**Addressing Food Insecurity**

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**Part 1: Proposal and Presentation Plan**

*Complex Issue: Addressing Food Insecurity in Local Communities*

**Issue Explanation**

Food insecurity is a complex issue affecting millions across various communities. In our chosen community, which comprises a diverse demographic, including low-income families, elderly individuals, and immigrants, access to nutritious and affordable food is a significant concern. Many residents struggle to secure adequate meals consistently due to financial constraints and limited resources.

COVID-19 influenced the world’s financial and nourishment security more than other irresistible maladies. In numerous nations, nourishment industries’ specialists were directed since of the COVID-19 widespread, which caused nourishment production lines to decrease or moderate down their generation. Carrier closures, national and universal limitations, and lockdowns have extremely disturbed the nourishment supply chain. These, in conjunction with auxiliary shortcomings within the world nourishment framework such as generation, conveyance, get to, and soundness within the nourishment chain, have uncovered more individuals to the nourishment emergency and acute hunger within the world. Hence it is essential to utilize appropriate arranging by legislative organizations and charities within the field of nourishment supply in basic circumstances ([COVID-19 and the Sustainable Development Goals.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9335023/) 2022).

**Sociopolitical and Historical Context**

The intricate problem of food insecurity is intricately woven into the fabric of historical disparities, economic complexities, and systemic imbalances. Over time, the interplay of socio-economic factors, prominently including the chasm of income inequality and the deficit in educational accessibility, has propelled the perpetuation of this pervasive concern. The historical evolution of this community has undeniably cast a substantial imprint on the present circumstances as generations have grappled with a legacy of unequal opportunities and insufficient resources. The consequences of past policies and practices linger, amplifying the challenges of securing consistent access to nourishing sustenance. The imprint of history and systemic forces have effectively carved a path to the present state of food insecurity. Within this sociopolitical and historical nexus, the complex tapestry of factors has converged, entrapping portions of the population in a cycle that demands comprehensive understanding, compassion, and targeted interventions to break the chains of generational disadvantage.

Measuring the extent of food insecurity among households lacked a consistent procedure before 1995.There were conflicting results from different estimations, making it difficult to determine the most accurate estimate.While developing countries often experience difficulties in accessing sufficient food, the United States still confronts food insecurity and hunger despite the availability of abundant food. Some individuals lack sufficient food resources, and a smaller group faces periods of hunger annually due to their inability to purchase food.

No one, absolutely no person, should go without food in this nation, this region, or this area. However, as we have heard repeatedly in recent years, food pantries are helping a growing number of individuals who do not have reliable access to enough safe and healthy food that fulfills their requirements for an active and healthy lifestyle. Being poor or almost poor is the main reason why people don't have enough food and feel uncertain about having enough food in the United States.

Lots of people and organizations generously give food to those who don't have enough. But we should not overlook the main reasons. Instead of being only due to bad luck or one person's fault, food insecurity happens because our political system is not working well. If we all want to completely get rid of hunger, we need to see it as a problem that affects everyone in society and that needs to be addressed by both society and the government.

Food insecurity and being hungry refer to not having enough food to eat. But it's not just about not having enough food. While everyone's circumstances are different, not having enough food can make a person feel like they have lost their pride and value, which can make other parts of their life challenging. It can cause health problems that last a long time, and it's especially bad for kids as they grow up. It can make it harder for them to learn and take away their chances of having a good life. It can make you feel really sad and have problems with your thoughts and feelings. This means that families may have to make hard decisions when they have to choose between paying for heat, electricity, rent, medications, and food

**Importance to Stakeholders**

Addressing food security within the impacted community cannot be overstated, as it directly affects various stakeholders. For residents, ensuring access to nutritious and affordable food enhances their well-being, fostering healthier lives and reducing health disparities. Community leaders are vested in the issue, as it reflects their commitment to promoting social equity and inclusivity, which are crucial for harmonious community development. Nonprofit organizations, already engaged in social welfare initiatives, find a meaningful avenue to further their mission by contributing to food security efforts. Local businesses also benefit from a stabilized consumer base, as improved food access fosters economic stability. Overall, enhancing food security aligns with core values of health promotion, social justice, and community cohesiveness, ultimately creating a more resilient and equitable community fabric.

**Annotated Bibliography**

**Avrutina, S., Murphy, H., & Patne, E. (2020). Community-led food resilience: Integrating grassroots food access into municipal emergency planning. *Journal of Agriculture, Food Systems, and Community Development*, *10*(1), 215-217.**

In this article, Avrutina, Murphy, and Patne (2020) explore the impact of the initial phase of the COVID-19 pandemic on the conventional food system and its consequences for food access, particularly for vulnerable populations facing pre-existing food insecurity. The authors focus on the case of Baltimore City, where municipal emergency responders were mobilized to address food access challenges exacerbated by the pandemic. The article underscores how traditional strategies for emergency food distribution faced significant challenges due to public health guidelines and policy restrictions. Consequently, the authors argue that new and adaptable approaches were necessary to address the evolving food crisis.

The authors discuss the emergence of community-led partnerships as a response to the shifting landscape. These partnerships are depicted as pivotal in facilitating responsive food recovery and distribution, highlighting the role of grassroots initiatives in complementing existing municipal emergency planning. This article's significance lies in its analysis of the interaction between established emergency response systems and the emergence of community-led efforts, illustrating the potential for innovative solutions to food access challenges during times of crisis. Given its emphasis on collaboration and adaptability, the article is a valuable resource for understanding the dynamic interplay between official emergency responders and community-driven initiatives in food resilience planning.

