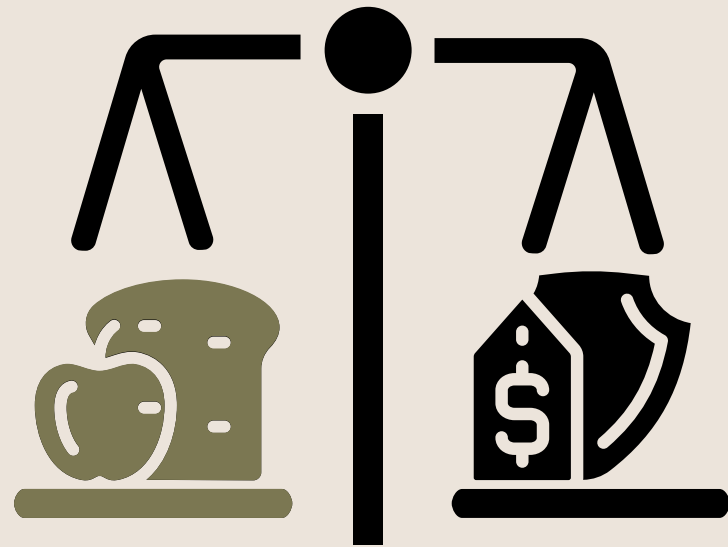


LET'S TALK ABOUT

FOOD



INSECURITY





ALTHOUGH IT IS WIDELY ASSUMED THAT FOOD INSECURITY IS MOSTLY A PRODUCT OF HOMELESSNESS, THE TRUTH IS THAT IT IS A SOCIAL JUSTICE ISSUE BUILT ON THE DISCRIMINATION OF MINORITIES, SPECIFICALLY BIPOC.

REDLINING, WHICH IS "A DISCRIMINATORY PATTERN OF DISINVESTMENT AND OBSTRUCTION THAT ACTS AS A BARRIER FOR HOME OWNERSHIP AMONG AFRICAN AMERICANS AND OTHER PEOPLE OF COLOR", IS A FORM OF INSTITUTIONALIZED RACISM WHICH LEADS TO LOW INCOME AREAS WHICH HAVE LITTLE RESOURCES, LITTLE FUNDING, AS WELL AS HEALTH DISPARITIES. AS A RESULT THERE IS A LACK OF BASIC SERVICES SUCH AS TRANSPORTATION, HEALTHCARE, AND OF COURSE LIMITED ACCESS TO GROCERY STORES AND NUTRITIOUS FOOD.



THIS LEADS ME TO WHAT MOST SURPRISED ME — AROUND 8.4% OF THE AMERICAN POPULATION LIVES IN FOOD DESERT AREAS WHICH ARE LOW INCOME COMMUNITIES THAT LACK STORES WHICH SELL HEALTHY AND AFFORDABLE FOOD. MOREOVER, THERE IS A LINK BETWEEN REDLINING AND FOOD DESERTS AS MANY LARGE COMPANIES REFUSE TO BUILD STORE LOCATIONS IN LOW INCOME COMMUNITIES. THIS HAS LED TO AROUND 2.3 MILLION PEOPLE LIVING MORE THAN A MILE AWAY FROM A SUPERMARKET WITHOUT ACCESS TO A CAR.



IT IS NO SURPRISE THEN THAT THE ACCESS TO NUTRITIOUS FOOD IS DISPROPORTIONATE AND THE ISSUE WILL NOT BE RESOLVED UNLESS THERE ARE INSTITUTIONALIZED CHANGES, AN INCREASE IN FUNDING IN THESE COMMUNITIES, AND GOVERNMENTAL SUPPORT. OVERALL, IT IS VITAL TO SPEAK ABOUT INTERSECTIONALITY WHEN TALKING ABOUT FOOD INSECURITY AND CLIMATE CHANGE AS THEY ARE ALL LINKED AND NONE OF THE ISSUES CAN BE SOLVED WITHOUT THE INVOLVEMENT OF THE OTHER.



IN MEXICO FOOD INSECURITY IS A HUGE ISSUE WITH THREE OUT OF EVERY TEN PEOPLE FACING SOME DEGREE OF FOOD INSECURITY. ADDITIONALLY, THIS ISSUE AFFECTS MOSTLY WOMEN AND CHILDREN SINCE AROUND ONE FOURTH OF HOUSEHOLDS IN MEXICO ARE RUN BY SINGLE MOTHERS. THE REASON FOOD INSECURITY IS SO PREVALENT IN MEXICO IS BECAUSE OF THE LACK OF ECONOMIC RESOURCES WHICH OFTEN LEADS TO FAMILIES CONSUMING PROCESSED FOODS HIGH IN FAT AND SUGAR. THIS LEADS TO MANY HEALTH ISSUES WITHIN THE MEXICAN POPULATION SUCH AS SEVEN OUT OF TEN PEOPLE BEING OVERWEIGHT AND ALMOST SEVENTEEN PERCENT OF PEOPLE HAVING DIABETES.





THAT IS WHY WE
DECIDED TO DO A

FUNDRAISER

THE MONEY THAT WE RAISE WILL
BE DONATED TO **APT.ORG.MX**
WHICH IS THE BIGGEST FOOD
BANK IN MEXICO CITY.





STEP 1. WE WILL TALK TO THE FACULTY ABOUT THE POSSIBILITY OF STARTING A FUNDRAISER TO SUPPORT A LOCAL FOOD BANK IN MEXICO CITY. WHEN IT IS APPROVED WE WILL BEGIN SPEAKING TO THE STUDENTS ABOUT THE PROBLEM OF FOOD INSECURITY AROUND THE WORLD AND IN OUR COUNTRY.



STEP2. THROUGH THE SUPPORT OF OUR SCHOOL, WE WILL CARRY OUT THE FUNDRAISER AND DONATE THE MONEY THAT IS RAISED TO *ALIMENTO PARA TODOS* (ATP).



50shadesofgreen_mx



50shadesofgreen_mx Day 3: FOOD (greener challenge)

Food insecurity, intersectionality, and our choice of action (a fundraiser!) to further contribute to our local community:)

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35 seconds ago

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