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DAY 3 Greener

The article explores redlining and food justice in America. Redlining, a discriminatory housing practice, has long term impacts on communities, particularly in terms of access to a healthy diet. I learned that historically marginalized neighborhoods, often redlined, face barriers to obtaining nutritious food. Limited grocery options, known as "food deserts," contribute to residents relying on convenience stores with limited healthy choices.

This issue is in disproportionately low-income area. Residents lack the financial means to access fresh produce or healthier food alternatives, communities of color are often overly affected.

I have seen and experienced food insecurity firsthand. I grew up in a small, impoverished town in Missouri (beef country). Recently, I was forced to switch my diet due to medical reasons. It is extremely hard to find food that isn't highly processed or coated in oils. It is especially hard to find vegan or vegetarian options for food. It is easier to find meals on my university campus because they have lots of money and must make students happy. It seems that in the cafeteria, when given a choice between healthy and unhealthy food, and money is not involved, most students gravitate toward healthy meals. I can take healthy ingredients out of the cafeteria and make entire meals for my roommates. When I return to my hometown, my meals consist of baked potatoes with nothing on them, and raw carrots because there are so few options for healthy food or ingredients.

I think the step of creating a food drive is a good step. In one of our clubs on campus, monthly we help at the meals-on-wheels. But I think what I can do is start introducing this to other clubs on campus. **First step**, during the next meeting of my following clubs I will bring up the idea of doing a food drive: Environmental Science Club, Drama Club, Encore club, Alpha Delta Lambda, Science After Dark, and Marine Bio Club. I think telling each club that other clubs are also starting to help in drives can lead to a competition.

The second step is approaching the Dean of the school and asking him if we can do a student body wide food drive. Seeing as we are in a well-off area, and I can walk to the store and get locally grown food, it is our duty to make sure that our good luck is shared and not wasted based on our geographic location. Towns just thirty miles away are struggling with their food options.



