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Being able to worry about the environmental impact of your food is a privilege. Food insecurity is a very prevalent issue in my neighborhood. I live in a low income community in Los Angeles, a city where wealth disparities are extreme. It's truly unfathomable how there are multi-millionaires living just 3-5 miles away from Skid Row.

Oftentimes, the organic, sustainable options of food are the most expensive. It is irresponsible to expect everyone to be able to eat sustainably when the organic option is always more expensive. The Move For Hunger article describes a term called 'supermarket redlining,' which is a new term to me, but perfectly encapsulates what I've always noticed about our neighborhood. There are no Whole Foods or Trader Joe's or salad bars or even farmers' markets in my neighborhood, because these options are often out of the budget of most of the people living here. There is a very kind group of people in my neighborhood who set up a community fridge, which I really admire. People give all sorts of stuff to the fridge every day, and my family has been able to get milk, bread, and different vegetables from this fridge, as well as have an outlet for food we were able to give away without wasting it.

When you can only buy the cheapest food options available, it's often the less nutritious, less sustainable options. A lot of my friends at school eat their only meals from the campus cafeteria during breakfast and lunch, because their parents work late and can't cook dinner, or because they don't have the financial means necessary to eat three meals a day.

### Fighting Food Insecurity in LA

To fight hunger in my community, **I plan to donate food.** I work at a very 'sustainable' sort of cafe where we sell lots of health-foods (vitamins, Kombucha, expensive organic produce, etc), as well as fresh baked goods and coffee.

I usually work a closing shift on weekends, which means I get to take home a lot of the leftover baked goods (split with my coworkers) as well as sometimes the grocery items that are near expiration. Just last weekend, we had an entire tray of muffins left over at the end of the day, that was around two dozen or so muffins. My two coworkers and I split them all but honestly none of us really wanted them, we just felt guilty throwing them out. No one in my family wanted them either, and we ended up eating some and throwing the rest out when they went bad. I hope to work out something with the app TooGoodToGo, an app where cafes and similar establishments can sell off their food for extremely cheap at the end of the day, to reduce

food waste. I've used it a few times in the past at a local coffee shop, and gotten whole bags of delicious pastries for just \$3-\$10. Our cafe is more health-oriented, so I hope I can accomplish this with some of our produce to redistribute nutritious food to the locals in our community, also for extremely cheap or free. We usually throw out our produce unfortunately, when it is near the expiration date. I hope I can get this to change.

**Step 1: Talk to my boss about joining TooGoodToGo as a donor.**

**Step 2: Gather produce when it is near the expiration date, and post onto the app, allowing anyone in need to pick it up for free.**

I am hopeful about this plan because my boss cares a lot about sustainability! He is very adamant about not wasting food but we as a cafe have been struggling with figuring out what to do with fruits and vegetables that are close to expiration.