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Three Square Food Bank

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Social Problem/ Issue Research

What is Food Insecurity?

- According to the United States Department of Agriculture, food insecurity is “a household-level economic and social condition of limited or uncertain access to adequate food.”
- In other words, food insecurity is “the lack of access to enough food.”

How is Food Insecurity a Social Problem?

- Food insecurity is a social problem because there are over 279,000 individuals within Southern Nevada that struggle with hunger.
- Chronic food insecurity, due to poverty, can result in a nutrition-poor diet and can be difficult to manage “diet-related chronic diseases.”

Site Approach to Issue

- Three Square Food Bank has provided a service plan to include an infrastructure needed to collect, sort, store, and distribute enormous quantities of food and grocery product.

References

Three square.org
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Service Learning Experience

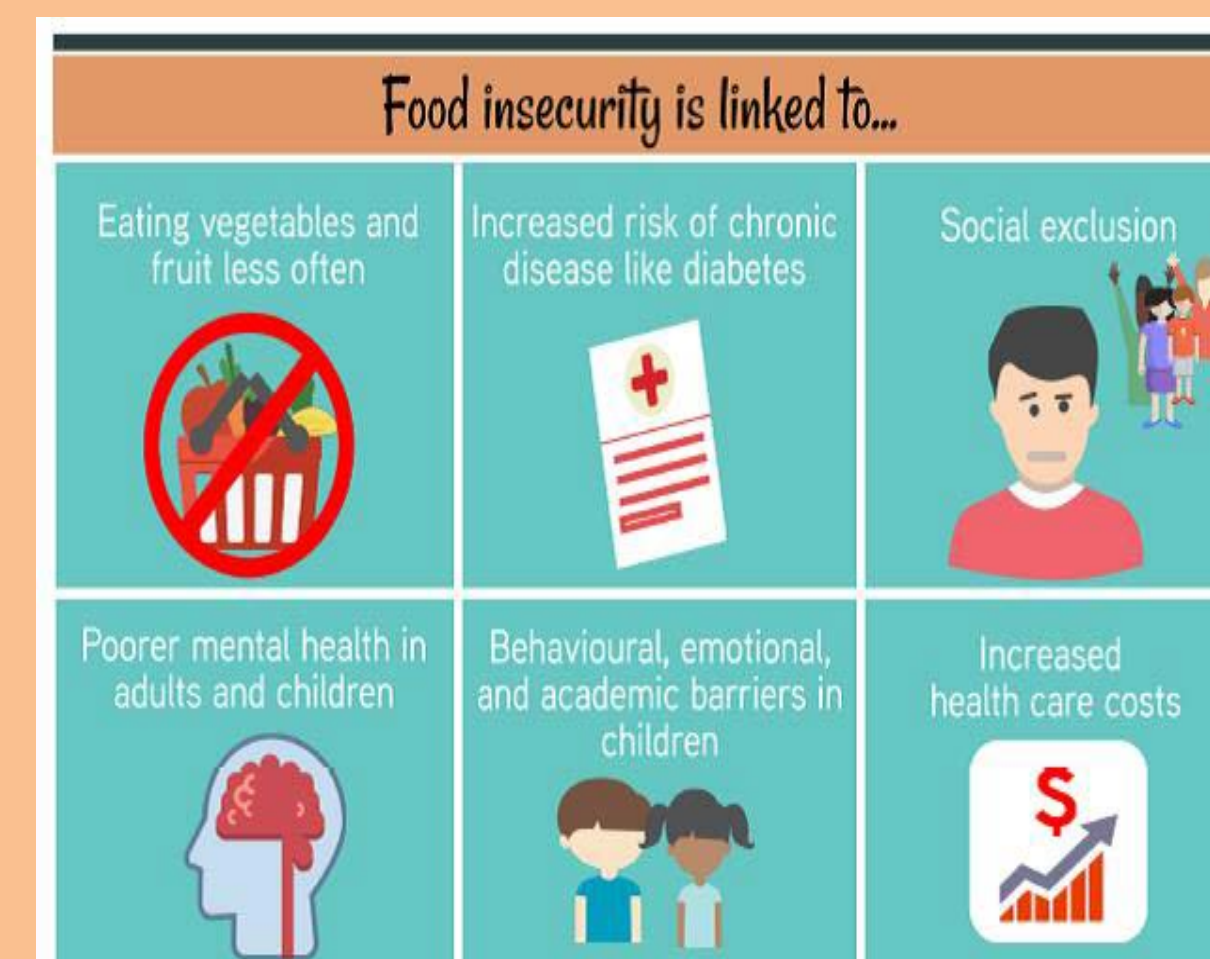
Service to the Community

- I did my service with Three Square Food Bank. I helped out in the Kid’s Café, creating and packaging meals in the kitchen for children who does not have access to food when school is not in session. Together, we worked hard to create an average of 500 nutritious meals, ready to be distributed.



