



SCIENCE COMMUNICATION STRATEGY

PROMOTING FOOD SECURITY

By

Jeremy Xu

Supervised by

Mark Sarvary

Kitty Gifford



BIOG 3500 FINAL PROJECT

December 2020

CONTENTS

1. GENERAL STRATEGY ON FOOD SECURITY TOPIC	3
1.1 Introduction	3
1.2 Goals	3
1.3 Targeted Audience	3
1.4 Messaging Triangle	4
1.5 Public Event	5
2. POLICY MEMO.....	6
3. BLOG POST	7
4. AUDIO AND VISUALS	8
4.1 Radio Podcast.....	8
4.2 Infographic.....	9
5. DIGITAL PLATFORMS	10
5.1 Twitter	10
5.1.1 Organizing and Posting Tweets.....	10
5.1.2 Tweets Metrics and Evaluation.....	11
5.1.3 Application and Expectation	12
5.2 Wikipedia	12
5.2.1 Editing Wikipedia	12
5.2.2 Application and Expectation	15
5.3 Spotify	15
5.3.1 Audience Demographics	15
5.3.2 Application and Expectation	16
5.4 Tumblr	16
5.4.1 Audience Demographics	16
5.4.2 Application and Expectation	17
6. REFERENCE AND LINKS	19

1. GENERAL STRATEGY ON FOOD SECURITY TOPIC

1.1 Introduction

Coronavirus (COVID-19) pandemic has increased the challenge on food security for older adults and young children. Food security means that people have consistent access to food for an active and healthy life, while food insecurity represents an unhealthy eating pattern where people are suffered from a disruption of food intake because of poverty and limitation to other resources.¹ Studies have shown that more than 50 million Americans, including 5.5 million older adults over 60 years and 17 million young children, are faced with food insecurity in 2020.² Schools were closed during the pandemic, and thus for children who were in the National School Lunch Program, their regular food assistance might be disrupted.³ For older adults with disabilities, mobility and transportation limitations during COVID-19 might restrict their access to grocery shopping and food preparation. Under this circumstance, it is important to build up an emergency food supply system to deal with food insecurity.

The purpose of this project is to propose a strategy plan for effective science communication to the public, mainly for the policy makers and social practitioners, about the issue of food insecurity in the context of the COVID-19 pandemic with a focus on older adults and young children, hoping to highlight the importance of cross-agency collaboration in rising to the challenge of food security for the future practices.

1.2 Goals

The primary goal of this strategy is to provide policy makers and social practitioners with a basic knowledge of food insecurity and a best practice on food emergency response, so as to help them have more inspirations on the future development for food supply and distribution.

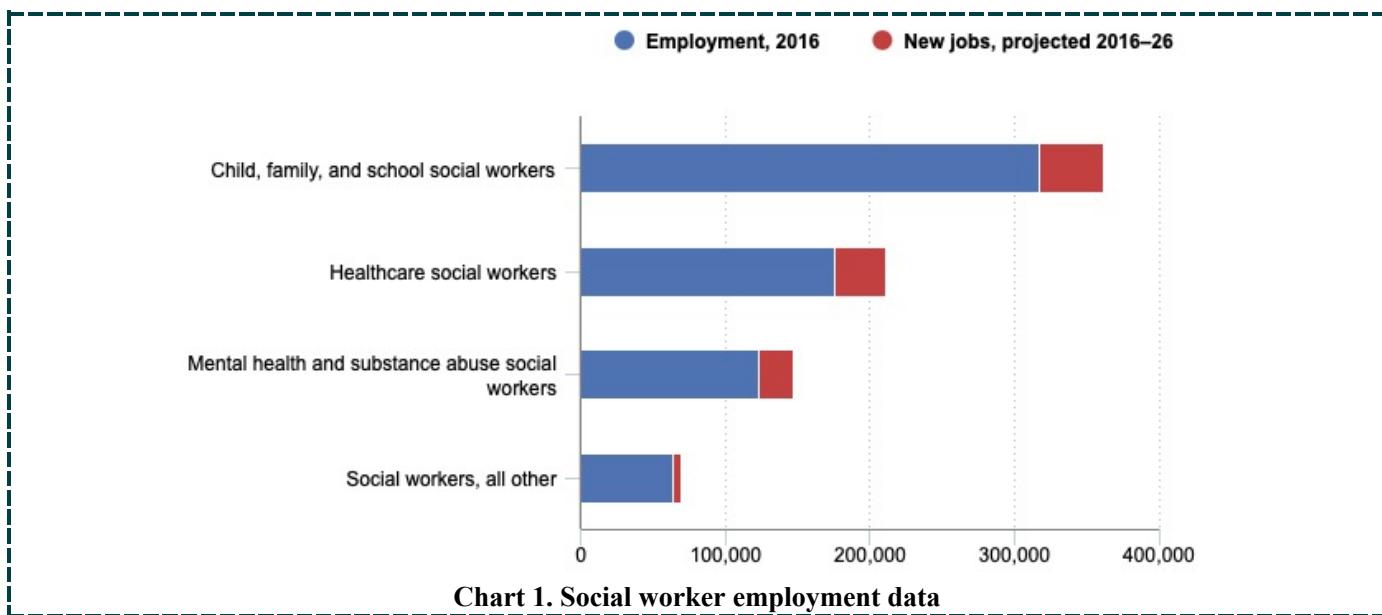
There are three dimensions to meet this goal. First, put forward food insecurity issue with data, related news and reports, providing information about how food insecurity affects our health and quality of life. Second, analyze key barriers and difficulties in dealing with the challenge of food security. Third, demonstrate possible solutions or best practices to handle food insecurity, with a case study of Tompkins County during the COVID-19 pandemic.

Success of effective science communication is measured both qualitatively and quantitatively. On one side, evaluation is based on whether positive feedback/comments/interactions are received on social media, under the blogs, or in the science event. On the other side, the number of viewers or attendees can directly reflect whether this science communication strategy is able to have a large impact.

1.3 Targeted Audience

The project is targeted for policy makers and social practitioners in the United States, who are making critical impact and great contributions to the community and society. There are 328.2 million populations in the United States, and 512,658 are politicians, with 534 federal, 17,628 state, and 493,830

local politicians. Local politicians, more specifically, can break down to 135,531 city elected officials, 126,958 township members, 58,108 county officers, 95,000 school board members, and 84,089 special district members.⁴ These policy makers play an important role to meet the pressing needs of the community, and thus the information on food insecurity is essential for them, especially during such a food crisis like the COVID-19, which can give them a broader perspective on food policy innovation, so as to help vulnerable populations get easier access to food. According to the data from U.S. Bureau of Labor Statistics (**Chart 1**), there are about 680,000 social workers in the United States before 2016, and the number is still increasing.⁵ Most of the social practitioners participate in the work for child, family and school, or focus on the healthcare industry to improve the life quality for individuals. Therefore, these social practitioners are also considered as targeted audiences, as they can learn more about how to better serve a food secure community and help individuals get through difficulties. In general, for this project, policy makers are targeted to inspire their ideas in food policy formulation, and social practitioners are targeted to promote their engagement in policy implementation on food supply and distribution.



1.4 Messaging Triangle

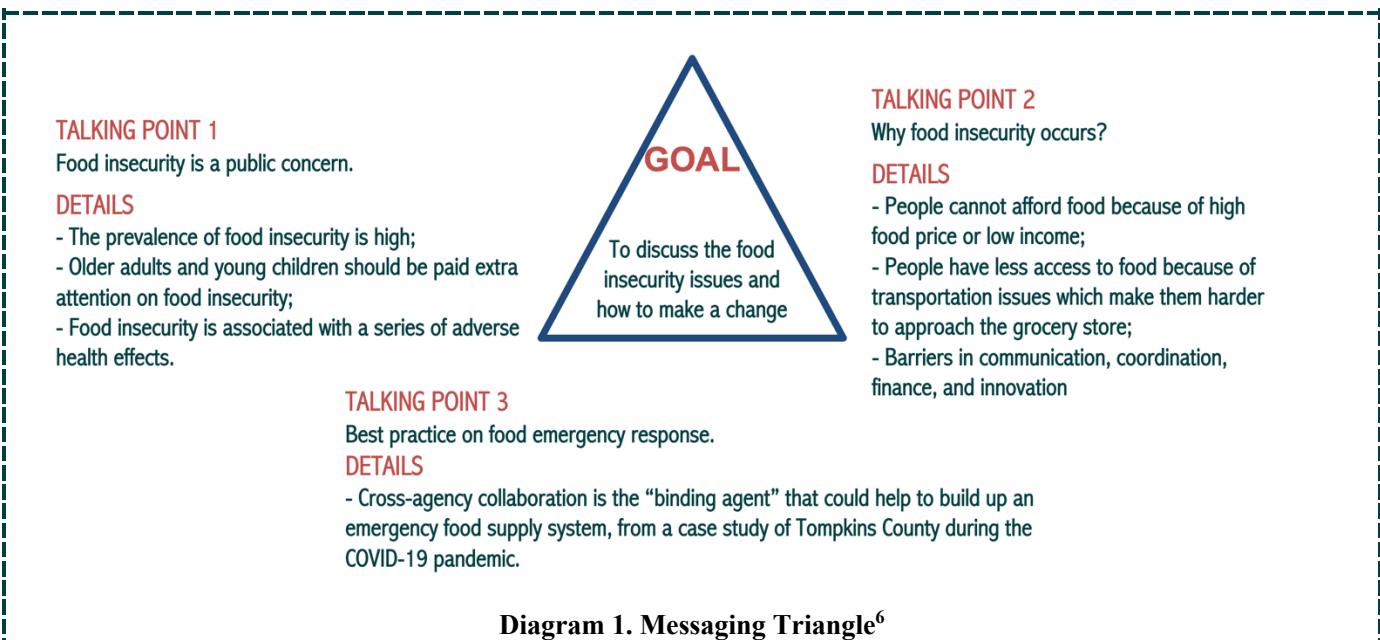
The messaging triangle describes the big structure for this science communication strategy plan.

