

A Multiple Case Study of the Commonalities that Influence People to do Food Justice Work and How These Commonalities Relate to Food Insecurity

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Food insecurity has become a growing public health issue. Food insecurity is the limited or uncertain availability of nutritionally adequate, safe foods, or the inability to acquire personally acceptable food in socially acceptable ways. Black and Brown communities are disproportionately affected by food insecurity due to systemic oppression. In response to this issue, the food justice movement has grown. Food justice work is described as an initiative in response to food insecurity. This is a multiple case study on the commonalities that influence people to do food justice work and how these commonalities relate to food insecurity. The semi-structured interview consisted of 17 questions. Some common themes included participants experiencing food insecurity at a young age, systemic racism at the root of food insecurity and how it affects knowing how to cook healthy foods. All three participants confirmed that food insecurity has negative psychological effects as well as physical. There was an emphasis put on the importance of acknowledging cultural differences and white privilege when it comes to food justice work. All three participants confirmed experiencing food insecurity at some point in their lives. Experiencing food insecurity is what influenced them to do food justice work.

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