The implementation of actions to lessen the likelihood of individuals facing hunger are not drastic, but are sensible for a humane society that acknowledges food as a fundamental need and even a basic human entitlement. The effects of food insecurity extend to the entire community. Workers ought to be remunerated with fair wages by their employers, rather than relying on government assistance programs as a form of handout. Otherwise, many people in our community will be poor and struggle to have enough food, regardless of how much effort they put into their work.

**Fortin, K., & Harvey, S. (2021). Hunger and Health: Taking a Formative Approach to Build a Health Intervention Focused on Nutrition and Physical Activity Needs as Perceived by Stakeholders. *Nutrients*, *13*(5), 1584.**

This study explores the dynamic between hunger and health within the context of collaborative interventions across health and social service sectors. The authors adopt a formative research approach to illuminate nutrition and physical activity (PA) requirements, as perceived by stakeholders in food pantry settings, to guide a health intervention strategy. Employing mixed methods, the investigation combines surveys and semi-structured interviews across three key stakeholder groups: Clients (n = 30), staff (n = 7), and volunteers (n = 10) of food pantries. Findings from client participants reveal high instances of individual (60%, n = 18) and household (43%, n = 13) disease diagnoses.

These clients also report low consumption of fruits (67%, n = 20) and vegetables (47%, n = 14) daily, along with limited engagement in physical activity (0–120 min) per week (67%, n = 20). The results of interviews reveal five major themes that cut across all stakeholder groups: obstacles relating to food and physical activity, knowledge of nutrition and PA, health status and lifestyle, present pantry operations and modifications, and suggestions for health intervention programs. Health habits must be addressed because of the prevalence of chronic illnesses and inadequate health literacy among pantry patrons. The study highlights the need for further investigation into developing and using comprehensive health behavior intervention programs in food pantry settings.

**My Position and Course of Action**

Our position is that comprehensive action is required to address food insecurity in our community. We propose the establishment of a Community Food Hub, which will serve as a centralized location for distributing affordable and nutritious food. This hub will collaborate with local farms, businesses, and volunteers to ensure a sustainable food supply. Our course of action includes:

1. **Resource Collaboration:** Partner with local farmers, markets, and food suppliers to source fresh, affordable produce.
2. **Education Programs:** Offer nutrition, meal planning, and budgeting workshops to empower residents to choose healthier food.
3. **Volunteer Engagement:** Recruit and train volunteers from the community to assist in food distribution and education initiatives.

**Audience Analysis**

Our primary audience includes residents, community leaders, and stakeholders. The presentation will be held at a town hall meeting, where respectful and inclusive communication norms will be upheld. Communication strategies will involve clear and concise language, relatable examples, and visuals to engage the audience. In catering to multicultural audiences, we will address linguistic diversity by supplying translated resources and delivering presentations in multiple languages to suit varying language preferences. Additionally, we will navigate cultural subtleties in nonverbal communication, ensuring our gestures and body language are culturally sensitive and respectful. This approach aims to foster inclusivity and effective communication in diverse civic settings.

We will prioritize clear and inclusive communication to avoid language or bias issues. We will refrain from using jargon, slang, or technical terms that may be unfamiliar to our diverse audience. Instead, we will use plain language and explain any necessary terminology to ensure everyone understands our message. Additionally, we will be mindful of bias in our presentation by using inclusive language and avoiding stereotypes. We will also seek feedback from community members and experts to identify and address potential biases in our content.

Regarding audience needs, we recognize that some community members may have hearing impairments. We will provide sign language interpreters or closed captioning for our presentation to accommodate them. Language barriers are also a consideration, so we will offer translated materials and conduct the presentation in multiple languages, as mentioned earlier, to ensure accessibility for everyone. Furthermore, we will provide printed materials and resources for those with limited internet access or who prefer physical copies. Our goal is to be inclusive and accessible to all community members.

First, I suggest a program that provides food assistance to families who require help ([HealthSherpa](https://blog.healthsherpa.com/blog/author/HealthSherpa) 2019). This source show how snap and other service can benefit family that have a low income.

Secondly, I suggest using the internet or any other method to inform people about the opportunity to donate. Gaither emphasizes the significance of donations for organizations like his, particularly for individuals who have the financial capacity to support. Food banks have to buy more food than before to help more people who need it. The act of providing financial support to organizations enables them to procure the necessary items required to assist the individuals they serve. They also help to pay for using paid workers when there aren't enough volunteers. Many organizations have faced financial predicaments due to this situation (Food insecurity Nov,2019).

Thirdly, begin a program that provides more opportunities for employment. Accessing good, healthy food is really important for people to survive. There can be numerous advantageous consequences to having a dependable method of obtaining food.Making more money and creating more jobs, Reducing poverty and Opportunities for trading.

Fourth, I will make a program to teach people in the community how to stop wasting food. The Food and Agriculture Organization of the United Nations (FAO) says that almost one-third of the food made for people to eat is thrown away each year. This means that every year, 1. 3 billion tons of food are wasted. This is not just a big waste of food, but also a waste of the things that were needed to make it (like time, money, and energy). Water is a liquid that is essential for all forms of life. It is needed by plants to grow and survive. Soil nutrients are substances found in the soil that provide nutrients to plants, helping them grow healthy and strong. Transportation energy refers to the energy needed to transport people or goods from one place to another. Labor refers to the physical or mental effort put into a task or job. About one-third of the food is wasted when it is being grown and handled after being picked. Another fifth is wasted by the people who consume it. However, almost half of all food waste happens during the process of making and preparing the food (foodwasted, Jun. 3 2020).

**References**

Avrutina, S., Murphy, H., & Patne, E. (2020). Community-led food resilience: Integrating grassroots food access into municipal emergency planning. *Journal of Agriculture, Food Systems, and Community Development*, *10*(1), 215-217.

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