Audience: Policy makers and social practitioners in the United States

Goal: To provide basic knowledge of food insecurity, identify key barriers to food security, and share a best practice on food emergency response.

Message: Food insecurity is associated with a series of adverse health effects, and cross-agency collaboration is critical to break the barriers in communication, coordination, finance, and innovation, and to build up a reliable emergency food supply system during food crises.

[Diagram 1] <https://cornell.box.com/s/8kviq9p314oilz5e4cwllrhe5utbahlu>



1.5 Public Event

Theme: Promoting a Food Secure Society

Time: 2021.02.01 9:00 AM - 12:00 PM

Location: Online (Zoom meeting)

Attendees: All the policy makers and social practitioners in the United States are welcome to attend.

Schedule:

9:00 AM	Welcome Remarks: Promoting a Food Secure Society
9:30 AM	Presentation: Challenge of Food Security during the COVID-19
10:00 AM	Presentation: Food Distribution System & Cross-agency Collaboration
10:30 AM	Presentation: Post-COVID Food Insecure Forecast & Innovative Approaches
11:00 AM	Presentation: Food Globalization & Nutritional Sustainability
11:30 AM	Open Discussion: Case Study, Best Practices, etc.

Public event is the essential part as an outreach for science communication. In this project, the attendees are targeted at policy makers and social practitioners who are quite busy, and thus online meeting is an ideal form which is convenient, time saving, and no venue fee needed.

Regarding advertising, we may send invitations to a broad range of government agencies and non-profit organizations through email, and we will also share the message through our official website, as well as social media including Facebook, Twitter, Instagram, etc. If necessary, a promotion fee for advertising on the social media platforms is expected, in order to reach out to a larger population.

2. POLICY MEMO

TO: Health Foundation for Western & Central New York

FROM: Jeremy Xu, Student

DATE: Dec 7, 2020

RE: Cross-agency Collaboration in Rising to the Challenge of Food Security

Introduction

During the COVID-19 pandemic, a number of community organizations in Tompkins County stepped up to the challenge of food security and built overnight a new system for food delivery towards older adults and young children. This initiative was made possible by cross-agency collaboration, where dynamic governance was applied across the emergency food supply system that includes funders, transportation providers, food providers, and information providers. Cross-agency collaboration is a powerful institutional reform that can improve effective governance in addressing food insecurity issues.⁷

Multi-agency Response to Food Insecurity

Tompkins County Office for the Aging (COFA) and Child Development Council are the key players in this collaboration. COFA allocated funds and subcontracted with Foodnet Meals on Wheels to provide meals to people. They coordinated with the Food Bank of Southern Tier for food delivery, and they also had a list of volunteers for grocery shopping. The Child Development Council partnered with Gadabout (a para-transit agency) and local school districts for delivery of formula and baby supplies via their buses.

Evaluation

The cross-agency collaboration has shown how the dynamics of power were applied differently in response to the crisis. From these multi-agency responses and collaboration, we can see the importance of partnership in addressing key barriers of effective governance. For barriers in communication, we need to maintain a trusted relationship where people can get connections easily. For barriers in coordination, we need to improve a collaborative relationship where diverse agencies can each play their unique role in the whole governance system. For barriers in finance, we need to build up a supportive relationship where organizations can get consistent financial support. And for barriers in innovation, we need to explore a dynamic relationship where organizations can take innovative approaches in response to the crisis. Cross-agency collaboration is exactly the “binding agent” that could help to promote these partnerships, which enabled Tompkins County to build such an effective emergency food supply system during this pandemic.

Future Development

Cross-agency collaboration is just the first step to address the public concern, and higher levels of collaboration and partnerships are required to make the whole governance system stronger and more reliable. Hopefully in the future, we will be able to reach out more to grocery stores for delivery, or to the Food Bank for food pantries. We also need to see how we can reach out to food pantries with an innovative system, and how we can reach out to grocery stores for easier access and distribution.

Therefore, we should think deeper about how the community and local government can move beyond this collaboration and push forward, establishing a more comprehensive system to address food challenges for everyone in need.

3. BLOG POST

A Narrative of My SciComm Strategy Project - Food Security

This is a project for science communication strategy by Jeremy Xu for the course BIOG 3500.

During the course of 2020, the COVID-19 pandemic has dramatically impacted our lifestyle, and we turned our attention to a series of social and health issues that are related to human development. Food insecurity has become one of the most severe public concerns and we need to seek new ways for building up a new, reliable, and sustainable food supply system to meet the pressing needs of our local community. Under this circumstance, Tompkins County has made a good practice with the joint efforts of many local non-profit organizations and agencies that have collaborated with each other to deal with the challenge of food security.

To profile this initiative as a best practice, I have written a report this summer supervised by Prof. Mildred Warner and Dr. Xue Zhang, identifying and highlighting the importance of cross-agency collaboration in rising to the challenge of food security. In hope to develop and apply this research project to a wider area for a larger social impact, I took the Science Communication course instructed by Mark Sarvary and Kitty Gifford this fall semester, learning communication methods in a strategic way. At the end of this semester, I produced a comprehensive plan for science communication strategy, and the purpose of this plan is to share a basic knowledge of food insecurity, as well as the the hunger issue in the context of the COVID-19 pandemic with a focus on older adults and young children, so as to help policy makers as well as social practitioners have more inspirations on the future development in policy formulation and implementation to food supply and distribution.

I had an interview with Jessica Gosa, the executive director of Foodnet Meals on Wheels. We had a great conversation on how Foodnet made new and effective approaches to food supply and distribution during this pandemic.

The infographic that I made is also a good summary for my project, covering the background of food insecurity as well as its adverse health outcomes, illustrating current barriers to solve this problem, highlighting the role of cross-agency collaboration, and sharing the link and QR code to access the best practice report.

I really appreciated this great chance to produce such a comprehensive communication plan that involves different dimensions of elements including policy memo, blog post, podcast, infographic, etc. And the application of different social media (Twitter, Wikipedia, Tumblr, and Spotify) also honed my skill sets in social interaction. With my professional goal in public health and public policy, I am sure that this learning experience in science communication will support and sustain my career pathway in public engagement!

###

The full text blog is available on <http://jeremyxu.life/?p=4577>.

4. AUDIO AND VISUALS

4.1 Radio Podcast

In this project, a podcast was used for science communication. There are three components in this podcast corresponding to the messaging triangle:

1. Introduced and made a definition on food insecurity, as well as its impact on our physical and mental health.
2. Proposed the barriers to food security and emphasized the high prevalence of food insecurity rate with data.
3. Highlighted the urgent food needs during the COVID-19 pandemic, declared the necessity to make an effective response to food insecurity, and showed the value of cross-agency collaboration and partnership through an interview with Jessica Gosa at *Foodnet Meals on Wheels*.

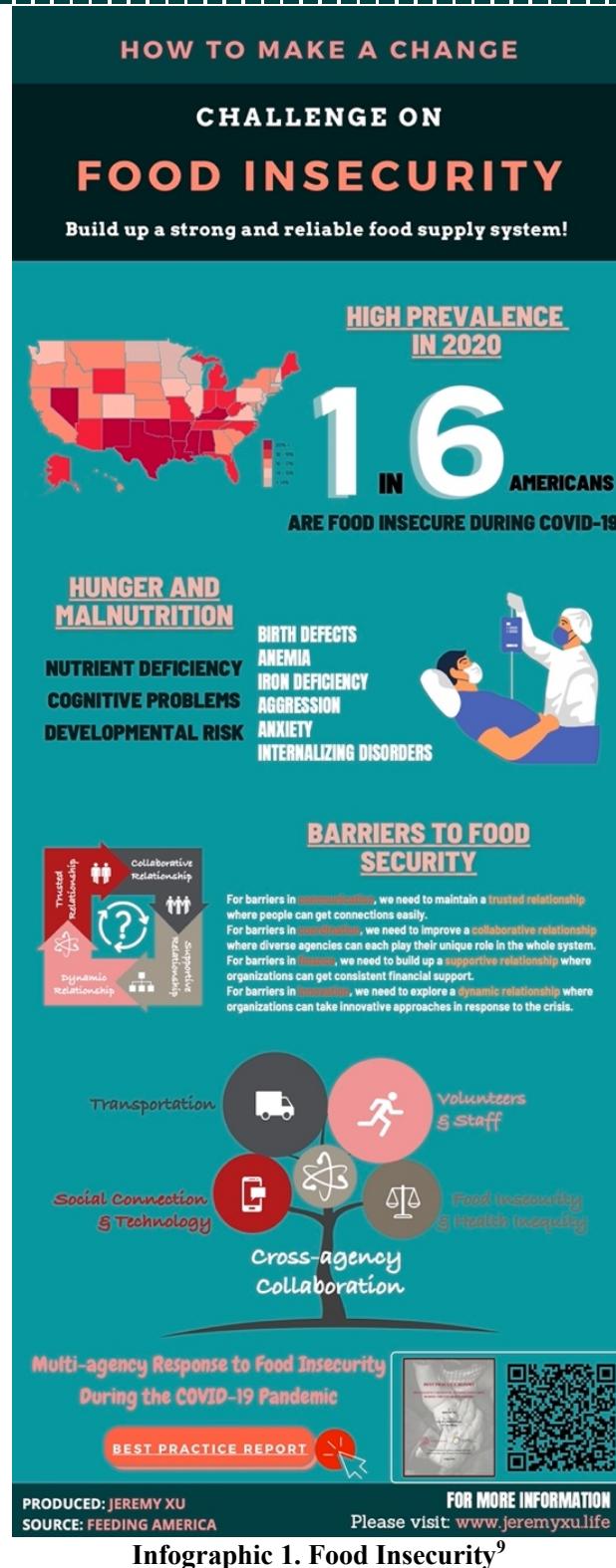
The overall length of the podcast is 10min25s, in an mp3 format. The podcast was uploaded to the *Spotify* platform, and was also involved in the blog post. *Zoom* was used for interview recording, *QuickTime Player* was used for narrative recording, and *GarageBand* was used for audio editing. The podcast link is attached below.⁸

[Platform 1 Spotify] <https://open.spotify.com/show/2BzRUVdGzpjuMazEKF66av>

[Platform 2 Blog] http://jeremyxu.life/wp-content/uploads/2020/12/2020-12-02-Podcast_Food-Insecurity_Jeremy-Xu.mp3

4.2 Infographic

[Infographic] <https://cornell.box.com/s/bvv20o831rgfept5rzs4ad536l9tvg7g>



Infographic 1. Food Insecurity⁹

5. DIGITAL PLATFORMS

5.1 Twitter

5.1.1 Organizing and Posting Tweets

Theme: Promoting Food Security in the Context of COVID-19

Schedule:

Time	Content
2020.12.05 7:30 PM	Background: Food Insecurity & Mapping
2020.12.05 8:00 PM	Vote: Food-Insecure Populations
2020.12.05 8:30 PM	Infographic: Prevalence, Health, and Barriers
2020.12.05 9:45 PM	Podcast: Food Supply and Distribution
2020.12.05 11:00 PM	Blog: Brief Summary and Reflection

[Twitter 1] https://twitter.com/Jeremy_xuijai/status/1335380937702600704

[Twitter 2] https://twitter.com/Jeremy_xuijai/status/1335388495251202050

[Twitter 3] https://twitter.com/Jeremy_xuijai/status/1335396038228643841

[Twitter 4] https://twitter.com/Jeremy_xuijai/status/1335415066213150721

[Twitter 5] https://twitter.com/Jeremy_xuijai/status/1335433794111889409

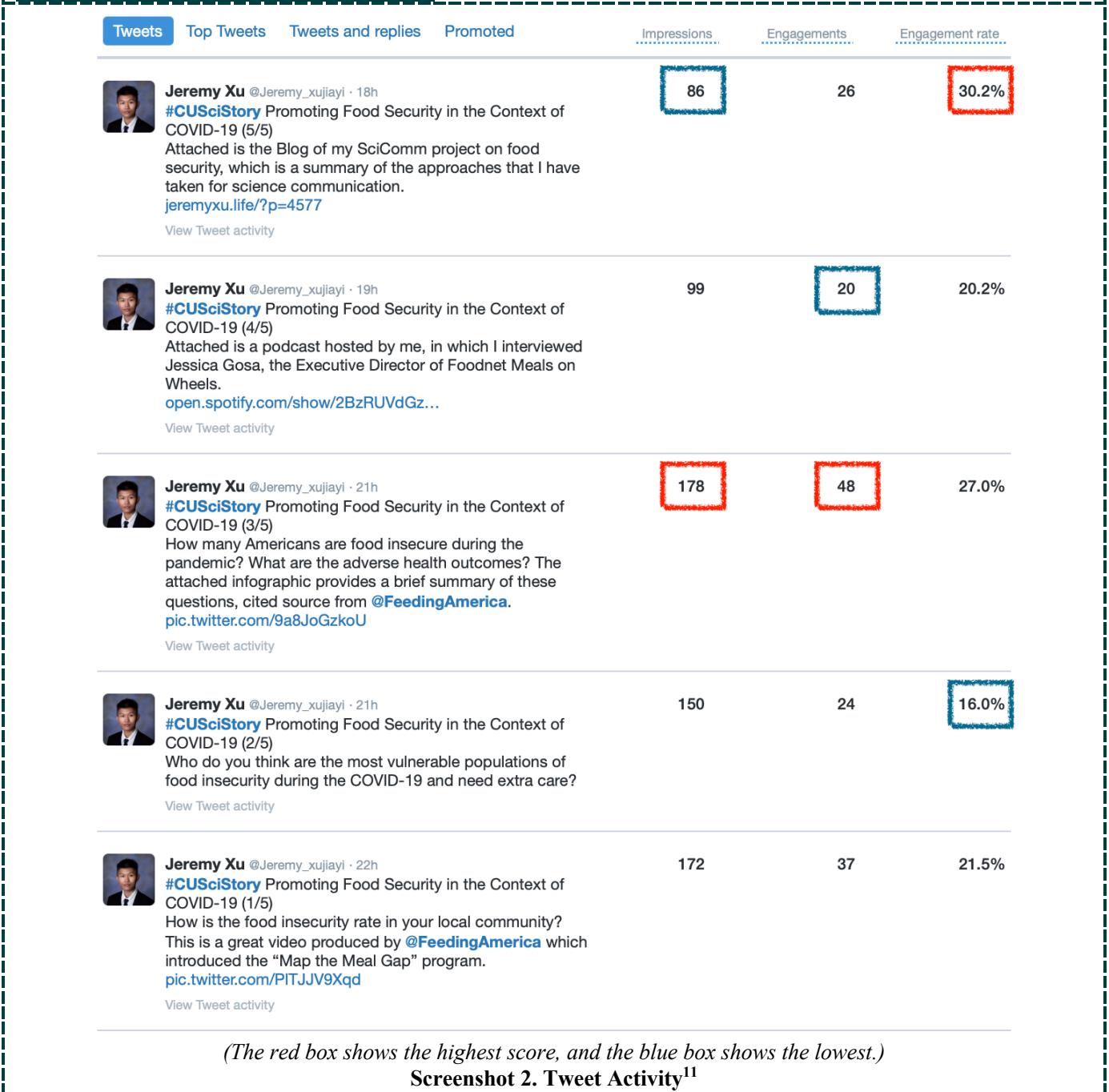
The screenshot shows a series of tweets from Jeremy Xu (@Jeremy_xuijai) on the Twitter platform. The tweets are organized into a thread:

- Tweet 1:** A video from Feeding America titled "How to Make a Change: Challenge on Food Insecurity". It discusses building a strong and reliable food supply system.
- Tweet 2:** A blog post from Feeding America titled "Hunger in America". It provides basic knowledge about food insecurity and its causes.
- Tweet 3:** A blog post from Feeding America titled "Food Insecurity and COVID-19". It discusses how food insecurity may increase in 2020 due to COVID-19.
- Tweet 4:** A cross-agency network diagram titled "Food Security Network". It illustrates the interconnectedness of various organizations involved in food distribution.
- Tweet 5:** A poll asking who are the most vulnerable populations of food insecurity during COVID-19. The results are as follows:

Category	Percentage
Older Adults / Disabled	42.9%
School Children	28.6%
Unemployed People	28.6%
Infants	0%

Caption: Screenshot 1. Tweets¹⁰

5.1.2 Tweets Metrics and Evaluation



The metrics of the 5 tweets were evaluated one day after being posted. The third tweet, which is about the infographic, had higher impressions and engagements than the other four tweets; while the fourth and the final tweets, both of which were attached with links, had lower impressions or engagements. The public may prefer tweets with *explicit visuals* than those with *implicit visuals*, and thus for Twitter platform, attached infographics could be more effective and readable than attached external links which need extra click and waiting for load.

