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Write a reflection on what you read and the issues you learned about. What are the obstacles for people trying to achieve a wholesome diet? Do you see evidence of food deserts and food insecurity in your own local or campus community? Share your thoughts.

*Many black women and women of sexual minorities face food insecurity. The majority of black women work in the service industry which is one of the least paying jobs. It is hard to buy healthy food, especially in a food desert at a cheap price especially when it is hard to find FLOSN food. Our campus is doing its best to help with students' food insecurity, especially during COVID times. Our school provides free lunch and breakfast to all students. It is very important that communities try to help combat food insecurity.*

Now choose one of the actions in the articles and get to work! Tell us which one you chose and a comprehensive plan of how you will implement it in your own life. What are some concrete steps you can take to address these issues where you live or go to school?

*Activism is a big step towards reducing food insecurity. It educates people, destigmatizes food insecurity, and encourages people to vote so that more action will be taken to combat it on a congressional level. Some concrete steps we can take right now in our school is to:*

- 1. Publish articles in the school newspaper about the topic.*
- 2. Post on social media.*
- 3. Encourage student families to vote for increased funding for federal nutrition programs.*
- 4. Ensure students feel comfortable accessing counselors and mental health services*
- 5. Make people feel like they're not alone in their struggle, especially with the spread of COVID-19.*

Instagram Post:

