

FOOD INSECURITY: YOUTH IN ACTION

October 27, 2024



Agenda



1. *Introducing the Youth Leadership Team*
2. *Assessing your Knowledge - Food Insecurity Kahoot!*
3. *Background on Food Insecurity*
 - Sam Duke from Feeding San Diego - community resources*
 - Lakisha from San Diego Food System Alliance - youth involvement*
4. *Panel Discussion and Q&A*
5. *Actions for youth*
6. *Opportunity Drawing - \$50 Gift Cards!*
7. *Feedback Form*



Join at
slido.com
#2226 059

*Scan the QR Code
to Ask Questions!*



Live Well San Diego Youth Sector

Young leaders advise, educate, and organize around youth needs.

- Organize and host Youth-Led Town Halls
- Supports youth participation on County boards and commissions
- Participate in a summer mentorship and internship program



Introducing Youth Leaders

Presenting Today





ARTHUR WANG



**YOUTH LEADER/JUNIOR AT TORREY
PINES HIGH SCHOOL**

I have seen students throw away their free lunch while so many people do not have enough to eat. I want to find a way to solve this issue.



SALLY ALSKAF



**YOUTH LEADER/UCSD COLLEGE
FRESHMAN**

We always do awareness on homelessness or lack of education but I felt like there is a lot of awareness we can raise on food insecurity.



SANJANA GANGULY-FITZGERALD

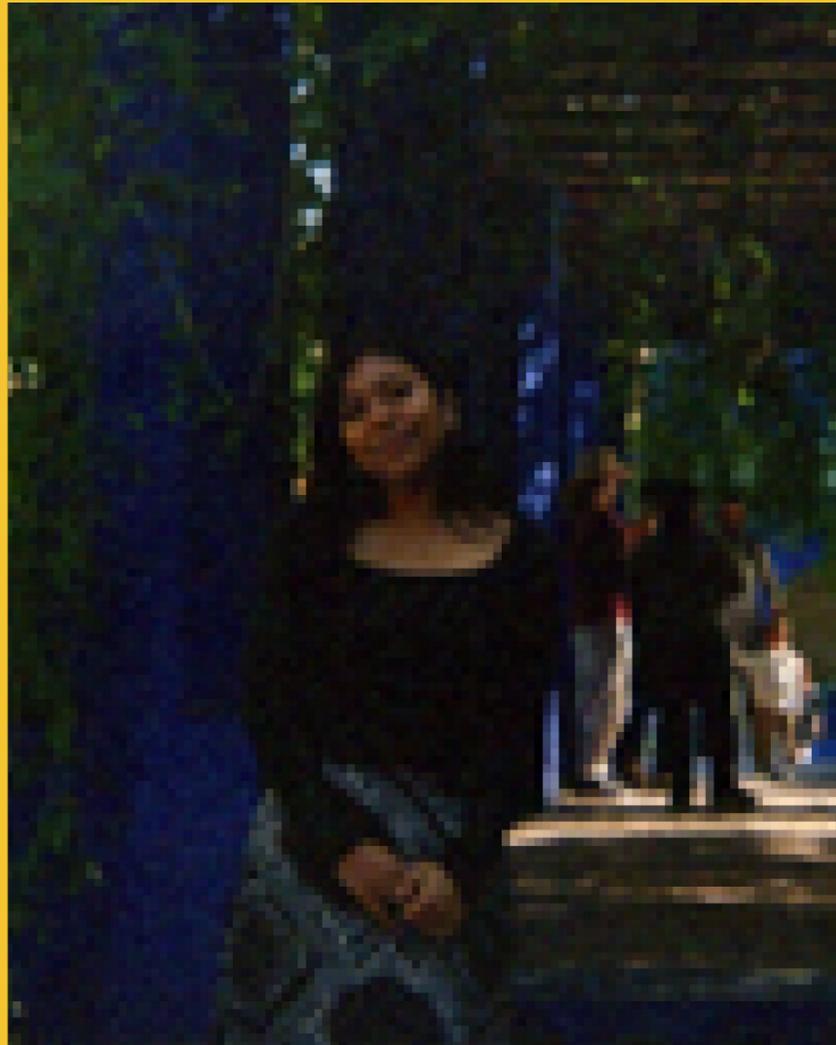


**YOUTH LEADER/SENIOR AT SAN DIEGO
HIGH SCHOOL**

**AFTER EXPERIENCING FOOD INSECURITY IN MY
OWN LIFE AND LEARNING ABOUT THE IMPACTS OF
COMMUNITY NEGLECT AND HOW IT CAN INTERSECT
WITH FOOD INSECURITY, I HAVE BECOME DEEPLY
PASSIONATE ABOUT THIS TOPIC**



DANIELA HERNANDEZ



**YOUTH LEADER/SENIOR AT FRANCIS
PARKER SCHOOL**

My personal experiences with food insecurity and seeing its impact in my life, I've discovered that many changes must and can be made, especially by San Diego Youth.



KAVINDI SENEVIRATNE

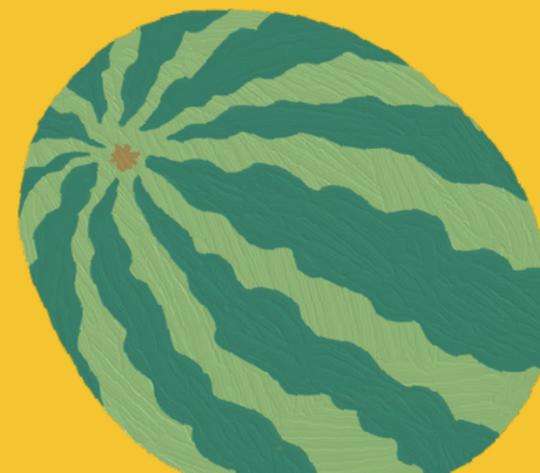


SECOND YEAR BUSINESS MANAGEMENT
MAJOR AT SDSU

Food insecurity interests me because it impacts people's health, well-being, and quality of life. I'm particularly focused on understanding the barriers people face in accessing nutritious food and exploring solutions that can help communities have those resources.



Food Insecurity Kahoot!

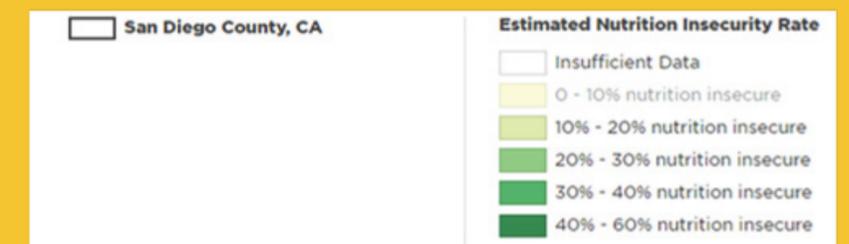
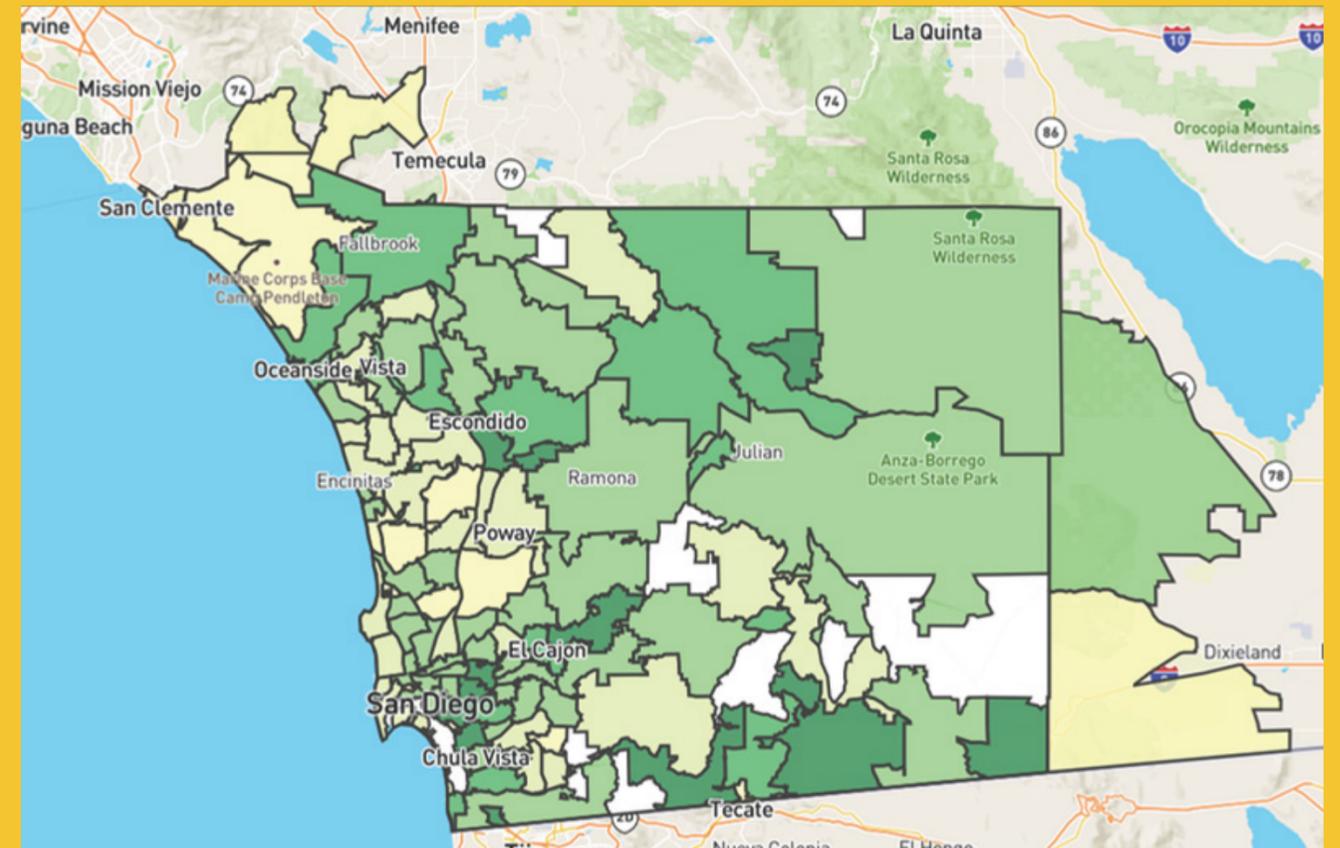


