

Food insecurity is addressed well at my high school. My school has a large percentage of students who come from low-income families, about 50% of students qualify for free and reduced lunch. To address this, my school gives free lunch and breakfast to all students every day. All you have to do is show up to school and you are guaranteed 2 meals a day.

Socioeconomic situations often have a large impact on food security. Those with lower incomes sometimes aren't able to afford food at all times, making them food insecure. When poorer communities buy fewer groceries, fewer stores are available, which can lead to food deserts. It is also shown that women are much more likely to be food insecure than men, and single-mother households are more likely to be food insecure than single male headed households. Black households and other families of color experience food insecurity at twice the rate of white households. Food intersects with justice because the systems of oppression keep people of color in poverty, which often leads them to be less food secure. Food insecurity is a large threat to a large number of Americans, as well as people around the world, and it often disproportionately affects minorities and women.

ALIVE! is a group in the Alexandria community that fights food insecurity by distributing food to those in need around Alexandria. They collect food and financial donations and are volunteer-run. There are food drives that collect for the organization.

- A way I can get directly involved is by signing up to volunteer with them. They have a link on their website which I followed and found 2 links I could follow: one to sign up for a date to volunteer, one to general volunteer opportunities offered by ALIVE!.

A problem my school faces regarding food is food waste. Because we provide 2 meals a day to students, there is a lot of waste when not all that food is taken. My school has about 4,500

people in the high school and around 16,000 children in my school district, and all of them have the option to get free lunch and breakfast every day. Though many do not utilize this, there is still lots of food bought and prepared every day. The school does not produce 32,000 meals every day, counting on the fact that not everyone will use the food. However, they produce many more meals than is necessary. My school produces lots of food waste every day because of this. Once they make the food for the day, they cannot save it for the next day or do anything with it if students don't eat it. There are solutions to this problem, from student-led action to action from the school board and administrators.

A way we could have an impact on the amount of food waste my school produces is to encourage students to eat the school lunches instead of bringing their own. This would help the problem because the school will not reduce the number of meals it produces, but if students eat more of the produced meals, then there will be fewer meals going to waste. We could communicate with the school to let them know not to increase the amount of food they buy. Students don't need to eat school lunches every day, but the convenience of not packing your lunch and just getting it from the school, combined with the positive impact this could have on the school system's food waste problem, is evident. Students can have a positive impact on their school and their environment if they eat some school-provided meals.

By Getting Lunch Once a Week From School, You Can Help Cut Down ACHS's Food Waste.



our school produces lots of food waste from uneaten meals. getting a meal from AC can help reduce the amount of food that is wasted.



sustainable_sistaaas ACPS provides 2 healthy meals every day to those in our school district. This results in lots of food waste. Food waste is harmful to the environment, and we can all step up to help make a change. By eating one meal from ACPS a week, we can decrease the