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Understanding the obstacles to achieving a wholesome diet reveals the deep-rooted issue of food insecurity. It is influenced by systemic racism, redlining, and the resulting food deserts in low-income communities. Redlining, institutionalized racism, denies loans and mortgages to minority communities, leading to economic decline and limited access to basic services, including nutritious food. This creates cycles of poverty, poor diets, and diet-related illnesses. Globally, similar disparities exist. To make a difference, supporting organizations focused on BIPOC food justice and advocating for systemic change is essential. Short-term solutions such as donating to food banks are helpful, but long-term solutions require education, raising awareness, and supporting initiatives that address food inequality. By acknowledging these interconnected issues, we can work towards a more equitable and just society. Food insecurity is a recognized issue in Iran, affecting about 10.8% of the population. Economic challenges, political instability, and natural disasters contribute to limited access to nutritious food. Strategies to improve livelihoods, enhance agriculture, and provide social support are crucial in addressing this problem. Localized studies and data can provide a deeper understanding of food insecurity across different regions. By taking action, we can work towards a more equitable and sustainable food system for all Iranians.

Plan to Raise Money for Hunger Relief and Food Drives

Research and Understand the Cause

Learn about hunger's impact locally and globally to effectively
communicate and inspire others.

2. Form a Dedicated Team

Recruit passionate students with diverse skills and assign roles for success.

Set Clear Goals
 Establish achievable goals for money raised and food donations collected within a specific timeframe.

Reinstorm Fundraising Ideas
Get creative with engaging ideas like talent shows, bake sales, donation boxes, and collaborations with local businesses.

Plan and Execute Fundraising Events
 Create a timeline, allocate resources, and gain necessary permissions for successful events.

Promote the Events
 Use social media, posters, fiyers, and announcements to communicate the purpose and how people can participate.

7. Engage the School Community
Educate and encourage involvement through campaigns, workshops, and incentives.

8. Evaluate and Celebrate
 Assess impact, measure funds and food collected, identify improvement and celebrate achievements.



