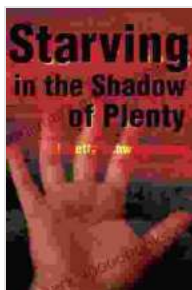


Starving In The Shadow Of Plenty: An Exposé of American Food Insecurity

In the United States, one of the richest countries in the world, it is hard to believe that anyone would go hungry. But the truth is, millions of Americans do. In fact, one in eight Americans - including one in five children - is considered food insecure. That means they don't always have access to enough food to meet their basic needs.

The problem of food insecurity is not just a matter of poverty. In fact, many food insecure households are working families who are struggling to make ends meet. The high cost of housing, healthcare, and other basic necessities often leaves little money for food.



Starving in the Shadow of Plenty by Loretta Schwartz-Nobel

★★★★☆ 4.5 out of 5

Language : English
File size : 1309 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 207 pages



The consequences of food insecurity are devastating. Hunger can lead to a number of health problems, including malnutrition, anemia, and growth retardation. It can also affect cognitive development and academic

performance in children. In adults, food insecurity is linked to increased risk of chronic diseases such as heart disease, stroke, and diabetes.

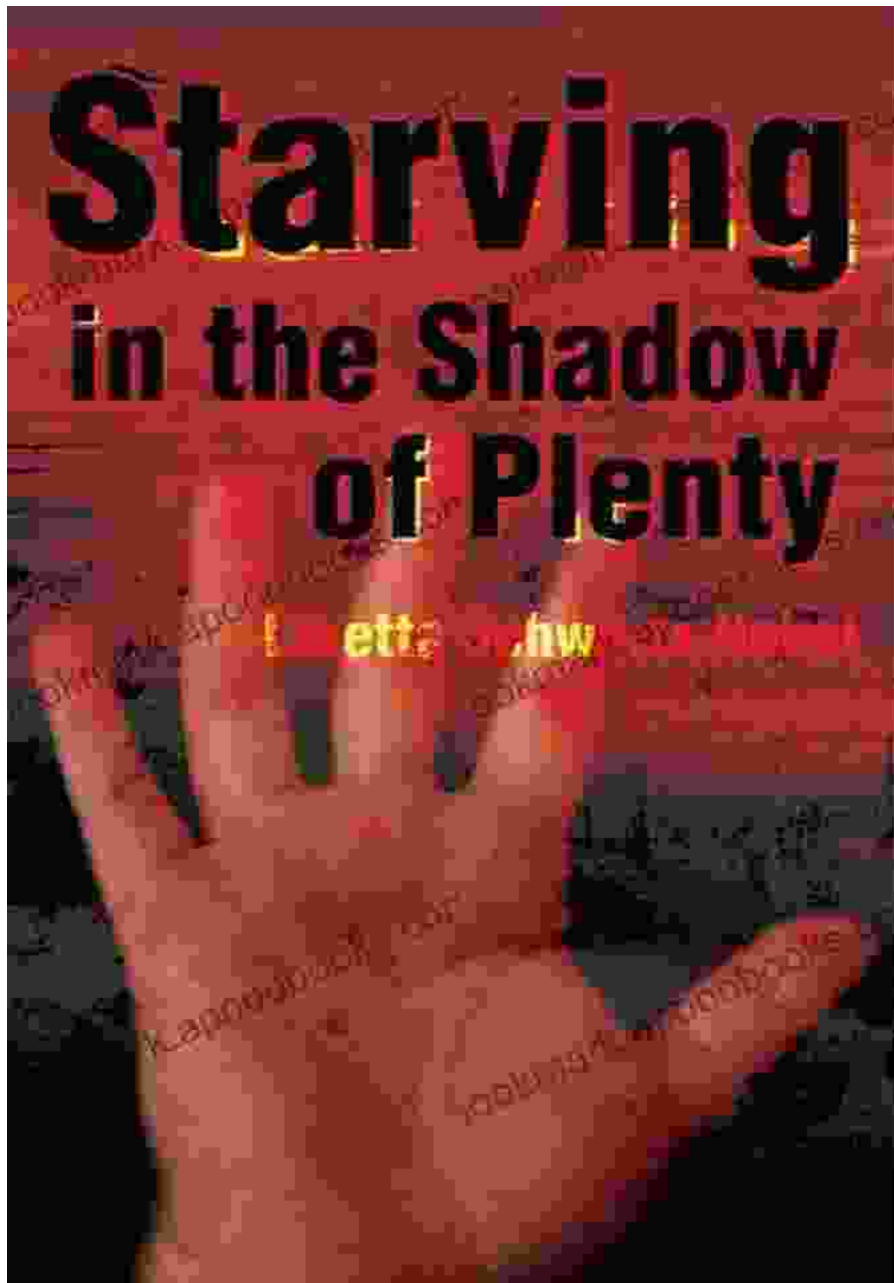
The problem of food insecurity is a complex one, but it is one that we can solve. There are a number of things that we can do to make sure that everyone in America has access to enough food to eat.

- **Increase the minimum wage.** A higher minimum wage would help working families make ends meet and reduce food insecurity.
- **Expand food assistance programs.** Programs like SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children) provide critical food assistance to low-income families. Expanding these programs would help reduce food insecurity.
- **Invest in affordable housing.** The high cost of housing is a major factor in food insecurity. Investing in affordable housing would help families free up more money for food.
- **Promote healthy eating.** Many food insecure families do not have access to healthy, affordable food. We need to promote healthy eating and make it easier for families to afford fruits, vegetables, and whole grains.
- **Reduce food waste.** In the United States, we waste an estimated 40% of our food. Reducing food waste would free up more food for those who need it.

Food insecurity is a serious problem, but it is one that we can solve. By working together, we can create a more just and equitable food system that ensures that everyone in America has access to enough food to eat.

Free Download your copy of Starving In The Shadow Of Plenty today.

This book is a powerful indictment of the current food system and a must-read for anyone who cares about the future of food in America.



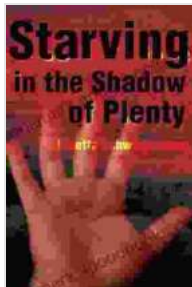
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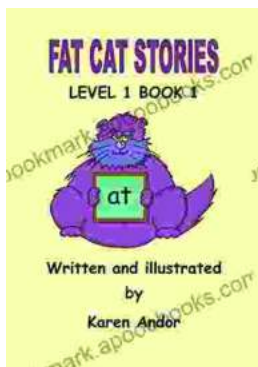
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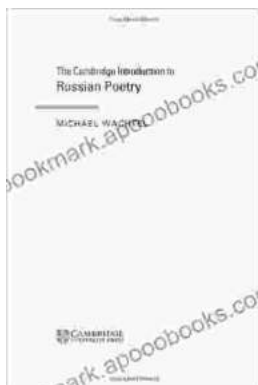
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