

Reflection:

A few of the different obstacles for trying to achieve a wholesome diet include lack of access to local and organic food farms and products at an affordable price. This fact increases food insecurity, mainly targeting people of color, indigenous folks, low-income communities, and even disabled persons who are disproportionately affected by the reality of food security. This isn't a product of coincidence - redlining reduces access to resources, funding, and access to healthcare, job opportunities, banking, transportation and more. Redlining is an example of institutionalized racism and can be defined as follows, "redlining is a discriminatory pattern of disinvestment and obstruction that acts as a barrier for home ownership among African Americans and other people of color" (Move for Hunger). Another example of redlining is "supermarket redlining" which is used to describe supermarket chains' disinterest in building store locations in inner cities or low-income neighborhoods and usually pulling their existing stores out and relocating them to suburbs" (Move for Hunger).

These realities are harsh and unjust and speak to the relationship between climate change, food security, and environmental justice; to make a positive shift for one of these aspects creates a domino effect of positive impact on the other aspects. To speak about one with mention of the other is to take a holistic and meaningful approach to a global challenge and could be the difference made in successful versus unsuccessful change. While we are faced with huge challenges, we are not hopeless; when we approach a holistic approach to climate change from a place of being empowered, we realize everyday choices lead up to a lifetime of decisions that lead to the reality we see around us. We vote with our daily choices, food choices, with our dollar, with our political choices, and with our conversations.

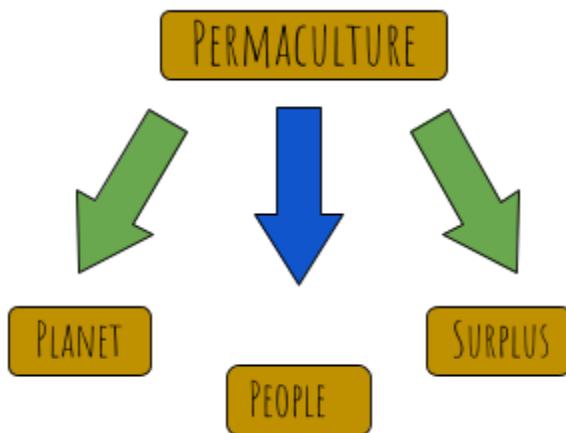
Actions and integration!:

One of the major actions I have been taking recently is volunteering on a local and organic permaculture style farm that bases its practices off of care for the Earth, the people, and return of the surplus also known as fair share. Being a steward of the land is an energetic exchange and a physical, mental-emotional exchange that has shifted my own worldview and influences the choices I make on a daily basis. By supporting local and organic farmers, I make it more

accessible for everyone to have access to local and organic farmers; I make a decision that supports the local community, environment, and economy. By advocating for this support of local farmers, I create ripple effects within my own community and social circles.

Two concrete steps to address these issues in the local community is:

1. Sharing the knowledge. Sharing the knowledge that CSA's exist, that local farmers exist, that local, seasonal, and affordable food is in our community.



2. Volunteering on a consistent basis, even if with different farms, mainly at the one I have been at but branching out and supporting all the local farmers. Continuing to learn whenever I can about this necessary shift in society and about the multitudes of ways it is being done. There is no one right solution - where we are located, what resources we have access to, even our own upbringing will determine what way we approach climate change. But remaining open to the various solutions is imperative.