



FOOD BILL OF RIGHTS

A FRAMEWORK FOR A NATIONAL NUTRITION SECURITY PLAN

Let's put the P back in "We the People" when it comes to building a better food system with full participation from our food citizens in America. The past 50 years of Farm Bills have reinforced a "Standard American Diet" by subsidizing ingredients that makes Americans sick and agribusinesses rich. The U.S. Congress has an opportunity to prioritize people and planet along with profits when it comes to agricultural and nutrition policy. We can save money, boost productivity, improve health, and spark the food economy which gives Americans a seat at the table of food democracy. Our food should make us well and nourished, not sick and hungry. We must see our food as medicine to heal our bodies and heal our economy. By enacting a Food Bill of Rights, we can protect our right to food as our first step in creating generational wealth in the form of generational health.



BACKGROUND

Today's food policies must address the structural barriers that resulted in unequal access to healthy foods, nutrition misinformation, poor soil health, and a dream deferred from farm to health. Compounding the current Farm Bill's implementation of agricultural policies, we must prioritize nutrition-dense food options to act as catalyst to stem the tide of diet-related illnesses that plague Americans and consume 85% of the nation's healthcare spending.

Our nation is facing a food and nutrition crisis. Our food system should unite us, not divide us into haves and have nots. Our policies should create bridges to the American dream for all to access to nutritious food and mend the social contract with hard working families who have been denied the same access at the hands of systemic injustice and structural inequities. Food insecurity and diet-related chronic illnesses are higher for historically underserved populations which are social determinants of health.

The USDA has reported that Black (20%) and Latinx (16%) households are disproportionately impacted by food insecurity at nearly three times the rate of White households (7.0%).

Our children are paying the price for these policies with increased rates of cavities, diabetes, obesity, and malnutrition which all contribute to poor academic performance. If we value our future as a nation, we must invest in human capital and address the state of our food systems that are harming the health and wellness of ourselves and our children.

NUTRITION SECURITY

The United States upholds national security as evident by the Second Amendment's right to bear Arms and our extraordinary military budget. But what of nutrition security and our right to nutritious and accessible food? Nutrition is foundational in all aspects of national security.

We cannot feed or protect the health of our people with only our armed forces, guns, and defense spending, but we can by improving nutrition security and arming ourselves with nutrition education and equitable access to healthy foods. As a nation, food is our democratic birthright, and we must have the right to protect it.



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1. We have the right to food that values biodiversity, sustainability, and wellbeing to achieve optimal wellness.

2. We have the right to equitable access to safe, cultural, affordable, and nourishing foods and nutrition education.

3. We have the right to civic and economic participation in the food system as part of a food democracy.

4. We have the right to a fair food environment in alignment with health, livelihood, and the planet.

5. We have the right to reclaim and reproduce our heritage foods, values, history, and knowledge.

6. We have the right to resist any narratives and social, economic, health and labor conditions that limit our food freedom.

7. We have the right to receive and give food with respect and dignity.

NUTRITION & THE FARM BILL

The 2023 Farm Bill budget projections estimate that the Nutrition title will comprise 85% of the bill's spending at \$127 billion. The Supplemental Nutrition Assistance Program (SNAP) provides monetary assistance to needy families to supplement their food budget. While SNAP reduces food insecurity, stronger policy and programs can boost nutrition security by supporting specialty crops, expands nutrition education and improves health.

In the Farm Bill, the Nutrition title proactively protects the health and nutrition of Americans with healthy food options by taking a preventive approach versus only treating the symptoms of a failed agricultural system.

Our goal is to create sustainable and equitable access to affordable foods that promote optimal health and well-being, so we must change policies in other titles of the 2023 Farm Bill to incentivize and subsidize specialty crops (like fruits and vegetables) the same way commodity crops are prioritized. Until then, a Food Bill of Rights can act as a call to action for healing our food system with your help.

THE IMPACT OF ACTION

A Food Bill of Rights can negate problems caused by our current food policies and enhance the impacts of the 2023 Farm Bill, positively affecting every American. It is a set of core values that directs future policies at local, state, tribal, and federal levels to heal us and not kill us.

As a guiding framework for future food policies, programs, and practices while aiming to improve the nutritional, economic, and health status of all Americans, these seven articles aim to move the United States towards a more inclusive food system that centers and sustains the virtues of democracy, dignity and equity while boosting our economy.

TAKE ACTION:

For more information on how you can help support the Food Bill of Rights, scan the QR code or visit: iamwanda.org/FoodBillofRights.