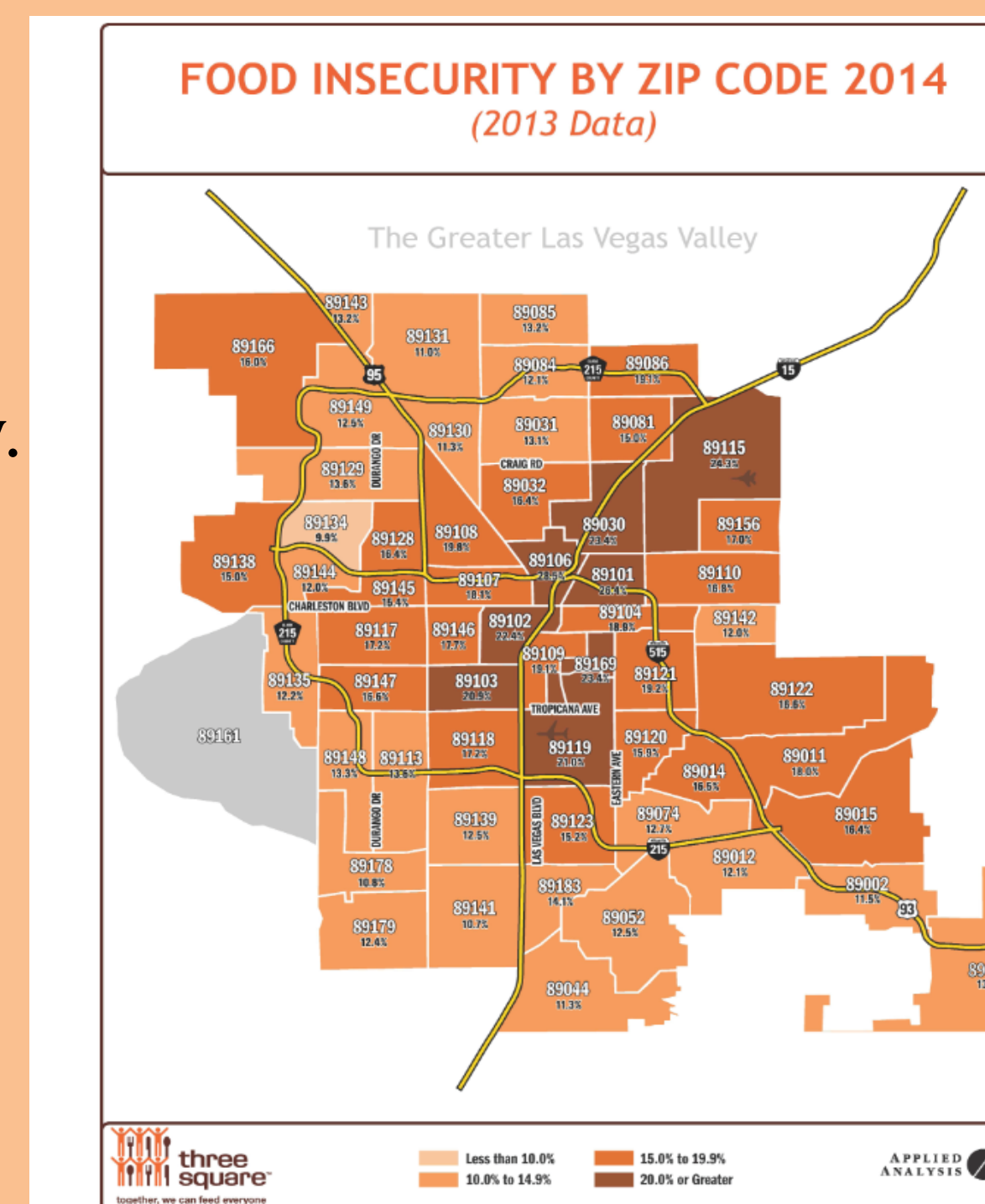
Semester Reflection

- I have been volunteering with Three Square for three months now. I was anxious at first, but now it gives me a sense of familiarity and comfort. I personally relate to having experience with food insecurity, so seeing familiar faces working together to establish a hunger-free community has given me a positive outlook in life.



Expectations

- Prior to the semester, I had a general understanding about people, children especially, suffering from food insecurity. Now that I can directly provide my services by volunteering with Three Square, I realize that there is much more we can do to fight food insecurity within our community.



Difference Making and the Future

My Own Views

- Working with Three Square has made me a more considerate and compassionate person towards others. I have known people who struggle with food insecurity growing up and I always try to participate in food drives, such as the one we had in UNLV to help address the issue.

Did I Change the Site?

- Yes, I have, just as every volunteer who has happily provided their services. Sparing our time and services is the least we can do to ensure that organizations, such as Three Square, can ensure people struggling with hunger can receive wholesome, nutritious meals each day.

My Future With Three Square

- I will continue to work with Three Square in providing meals for those who struggle with food insecurity.
- I want to help address the issue further by having others acknowledge food insecurity, so we can all help work to accomplish a hunger-free community.

