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Thriving, Not Just Surviving, on Food Stamps

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Sam McCaughey
Honors Project 2015
Thriving, Not Just Surviving, on Food Stamps
Summary

I investigated the history of food insecurity in the US while considering the role government and charities have played in the effort to relieve hunger. While doing this research and speaking with farmers and food bank representatives today, I did the “Food Stamps Challenge” for the month of March and felt the pressures and stresses of living on such a tight budget for myself. I sought to propose a system to improve these outlets of relief, but after this research I realized what’s better and needed more is a system that makes these outlets unnecessary. I now advocate for a holistic restructuring of the food system, one that shortens the chain through which we get our food. This system encourages residents to buy local and saturates the market and smaller communities with local food that would both create more jobs to reduce the need for government welfare and decrease the price of local food.