



ExtraFood's Advocacy Program For Youth

We are so glad you are interested in helping us spread the word about our mission to reduce food waste and provide healthy meals to people in need. Food waste is a major problem in our society, with an estimated 40% of all food produced in the United States going uneaten. This not only means that valuable resources like water, land, and energy are being wasted, but it also contributes to hunger and food insecurity in our communities. At ExtraFood, we work to recover surplus food from grocery stores, farmers markets, restaurants, and other sources and distribute it to people in need, providing nourishing meals and reducing waste at the same time. We also engage in gleaning, which is the practice of collecting excess produce from farms and gardens that would otherwise go to waste.

As an advocate for ExtraFood, you will have the opportunity to learn more about the issue of food insecurity and hunger in your community, and take action to make a difference. You will also get to be a leader and role model for your peers by sharing your passion for this important cause.



What is food insecurity?

Food insecurity is a lack of consistent access to enough food for an active, healthy life. People who are food insecure may not have enough food to eat, may not eat a balanced diet, or may worry about where their next meal is coming from.



What are the causes of food insecurity?

There are many causes of food insecurity, including:

Poverty, low wages, unemployment, homelessness, disability, domestic violence, discrimination, natural disasters



What is the impact of food insecurity?

Food insecurity can have a significant impact on people's health, well-being, and productivity. People who are food insecure are more likely to experience:

- Hunger
- Malnutrition
- Obesity
- Mental health problems
- Learning problems
- Reduced productivity



What is the impact of food waste on the environment?

When food is wasted, it ends up in landfills, where it decomposes and releases methane, a greenhouse gas that is 86 times more potent than carbon dioxide. Methane contributes to climate change, which is a major threat to the environment.

It takes a lot of water, land, and energy to produce food, and when food is wasted, all of those resources are wasted as well.



How can I get involved with ExtraFood in my community?

Spread the word. Share information about ExtraFood and our mission with your friends, family, and social media followers. Help us by creating Reels and Tik Tok videos.

Get involved in your school or community. Talk to your teachers, school leaders, or community organizations about hosting a food drive for ExtraFood.

Be an ambassador. Represent ExtraFood at community events or fairs. You can share information about our organization and how people can get involved.

Share your story. Share your experiences with ExtraFood and your passion for our mission with your peers, on social media, your school newspaper, or even local media outlets.

Take action on food waste. Here are some things you can do:

- Reduce your own food waste by planning your meals carefully, only buying what you need, and using up leftovers.
- Learn about composting and start a composting program in your school or community.

Raise money for ExtraFood.

- Host a bake sale or lemonade stand
- Organize a car wash or garage sale
- Do extra chores or offer your services (such as dog walking or lawn mowing) in exchange for a donation to ExtraFood

Get involved in our programs. Along with your family, you can train to become an ExtraFood Volunteer, helping serve tens of thousands of food insecure neighbors each month. ExtraFood also engages in gleaning backyard fruits and vegetables as a way to rescue excess produce that would otherwise go to waste.

How can I advocate for policies that address food insecurity?

- Contact your elected officials and tell them about the importance of addressing food insecurity and the work ExtraFood is doing to combat hunger and climate change
- Write letters to the editor of your local newspaper about food insecurity
- Get involved in a campaign to raise awareness about food insecurity



Thank you for your commitment to fighting food insecurity, and for being a leader in your school and community. Your efforts to advocate for ExtraFood and take action on food insecurity will make a real difference in your community and beyond. We are so grateful to have you as a part of our team, and we can't wait to see the impact you will make. Together, we can create a more sustainable and equitable world for all.



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