

PGC 2023 Entry Survey

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✓ DAILY TASK

Question 01: Write a 200–300 word reflection about what you read and learned. What are the obstacles to trying to achieve a wholesome diet? Do you see evidence of food insecurity in your own local or campus community?

My Answer: The articles really shocked me. Here I am giving a short reflection that what I learned and the obstacles to trying to achieve a wholesome diet and, I am sharing the food insecurity in my campus-

What I learned-Reading this article has been an eye-opening insight into the network of causes of food insecurity in America, beyond the simple connection between hunger and homelessness. The article deftly strips away racism and discrimination within the layers, emphasizing that access to food is fundamentally a social justice issue.

The concept of redlining, as Black past put it, stands out as a stark example of institutional racism. Deliberately denying credit or mortgages to people in minority neighborhoods creates a cycle of economic ruin, leading to a lack of access to basic services, limited employment opportunities and health care and nutritious food inadequate access This discriminatory practice is a precursor to food deserts.

The United States department of agriculture estimates that about 8.4 percent of the population in low-income countries, and food deserts, and millions of people experience Supermarket absence to Supermarket entry. of the lessons of the internal cities or the surrounding areas It highlights the lack of interest in service, exacerbates the problem.

The obstacles to trying to achieve a wholesome diet -Achieving a wholesome diet in the United States is hindered by systemic obstacles rooted in social and economic disparities. One of the main obstacles is the practice of redlining, which discriminates against small communities, including supermarkets offering healthy foods This deliberate defunding creates food deserts, where under-resourced urban areas many lack access to affordable, nutritious food. Supermarkets complicate matters, as major chains indicate they are not interested in developing or managing locations in these neighborhoods.

The consequences of redlining go beyond a lack of nutritious food; They include a severe economic downturn, reduced employment opportunities, and inadequate health care. Poverty, a leading cause of food insecurity, disproportionately affects Black Indigenous People of Color (BIPOC) communities, creating a cycle of problems.

The lack of community funding and support also poses a challenge. Economic differences limit transportation options, making it difficult for individuals in these areas to access high-quality foods. Overcoming these barriers requires ending institutional racism, advocating for equitable community development, and promoting policies that ensure affordable and nutritious food for all, with life and regardless of income or ethnic background.

The Evidence of food insecurity in My local community- Yes! I have seen the evidence of food insecurity in my local community in Dhaka city in Bangladesh. This city is one of the most densely and overpopulated city in the world Here I like to some important factor that contribute to the food insecurity in Dhaka city-

- **Rapid Urbanization:** Dhaka has experienced significant urbanization, leading to challenges in infrastructure, housing, and access to basic services, including food.
- **Population Density:** Dhaka is one of the most densely populated cities globally, which can strain available resources, including food distribution systems.
- **Poverty:** A significant portion of Dhaka's population lives in informal settlements and faces economic challenges, contributing to food insecurity.
- **Income Inequality:** Disparities in income levels can result in unequal access to nutritious food, with vulnerable populations facing difficulties in affording a balanced diet.
- **Supply Chain Disruptions:** Disruptions in the food supply chain, whether due to natural disasters or other factors, can contribute to food shortages and higher prices.

My Action and comprehensive plan of how to integrate it into my own life with two concrete steps that will be taken to address these issues where you live or go to school.

Implementing meaningful action to address food insecurity and systemic inequalities requires a comprehensive plan and personal commitment. My action in this topic is **Advocacy** or **Creating awareness** about this issue. Here's a step-by-step plan with two concrete actions that I can take:

1. Education and Awareness:

Action: Start by educating myself and others further on the root causes of food insecurity, redlining, and systemic inequalities. Read books, articles, and attend workshops or webinars that provide in-depth insights into these issues.

Implementation: Dedicating a specific amount of time each week to learning about food justice and systemic inequalities. Share what I learn with my social circles, friends, and family to raise awareness about these challenges.

2. Local Community Engagement:

Action: Connect with local organizations or food banks that actively work towards addressing food insecurity and supporting marginalized communities. Volunteer my time to understand the local context and challenges.

Implementation: Allocate a few hours each month to volunteer at a local food bank or community organization. Engage with community members, understand their needs, and contribute to initiatives that promote equitable access to nutritious food.

So, these are the steps those I can take for this issue.

