call home. According to the non-profit Via International, Tijuana hosts over 10,000 migrants; people fleeing their homes because of, “criminal violence, political corruption and persecution, unproductive fields due to climate change, and severely limited opportunities for advancement via work or education.” As they await asylum hearings in the United States, many migrants live in makeshift camps. These communities often have unsanitary living conditions and are unsafe. A Human Rights First evaluation found over 1,500 reported incidents of assaults, kidnappings and other violence targeted towards asylum seekers between February 2019 and February 2021. The timeline for migrants is also uncertain. Title 42, a public health statute deployed during the pandemic has barred almost all border crossing and, due to a court decision, the Migration Policy Protocols (MPP) enacted by the Trump Administration remain in operation.

The MPP means that asylum seekers must wait in Mexico until their U.S. asylum case is heard, which leaves thousands waiting what seems like indefinitely.

While the experiences at the border are dire for many, organizations and individuals inside and outside of Tijuana are finding ways to support new arrivals. Whether it’s providing food to migrants or helping those who stay in the city establish a safe place to live and work, Tijuana is filled with people trying to welcome new residents. In addition to the migrant population, there are also tens of thousands of people who have been deported from the U.S. who now call Tijuana home. These new residents are opening businesses and infusing their own distinct cultures and traditions into the city, shaping the ever-changing Tijuana into one of the world’s cosmopolitan places.
Featured

• Ceci Bastida, Singer, Tijuana No
• Alex Zuñiga, Drummer, Tijuana No
• Chef Joe Figueroa, El Casimiro
• Chef Lilian, Honduras 504
• Esther Morales, La Antiguita

Discussion prompts

• For the communities of Tijuana, what do you see as the benefits of being a city on a border? What are the challenges?

• In the episode, food is shared not only to nourish migrants in need who are coming to Tijuana, but remind them of home and build community. What meal or food reminds you of your community and why?

• How does change in Tijuana look similar or different to the change in neighborhoods around Los Angeles (either neighborhoods depicted in other episodes or your own community)?

SOURCES


ACTIVITY GUIDE

Community screenings are an amazing way for audiences to meet like-minded individuals, share stories and build community. Virtual or in person, there are still ways to create space for building bonds.

Organize a Food Collection

Broken Bread is about the power of nourishing each other. Food insecurity is an ever-present issue, but especially in a pandemic. Partner with a local organization that addresses hunger and food insecurity in your own community. Your screening event could either be an opportunity to raise money for this organization or collect food to directly donate. Here are some suggestions of organizations local to the Los Angeles area:

- **No Us Without You** provides food security for the undocumented immigrants who are the backbone of the hospitality industry in the greater Los Angeles area. [https://www.nouswithoutyou.la/](https://www.nouswithoutyou.la/)

- **Los Angeles Food Bank** mobilizes resources to fight hunger in our community. [https://www.lafoodbank.org/](https://www.lafoodbank.org/)

- **Los Angeles Community Fridges** is a network of decentralized, independent refrigerators and pantries that provide food and vital supplies to our communities through mutual aid. [https://community-fridge.bubbleapps.io/](https://community-fridge.bubbleapps.io/)

- **Food Forward** brings fresh surplus fruits and vegetables to people experiencing food insecurity across 8 counties in Southern California and tribal lands in Arizona and New Mexico. [https://foodforward.org/](https://foodforward.org/)

- **Project Angel Food** cooks and delivers healthy, delicious meals and offers nutrition counseling—all free of charge—to people debilitated by serious illnesses. [https://www.angelfood.org/](https://www.angelfood.org/)
Create a Community Table

Sharing food together can be a nourishing experience for both the body and mind where we share traditions and build community. If you were to construct a meal with foods from all over your community, what would it look like? As an interactive activity, build an imaginary table where guests share through words or images what dish they would bring to this potluck, and why this dish is important to them. You can do this activity as a conversation, or use craft supplies to draw a table for guests to contribute to.