5.1.3 Application and Expectation

Twitter is commonly used as the primary platform for science communication. In this project, 5 tweets were posted in sequential order, which integrated all the related information together. The first tweet was intended to provide the audience with a basic knowledge of food insecurity, based on the map of feeding gaps produced by Feeding America that help the public have a general idea of the food insecurity issue during the COVID-19 pandemic. The second tweet as a vote was an interaction, motivating the audience to think about food access among disadvantaged groups. The third tweet was integrated with the infographic that described the prevalence and health outcomes of food insecurity, as well as key barriers to food security, helping the audience think about the topic of food insecurity much further; the cross-agency collaboration tree model may also produce inspiration on how to deal with the challenge of food security. The fourth tweet shared my podcast of an interview with Jessica Gosa at *Foodnet Meals on Wheels*, which may encourage the audience to further explore practical methods and innovative approaches to build up an emergency food supply system in handling food insecurity during the crisis. The final tweet shared my blog which served as a brief summary and reflection of this science communication strategy, giving the audience a more systematic knowledge of food insecurity.

5.2 Wikipedia

5.2.1 Editing Wikipedia

[Article 1] https://en.wikipedia.org/wiki/Meals_on_Wheels

[Screenshot 3] <https://cornell.box.com/s/cnmbvflzbjw8rx60h2pud3v4v20kft1>

[Screenshot 4] <https://cornell.box.com/s/dabf85odmgwbc5f901yk6q6sz6gnxr>

Article 1: Meals on Wheels

Specialty Meals on Wheels programmes, such as "Kosher Meals on Wheels", also exist to service niche clientele. [citation needed]

MOWAAF study on hunger [edit]

The Meals On Wheels Association of America Foundation (MOWAAF),^[44] recognizing that hunger is a serious threat facing millions of seniors in the United States, determined that understanding of the problem is a critical first step to developing remedies.^[45] In 2007, MOWAAF, underwritten by the Harrah's Foundation, commissioned a research study entitled *The Causes, Consequences and Future of Senior Hunger in America*.^[46] The report was released at a hearing of the U.S. Senate Special Committee on Aging in March 2008 in Washington, D.C.

The study found that in the United States, over 5 million seniors, (11.4% of all seniors), experience some form of food insecurity, i.e. were marginally food insecure. Of these, about 2.5 million are at-risk of hunger, and about 750,000 suffer from hunger due to financial constraints. Some groups of seniors are more likely to be at-risk of hunger. Relative to their representation in the overall senior population, those with limited incomes, under age 70, African-Americans, Hispanics, never-married individuals, renters, and persons living in the southern United States are all more likely to be at-risk of hunger. While certain groups of seniors are at greater-risk of hunger, hunger cuts across the income spectrum. For example, over 50% of all seniors who are at-risk of hunger have incomes above the poverty threshold. Likewise, it is present in all demographic groups. For example, over two-thirds of seniors at-risk of hunger are caucasian. There are marked differences in the risk of hunger across family structure, especially for those seniors living alone, or those living with a grandchild. Those living alone are twice as likely to experience hunger compared to married seniors. One in five senior households with a grandchild, but no adult child, present is at risk of hunger, compared to about one in twenty households without a grandchild present. Seniors living in non-metropolitan areas are as likely to experience food insecurity as those living in metropolitan areas, suggesting that food insecurity cuts across the urban-rural continuum.^[47]

2017 proposed budget cuts [edit]

In March 2017, President Donald Trump's proposed budget would make cuts to block grants that go towards spending on Meals on Wheels.^[48] Defending these cuts, director of the Office of Management and Budget Mick Mulvaney said that "Meals on Wheels sounds great" but that the program is one of many that is "just not showing any results."^{[49][50]}

Foodnet Meals on Wheels

Foodnet Meals on Wheels is an age-friendly organization in Tompkins County, with a mission to provide nutritious meals and healthcare services for older adults. In response to the COVID-19, Foodnet Meals on Wheels updated their precaution measurements to ensure food supply. An every-other-day schedule was applied to home food delivery, by which people received once a hot meal with a frozen meal for the other day. Nutrition services including nutrition counseling, assessment and education were conducted through telephone.^{[48][49]}

Impact [edit]

A 2013 review study on the impact of home-delivered meal programs found that "all but two studies found home-delivered meal programs to significantly improve diet quality, increase nutrient intakes, and reduce food insecurity and nutritional risk among participants. Other beneficial outcomes include increased socialization opportunities, improvement in dietary adherence, and higher quality of life."^{[1][2]} The study concluded, "Home-delivered meal programs improve diet quality and increase nutrient intakes among participants. These programs are also aligned with the federal cost-containment policy to rebalance long-term care away from nursing homes to home- and community-based services by helping older adults maintain independence and remain in their homes and communities as their health and functioning decline."^{[1][2]}

See also [edit]

- [Food preferences in older adults and seniors](#)
- [Meals on Wheels Association of America](#)

Wikimedia Commons has media related to [Meals on Wheels](#).



Screenshot 3. Paragraph¹²

- Archived²³ 23 July 2011 at the Wayback Machine, Walsall Council, UK. Retrieved 2 February 2009.
7. ^ "Obituary Notices". British Medical Journal. 3 (5559): 246–248. 22 July 1967. doi:10.1136/bmj.3.5559.246. ISSN 0007-1447. PMC 1842524.
8. ^ "Gulati, (Harbans) Lall (1895–1967), general practitioner, ophthalmologist, and local politician | Oxford Dictionary of National Biography". doi:10.1093/ref:odnb/9780199214128.001.0001/odnb-9780199214128-e-73274. (subscription required)
9. ^ Greg Crafter, *Taylor, Doris Irene (1901 - 1968)* Archived²⁴ 16 August 2008 at the Wayback Machine, Australian Dictionary of Biography, Volume 16, Melbourne University Press, 2002, pp 364–365.
10. ^ Prepared in a Nissen hut donated by the Le Messurier family, the meals were cooked and delivered by 11 volunteer helpers, an example since followed by thousands of caring, community-minded South Australians throughout the State. Doris Taylor was an inspiration to many; paralysed from the age of 11 after a childhood accident, she spent her life using a wheelchair. Doris had the vision to imagine volunteers supporting housebound members of their community by home-delivering a nourishing meal, and the determination and passion to make it happen. For the 15 years from the birth of Meals on Wheels in South Australia to her death in 1968, Doris Taylor remained the inspiration and the driving force behind the organisation. Today, Doris's dream of helping the elderly, housebound and disabled remain at home a long as possible has grown into a team of 10,000 volunteers who prepare, drive and deliver meals to 5,000 clients across South Australia. For more information about Meals on Wheels in South Australian, visit <http://www.mealsonwheelssa.org.au>. Archived²⁵ 27 September 2008 at the Wayback Machine
11. ^ Cudmore M., 1996, A Meal a Day, South Australia, Gillingham Printers
- Machine, Victorian Meals on Wheels. Retrieved 10 October 2008.
20. ^ "2012 Queensland Greats recipients". Queensland Government. Archived²⁶ from the original on 31 May 2017. Retrieved 31 May 2017.
21. ^ Main Australian Meals on Wheels site Archived²⁷ 12 October 2008 at the Wayback Machine, Retrieved 10 October 2008.
22. ^ Canadian Meals on Wheels and Senior Meal Programmes, Retrieved 10 October 2008.
23. ^ Meals on Wheels of Winnipeg Archived²⁸ 16 August 2009 at the Wayback Machine, Retrieved 10 October 2008.
24. ^ 2016, Meals on Wheels Longford, "Meals on Wheels Longford", www.mealsonwheelsoflongford.ie. Archived²⁹ from the original on 31 May 2016. Retrieved 17 May 2016.
25. ^ The U.K. National Association of Care Catering Archived³⁰ 21 September 2008 at the Wayback Machine, Retrieved 10 October 2008.
26. ^ b The Meals On Wheels Association of America (MOWAA) Archived³¹ 12 April 2005 at the Wayback Machine, Retrieved 10 October 2008.
27. ^ Community Meals Archived³² 21 November 2008 at the Wayback Machine, Suffolk County Council, UK.
28. ^ Community Meals on Wheels Week Archived³³ 10 June 2009 at the Wayback Machine, National Association of Care Catering.
29. ^ The Duchess delivers meals on wheels to an elderly Ballater resident Archived³⁴ 10 December 2008 at the Wayback Machine, 6 October 2008, princeofwales.gov.uk
30. ^ Ian Mason Meals on wheels changes hard to swallow Archived³⁵ 20 May 2011 at the Wayback Machine, 18 July 2008, Richmond and Twickenham Times, richmondandtwickenhamtimes.co.uk. Retrieved on 7 July 2009.
- 11 October 2020.
39. ^ a b "Trump budget: Meals on Wheels cutback prompts backlash". BBC News. 17 March 2017. Archived³⁶ from the original on 17 March 2017. Retrieved 17 March 2017.
40. ^ a b c "Trump's Cuts to Meals on Wheels Could Hurt Veterans, Raise Health-Care Costs". Bloomberg.com. 17 March 2017. Archived³⁷ from the original on 17 March 2017. Retrieved 17 March 2017.
41. ^ Foltrell, Quentin. "This is how much it costs 'Meals on Wheels' to feed one elderly person for a year". MarketWatch. Archived³⁸ from the original on 16 March 2017. Retrieved 17 March 2017.
42. ^ Citymeals-on-Wheels Archived³⁹ 9 May 2008 at the Wayback Machine, New York. Retrieved 25 March 2010.
43. ^ About Us Archived⁴⁰ 28 May 2011 at the Wayback Machine, The Mission Continues. Retrieved 27 May 2009.
44. ^ Meals on Wheels Association of America Foundation Archived⁴¹ 14 May 2009 at the Wayback Machine (MOWAAF)
45. ^ Understanding Senior Hunger Archived⁴² 14 May 2009 at the Wayback Machine, Meals On Wheels Association of America, www.mowaa.org
46. ^ Ziliak, Gunderson and Haist. (2007) *The Causes, Consequences and Future of Senior Hunger in America* Archived⁴³ 6 December 2008 at the Wayback Machine, University of Kentucky Center for Poverty and Research, Lexington, KY. (88pages. 2MB.)
47. ^ Excerpt from "The Causes, Consequences and Future of Senior Hunger in America", Executive Summary, pp.i-ii
48. ^ Our Programs Foodnet. Retrieved 27 October 2020.
49. ^ a b Foodnet Meals on Wheels Archived⁴⁴, Retrieved 27 October 2020.