✓ SOCIAL MEDIA POST

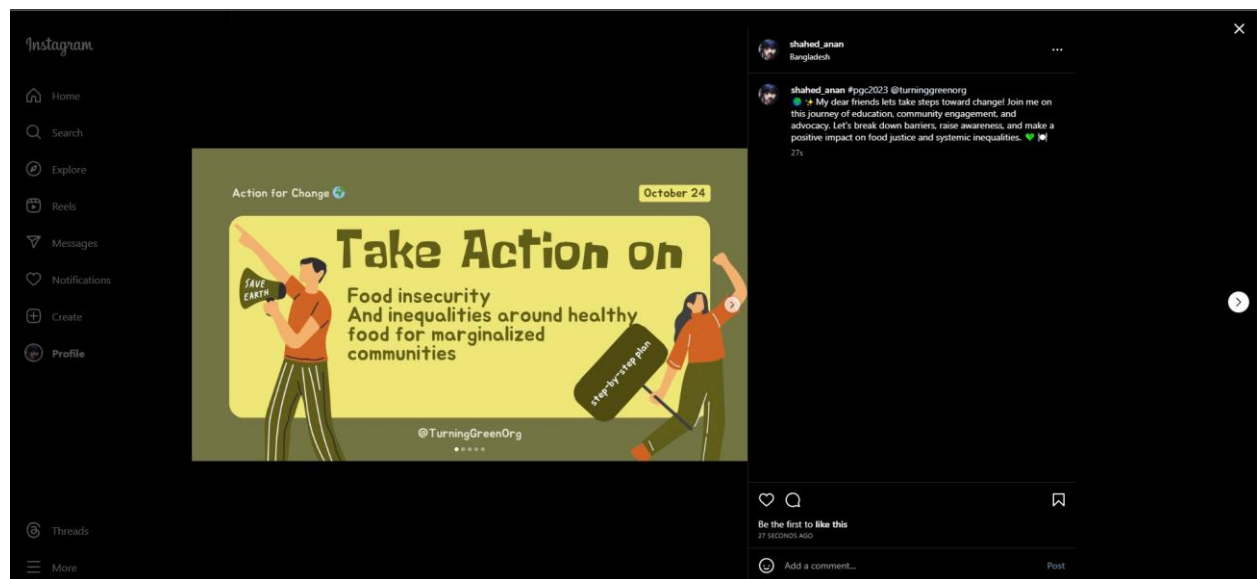
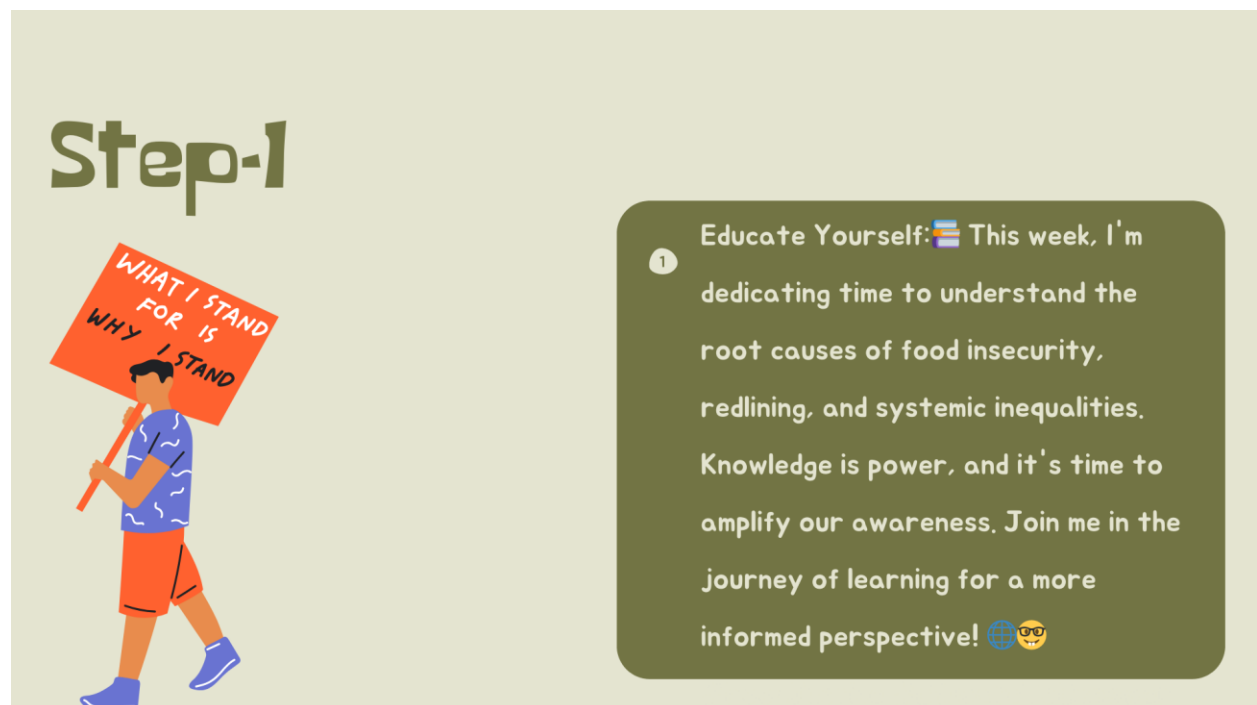


Figure1: Action on food insecurity



Step-2



2 Local Engagement Matters: 🍷 I've decided to volunteer at a local food bank. Connecting with community organizations helps us grasp the real challenges. 🏠🌟 Let's support local initiatives to ensure everyone has access to nutritious food. Who's with me? 💪

Step-3



3 Raise Your Voice: 🗣️ Advocacy is key! I'm identifying and supporting groups that are actively pushing for policy changes. Let's use our voices to address systemic issues and create a more equitable society. 🗣️🌟

Reminder

