



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