Screenshot 4. Source¹³

[Article 2] https://en.wikipedia.org/wiki/Community_food_security
 [Screenshot 5] <https://cornell.box.com/s/l8rvjhvqoexkaffxfp1j92su5011hvbo>
 [Screenshot 6] <https://cornell.box.com/s/p2dp69u8dd1o2qnlgp4snhh2mvv0nbkw>

Article 2: Community food security

Advocacy [edit]

Advocacy is another important strategy in achieving CFS.^{[27][31][32]} Promoting locally grown, seasonal, and organic foods in the community can help to support the local economy and protect the environment.^[12] Provision of opportunities and enabling conditions for more food to be produced and purchased locally can be done by promoting the benefits of local consumption to the public and by providing incentives and subsidies to farmers. Increasing food production in a community creates a more sustainable food system and lessens reliance on imports from other communities.^[12] Advocacy is also important for social equity to ensure that everyone in the community has access to nutritious foods and the ability to participate in decision-making.^[12] Conducting research in a community to determine the cost of a nutritious diet and the availability of healthy foods in low-income neighbourhoods can result in data that can be used to advocate for policy change.^[32] Advocating for increases in minimum wage to a living wage and more affordable housing is thought to allow community members to have more money available to purchase food. For ethical concerns about where food comes from or if it was harvested in an environmentally sustainable way, one can advocate for stricter regulations on food labels.^[12]

Policy [edit]

Policy development and change processes are critical to CFS. McCullum suggests several approaches including: advocating for public policies to support a multi-sectoral approach to CFS; assessing policies that are currently in place to see how they can enable or hinder CFS; collaboration among stakeholders across sectors such as education, labour, economic development, agriculture and health; and involving all stakeholders, including community members, in the decision-making process to alter or create more effective policies that ensure availability of healthy foods to all community members.^{[12][33]}

Cross-agency collaboration within the community can help to promote a more reliable food supply system, where effective social services are delivered to meet the complex needs of the community.^[34] However, approaches to cross-agency collaboration need more case studies and social practices in the future so as to find out a best practice to solve the community food challenge. In addition, the government need to find out innovative and sustainable ways to help local residents have easier access to food.^[35]

Participatory action research [edit]

Participatory action research (PAR) is an approach to research that involves participation of the individuals who are most involved, affected, and impacted by the issue being studied.^[36] PAR allows issues recognized by those directly affected to be involved in the research designed to address these issues. PAR provides education and empowerment for both participants and researchers, as both are respected contributors to the research process.^{[27][31][32]} PAR can help to empower citizens to achieve social change and influence policy; reduce stigma and stereotypes; and ensure successful, sustainable outcomes are achieved. At the community level PAR is an excellent strategy to help achieve CFS as it involves those directly affected in the issue.^[36] The evidence-based data collected from PAR can be used in decision making to support the need for policy change, as strong evidence is needed in order to receive support from government.^{[5][36]} An example of a PAR that addresses CFS is the Activating Change Together for Community Food Security (ACT for CFS) project in Nova Scotia, Canada, which uses PAR to better understand and improve CFS in Nova Scotia (<http://foodarc.ca/actforcfs>). The final reports from ACT for CFS can be accessed at <http://foodarc.ca/project-pages/results-publications/>. PAR is conducive to knowledge mobilization, increased awareness, capacity-building, evidenced-based research, direct action, and collaboration of efforts from various stakeholders, individuals and organizations working to improve CFS and CFS-related policy.

Related Terms [edit]

Food sovereignty [edit]

Food sovereignty is a term popularized by La Via Campesina, an international peasant movement composed of ordinary citizens, small and medium scale farmers, rural women and indigenous communities.^[37] In response to the globalization of agriculture this movement works to promote the importance of people and communities taking responsibility of our food systems. The term food sovereignty stresses that individuals have the right to a voice in food and agricultural policies as well as the right to produce their own food in their own territory. Food concerns such as genetically modified organisms (GMOs), environmental degradation, trade negotiations, and food safety have inspired interest in alternative solutions to improve current food systems. Seeds are one of

Screenshot 5. Paragraph¹⁴

- Facente, S.; Halpin, H. A.; Minkler, M. (28 August 2007). "Addressing Food Security Through Public Policy Action in a Community-Based Participatory Research Partnership". *Health Promotion Practice*. 8 (4): 342–349. doi:10.1177/1524839906298501. PMID 17728199. S2CID 7107212.
5. ^{a b c d e f} Power, E. (2005). "Individual and household food insecurity in Canada: Position of Dietitians of Canada". *Canadian Journal of Dietetic Practice and Research*. 66 (1): 43–46. doi:10.3148/66.1.2005.43. PMID 1706874.
6. ^{a b c} McIntyre, L. (2003). "Food security: more than a determinant of health". *Policy Options*. 24 (3): 46–51.
7. ^{a b c} Kirkpatrick, S.; Tarasuk, V. (2008). "Food insecurity in Canada: Considerations for monitoring". *Canadian Journal of Public Health*. 99 (4): 324–327. doi:10.1007/BF03403765. PMC 6975727.
- PMID 18767280. Archived from the original on 2014-02-22. Retrieved 2013-05-29.
8. ^{a b} Health Canada (2010-06-22). "Household food insecurity in Canada: Overview - Food and Nutrition Surveillance". *Health Canada website*. Retrieved 10 February 2013.
9. ^a Twiss, J.; Dickinson, J.; Duma, S.; Kleinman, T.; Paulsen, H.; Rilivera, L. (2003). "Community gardens: Lessons learned from California healthy cities and communities". *American Journal of Public Health*. 93 (9): 1435–1438. doi:10.2105/ajph.93.9.1435. PMC 1447988.
- PMID 12948958.
10. ^a Page, M (2008). "Gardening as a therapeutic intervention in mental health". *Nursing Times*. 104 (45): 28–30. PMID 19051686.
11. ^{a b} Larsen, K.; Gilliland, J. (1 January 2008). "Mapping the evolution of 'food deserts' in a Canadian city: Supermarket accessibility in London, Ontario, 1961–2005". *International Journal of Health Geographics*. 7 (1): 16. doi:10.1186/1476-072X-7-16. PMID 2367138.
- PMID 18423005.
12. ^{a b c d e f g h} McCullum, C.; Desjardins, E.; Kraak, V. I.; Ladipo, P.; Costello, H. (2005). "Evidence-based strategies to
- Journal of Community Practice*. 15 (3): 37–55. doi:10.1300/J125v15n03_03.
18. ^a Canadian Home Economics Association (1999). "Position paper of the Canadian Home Economics Association on food security". *Canadian Home Economics Journal*. 49 (1): 5–7.
19. ^a Centre for Studies in Food Security: Ryerson University. "Food Security Defined". Ryerson University. Archived from the original on 24 June 2013. Retrieved 1 April 2013.
20. ^{a b} Story, M; Kaphingst, KM; Robinson-O'Brien, R; Glanz, K (2008). "Creating healthy food and eating environments: policy and environmental approaches". *Annual Review of Public Health*. 29 (1): 253–72. doi:10.1146/annurev.publhealth.29.020907.090926.
- PMID 18031223.
21. ^a Nova Scotia Nutrition Council, Atlantic Health Promotion Research Centre, Nova Scotia Community Action Program for Children and Canada Prenatal Nutrition Program Family Resource Centres (2006). "Thought About Food? Understanding the Relationship Between Food Security and Well-Being in Nova Scotia" (PDF). Archived from the original (PDF) on 2010-04-15. Retrieved 2013-06-03.
22. ^{a b} Winne, Mark (2004). "Community Food Security: Promoting Food Security and Building Healthy Food Systems".¹⁵
23. ^a Hamm, MW; Bellows, AC (2003). "Community Food Security and Nutrition Educators". *Journal of Nutrition Education and Behavior*. 35 (1): 37–43. doi:10.1016/s1499-4046(06)60325-4. PMID 12588679.
24. ^a Hosfeld, Leslie; Brooke, Kelly; Waity, Julia (2016). "Solutions to the Social Problem of Food Insecurity in the United States". *Agenda for Social Justice: Solutions for 2016*. 44. JSTOR j.ctt18968.10.
25. ^a Barracough, Solon (1991). *An End to Hunger?: The Social Origins of Food Strategies*. London: Zed.
26. ^{a b} Senge, D.; Schramer, O.C.; Jaworski, J.; Flowers, B. (2004). *Presence: Human purpose and the field of the future*. New York: Random House. ISBN 978-0385516303.
31. ^{a b} Williams, Patricia L.; MacAulay, Rita B.; Anderson, Barbara J.; Barro, Kimberlee; Gillis, Doris E.; Johnson, Christine P.; Langille, Lynn L.; Moran, Shelley; Reimer, Debra E. (1 April 2012). "I Would Have Never Thought That I Would Be in Such a Predicament": Voices From Women Experiencing Food Insecurity in Nova Scotia, Canada". *Journal of Hunger & Environmental Nutrition*. 7 (2–3): 253–270. doi:10.1080/19320248.2012.704740.
- S2CID 143674367.
32. ^{a b c} Williams, Patricia; Amero, Michelle; Anderson, Barbara; Gillis, Doris; Green-Lapierre, Rebecca; Johnson, Christine; Reimer, Debra (2012). "A Participatory Food Costing Model in Nova Scotia". *Canadian Journal of Dietetic Practice and Research*. 73 (4): 181–188.
- doi:10.3148/73.4.2012.181.
- PMID 23217445.
33. ^a McCullum, C.; Pelletier, D.; Barr, D.; Wilkins, J. (2002). "Use of participatory planning process as a way to build community food security". *Journal of the American Dietetic Association*. 102 (7): 962–967. doi:10.1016/s0002-8223(02)90220-8.
- PMID 12146560.
34. ^a Lips, A. Miriam; O'Neill, Rose R.; Eppel, Elizabeth A. (2011-03-08). "Cross-Agency Collaboration in New Zealand: An Empirical Study of Information Sharing Practices, Enablers and Barriers in Managing for Shared Social Outcomes". *International Journal of Public Administration*. 34 (4): 255–266. doi:10.1080/01900692.2010.533571.
- ISSN 0190-0692.
35. ^a Diehl, Jessica Ann; Sweeney, Erin; Wong, Bennett; Siu, Ching Sian; Yao, Haomi; Prabhudesai, Manasi (2020-09-01). "Feeding cities: Singapore's approach to land use planning for urban agriculture". *Global Food Security*. 26: 100377. doi:10.1016/j.gfs.2020.100377. ISSN 2211-9124.
36. ^{a b c d e f} Minkler, M (2000). "Using participatory action research to build healthy communities". *Public Health Reports*. 115 (2): 191–197. doi:10.1093/phr/115.2.191.
- PMC 1308710.
- PMID 10968753.
37. ^a Desmarais, Annette Aurélie (2008). "The power of