Overview of San Diego Food Insecurity

1 in 4 people is nutrition insecure.

- Light green: 10-20%
- Dark green: 40-60%

Disproportionately impacts Black, Indigenous, and people of color



- 36% of the Black population
- 33% of the Hispanic population
- 31% of the Native population

From San Diego Hunger Coalition

Food Waste: a Serious Issue

Almost 40 percent of food is wasted in the U.S.

- 325 pounds of waste per person
- 975 average sized apples

Wasting food equals to wasting cash, water, time, labor, and energy.

Wasting food contributes climate change.

- Free school lunches increase food waste, especially with vegetables and fruits.



Main Causes of Food Insecurity in San Diego

The economy: High food prices, high cost of living with a lack of high paying jobs to be able to afford necessities.

SHORTAGE



Housing: There is a huge increase in housing cost that makes it difficult to pay bills and make ends meet.

Transportation: The cost of transportation whether its gas or bus has increased making it harder to get to locations.

Chronic health conditions: People with medical disabilities have a hard time getting a job to be able to be able to pay for their necessities. And medical products and medication have increased in price.

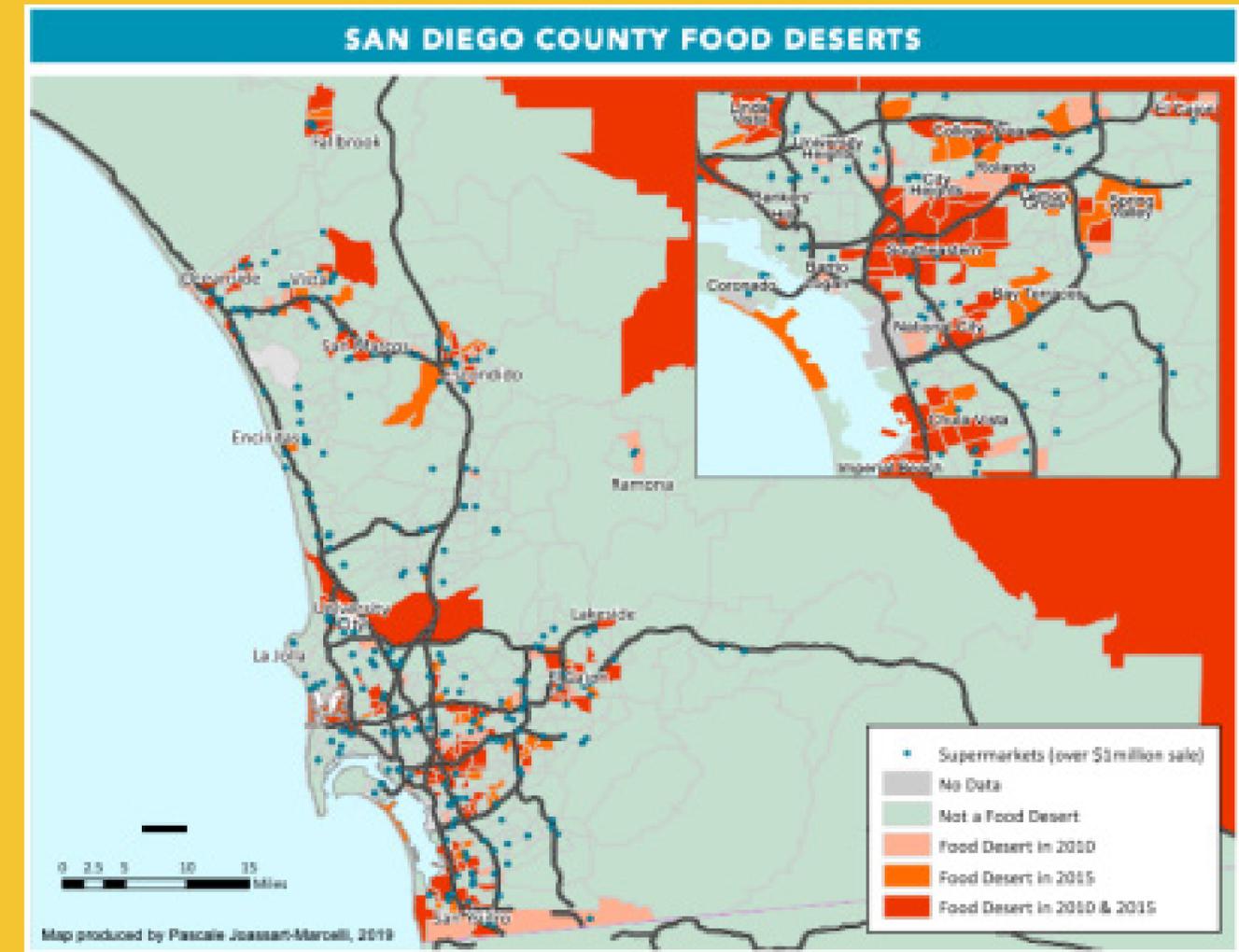


Community Neglect and Food Injustice

Food deserts

- Approximately 25% of all census tracts in San Diego County are food deserts
- obesity, diabetes, cardiovascular disease, and micro-nutrient deficiencies

In San Diego, low-income communities of color often experience the impacts of redlining and community neglect through the presence of food deserts



**Reminder: \$50 Gift Card
opportunity drawing**

**Stay until the end for a chance
to win!**



SAM DUKE



**DIRECTOR OF PROGRAMS/FEEDING SAN
DIEGO**

**An experienced non-profit professional
specializing in program management and
volunteer engagement with over ten years of
nonprofit experience**



CHANGE STARTS HERE

HELLO!

Points of Discussion:

1. State of Hunger in San Diego County
2. Why It Matters
3. Feeding San Diego





It's Bananas



More than 350,000 people across San Diego County face hunger, including **over 100,000 children...**while more than **38%** of all **food produced goes unsold or uneaten** in the United States every year, equivalent to **145 billion meals.**

The Face of Hunger



Children



Families



Seniors



Post-Secondary Students



Active-Duty, Military Families, and Veterans



Hunger can be difficult to recognize



Mission

Connect every person facing hunger with nutritious meals by maximizing food rescue

