

LCDS Green Committee #1 - warfelg
Lancaster Country Day School
Project Green Challenge
Greenest Challenge Day 19

Is this a problem you are aware of at your school?

- We attend a pretty wealthy, private school that doesn't have a lot of people. We do not have a problem of food insecurity at our school that we are aware of.

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?

- Students who are in more marginalized groups tend to have more food insecurity. Food is closely connected to justice and what kind of benefits someone is given in a judgemental society. Many students who are not white experience more food insecurity and homelessness. This can be because of many reasons.

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?

- Hunger Free Lancaster County and Horizons are two organizations that take place in Lancaster, PA. Hunger Free Lancaster County is a coalition of 40 organizations that come together to help fight hunger in Lancaster. They are trying to get rid of the meal gap and try to guarantee healthy meals for people in Lancaster. This is not directly connected to our school, but it is a very important organization in our community. Another organization that is directly connected to our school is Horizons. This is a summer schooling system that helps teach underprivileged kids in Lancaster city at our school. The program is not directly related to providing food access, but they do make sure the kids at the program are well fed and make sure their families are doing okay. As an individual, other than donating food to Hunger Free Lancaster County, you can also volunteer at both of the organizations and get involved with how these programs work.

Food Issues at our school

- We do have a food waste problem at our school. The portion sizes are often random due to our cafeteria staff, and students frequently do not finish their meals. This food waste's climate impact is compounded by the lack of composting at the school currently.

However, our green committee plans to change this with food waste specific bins. Our school also suffers from a lack of nutritional value and variety. The meals are often extremely similar, unhealthy, and unbalanced. Furthermore, there are never enough vegetarian and plant-based alternatives. Given the relative cost to the student, the food provided is simply not nutritionally sufficient for growing young adolescents. Which leads me on to another problem and with food at our school, the expense to the student. Meals and snacks are incredibly expensive and create a barrier for students seeking a balanced diet. It costs a lot of money to eat well and healthily, which is not constructive to the well-rounded teenage diet needed in a learning environment. A solution to this issue and other issues could be petitioning the catering company and the head of school. Firstly, to consider reducing costs, and lay out their current food waste plan if they have one. If there is not a plan in place, we suggest that the school should help with composting as much of the student body's food waste as possible, and the catering company looks to make their practices and portions less wasteful. Secondly, to expand and enhance the current meal variety, putting emphasis on the *nutritional value* of the meals. Furthermore, at our school, we need to educate the students on the severity of food insecurity and food waste. It is so important to also implement changes like saving food or composting. We need to talk about how there is an issue of food insecurity in Lancaster County and let everyone know different ways they can help get involved in our community. Programs like the ones mentioned above are great ways to get involved in individual ways that students can help, especially members of our school that do not have experience with food insecurity.

Sources-

<https://www.horizonsatlcds.org/>

<https://hungerfreelancaster.org/>

<https://www.aacu.org/aacu-news/newsletter/majority-college-students-experience-food-insecurity-housing-insecurity-or>

<https://www.washingtonpost.com/news/wonk/wp/2018/04/03/the-hidden-crisis-on-college-campuses-36-percent-of-students-dont-have-enough-to-eat/>



Team- LCDSGC1

Reduce Food Waste at School

Let's Work Together



This will help reduce our impact on the climate.

CANVA



lcdsgreen We can all do our part to cut down on food waste! Try to throw out as little food as possible, especially at school. The less food we waste, the less we negatively impact the climate. @turninggreenorg @footprint_org @foodtank #pgc2021

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