

The Milk Frogs

International School Almere

At our school, we don't actually deal with this issue a lot so the awareness in our school about it is actually not very common – we always think about sustainability in terms of plastic use and resource waste, not food waste. Although seeing how food security impacts people is certainly a perceptive insight – fundamentally, food is still a good that you need at least some money to be able to purchase (especially if it is proper healthy food or a sufficient amount), which we can see discriminating against people with less money or, much like some clothes, being “designed” for specific male markets, for example. Overall though, this very much reveals that food justice is as much about equality and availability for everyone to eat well as any other social issue, from climate change to gender equality.

As for regional organizations that help fight food waste and give food access to students, the Vrije Universiteit in Amsterdam has the Dream Team, an initiative taking place in Amsterdam as a whole but especially on campus, and they are focused at minimizing food waste in places like campus events but also on spreading awareness with flyers, films and more. They also help out students directly by not just educating them but also encouraging cafeterias or event halls to throw out good food but rather to indirectly encourage giving students leftovers to help them support them.

However, while these solutions work very well when the public (the general public or students) are already aware of this issue and they can look out for it, we feel our school really needs to firstly understand this problem and its existence as a whole – so starting an awareness campaign and tying it into our school's programme or at least SA program, would be the best starting point. I think cafeteria waste is, however, an excellent point to incorporate as well – perhaps giving away

remaining food to local food banks after a week's end would be a nice way to put it to better use.

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CAMPUS FOOD INSECURITY

What is it?
Because of food waste and ever increasing prices, a lot of college students can't easily afford enough healthy food.

Why is it so bad?
Poor nutrition causes more depression and anxiety among campus students, who don't always make enough - and it lowers completion rates for our brightest minds!

How can I fight it?

Step 1:
Support initiatives to refeed people after major events - don't throw food away after an event!

Step 2:
Don't waste the food you have - feel free to share good food you don't want with others!

Step 3:
Tell everyone you know!

And remember...
Equality for access to healthy food for everyone is as important as any other cause!

1 like

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