Vision

A hunger-free and healthy San Diego



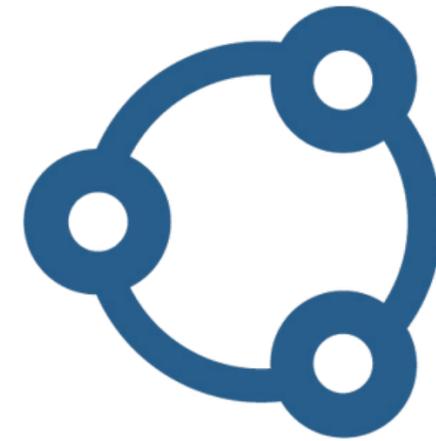
What We Do



FEED



RESCUE



UNITE

FEED



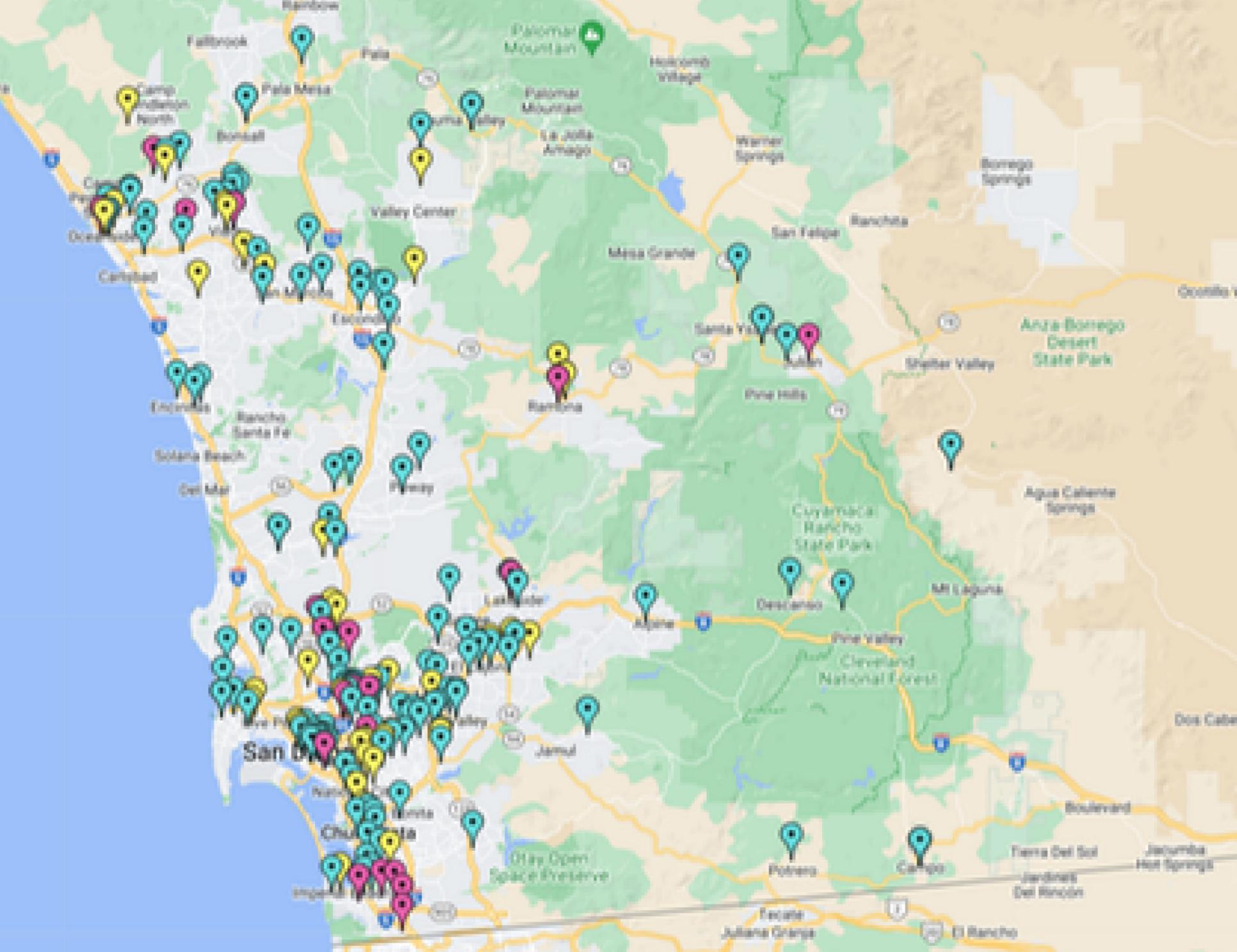
Feeding San Diego distributes more than **29 million meals a year** to people facing hunger...



in partnership with **over 300** local charities, schools, colleges, faith communities, healthcare providers, and meal sites.

Between July 1, 2023 and June 30, 2024





Countywide Food Distribution Network

LEARN MORE

feedingsandiego.org/get-help

 Call first
(possible
eligibility
requirements)

 No need to call
first (no
eligibility
requirements)

 Youth meals
(eligibility
requirements)



RESCUE



92% of the food Feeding San Diego distributes is rescued.



We rescue food from more than **760 food donors**, including grocery stores, farms, manufacturers and distributors.



We divert more than **31 million pounds** of high-quality food from the landfill,



saving more than **27,600 metric tons of CO₂ equivalent** from being emitted into the atmosphere.

Food Rescue & Donation Partners



Produce Rescue



UNITE

Thanks to the efficiency of Feeding San Diego's vast network of volunteers, donors, food donors, community distribution partners, and more, **every dollar donated helps provide two nutritious meals** for people facing hunger in our community.

**TOGETHER
WE ARE** | **FEEDING[®]
SAN DIEGO**



Ways To Give



GIVE FUNDS

- Individual or monthly gift
- Corporate gift
- Benefit campaign
- Employee fundraising
- In-kind donations
- Matching gift program
- Legacy giving
- Payroll deductions
- Percentage of sales
- Round-up
- Vehicle donation



GIVE TIME

- Food sorting
- Volunteer driver
- Good Neighbors
- Host a group volunteer shift at Feeding San Diego
- Host a pop-up volunteer shift at a location of your choice
- Community Outreach
- Ambassador Donate
- Controller Food Rescue Patch



