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Investigate food insecurity among students in your community.

1. How widespread is it?

Overall, food insecurity is spread throughout Long Island with approximately 44520 children facing it in 2023. Official figures drawn from the federal sources even report that 633,790 children in New York experience food insecurity.

2. What barriers prevent students from accessing fresh, healthy food?

Even if students may be able to receive free or reduced price school lunches, their access is limited or even completely limited during the times they are not at school. These students could rely entirely on the school lunches therefore are in hunger in the times that they are not in school, such as any holidays or during the weekends. The most well known barrier of preventing students from accessing fresh, healthy food is the impact of poverty level. About 18.5% of Long Island's children are living below the federal poverty line.

3. Explore how food insecurity impacts academic performance, mental health, and overall well-being.

Food insecurity could highly impact the child's academic performance as according to Island Harvest, when a child is hungry, they cannot perform academically at the same level as their peers who might perform better due to the energy from food. Not only academic performances, food insecurity can impact physical and mental health problems as they may feel isolation due to their possible difficulty of getting along with others. This can lead to difficulty in making friends and create a sense of isolation. Overall, food insecurity impacts the students overall well-being as multiple factors such as social isolation, depression, negative health effects, could continuously impact the students.

4. Look into whether funding cuts have further limited students' access to nutritious meals.

Despite the price increase in groceries which affected and gave strain on state programs, the New York State budget, funding for the state nutrition programs fell shortly in the \$60 million.

5. Identify a local organization addressing student hunger, especially one that uses FLOSN principles. Highlight their work and suggest ways your school could adopt similar initiatives, such as school gardens, farm-to-school programs, or improved cafeteria offerings.

ReWild Summer Program to Fight Hunger and Climate Change

Their summer program underscores sustainable landscaping by teaching participants the practical experience. They seem to use all FLOSN principles, as it is evident by their activities listed in the summer program. The main part that stood out to me was how they center the importance of training and lectures in the program. This inspired me to suggest a call to action that could implement this specific type of summer project into my school, as I acknowledge that even if there are gardens implemented throughout the school year, it is going to be hard to manage during the summer, where some might be on vacations. My school could adopt similar initiatives and structure in the project, and this project could mainly be led by students, with the help of Souper Heros club which is a club at my school that centers donation and volunteer work and also the Environmental club at my school. ReWild also does activities like organic and regenerative food production and rewilding and sustainable landscaping which by doing actions such as planting native perennials, it helps the garden to become more sustainable that could develop soil health for the rest of the gardening to go smoothly. What I thought was fascinating that we could implement in this summer project was sustainable garden design, which is a fun activity where students could design and present a garden with a team and this garden model design could be used and implemented in the real school garden.

6. Design an infographic that explains food insecurity in your community and outlines clear action steps. Show how FLOSN foods not only improve health but also support sustainability and justice.





7. Share your infographic on Instagram with a call to action that inspires others to learn more, get involved, and help create a food system where every student has access to nourishing meals.

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Posts

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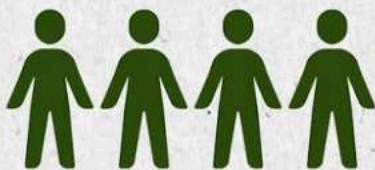


Food Insecurity

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IN LONG ISLAND, NY

OVER 44,000 children on Long Island face food insecurity.



Poverty contributes to food insecurity, about 18.5% of Long Island's children are living below the federal poverty line.

According to Island Harvest, food insecurity could impact a child in many ways.

- Academic performance: When a child is hungry, they cannot perform at the same level as their peers who gained energy from food.
- Sense of social isolation: It could create possible difficulty of getting along with others.

