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22 October 2022

Food Insecurity



The above image showcases my school lunch one day. Unfortunately, my school ran out of meat, so I got three fried pieces of bread and some apples. Needless to say,

many other students and I were discontent with this meal due to a lack of nutritional value.

I go to a title-one school, meaning at least 40% of the students, including myself, are on the free or reduced lunch program. Many students at my school do struggle with food insecurity. Fortunately, our school lunches usually contain more sustenance than the one depicted above. However, it is fairly common for my school to run out of foods like chicken before my lunch period, causing us to get smaller meals without any source of protein, worsening the problem of food insecurity.

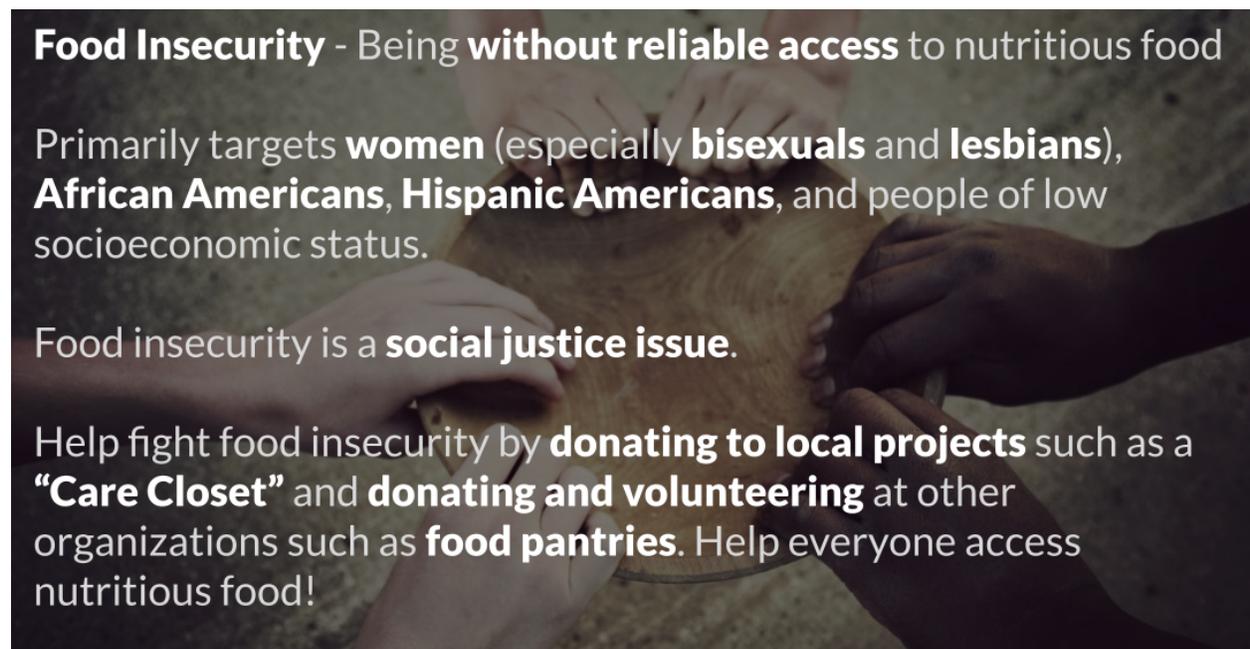
Food insecurity is closely tied to justice. Women (especially lesbians and bisexuals), African Americans, Hispanic Americans, and people of lower socioeconomic status are more likely to experience food insecurity. This clearly shows that food insecurity is a justice issue. I was astonished that even women of marginalized sexual orientations experience greater rates of food security. Factors like homophobia, racism, and sexism all clearly contribute to the greater food insecurity of marginalized groups.

To fight food insecurity, my school has a program called “The Care Closet” with processed foods and essentials such as laundry detergent, feminine products, and deodorant to anonymously allows students in need to get the resources they require. They do not allow students to volunteer at “The Care Closet” to maintain its anonymity, but I could donate to “The Care Closet” program to help support it.

Viable solutions to food insecurity involve schools offering nutritious lunches and breakfasts to students. If students are of low socioeconomic status, they should receive both breakfasts and lunch for free (which they do in the state of Illinois, where I live). Also, having students during lunch put any of their untouched food waste on a table for other students to eat allows students with food insecurity to bring the food home for later. “The Care Closet” my school has is a viable solution, but it would benefit from food products such as dried fruits and canned vegetables because it only contains processed carbohydrates like Gold Fish. Adding fruits and vegetables that give students access to essential nutrients would be a great improvement.

My school already has a free breakfast and lunch program for low-income students. Also, my school already has a table where students put untouched food waste for other students. To improve my school’s Care Closet, I will contact the school administration about my idea of adding dried fruit and canned vegetables to the closet.

Infographic:



Food Insecurity - Being **without reliable access** to nutritious food

Primarily targets **women** (especially **bisexuals** and **lesbians**), **African Americans, Hispanic Americans**, and people of low socioeconomic status.

Food insecurity is a **social justice issue**.

Help fight food insecurity by **donating to local projects** such as a **“Care Closet”** and **donating and volunteering** at other organizations such as **food pantries**. Help everyone access nutritious food!

Social Media Caption: Help fight food insecurity by donating to and volunteering at local food pantries. Even try organizing a food drive at your school for a food pantry. We must all work together to end food insecurity! @TurningGreenOrg @FoodprintOrg

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