

VEGGIEREX - VEGGIEREX - UNIVERSITY OF CENTRAL FLORIDA

FOLLOWING A HEALTHY DIET IN THE UNITED STATES IS NOT EASILY ATTAINABLE FOR 8.4% OF THE U.S. POPULATION, WHICH IS A LOT OF PEOPLE. IT'S NOT JUST ABOUT A LACK OF SUPERMARKETS; IT'S ALSO ABOUT BIG SUPERMARKET CHAINS NOT WANTING TO SET UP SHOP IN THESE NEIGHBORHOODS. SO, IT'S A DOUBLE WHAMMY - NOT ENOUGH GOOD FOOD, AND EVEN WHEN IT'S THERE, IT'S NOT ALWAYS ACCESSIBLE.

TO MAKE THINGS BETTER, AND MORE ATTAINABLE, WE NEED TO GO BEYOND JUST GIVING TO FOOD BANKS (ALTHOUGH THAT'S A START). WE SHOULD SUPPORT ORGANIZATIONS THAT FOCUS ON FOOD JUSTICE AND RACIAL INEQUALITY. SOME NOTABLE ONES INCLUDE PLANTING JUSTICE, THE NATIONAL BLACK FOOD & JUSTICE ALLIANCE, BLACK EARTH FARMS, WHYHUNGER, AND THE FOOD EMPOWERMENT PROJECT. THEY ARE ALL ABOUT ADDRESSING THESE SYSTEMIC ISSUES AND MAKING SURE EVERYONE HAS ACCESS TO GOOD FOOD.

IN OUR LOCAL COMMUNITIES, WE CAN GET INVOLVED WITH THESE ORGANIZATIONS, PUSH FOR FAIR POLICIES, AND BACK INITIATIVES THAT TACKLE FOOD INJUSTICE. BY REALIZING HOW THESE PROBLEMS ARE ALL CONNECTED AND TAKING ACTION, WE CAN HELP BUILD A FAIRER AND HEALTHIER FOOD SYSTEM FOR EVERYONE.

DAY 3 FOOD



MY CALL FOR ACTION WOULD BE TO START A FOOD DRIVE.

I. INTRODUCTION

- EXPLAIN WHAT A FOOD DRIVE AND RESOURCE-SHARING INITIATIVE ARE IN SIMPLE TERMS.
- MENTION THE IMPORTANCE OF HELPING THOSE IN NEED.

II. WHY IT'S IMPORTANT

- BRIEFLY DESCRIBE WHY FOOD DRIVES AND RESOURCE SHARING ARE NECESSARY (E.G., SOME PEOPLE DON'T HAVE ENOUGH FOOD TO EAT).

III. SETTING A GOAL

- DECIDE HOW MUCH FOOD YOU WANT TO COLLECT OR HOW MANY RESOURCES YOU WANT TO SHARE.
- SET A DATE TO ACHIEVE THIS GOAL.

IV. ASKING FOR HELP

- IDENTIFY FRIENDS, FAMILY, OR NEIGHBORS WHO CAN HELP YOU.
- EXPLAIN WHAT YOU NEED THEIR HELP WITH.

V. FINDING FOOD

- MENTION PLACES WHERE YOU CAN GET FOOD DONATIONS (E.G., ASKING PEOPLE, SCHOOLS, OR STORES).
- PLAN A DAY TO COLLECT THE FOOD.



VI. SORTING AND SHARING

- EXPLAIN HOW YOU'LL ORGANIZE AND SHARE THE COLLECTED FOOD OR RESOURCES.
- DECIDE WHO WILL RECEIVE THE FOOD.

VII. MAKING IT FUN

- THINK OF WAYS TO MAKE THE FOOD DRIVE EXCITING, LIKE CREATING POSTERS OR HAVING A FRIENDLY COMPETITION.

VIII. SPREADING THE WORD

- TELL OTHERS ABOUT YOUR FOOD DRIVE THROUGH SIMPLE FLYERS OR SOCIAL MEDIA.
- ENCOURAGE OTHERS TO HELP OR DONATE.

IX. COLLECTING AND GIVING

- ON THE PLANNED DAY, COLLECT THE FOOD OR RESOURCES.
- SHARE THEM WITH THOSE IN NEED.

X. SAYING THANK YOU

- THANK EVERYONE WHO HELPED OR DONATED.
 - SHARE YOUR ACHIEVEMENTS WITH THEM.
- 
- 



XI. LEARNING AND GROWING

- REFLECT ON WHAT YOU LEARNED FROM THE EXPERIENCE.*
- THINK ABOUT HOW YOU CAN DO BETTER NEXT TIME.*

XII. CONCLUSION

- SUMMARIZE WHAT YOU ACCOMPLISHED AND HOW IT HELPED YOUR COMMUNITY.*
- ENCOURAGE OTHERS TO START THEIR FOOD DRIVES TOO.*

THIS BEGINNER'S OUTLINE SIMPLIFIES THE PROCESS INTO EASY-TO-FOLLOW STEPS TO STARTING YOUR OWN FOOD DRIVES. REMEMBER TO ADAPT IT TO YOUR SPECIFIC SITUATION AND COMMUNITY.



SOCIAL MEDIA POST <3

CRAFTYCANINESBYAZURE
Posts

 craftycaninesbyazure

VEGGIEREX - VEGGIEREX - UNIVERSITY OF CENTRAL FLORIDA

1/4

FOLLOWING A HEALTHY DIET IN THE UNITED STATES IS NOT EASILY ATTAINABLE FOR 8.4% OF THE U.S. POPULATION, WHICH IS A LOT OF PEOPLE. IT'S NOT JUST ABOUT A LACK OF SUPERMARKETS; IT'S ALSO ABOUT BIG SUPERMARKET CHAINS NOT WANTING TO SET UP SHOP IN THESE NEIGHBORHOODS. SO, IT'S A DOUBLE WHAMMY - NOT ENOUGH GOOD FOOD, AND EVEN WHEN IT'S THERE, IT'S NOT ALWAYS ACCESSIBLE.

TO MAKE THINGS BETTER, AND MORE ATTAINABLE, WE NEED TO GO BEYOND JUST GIVING TO FOOD BANKS (ALTHOUGH THAT'S A START). WE SHOULD SUPPORT ORGANIZATIONS THAT FOCUS ON FOOD JUSTICE AND RACIAL INEQUALITY. SOME NOTABLE ONES INCLUDE PLANTING JUSTICE, THE NATIONAL BLACK FOOD & JUSTICE ALLIANCE, BLACK EARTH FARMS, WHYHUNGER, AND THE FOOD EMPOWERMENT PROJECT. THEY ARE ALL ABOUT ADDRESSING THESE SYSTEMIC ISSUES AND MAKING SURE EVERYONE HAS ACCESS TO GOOD FOOD.

IN OUR LOCAL COMMUNITIES, WE CAN GET INVOLVED WITH THESE ORGANIZATIONS, PUSH FOR FAIR POLICIES, AND BACK INITIATIVES THAT TACKLE FOOD INJUSTICE. BY REALIZING HOW THESE PROBLEMS ARE ALL CONNECTED AND TAKING ACTION, WE CAN HELP BUILD A FAIRER AND HEALTHIER FOOD SYSTEM FOR EVERYONE.

DAY 3 FOOD

[View insights](#) [Boost post](#)

    

craftycaninesbyazure I wanted to share my reflection on the article we needed to read for Day 3 of the Project Green Challenge, and my plan on creating a food drive in my community in a way that's easy for you guys to follow as well! ❤️ @turninggreenorg #pgc2023

3 seconds ago