

PROJECT GREEN CHALLENGE DAY 3: FOOD (greener)

Name: Nurul Farhana binti Nazry

Username: Farhana385

Instagram username: frhn_air

School: University of Malaya (UM)

Challenge:

Reflection essay of racial discrimination in achieving wholesome diet

Every human being have the rights for healthy food and lifestyle, including having access to fresh, local, and organic foods. Incorporating FLOSN diets in life is not only healthy, but is also a big help to reduce carbon footprint and help moving the Earth's Overshoot Day to ensure the Earth's annual natural resource is enough for year round.

However, to have access to fresh foods are easier said than done. A big portion of humanity are still struggling to incorporate FLOSN diets due to many reasons, and this is majorly contributed by the racial and economic inequalities around healthy food for marginalized communities.

Some of the obstacles when trying to achieve a wholesome diet is discrimination on a certain group of people of colour (POC) including lack of resources, restricted community funding, health disparities, denied rights and blatant refusal for daily necessities. These marginalized groups are oftenly rejected from being a part of organisation and being denied of job opportunities, hence downgrading their economic status. This also makes it more difficult for them to spend on FLOSN diet.

We also have to mention the fact that this discrimination leads to many homeless, hunger and poverty issue all around the world. When they are being denied of their own rights such as food, homes or education, these marginalized groups stay left behind, remaining uneducated on FLOSN diet and how to achieve this wholesome diet.

Another big obstacle is supermarket redlining, which is also known as the behaviour of major chain supermarkets building store locations only in particular areas, leaving the suburbans and low-income areas deserted without any facility of a supermarket. This make it harder for them to find some organic and natural food sources, and had to depend on packaged and processed food more often than not.

The biggest evidence of food insecurity in my local community is the fact that we have a very limited option of supermarket chain here in Taman Bentara, Telok Panglima Garang. In fact, the nearest supermarket to my neighbourhood is around 6km, and according to a test-run by Paulson.org, a single round-trip to the supermarket would take 1L of fuel (RON95). Now, imagine in ten, twenty, or thirty cars are going to the supermarket, that would results in tens of litres of fossil fuel being burnt for **one trip**.

But this is inevitable as we have no other nearest supermarket to go to, as my area of living is slightly underdeveloped compared to the city centre, like Shah Alam or Kuala Lumpur. This is an accurate proof of the occurring supermarket redlining in our world, and should be solved immediately.

Challenge:

My action and two concrete steps to tackle the issue

There are many actions can be taken to battle these racial discrimination and food insecurity for the better of the humanity. But I believe the most efficient I can take is join a food drive in my local community and reach out to the group of people in needs. I believe this is the best way I can optimize my physical health, my youth, and my communication ability to reach out to people in my community.

Two concrete steps I'll take:**1. Collecting data and funds.**

I believe it's important to first figure who in our community are in urgent needs of food supplies, especially those who have a special medical condition, financially struggling or unable to have access to FLOSN foods. This is important for us to have the bigger picture, and ensure the amount of foods I'm providing will be enough for everyone. Knowing the amount of foods to before I can start collecting funds from organisations, are crucial to ensure there will be no waste from this food drive.

2. Food distribution in a transparent manner

The most important work here is to ensure food distribution is being done properly and in a transparent way. This is crucial to build trust in my community and to assure them that the money is being put to good use, and at the same time, these marginalized groups are having their rights filled. At the same, we can build a healthy and harmony community as love, faith and trust grows between us.