GIVE FOOD

- Donate non-perishable food
- Donate food items through host a food drive



GIVE VOICE

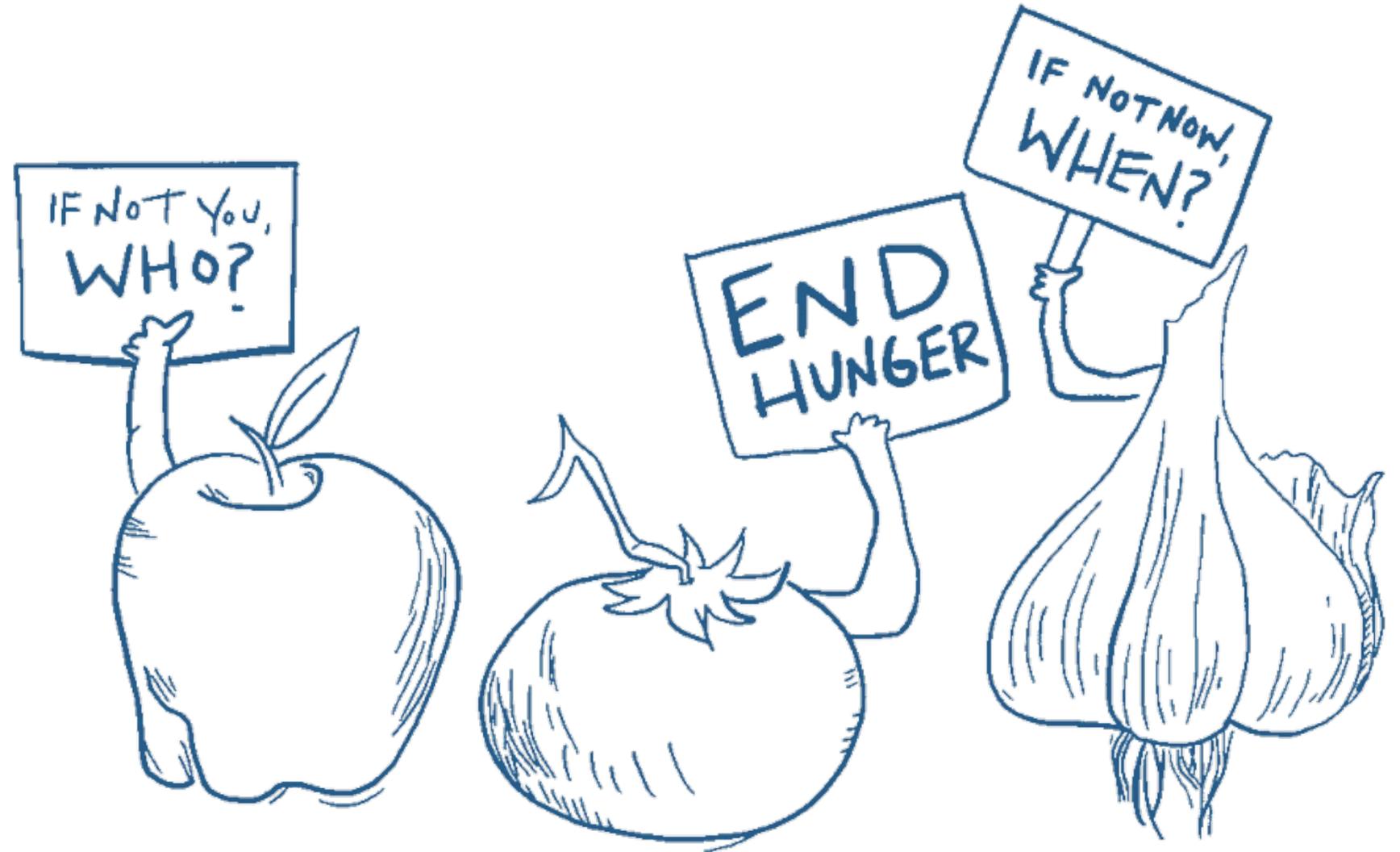
- Event integration
- Media support
- Social media



Stay Inspired



@ feedingsandiego





LAKISHA MCZEAL



COMMUNITY ENGAGEMENT MANAGER—SAN DIEGO FOOD SYSTEM ALLIANCE

If we believed there is enough, we could focus on ensuring everyone has access. The food is here—it's about sharing it fairly, cutting waste, and ensuring that it is cultivated in ways that respect the land, honor workers, and build systems rooted in sustainability.

