



# Tackling The Root Causes Of Hunger

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## ☀ Call to Action

**Make a difference by being conscientious about where your food comes from, and choosing products from farms that take care of both their workers and the planet.**

- [realfoodmedia.org](http://realfoodmedia.org)
- [smallplanet.org](http://smallplanet.org)
- [smallplanetfund.org](http://smallplanetfund.org)

## ☀ Values

- Commitment
- Healthy Living
- Collaboration
- Sustainability
- Environmentalism

## ☀ Lessons Learned

**Pay attention to what you eat - it affects your body's health, and your mind's ability to make good decisions.** A healthy planet begins with healthy people.

**Fighting for a healthy environment, food security, and quality jobs begins with being aware of the food you eat.**

**The fight for social and environmental change needs everyone to participate, regardless of age, social class, race, or place of origin.**

**Everything changed for Anna Lappé in middle school, when she took a trip with her mother to rural Ohio.**

There, for the first time, she met some of the farmworkers who had grown the food she had been eating her whole life. Anna's parents are both passionate activists who share a common goal: to make the world a healthier, safer, more equitable place. Anna's mother, Frances Moore Lappé, is a food-systems activist. In 1971, she published *Diet For a Small Planet*, a book that encourages people to have plant-based, environmentally friendly diets. Her mother's activism inspired Anna to do the same. Working with her mother, Anna realized the importance of generations working together for change. After all everyone, from the very young to the very old, is affected by environmental policies and practices, because everyone needs to eat.

Today Anna is an advocate for better food systems that will protect the environment, promote health, and provide people with quality jobs with dignity. Anna is continuing to carry out her mother's legacy by helping to ensure that people everywhere have access to nutritious food that is produced both ethically and sustainably.

## ☀ Language Arts

**Make a list of the main issues Anna is passionate about.**

Then, working in groups of 3-5, choose one of them, and create a presentation in which you explain the problem; some possible solutions; what is being done to deal with this issue; and how people can be part of the solution.

**In her book, *Diet for a Hot Planet*, Anna explores the link between diet and global warming.** Write an argumentative essay agreeing or disagreeing with her position. Support your position with research that cites at least three secondary sources.

**Anna was involved in her mother's second book, *Hope's Edge, The Next Diet for a Small Planet* in which they continue to explore the ideas in the original *Diet for a Small Planet* and go even further, researching who is doing what to help solve these problems.** What is the thesis of Frances Moore Lappé's first book? What is the second book about? Do you agree or disagree with the premise for the first book? Discuss your answer with the rest of your class.

## STEM Activities

The following STEM activities are from [FoodSpan.org](https://www.foodspan.org)<sup>1</sup>:

**Students explore how crops are grown in industrial agriculture, and how those practices are impacting human health and ecosystems.** [This lesson](#)<sup>2</sup> covers the importance of soil, freshwater, and biodiversity in agriculture, and describes some ecological alternatives to industrial crop production.

[This lesson](#)<sup>3</sup> allows students to “zoom out” and see how the food system is linked to the global issue of climate change. Students will learn about how climate change occurs; analyze the connections between climate change and agricultural practices; and consider ways to reduce the greenhouse gas emissions generated by food systems.

[In this lesson](#)<sup>4</sup>, students explore alternatives to the agricultural industrial model, and consider what it means for agriculture to be “sustainable.” They will examine agroecology as an approach to food production that nourishes, rather than depletes natural ecosystems and human communities, and will imagine what a different agricultural paradigm could look like, and share that vision with others.

**At least one in six members of the U.S. workforce are employed in the food chain, from farmers' fields to food service.** In [this lesson](#)<sup>5</sup>, students will learn about a variety of these jobs, examine their working conditions, and consider how to improve the health and quality of life of workers.

## Sustainability Innovations

**Learn about [Real Food Media](#)**<sup>6</sup>. How is this organization able to provide critical analysis and strategies for one of the most corporate-dominant industries in the world?

**In addition to innovations in growing food, it is important to have advancements in the technology for storing and keeping food fresh.**

- [Apeel Sciences](#)<sup>7</sup> is a California-based company that extracts lipids from food waste and transforms it into an edible coating that helps to keep food fresh.
- [Cold Hubs](#)<sup>8</sup> is a Nigerian-based company that has created solar-powered refrigerators to help local farmers keep their produce fresh.

**Review the projects that [Food System Innovations](#)**<sup>9</sup> has been involved in. Select one project, and create an in-depth review; then share what you have learned with your class.

- Example: What are the most important animal products to replace, from the perspective of lives saved.

**Review this [article](#)**<sup>10</sup>, which details how food system innovations can affect the ability of countries to meet their sustainable development goals (SDGs). What types of innovations are having the most success? Which areas need the most work?

## Sustainability Career Pathways

**Food Policy Advocate.** Many organizations are working for a more just and sustainable food system—from large organizations like Food and Water Watch, to local food policy councils. Is there a career path for you in food policy? Read about [six ways to get involved.](#)<sup>11</sup>

**Nutritionist. One way to reform the food system is to help one individual at a time.** Nutritionists help people make dietary choices that are better for themselves and the planet, for example by consuming less soda, sugar, and meat, and more vegetables. [Learn more about this career here.](#)<sup>12</sup>

**Sustainable Food Company Employee.** Food companies -- grocery chains, agricultural commodities, and well-known brands need help to make the transition to sustainable practices. For example, they need sustainability-minded employees, from web designers and marketers to lawyers and lobbyists, to food manufacturers and supply chain managers. [Explore some of the leading sustainable food companies here.](#)<sup>13</sup>

- 1 <https://www.foodspan.org/lesson-plans/>
- 2 [https://www.foodspan.org/\\_pdf/lesson-plan/unit2/lesson1-crops-lessonplan.pdf](https://www.foodspan.org/_pdf/lesson-plan/unit2/lesson1-crops-lessonplan.pdf)
- 3 [https://www.foodspan.org/\\_pdf/lesson-plan/unit2/lesson5-climate-lessonplan.pdf](https://www.foodspan.org/_pdf/lesson-plan/unit2/lesson5-climate-lessonplan.pdf)
- 4 [https://www.foodspan.org/\\_pdf/lesson-plan/unit2/lesson6-sustainability-lessonplan.pdf](https://www.foodspan.org/_pdf/lesson-plan/unit2/lesson6-sustainability-lessonplan.pdf)
- 5 [https://www.foodspan.org/\\_pdf/lesson-plan/unit2/lesson4-hands-that-feed-us-lessonplan.pdf](https://www.foodspan.org/_pdf/lesson-plan/unit2/lesson4-hands-that-feed-us-lessonplan.pdf)
- 6 <https://realfoodmedia.org/>
- 7 <https://www.springwise.com/food-waste-repurposed-as-edible-coating-to-keep-farm-produce-fresh/>
- 8 <https://www.springwise.com/sustainability-innovation/food-drink/coldhubs-solar-powered-refrigerators>
- 9 <https://www.foodsysteminnovations.com/projects>
- 10 [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(20\)30277-1/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(20)30277-1/fulltext)
- 11 <https://foodprint.org/blog/6-ways-to-get-involved-with-food-policy/>
- 12 <https://universityhq.org/how-to-become/nutritionist-careers/>
- 13 <https://www.motherearthliving.com/food-for-health/sustainable-food-companies-zmoz12jzjzmel>

