

Transcript for food insecurity:

*Introducing the topic: Slide 1*

Did you know that around 1 in 8 Americans will face food insecurity in their lifetime? That's about 38 million people, around 11.7 million of them being children. An even more wild statement when you learn that about 40% of the food we produce is being wasted.

*Slide 2:*

So what is food insecurity, food insecurity is the inability to have a constant source of nutritious and inexpensive food. What does this mean? It means adults not knowing where their next meal is coming from. It means kids not being able to focus in school because of their hunger. Adults and kids are going hungry because of lack of money at home or a lack of resources to reach healthy produce. As you can see from this map states such as Kentucky, Oklahoma and New Mexico are highly affected by food insecurity. A lot of the people being affected by this issue are minorities.

*Slide 3:*

Hunger is more prevalent in minority groups, as many issues beforehand minorities are hit the hardest. As you can see 1 in 4 Native Americans, 1 in 5 Black and Pacific Islander individuals, 1 in 6 Latinos and goes up with white non hispanic individuals by 1 in 11 and 1 in 17 Asian individuals. This takes place because unfortunately many of the individuals in these groups can't financially provide for themselves as healthier foods can be more costly.

*Slide 4:*

When a mother of 2 comes home after a long day of work it is easier to pay for a 4 for 4 at Wendys then paying more on a multistep dish. Some states such as Tennessee families have to travel 2 hours to their local grocery stores to reach healthy foods. Neighborhoods are littered with convenience stores filled with processed foods and have no fresh produce in sight.

*Slide 5:*

Of course Food insecurity only worsened during Covid, many families experienced food insecurity for the first time. Around 40% of bank users during the pandemic being said families. The pandemic has highlighted problems America has already been facing

*Slide 6:*

Now what would be some solutions to this problem, some solutions are already in place they just need to be improved. Snap benefits are a big help for many families can at times prevent families from improving their situations. SNAP users have been known to reject pay raises and promotions at work because if they exceed the amount of money they bring in their benefits can be revoked. Adding supermarkets to food desert neighborhoods can be a great solution in

simply allowing the citizens with fresh produce. Or simply educating others on these issues are a perfect way of helping those in need.

*Conclusion:*

To conclude food insecurity is an issue that affects many, family, neighborhoods or the person across from you. If we all work together we can abolish this issue.