San Diego County Food Vision 2030

A food system that belongs
to everyone



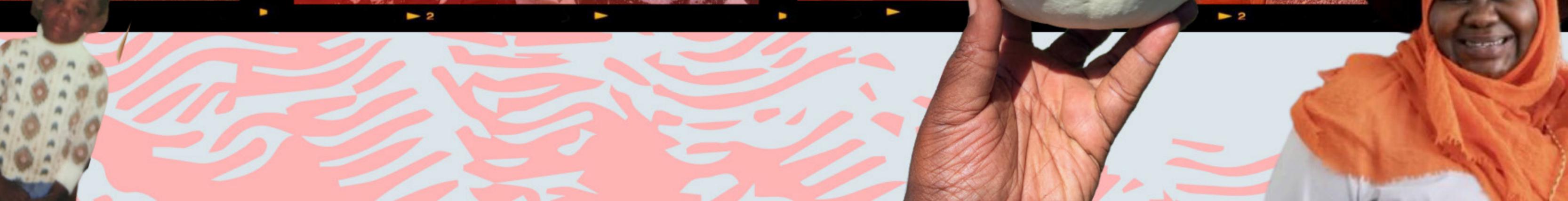
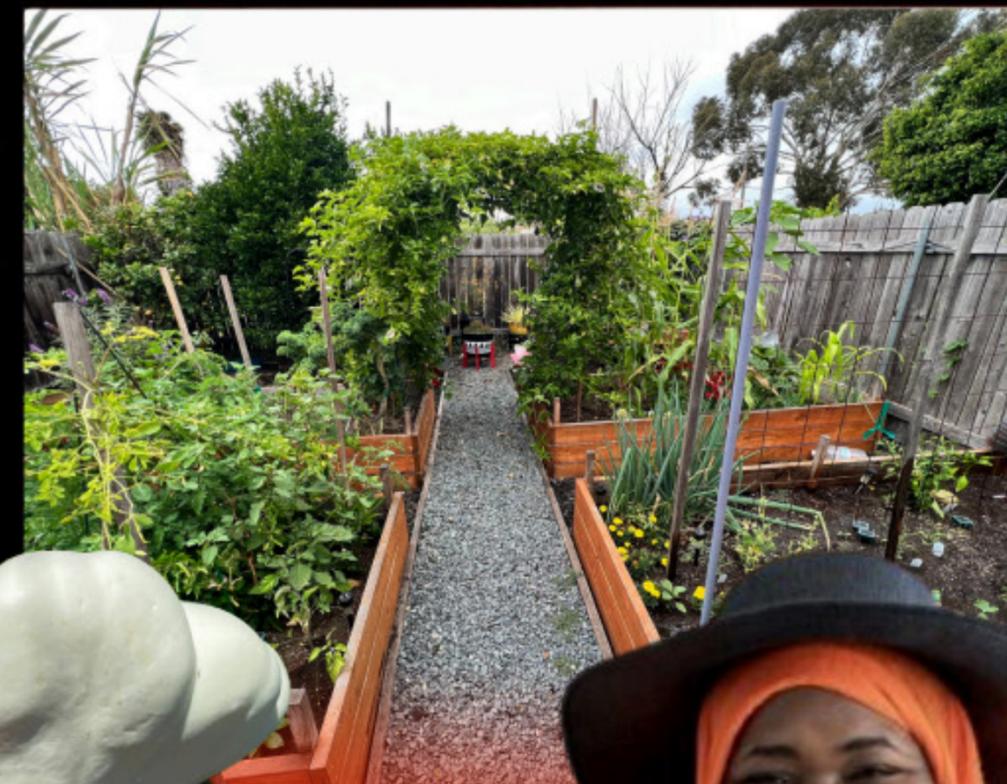
With Lakisha McZeal

Lakisha McZeal

She/Her/Hers

Community Engagement Manager

Passionate Advocate and Community Leader • Rooted in Community and Nourishment • Passion for Collaboration and Change • Dedicated to meaningful change •



The San Diego Food System Alliance



Nonprofit organization Based in San Diego County

Founded in 2010

Multi Cultural Staff of 10

What do we do?

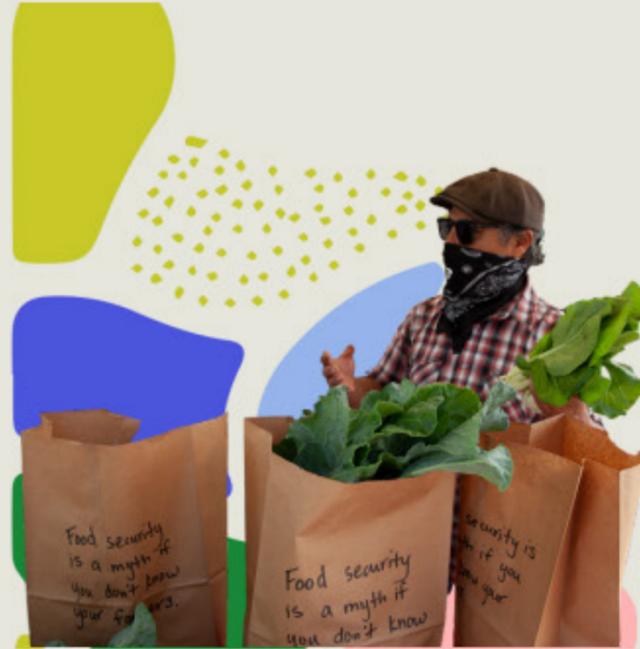
Gather people from different sectors and communities to work together on transforming the food system

**The time to reimagine our food
system is now.**

When we change how we



GROW food



MOVE food



SHARE food



THINK about food
(and land, and labor)

We can change how we treat the planet and each other.

