

PGC 2022 Greenest

Team - Panthers

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Food Insecurity

Food insecurity is defined as a lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a household or can last a long time.

Food insecurity is one way we can measure how many people cannot afford food.

How does food insecurity interact with identities such as race, gender, sexual orientation, and socioeconomic status? What does this reveal about the intersection between food and justice?

Nutritional insufficiency associated with food insecurity takes a substantial toll on health: Food insecure adults are more likely to experience obesity and related chronic diseases—including cancer, chronic obstructive pulmonary disease, coronary heart disease, diabetes, and stroke than their food secure counterparts.

Food insecurity is more prevalent in racial and ethnic minority populations, including non-Hispanic Black adults. In 2018, 21.2% of non-Hispanic Black households were food insecure and 9.1% were severely food insecure (vs. 8.1% and 3.1% of non-Hispanic White households, respectively). Despite evidence that food insecurity may be decreasing for many in the general population, there remains a persistent racial disparity where 14.2% more Black households than White households, continue to experience food insecurity. Theoretically, within non-Hispanic Black communities, women may experience excess risk for food insecurity arising from oppression due to their intersecting minority race and gender.

What causes food insecurity?

Unfortunately, many people in America struggle to meet their basic needs which increases their risk of food insecurity. Lay-offs at work, unexpected car maintenance, or an accident on the job can suddenly force a family to choose between buying food and paying bills.

The causes of food insecurity are complex. Some of the causes of food insecurity include:

- Poverty, unemployment, or low income
- Lack of affordable housing
- Chronic health conditions or lack of access to healthcare Systemic racism and racial discrimination

What are the effects of food insecurity?

Food insecurity can have a wide impact, depending on each individual's circumstances. Some of the most common, yet complex, effects of food insecurity include:

- Serious health complications, especially when people facing hunger are forced to choose between spending money on food and medicine or medical care
- Damage to a child's ability to learn and grow
- Difficult decisions such as choosing between paying for food and heat, electricity, rent, and transportation

What are some viable solutions that address the issue with success?

Part of what makes food insecurity so difficult to solve is that the underlying causes - poverty, unemployment/under-employment, and inconsistent access to enough healthy food - are often deeply interconnected. Moving in and out of food insecurity simply adds more stress to a household that may already be wrestling with instability and unpredictability.

Feeding America is leading the fight to end hunger in America. In addition to helping provide meals to people who face hunger, we work to raise awareness about the issue, advocate for policies to protect people in need, and conduct in-depth research to find solutions to hunger.

How can you apply and implement these solutions at your school?

We can apply these solutions in our University by :

1. Awareness campaign
 2. Putting up posters in mess and canteen
 3. Giving people data of the amount of food they have wasted
 4. Timely checking of the progress
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people cannot afford food.

4 pillars :

- 1) Availability
- 2) Access
- 3) Utilisation
- 4) Stability

A call to action : As a student what we can do is aware other students in the hostel mess that they should eat consciously and take only as much they need, finish whatever they've taken and least should go in the trash.

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Source: Adapted from the USDA Economic Research



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