



# GET INVOLVED

Through service and advocacy, each of us can fight for a food system in which:

- All families and individuals have geographic and financial access to healthy food
- The food and beverage industry is regulated in the interest of public health, with strict limits on marketing, especially targeted marketing toward communities and children of color

## LEARN

- Food insecurity at times reached crisis levels during the pandemic
  - More than 38 million people in the US experienced hunger
  - Thanks to federal aid to families, the overall food insecurity rate held steady from 2019 to 2020
  - Significant inequalities in hunger meant that Black and Latinx households, as well as households with children, were more likely to experience food insecurity
- Food insecurity can negatively impact families and children
  - It can increase the risk of developing Type 2 diabetes, high blood pressure, heart disease, and obesity
  - Children who experience hunger are more likely to experience poor health and to struggle academically

## POLICY

- Supplemental Nutrition Assistance Program (SNAP)
  - Monthly benefits for eligible low-income people to purchase food
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
  - Provides nutritious foods and nutrition education for low-income, at risk women, infants, and children
- Farm Bill
  - Reauthorized approximately every 5 years
  - Legislation that authorizes most federal policies governing food and agriculture programs, including SNAP
- Universal School Meals
  - Would ensure nutritious meals for all students
  - Not yet passed nationally
- Child Nutrition Reauthorization (CNR)
  - Up for reauthorization every five years, but hasn't passed since 2010
  - Strengthens meal sites, creates options for children when schools are closed, and strengthens access and quality of school meals



# SERVICE

There are many amazing organizations and ways to take action. This is a sample of organizations and actions to advocate for a more just system.

## NATIONAL

- Organizations working to eliminate food insecurity and hunger
  - *Feeding America*
  - *Food Research and Action Center*
- Organizations focused on improving nutrition and food safety
  - *Center for Science in the Public Interest*
  - *Center for Food Safety*

## LOCAL

- Join/start a mutual aid network
- Donate to or volunteer at a local food bank
- Speak to your employer about starting a workplace health program
- Implement a composting program at work
- Help your local supermarket partner with a food rescue organization
- If you're a university student:
  - Encourage your campus to participate in the Real Food Challenge
  - Help draft a wellness policy for your school/university
  - Start a campus food pantry and meal donation program

## MORE WAYS TO GET INVOLVED

These are only some ways to get involved, and the actions only address some of the possible reforms to the food system. For a truly equitable and sustainable system, we need to work toward a situation in which:

- Food workers and farmers are treated humanely and compensated fairly for their labor
  - *Food Chain Workers Alliance*
  - *One Fair Wage*
- The climate and future of the planet are of primary importance, and toxic bacteria, chemicals, and drugs are not allowed to thrive
  - *Food and Water Watch*
  - *National Sustainable Agriculture Coalition*
- Animals are treated with compassion
  - *Animal Legal Defense Fund*
  - *ASPCA*

Sources: Feeding America, Food Research & Action Center