When we change how we



GROW food

- MORE SUSTAINABLY
- MORE SEASONALLY
- MORE LOCALLY
- WITH FARMER OWNERSHIP



MOVE food

- SHORTER DISTANCES
- IN SMALLER QUANTITIES
- MORE LOCALLY



SHARE food

- MORE EQUITABLY
- WITH EVERYONE
- IN A WAY THAT BUILDS RELATIONSHIPS



THINK about food

- (and land, and labor)
- NOT JUST A COMMODITY
 - ESSENTIAL AND HIGHLY REGARDED PROFESSIONS

We can change how we treat the planet and each other.

Community leaders have been at work for decades

GRASSROOTS LEADERS FROM MARGINALIZED COMMUNITIES HAVE ALWAYS BUILT THEIR OWN SYSTEMS + SOLUTIONS, TOLD STORIES, AND SHARED FOOD AND RESOURCES TO RECLAIM THEIR HEALTH AND SOVEREIGNTY.



San Diego County Food Vision 2030

Food Vision 2030 is a plan and movement for transforming San Diego County's food system over the next ten years.

With three goals, ten objectives, and several strategies to inform planning, policy, program, and investment opportunities, the Vision aims to guide collective action toward a healthy, sustainable, and just food system over the next decade.



Food Vision 2030 is deeply rooted in



Research

Needs and aspirations expressed by communities

The Vision is intended to inform regional policy, planning efforts, program development, and investment.



More than a shared vision, it is also seeding a movement—



a movement that seeks to heal, honor, celebrate, and shift power.

A movement rooted in the community.



Ultimately, Food Vision 2030 aims to change the way we grow food, move food, share food, and think about food.



Three Goals

We centered three primary values for Food Vision 2030



Cultivate Justice

Increase health, wealth, leadership, and power for BIPOC communities across our food system



Fight Climate Change

Mitigate climate change impacts and adapt to the changing climate in the food system



Build Resilience

Increase integrated nutrition and food security and create an adaptive local food economy

Ten Objectives



Objectives 1 - 4

Address major challenges that San Diego County farms, fisheries, food businesses, and workers face



Objective 5 - 7

Address major challenges that San Diegans face in achieving food security, accessing traditional, healthy, nutritious, and culturally appropriate foods, and recovering wasted food



Objectives 8 - 10

Address major challenges that communities of color face in shaping the food system, as well as building resilience

We're implementing the Vision now.

What we're working on today:



Fostering Leadership and Shifting Power to Communities



Building Relationships and Growing our Network



Shifting Culture Around Food



Moving Money to Communities and Funding Impactful Projects



Advocating for Key Policy Changes



2024

sdfsa.org

**SAN
DIEGO
FOOD
SYSTEM
ALLIANCE**

**This month, over
500 people
gathered to talk
about this shared
Vision and how to
transform our food
system.**



The background features a large, irregular shape in a vibrant orange color, set against a solid blue background. This orange shape is defined by a thick blue outline. In the bottom-left corner, there is a network of blue lines that intersect to form a grid of diamond-shaped cells, resembling a molecular or cellular structure.

What Can You Do?

Every role is needed

The social change ecosystem framework, developed by Deepa Lyer in 2017, is a tool to remind us of the diverse roles we need in every movement for solidarity, Justice, and equity.





Start on your own journey of growth

- **What makes you curious?**
- **What systems do you think could use a shake-up?**
- **What do you love to do?**
- **How would you like to use your voice?**
- **How can you build your own power to create change?**
- **How can you use your power to uplift others, and create a more equitable society?**

There is a place for everyone—every skill, every passion, every personality—in this movement.

Thank You!

For listening today 😊

Learn more about our work:

sdfsa.org

[@sdfoodsyst](https://twitter.com/sdfoodsyst)

Reach out to me:

lakisha@sdfsa.org



**SAN
DIEGO
FOOD
SYSTEM
ALLIANCE**

Panel Discussion



- *How can youth play a more active role in promoting food security and justice in schools, neighborhoods, or local governments?*

Panel Discussion



- *What can we learn from other countries or cultures about how they address food insecurity, and how can these lessons be applied in our communities?*

Panel Discussion



- *How does the Universal School Meal Program affect food insecurity, and what improvements could be made?*



Q&A Session

*Scan the QR Code
to Ask Questions!*

Join at
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#2226 059





Youth in Action

- *Volunteering at food banks and organizing food drives*
- *Starting a community garden to promote local food production*
- *Raising awareness on social media*
- *Educating peers about nutrition and food waste*
- *Advocating for policy change*



Feedback Form



<https://forms.gle/FXz5GQ5TGE2yYzRz5>

Anonymous

Help us improve our programs





LIVE WELL
SAN DIEGO

THANK YOU FOR COMING!

Connect with Us

**Instagram: @Livewell_SD Email:
LiveWellYouth@sdcounty.ca.gov**