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## Greenest-Food Waste

### Q&A

- Is this a problem you are aware of at your school?
  - I was not aware of this problem. I live in Guatemala, it's a very small country and since it's so small we don't have big campuses for colleges. Campuses don't have housing because most of the students live near the college they attend or can get there by car or by bus and keep living with their families. If a student lives very far away and needs housing, he will have to find it by himself. Since college campuses are small they don't usually offer meals for students, they have some fast food restaurants but mostly the students will take food from home.
- How does food insecurity interact with identities such as race, gender, sexual orientation, and socioeconomic status? What does this reveal about the intersection between food and justice?
  - I think the minorities are more affected by food insecurity because their families have had unequal opportunities and therefore will have less economic freedom to support their children at University. Also it can be harder for minorities to get a job thanks to discrimination/biases or are more likely to get lower-paying jobs than a white/straight student. This reveals that there is still a lot of work to do in order to create an equal world.
- Research an organization on your campus or community that is working to address food insecurity. Tell us about this organization and how it supports students. What can you do as an individual to support that work? If there is no group at your school actively working to provide food access, try to find one at another school/university. What procedures from this group could be implemented at your own school?
  - Banco De Alimentos de Guatemala or Food Bank of Guatemala is a non-profit association that since February 2006 helps to nurture the Guatemalan men and women in extreme poverty, collecting food within the companies that belong to the Food Industry. This organization does not support students specifically and mostly provide for women, men and children in poverty that attend local schools. Only 4.56% of Guatemalans get a college education, from that small percentage most of the people are privileged enough to not have to suffer from food insecurity therefore there are no organizations that will specifically support students when 47% of the population is living under extreme poverty.

- As an individual I can volunteer in communal dining rooms where a lunch is worth Q1 the equivalent of \$0.13 and offer to pay for lunch for people that day. I can also contribute groceries to organizations and have a day where me and a group of people can make a meal to go and give to the homeless or to a poor village.
- The College & University Food Bank Alliance (CUFBA) is a professional organization of campus-based programs focused on alleviating food insecurity, hunger, and poverty among college and university students in the United States. CUFBA provides support, training, and resources for campus food banks/pantries that primarily serve students. I think something as important as providing food to students is to train them, give talks about how to manage their finances, where to look for food and tips to save money when grocery shopping, how to manage your time with school and work, etc. informing students so they are not depending on a organization for all their college time but are able to surpass it at some point. I think this should be implemented from High School so when students enter college they are already prepared to face these challenges and know that asking for help is okay.

### **Food Issue**

Healthy food is a very big issue in the High School I attended. My High School had a small cafeteria that only sold fast and not healthy food, most of the kids had to bring their snacks and lunches from home. This might not sound as a problem so far but many kids have two working parents that didn't have the time to prepare a proper lunch and snacks for school so they opted for cookies or trinkets for snacks and freeze foods such as mini pizzas, corn dogs or pupusas for lunch. Fruits and veggies were not to be found, even in some of the lunches that were prepared like pastas or sandwiches. These diets are not only full of carbs and fats but do not provide any protein and nutrients. Poor nutrition has shown to contribute to stress, tiredness, increasing the capacity to work and learn. In addition, it can contribute to the risk of developing some illness and other health problems such as being overweight or obese, tooth decay and high blood pressure. For me, implementing a cafeteria that offers affordable meals is a great way to fight this issue. This way the parents that don't have time to prepare their kids meals will not have to worry about their children's meals and will be ensured that the meals are more nutritious. To make it more affordable, offering a monthly meal plan can be a choice, this way there is also less food waste since the cook will know how many meals it's making. Another way to fight this is offering healthy snacks like fruits instead of only junk food. The school could also encourage the kids to have colorful meals, showing that eating fruits and veggies is delicious and can be fun. For example, instead of a candy as a reward they could give a caramelized apple or a strawberry with chocolate that is still a treat and has some sugar to it but it has more nutrients because of the fruit inside, it doesn't have to go that far even, they could give fruit snacks, dehydrated fruit or even gum.

Post one food waste-related call to action on Instagram that other students can join in on. Make it a simple, clear, eye-catching visual with an informative caption.

**Screenshot of the post:**



Around 1.3 billion tonnes of food are wasted every year costing the global economy close to \$940 billion each year and our planet's air, water, oil and soil pollution. All this food is wasted and still there are people with hunger. It is our duty to take care of our food waste, how are you reducing your food-waste?

@TurningGreenOrg @FoodprintOrg @FoodTank #PGC2021.



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# Together We Can Overcome

**Up to 10% of greenhouse gases comes from food that is produce but no eaten.**

**One third of all food produced is lost or wasted.**

Start at home, how can you reduce your food-waste? Plan your meals, share if you have extra, find proper ways to store food, choose the weird looking fruits at the store, the options are wide. You choose, we overcome.



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