Screenshot 6. Source¹⁵

[Talk] https://en.wikipedia.org/wiki/Talk:Meals_on_Wheels

Talk Page: Added New Source

Hello fellow Wikipedians,

I have just modified one external link on Meals on Wheels. Please take a moment to review my edit. If you have any questions, or need the bot to ignore the links, or the page altogether, please visit this simple FaQ for additional information. I made the following changes:

- Added archive <https://web.archive.org/web/20080720174436/http://www.greaterdandenong.com/Documents.asp?ID=112&Title=Meals+on+Wheels>

When you have finished reviewing my changes, you may follow the instructions on the template below to fix any issues with the URLs.

As of February 2018, "External links modified" talk page sections are no longer generated or monitored by InternetArchiveBot. No special action is required regarding these talk page notices, other than regular verification using the archive tool instructions below. Editors have permission to delete these "External links modified" talk page sections if they want to de-clutter talk pages, but see the RIC before doing mass systematic removals. This message is updated dynamically through the template {{sourcecheck}} (last update: 15 July 2018).

- If you have discovered URLs which were erroneously considered dead by the bot, you can report them with this tool.
- If you found an error with any archives or the URLs themselves, you can fix them with this tool.

Cheers.—InternetArchiveBot (Report bug) 03:24, 31 December 2017 (UTC)

Added New Source [edit]

Hello fellow Wikipedians,

I have just added one of the Meals on Wheels programs in the United States under the section of *Modern programmes*, as it is a good example that reflected the contribution of Meals on Wheels to the older adults, especially during the crisis when food insecurity and physical isolation made it harder for seniors to get adequate resources.

Foodnet Meals on Wheels is an age-friendly organization in Tompkins County, with a mission to provide nutritious meals and healthcare services for older adults. In response to the COVID-19, Foodnet Meals on Wheels updated their precaution measurements to ensure food supply. An every-other-day schedule was applied to home food delivery, by which people received once a hot meal with a frozen meal for the other day. Nutrition services including nutrition counseling, assessment and education were conducted through telephone.

~Jeremypupup (talk) 00:07, 7 December 2020 (UTC)

Categories: Start-Class Food and drink articles | Food and drink articles with incomplete B-Class checklists | Food and drink articles needing attention to referencing and citation | Food and drink articles needing attention to coverage and accuracy | Food and drink articles needing attention to structure | Food and drink articles needing attention to grammar | Food and drink articles needing attention to supporting materials | Food and drink articles needing attention to accessibility | Low-importance Food and drink articles | WikiProject Food and drink articles

This page was last edited on 7 December 2020, at 00:07.

Text is available under the Creative Commons Attribution-ShareAlike License; additional terms may apply. By using this site, you agree to the Terms of Use and Privacy Policy. Wikipedia® is a registered trademark of the Wikimedia Foundation, Inc., a non-profit organization.

[Privacy policy](#) [About Wikipedia](#) [Disclaimers](#) [Contact Wikipedia](#) [Mobile view](#) [Developers](#) [Statistics](#) [Cookie statement](#)



Screenshot 7. Talk Page¹⁶

5.2.2 Application and Expectation

Wikipedia is applied for a professional explanation of the key words in this project: “Meals on Wheels” and “Community food security”. I cited and added new sources about “Foodnet Meals on Wheels” and “Cross-agency Collaboration” to these articles respectively, in hope to give policy makers and social practitioners a broader perspective on these two terms.

5.3 Spotify

5.3.1 Audience Demographics

Spotify was selected as the platform for podcasts. It is one of the major components of this science communication strategy, with its unique status as a popular social media that accounts for 35% market share in global music streaming services. According to *Counterpoint Research*, 55% Spotify users are aged between 18 to 34, 27% are aged 35-54, and 19% are over 55 years old, which means that the platform has a wide distribution of users from all age groups. In this case, there should be no preference of tailoring the topic to a certain age group, and the content should be adapted for all the population.

