

# Food Justice is Disability Justice

A Toolkit on the Violence of Food Apartheid in the United States

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## Food Security vs Nutrition Security



86.3% (115.7 million) of US households were food secure through 2024. Despite most American households being food secure, achieving nutrition security is less often discussed.

Nutrition security goes a layer deeper than food security, focusing on the *quality* of food one consumes rather than the *quantity*.



In 2022, the average US diet had a diet quality score of 59 out of 100, indicating the average American diet does not meet federal dietary recommendations.

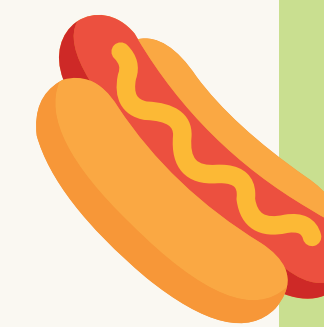
## Malnutrition is Disabling



The lack of a nationwide effort to address nutrition insecurity leads to higher rates of chronic disabilities, including:

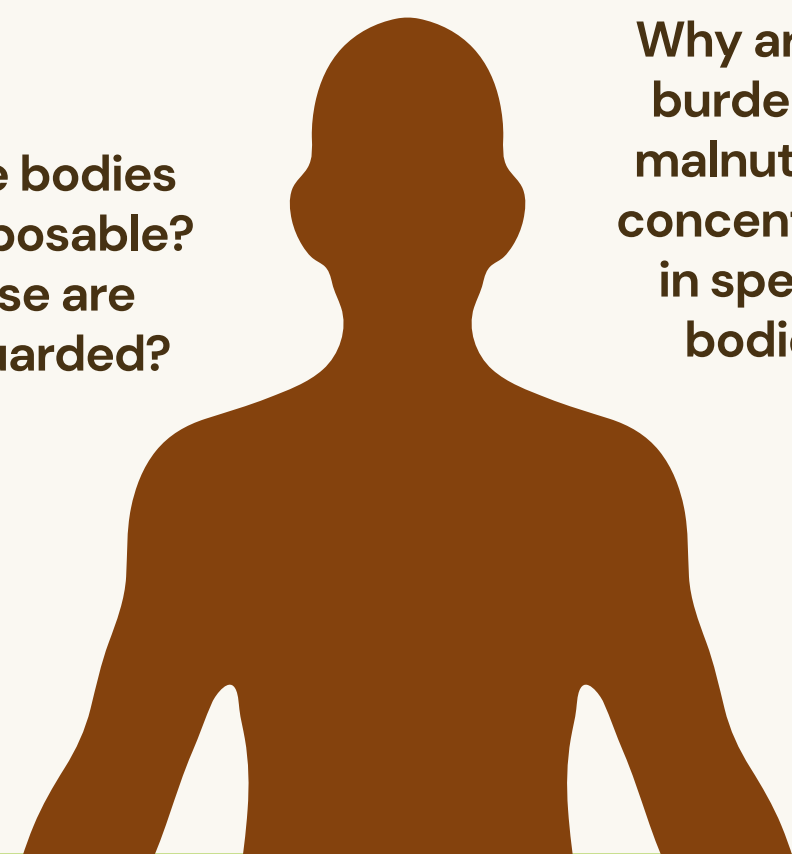
- Diabetes
- Heart disease
- Hypertension
- Chronic stress, anxiety, or depression
- Disordered eating

**Historic oppressive practices such as land dispossession, enslavement, segregation, and redlining determine today's food geographies. Today, low-income, BIPOC, queer, and disabled bodies disproportionately experience more diet-related disabilities such as type 2 diabetes and heart disease. Both at the community and bodily levels, these demographics are demarcated as sacrifice zones, expendable in today's food landscape.**



Whose bodies are deserving of nourishment?

Whose bodies are disposable?  
Whose are safeguarded?



Why are the burdens of malnutrition concentrated in specific bodies?

### Want to learn more?

Read my toolkit, "Food Justice is Disability Justice: A Toolkit on the Violence of Food Apartheid in the United States"



## The Violence of Food Apartheid

The burdens of malnutrition are not equally distributed, manifesting primarily in low-income, BIPOC, queer, and disabled people.

Food apartheid describes the oppressive power structures that reinforce food inequity today:

- Indigenous land dispossession
- Enslavement
- Jim Crow segregation
- Redlining



Grocery gaps are more prevalent in communities that have been historically redlined. These communities have fewer grocery stores and instead run rampant with fast food, gas station marts, and convenience stores that provide ultra-processed foods higher in sodium, added sugars, and trans fat.

## Cultivating a More Accessible Food System

- Expand the representation of disabled bodies in all levels of leadership (NOTHING ABOUT US WITHOUT US!)
- Recognizing the history takes us one step closer to dismantling oppressive systems
- Support your local mutual aid organization or collective that increases access to nourishing foods