

Team Dandy Lions

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School name: Granada Hills Charter High School

Instagram Post Link:

https://www.instagram.com/p/DPapIMmDh62/?img_index=2&igsh=NTc4MTIwNjQ2YQ==

1. Investigate food insecurity among students in your community:
 - How widespread is it?
 - 25% or 832,000 L.A. County households struggle with food insecurity
 - There are about 2 million individuals who are food-insecure
 - People need better access to affordable and healthy foods
 - What barriers prevent students from accessing fresh and healthy food?
 - Many families struggle with high costs of living and a lack of job opportunities
 - Inaccessibility to transportation, knowledge in nutrition, and cooking facilities
 - High costs of healthy foods, limited time schedules, and social stigma around assistance programs
 - Challenge food insecurity and malnutrition
 - Explore how food insecurity impacts academic performance, mental health, and overall well-being.
 - Reduces focus in class, lowers grades, and increases the number of absences
 - Increases stress, anxiety, depression, reduces self-esteem, and increases the risk of using substances
 - Disrupts physical, social, and emotional health
 - Reduces the feeling of belonging in community
 - Look into whether funding cuts have further limited students' access to nutritious meals.
 - CalFood Program funds food banks supports local businesses by purchasing foods grown by them
 - Represented 37% in the food-purchasing budget
 - It will potentially decrease its funding by over \$50 million
 - Reduced supplies for food banks and therefore a decrease in accessible, nutritious meals for students
 - Increases hunger due to a loss in food assistance

2. Local organization that addresses student hunger using FLOSN principles + steps schools can take:

- The Conscious Kitchen
 - Based on FLOSN
 - Fresh: Preps meals with fresh produce every day
 - Local: Ingredients are bought from local ranchers, farmers, and businesses
 - Organic: Ingredients are USDA Certified Organic
 - For example, they avoid substances that have synthetic pesticides, GMOS, and chemical fertilizers
 - Seasonal: Purchases foods that produced based on seasons
 - Nutritious: Meals are created with consideration of the student's nutritional needs
 - FLOSN foods ensure cuts in transportation, greenhouse gas emissions, and use of fossil fuels
 - Ensure soil health and conservation practices
 - Reduce energy use and reliance on processed foods
 - Support food-insecure communities by providing healthy meals to all students
 - Partners with communities and schools to provide meals that are cooked by scratch, prepared by chefs, and produced in low-waste kitchens
 - Serves fresh, organic, and local food
 - Dedicated to the principle of zero-waste
 - Teachers and students convey that Conscious Kitchen has improved attention, attendance, and health
 - Ways that our school can adopt similar initiatives as Conscious Kitchen:
 - Create a school garden
 - It can grow vegetables and fruits that can be used in cafeteria meals
 - Enhance the culture of reducing food waste
 - Create lessons about how to garden
 - Farm-to-School Program
 - Create partnerships with local farmers and buy their foods to create meals
 - Improved cafeteria offerings
 - The school cafeteria can offer fresh fruits, vegetables, and healthy meals

- Reduce the use of processed and packaged foods
 - Avoid using GMO ingredients
- Invite guest speakers to talk about the importance of eating healthy and what steps students can take to ensure they are
 - Teach students how to create their own nutrition plans
 - Hosts workshops so the farmers can teach the students about growing vegetables and fruits