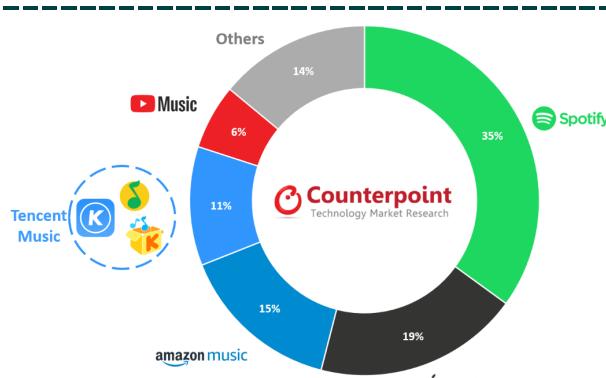


Chart 2. Spotify Market Share¹⁷

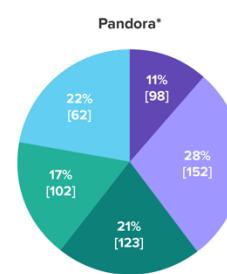
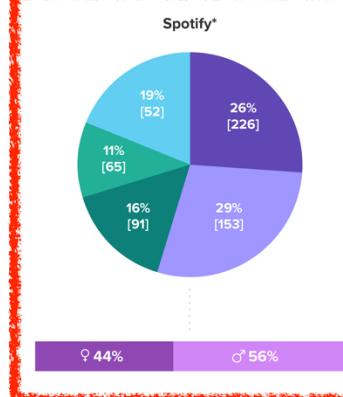
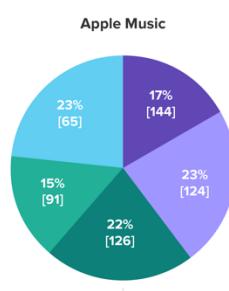
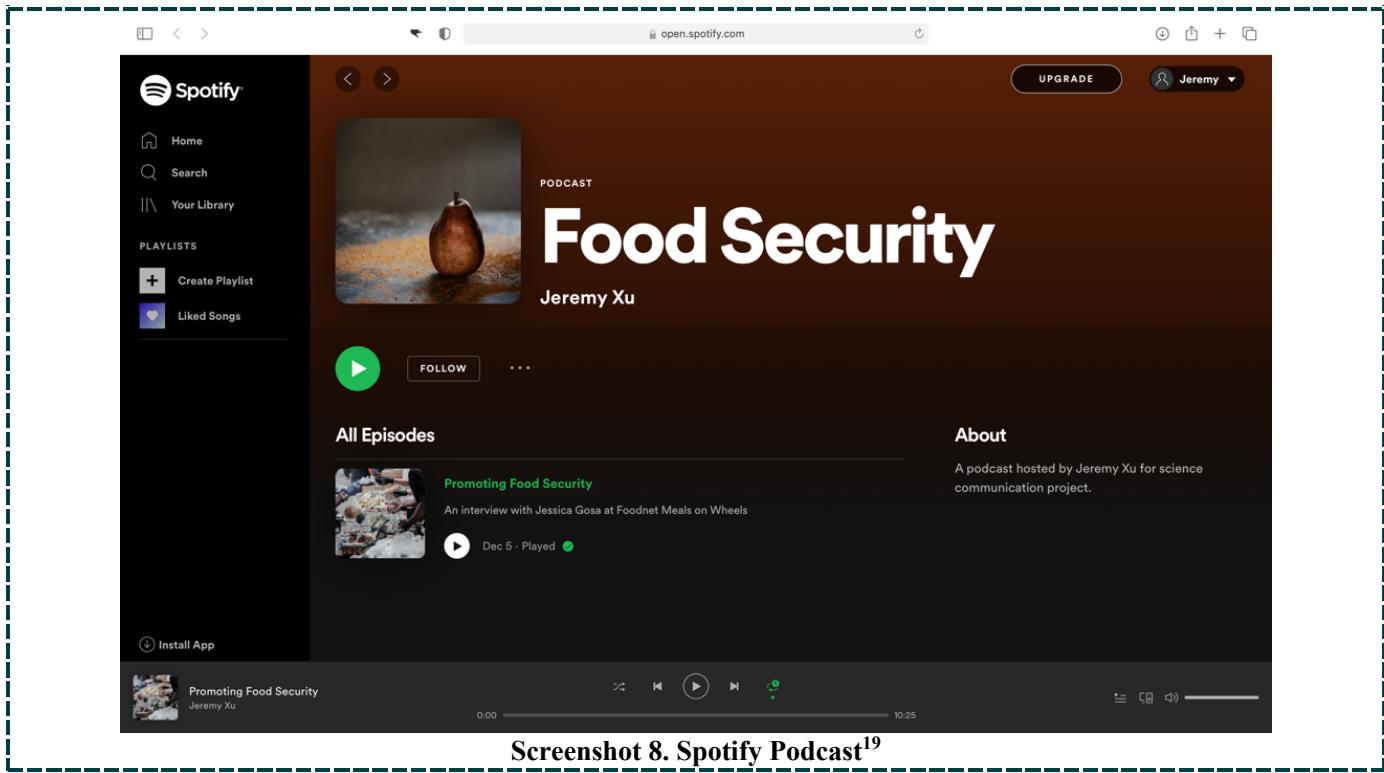


Chart 3. Spotify Demographics¹⁸

5.3.2 Application and Expectation

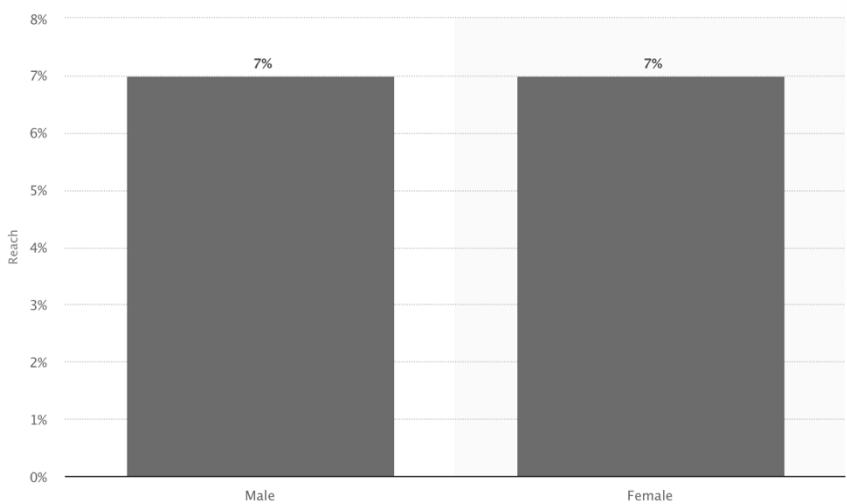
The podcast was created on Spotify named “Food Security”. The first Episode “Promoting Food Security” has been uploaded to the platform, and more episodes about the topic of food security will be produced and uploaded in the upcoming future. The Spotify platform provides a great place to deliver information through voice and music, which allows the audience to listen at their convenience. Unlike other social media, the communication mode in Spotify is expected to be a conversation or interview, which plays a unique role in the whole project strategy.



5.4 Tumblr

5.4.1 Audience Demographics

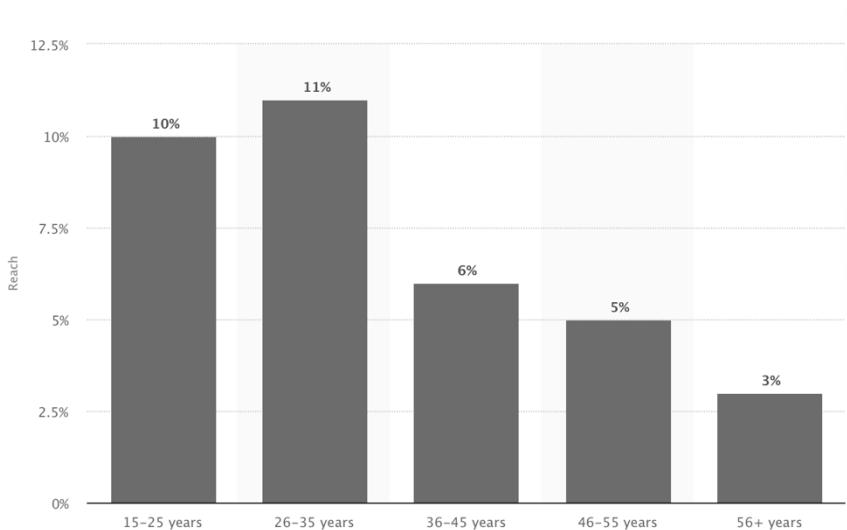
In this project, Tumblr was selected as the media for science communication for food security. Since Twitter and Wikipedia has already covered a large number of targeted audiences who are policy makers and social practitioners, the purpose of using Tumblr is to spread the knowledge of food security towards another age group, the younger population. According to *Statista*, the gender of Tumblr users is equally distributed, and most of the users are 15-35 years old. Regarding the challenge of food security, we know that cross-agency collaboration is critical, but it is also important to engage more young volunteers into this initiative, and young people should be encouraged to serve the public and take responsibilities for social development. Thus, Tumblr was included in my science communication strategy.



Details: United States; AudienceProject; Q3 2020; 15 years and older; Online panel

© Statista 2020

Chart 4. Tumblr Gender Demographics²⁰



[Additional Information](#)

© Statista 2020

Show source

Chart 5. Tumblr Age Demographics²¹

5.4.2 Application and Expectation

Tumblr, with its unique feature of tailoring our posts, is an ideal platform to provide the public with a systematic overview of the food supply and distribution system, so as to emphasize the role of cross-agency collaboration in building up these networks. The application of Tumblr is expected to give the audience a further understanding of how different organizations and agencies in Tompkins County collaborated and worked together, which could be regarded as a best practice to be applied in other communities to build up an emergency food supply system and deal with food insecurity. More food

networks in other communities could be recorded and uploaded to Tumblr in the future practice, which would motivate more people, not only policy makers and social practitioners, but also younger students and volunteers, to explore the roles they can play in this initiative, and thus make contribution to a more food-secure community.

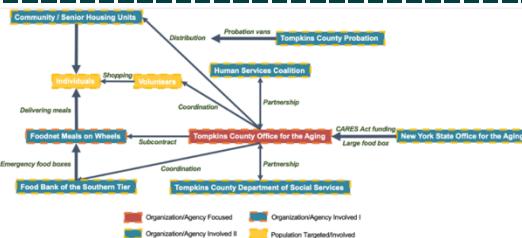
- [Tumblr 1] <https://jeremy-xu.tumblr.com/post/636696615202291712/the-whole-diagram-of-cross-agency-collaboration>
- [Tumblr 2] <https://jeremy-xu.tumblr.com/post/636696763717337088/tompkins-county-office-for-the-aging-cofa-is-one>
- [Tumblr 3] <https://jeremy-xu.tumblr.com/post/636697265951686656/foodnet-meals-on-wheels-provides-over-170000>
- [Tumblr 4] <https://jeremy-xu.tumblr.com/post/636697375507890176/the-child-development-council-is-a-non-profit>
- [Tumblr 5] <https://jeremy-xu.tumblr.com/post/636697447956086784/for-individuals-who-want-food-but-are-not>



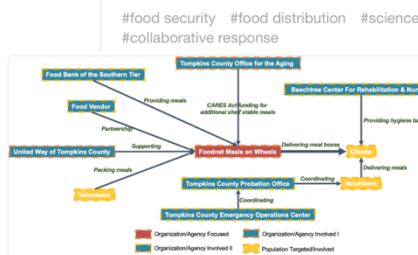
The whole diagram of cross-agency collaboration demonstrates how various organizations and agencies in Tompkins County work together in the process of food access and distribution.

