

Food Equity



Today We Learned | Food Equity

- Food Equity promotes access to fresh produce and healthy food options as a basic human right. Everyone should be able to access nutritious, high quality, affordable, and culturally relevant foods no matter where they were born or how much money they have.
- Low-income communities and communities of color tend to have significantly lower access to healthy and nutritious foods than wealthier neighborhoods, in the western world.
- In the US and globally the trend is to produce and grow food through the industrial farm model; creating mass-produced, processed, cheap foods that can travel long distances without rotting and can be sold in bulk for cheaper prices to stores.
- The Food Justice Movement is a grassroots movement to address food equity, and other issues related to how food is grown, produced and sold. People who fight for food justice are fighting for a world where food is grown, produced and distributed in a way that is kind and fair to all people, animals, and the planet.

Breakfast Idea | Baked potatoes and eggs (Adapted from [get cracking](#))

Finding more affordable fruits and vegetables can be quite challenging, and sadly, many individuals are unable to purchase them at higher costs. That's why it's crucial that we advocate for food equity and justice. The baked potato & egg breakfast is a budget-friendly and tasty option for a satisfying morning meal. Here's how to make it:

- Bake one potato (at 450°F for around 45 minutes or until it can be easily poked with a fork.)
- Cut the baked potato in half (lengthwise) and scoop out around half of the potato flesh from each side
- Sprinkle each half with some cheese & spices and break one egg into each potato half.
- Bake at 350°F for around 20 minutes, or until the egg is cooked to your liking.

Tips and Tricks

1. **Potato** *With the abundance of potato varieties available, it can be confusing to determine the best one to use. If you're baking, russet potatoes might just be the perfect choice. The russet potato is ideal for achieving the desired consistency for baking, thanks to its low moisture and high starch content, which gives the potato the perfect fluff.*
2. **Reduce food waste** *Save your extra potato flesh for your next meal. Add some flavor with a drizzle of olive oil and a blend of spices for a healthy and delicious side.*
3. **Short on time?** *Cooking potatoes can be time-consuming, which can be difficult during the busy mornings. Store baked potatoes in the fridge for 3-4 days to keep them fresh, and enjoy whenever you're ready by simply scooping and using them.*