Make it Sustainable

The corporatization of the food movement has widened our relationship with food and has created a system with a lot of waste. But, eating sustainably is not always an easy or affordable option for people. As part of your screening, integrate resources that will support attendees’ knowledge about sustainable food practices. This can include partnering with a local community garden, farmer’s market, or local expert to share resources; or as a group, brainstorm ways that your community can waste less food. Here are some resources from local organizations to get you started:

- **LA Compost** is a network of partners within LA County who co-create spaces for local compost access and engagement, regenerative practices, and community empowerment. [https://www.lacompost.org/](https://www.lacompost.org/)

- **Los Angeles Community Garden Network** strengthens communities by building and supporting community gardens where every person in Los Angeles County can grow healthy food in their neighborhood. [http://lagardencouncil.org/](http://lagardencouncil.org/)

- **See-LA builds** sustainable food systems and promotes social and cultural activities that benefit both low-to-moderate income residents of Los Angeles while also supporting California small and mid-sized farms and local small businesses. [https://seela.org/](https://seela.org/)
PRODUCING THE EVENT

While this toolkit is targeted towards virtual engagement, it is possible to adapt these steps to an in-person screening if desired. Either way, this toolkit offers a step-by-step guide to producing a screening.

Event Concept + Planning:
- Determine who your audience is.
- Watch the episodes available and identify which one(s) would suit your target audience.
- Select questions from the ones provided in the episode guide or create your own that work with your target audience and selections from the show.
- Determine any relevant partners to co-host the screening. Virtually, partners are a great asset as you can “co-host” events on social media, increasing your reach.

Program Development
- Create an agenda and program for the day. A sample agenda is provided on the next page.
- Consider additional forms of entertainment to set the tone for the event. A virtual DJ or musician could create ambiance.

Emcee And Speakers
- Work with local subject matter experts to elevate and highlight the issues in the show.
- Consider featuring a blend of expert and community voices to share different perspectives.
- Find a host who depicts the tone you would like for your event. Depending on your target audience, it might be appropriate to have a chef, an academic or even a local journalist.
- Work with your host ahead of time to prepare for moderating a conversation if they don’t already have experience. Determine if they should be asking follow up questions or if they should stick to the scripted questions.
Logistics And Operations

- Determine the best online screening tool that suits your purposes. If you already have an audience you’re connected with, Facebook Live might be a good option. If you’re hoping for a lot of audience interaction, YouTube Live or a Zoom Webinar works as well.
- KCET has an account with public media platform OVEE. If you’re interested in using this platform, reach out to community@pmsgocal.org.
- Make sure to run a tech check in the days leading up to the event. If possible, have panelists log in to your event platform to ensure sound and video are working well.
- Whenever possible, make the event accessible. This can mean live interpreters, or captioning conversations through Zoom’s live caption functionality.

Marketing

- Promote the event and invite guests, which can include friends, family, co-workers, community organizations, and local press.
- Use all available communication vehicles such as Twitter, Eventbrite, email, etc.
- Disseminate promotional material at least two weeks prior to the event.
SAMPLE AGENDA

Use this as a model for your event. You can shift items around as your specific program necessitates, but always have a clear plan for the event and make sure you keep to the schedule.

Customizable Schedule

5:30 P.M.
  Tech Check

5:45 P.M.
  • Virtual doors open
  • Guests arrive
  • Drop question prompts in the chat for people to introduce themselves
  • Feature live entertainment or a slideshow while screening room is populating

6:00 P.M.
  Begin screening

6:05 P.M.
  • Emcee welcomes guests and shares the purpose of the event
  • Announce if there will be any activities after the film and conversation
  • Consider hosting a drawing at the end of the event to incentivize people staying through the full event
  • Announce for audience members to use #brokenbread if they wish to post to social media during the event

6:10 P.M.
  Screen episode

6:40 P.M.
  Start the conversation with moderator and panelist

6:55 P.M.
  Audience Q&A lead by the moderator

7:00 P.M.
  • Have audience complete the audience surveys
  • Closing remarks.

7:00 P.M.
Event is over