The networks of cross-agency collaboration are based on the interviews by seven agencies which were key players in this initiative of food response. Each organization has their own collaboration network, and all of these separate networks combined together have resulted in a complex system for cross-agency collaboration.

For more information, please read this [best practice report](#).

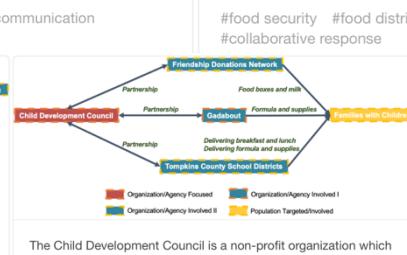


Tompkins County Office for the Aging (COFA) is one of the key players in this collaborative food response. COFA allocated funds and subcontracted with Foodnet Meals on Wheels to provide meals to people. They also partnered with the Human Services Coalition, Tompkins County Probation, and Tompkins County Department of Social Services to support the diverse needs of older adults. They coordinated with the Food Bank of Southern Tier for food delivery, and they also had a list of volunteers for grocery shopping.



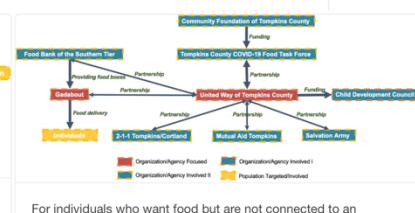
Foodnet Meals on Wheels provides over 170,000 meals to about 800 older adults and others in throughout Tompkins County each year. In the very beginning, Foodnet Meals on Wheels packed 14 emergency frozen meals for every single one of their clients, and for new admissions. They came together with volunteers, United Way and also a food vendor who lent a refrigerated trailer. They managed to pack and deliver an additional 8,750 meals that first week, and keep enough on hand for new admissions. They also partnered with Food Bank of the Southern Tier and delivered some emergency meal boxes. With the stimulus funding provided by Tompkins County Office for the Aging, Foodnet Meals on Wheels was able to procure some additional shelf stable meals and deliver them to clients. Beechtree Center for Rehabilitation and Nursing also packed personal hygiene bags for many of Foodnet's clients.

#food security #food distribution #science communication
#collaborative response



The Child Development Council is a non-profit organization which promotes the healthy development of children and families at home, in childcare and in the community. During the COVID-19 pandemic when some people lost resources and income, the Child Development Council expanded their program to help address the needs of young families. They partnered with the Friendship Donations Network which collected food from grocery stores and distributed food boxes and baby formula to families. They also partnered with Gadabout. Staff at Gadabout came to the office on Thursdays and picked up the packed supplies, and then delivered these supplies to families in need. The Child Development Council also partnered with local school districts, which were using school buses to deliver meals to families. Families who were requesting supplies, and if they had a school-age child in the participating school districts, the Child Development Council could pack their supplies and get to the school district, and the school would deliver the baby supplies along with their meals.

#food security #food distribution #science communication
#collaborative response



For individuals who want food but are not connected to an organization, United Way of Tompkins County (UWTC) can support their needs. Anyone, regardless of age and ability who needs food, could call 211. 211 does the initial screening to find out if they are able to get to a local food pantry and gives them options. Then 211 will deliver a list to the UWTC, and the UWTC would transfer that list over to Gadabout, and Gadabout would pick up food boxes at the Southern Tier Food Bank drop off locations and deliver to individuals.

Regarding financial support, United Way of Tompkins County is one of the fundraising organizations which plays a convenor role that connects agencies with each other, and they listen to the needs of the community and then seek resources to get things done. For example, they provided funding to the Child Development Council for meeting families' needs for baby supplies due to COVID-19 impacts on their households.

#food security #food distribution #science communication
#collaborative response

Screenshot 9. Tumblr²²

6. REFERENCE AND LINKS

1. Coleman-Jensen, A. Household Food Security in the United States in 2019. 47 (2019).
2. Feeding America. (2020, October). The Impact of the Coronavirus on Food Insecurity in 2020.
https://www.feedingamerica.org/sites/default/files/2020-10/Brief_Local%20Impact_10.2020_0.pdf
3. Kinsey, E. W. et al. School Closures During COVID-19: Opportunities for Innovation in Meal Service. Am. J. Public Health 110, 1635–1643 (2020).
4. Eastman, B. (2019, August 1). How many politicians are there in the USA? (Infographic). PoliEngine.
<https://poliengine.com/blog/how-many-politicians-are-there-in-the-us>
5. Torpey, E. (2018, March 13). Careers in social work: Outlook, pay, and more: Career Outlook: U.S. Bureau of Labor Statistics. U.S. Bureau of Labor Statistics. <https://www.bls.gov/careeroutlook/2018/article/social-workers.htm>
6. [Diagram 1] <https://cornell.box.com/s/8kviq9p314oilz5e4cwllrhe5utbahlu>
7. Xu, J. (2020, August). Best Practice Report: Multi-agency Response to Food Insecurity During the COVID-19 Pandemic.
http://jeremyxu.life/wp-content/uploads/2020/08/Best-Practice-Report_Food-Insecurity-Response-During-COVID-19.pdf
8. [Platform 1 Spotify] <https://open.spotify.com/show/2BzRUVdGzpiuMazEKF66ay>
[Platform 2 Blog] http://jeremyxu.life/wp-content/uploads/2020/12/2020-12-02-Podcast_Food-Insecurity_Jeremy-Xu.mp3
9. [Infographic] <https://cornell.box.com/s/byy20o831rgfept5rzs4ad536l9tvg7g>
10. [Twitter 1] https://twitter.com/Jeremy_xujiayi/status/1335380937702600704
[Twitter 2] https://twitter.com/Jeremy_xujiayi/status/133538495251202050
[Twitter 3] https://twitter.com/Jeremy_xujiayi/status/1335396038228643841
[Twitter 4] https://twitter.com/Jeremy_xujiayi/status/1335415066213150721
[Twitter 5] https://twitter.com/Jeremy_xujiayi/status/1335433794111889409
11. [Screenshot 2] <https://cornell.box.com/s/bkw4bycs31w232rb2g3r7f0wcrot5qzq>
12. [Article] https://en.wikipedia.org/wiki/Meals_on_Wheels
[Screenshot 3] <https://cornell.box.com/s/cnmbyfldzbjw8rx60h2pud3y4v20kft1>
13. [Screenshot 4] <https://cornell.box.com/s/dabf85odmgwbc5f901yk6q6sze6qnxr>
14. [Article] https://en.wikipedia.org/wiki/Community_food_security
[Screenshot 5] <https://cornell.box.com/s/l8rjvhqoexkaffxfp1j92su5011hvbo>
15. [Screenshot 6] <https://cornell.box.com/s/p2dp69u8dd1o2qnlgp4snhh2mvv0nbkw>
16. [Talk] https://en.wikipedia.org/wiki/Talk:Meals_on_Wheels
[Screenshot 7] <https://cornell.box.com/s/zl4oflst9hcui4aniwjbgwlhiwq9ppy>
17. [Chart 2] <https://www.counterpointresearch.com/global-online-music-streaming-grew-2019/>
18. [Chart 3] <https://vertoanalytics.com/verto-index-streaming-music-services/>
19. [Spotify Podcast] <https://open.spotify.com/show/2BzRUVdGzpiuMazEKF66ay>
20. [Chart 4] <https://www.statista.com/statistics/246213/share-of-us-internet-users-who-use-tumblr-by-gender/>
21. [Chart 5] <https://www.statista.com/statistics/202359/tumblr-users-demographics/>
22. [Tumblr 1] <https://jeremy-xu.tumblr.com/post/636696615202291712/the-whole-diagram-of-cross-agency-collaboration>
[Tumblr 2] <https://jeremy-xu.tumblr.com/post/636696763717337088/tompkins-county-office-for-the-aging-cofa-is-one>
[Tumblr 3] <https://jeremy-xu.tumblr.com/post/636697265951686656/foodnet-meals-on-wheels-provides-over-170000>
[Tumblr 4] <https://jeremy-xu.tumblr.com/post/636697375507890176/the-child-development-council-is-a-non-profit>
[Tumblr 5] <https://jeremy-xu.tumblr.com/post/636697447956086784/for-individuals-who-want-food-but-are-not>