

The EarthBox® for World Food Day Project at Lackawanna College

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Being part of the EarthBox for World Food Day Project at Lackawanna College has opened my eyes to world hunger. The project made me very aware of the fact that people in undeveloped countries suffer from lack of food; surprisingly and despite the rise in obesity, developed countries, like the United States, have people suffering from hunger and malnutrition too. Awareness of the problem is a key to the future. It is important to take in our surroundings and be able to process what is going on around us both locally and globally. The EarthBox for World Food Day Project increased my awareness of hunger and encouraged me to be part of the solution.



On October 16, [World Food Day](#) is observed internationally to promote the awareness of inadequate food and nutrition resources around the world and the hunger it causes. It is not hard to imagine hunger. Look around you. Think of eight people you know. Statistics say that one in every eight people worldwide is suffering from malnutrition. They might have the appearance of a well fed person, but they are suffering from not having the proper nutrients for the body to operate, or supply itself properly. Alleviating this hunger is the goal of World Food Day, and for many other organizations like it. In 2013, the theme for World Food Day is “Sustainable Food Systems for Food Security and Nutrition”.

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You might ask “Why is food security a topic for an entire year for World Food Day? , and what are “Sustainable Food Systems for Food Security and Nutrition”? They are systems that can produce nutritious food repeatedly without depleting resources. So, we have to ask: How do we produce food today? Is it sustainable? No. I’ve noticed how much waste people produce individually and aggregately and I have learned that in every ecological system there is a scale of increase that eventually levels off to the population capacity that it can support. The scale of decline of resources that we are closely approaching concerns me.

I was happy to be introduced to the EarthBox System, a system that reduces the waste of production because you use the same container and materials repeatedly without damaging the soil.

We planted lettuce seedlings in biodegradable jiffy pots. We transplanted the seedlings directly into the EarthBox where they sort of did their own thing! After we filled the water reservoir, it self-watered through to the harvest. Year after year, students who participate in the project will continue to use the same container and growing media to produce high crop yields.

But, we have to do more than grow sustainably. We also have to reduce waste.

Remember that half of sandwich you threw out? It isn’t the only food wasted in a day. One third of all food in the world is wasted and ends up in landfills. Not only is the food, money and time wasted, but think of the consequences of all the waste build up. I think back to my Microbiology class and remember that the bacteria growing on an agar nutrition plate can only maintain itself till the waste builds up so much that there is no room or nutrition left to keep living. Is that what’s happening to us? Are we building that kind of waste on our own little agar plate called Earth? Do we only have so much time before we won’t be able to produce the basic essentials to keep on living, a scary and harsh reality that many of us over look when tossing out the trash.

The EarthBox for World Food Day project has made me more aware of food security. I am committed to being part of the solution. I go out of my way to live a sustainable life style. I grow my own tomato plants on my front porch and try not to waste food. I am very excited about my small contribution to reducing world hunger!!!! Hopefully, I can take what I have learned about sustainability to my new school and increase Awareness there and everywhere I live and work in the future.

