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Write a 200-300 word reflection about what you read and learned. What are obstacles for trying to achieve a wholesome diet? Do you see evidence of food insecurity in your own local or campus community?

Food is one of the most essential components of survival and well-being and food security should be made a universal human right; however, that is not the case in many places including the United States due to many limitations.

According to the article "Redlining and Food Justice in America" by Move for Hunger, it is seen that food security is a social problem due to an issue called redlining, which is the lack of investment and other discriminatory barriers that prevent the marginalized community of African American and other people of color from having home ownership. Not only does this institutionalized system strip the marginalized community of their basic need of a home but also deprive them of many other important social and economic needs such as a good healthcare, stable jobs, access to transportation, and especially nutritious food. In addition, The United States Department of Agriculture shows that 23.5 million people or 8.4% of the US population live in low-income, food desert areas which are low income areas that do not have access to nutritious and affordable food.

To me, it was eye-opening to learn about the institutionalized practice of redlining and the many repercussions that it entails such as lack of food security beyond just the immediate effects of the lack of home ownership. In addition, supermarkets that are looking for profit do not tend to establish their shops in those marginalized low-income areas, further exacerbating the problem.

Further to the many non-profits that are addressing this issue such as Move for Hunger, my idea is to create and support many more social enterprise local organic shops that help to empower local farmers and buyers through better systems of farmer's markets or small-scale supermarkets that can be easily established in low-income communities.

Furthermore, connecting this to my own country, food insecurity is a big problem regarding to pesticides which is not only a social problem to people's wellbeing but also a big environmental concern.

Due to rapid population growth, the food and vegetables demand in Cambodia is dramatically rising. However, farmers who are the suppliers to the 16.7 (according to World Population Review) million people, live in poverty. Therefore, the use of chemical fertilizers, pesticides, and insecticides is necessary to respond to the demands. This leads to serious

health issues where according to Phnom Penh Post in December 2019, “at least two youths have died and 243 others were being treated for vomiting, diarrhea, breathing difficulties, dizziness, and muscle weakness after they ate cucumbers suspected to consist of pesticides”.

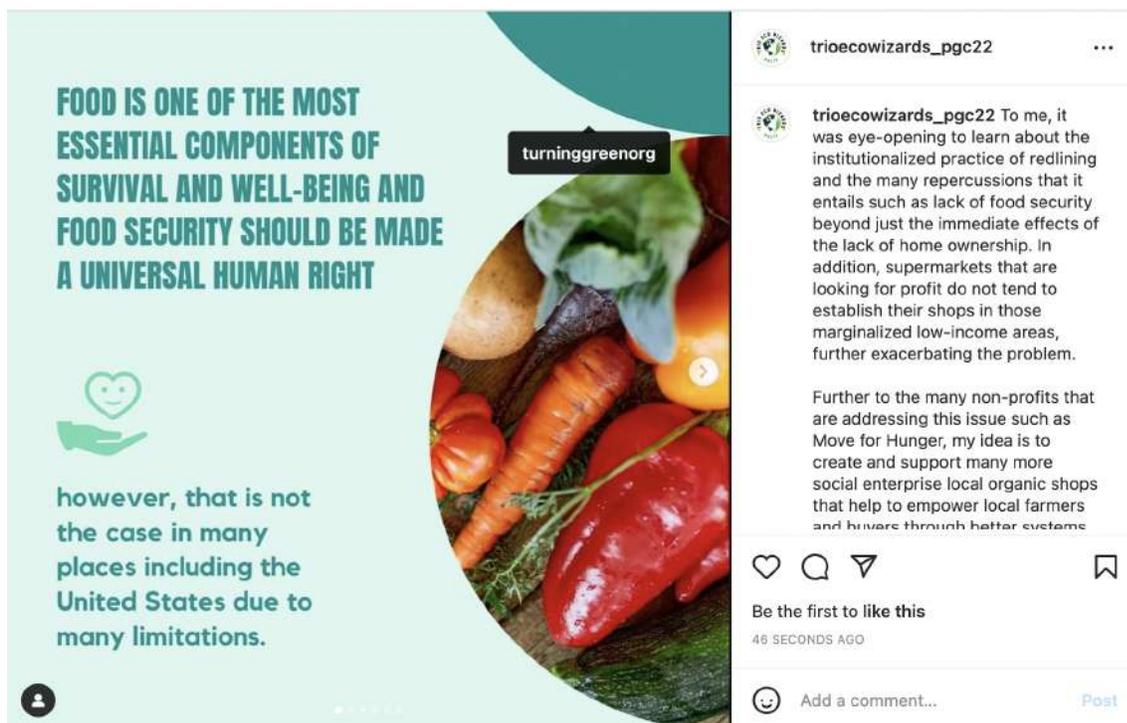
Now choose one action from the articles or outline one on your own! Share a comprehensive plan of how you plan to integrate it into your own life with two concrete steps you will take to address these issues where you live or go to school.

As I am leading a Cambodia Youth Climate Change conference that includes a series of workshops to train young Cambodians to be environmental advocates in their community, I will incorporate a workshop or training session on the food insecurity in our country as well as in the contexts of other countries and how this relates to our environment and climate change.

After the training workshops, I will also lead the teams to create their own environmental projects so I will put a food drive campaign as one of the projects for the youth with an extra challenge for the youths to connect with organic farmers or shops such as Greengold, a local organization whom I have worked with to raise awareness on organic vegetables through a mobile application that my team has developed to ease organic shopping digitally.

I have and will continue to support local food vendors. I will try to commit to my goal of sourcing my food ingredients from local food vendors for at least $\frac{3}{4}$ or 75% of the times that I go grocery shopping in a month.

The screenshots of our media post:





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redlining is the lack of investment and other discriminatory barriers that prevent the marginalized community of African American and other people of color from having home ownership



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